



LDA Patient Guidelines

Please Eat **Only** These Foods during the Three Critical Days (Day Before/During/After Shot)

Also avoid any foods in this list to which you know you are allergic/intolerant/sensitive

- Lamb, rabbit, venison, white fish (no salmon), other meats that you do not react to and have not been eating daily may be allowed
- Sweet potatoes, yams, white potatoes
- Parsnips, rutabagas, tapioca or cassava root
- Cooked carrots, celery and cabbage
- Lettuce, any type, raw or cooked, but no other greens
- Tapioca, cassava, yucca of any type, plain
- Rhubarb
- Pure Baking Soda (no additives)
- Sea Salt, plain, non-iodized (no regular table salt)
- Filtered or purified water, flat or fizzy for drinking or cooking

Avoid all margarine and other seasonings totally. Any food not listed above is not recommended during the critical three days. This includes supplements, herbs, beverages, chewing gum, and any other things you put in your mouth. Coffee and tea are not allowed.

- Environmental Allergies- if you have them, avoid known allergens as much as possible (feathers, animals, dust, scents, outdoor work)

**If you have any questions or concerns contact us at 604-678-8600
or clinic@acubalance.ca**