

"If your law had not been my delight, I would have perished  
in my affliction."  
Psalm 119:92

**Health Parameters Research**  
Pat Block, N.D., D.A.Hom.

## Health Recovery Diet - B

The foods listed below affect your health in either a positive (therapeutic) or negative (harmful) way. As you are regaining your health, eat foods from the left hand column and completely avoid foods from the right hand column. Foods that are not listed are considered neutral and are OK to eat. This diet is for you. Although you will begin to feel well, it may not be suitable for others in your family or circle of friends.

### Therapeutic Foods - *Eat daily*

>Veggies: Beets, Broccoli, Cabbage, Carrots, Cauliflower, Collard Greens, Eggplant, Kale, Mustard Greens, Parsley, Parsnips, Peppers, Potato (sweet), Brussel Sprouts, Yams, Shiitake mushrooms  
>Fruits: Bananas, Cranberries, Grapes, Papaya, Pineapple, Plums  
>Grains: Oats, Rice, Spelt, Millet, Essene & Ezekiel Bread, Wasa  
>Oils: Olive, Flaxseed  
>Cheeses: Cottage, Farmer, Feta, Goat, Kefir, Mozzarella, Ricotta, Paneer  
>Dairy: Milk, yogurt  
>Nuts & Seeds: Black Walnut  
>Beans: Kidney, Lima, Navy, Red soy  
>Meat & fish: Lamb, Venison, Rabbit Cod, Croaker, Flounder, Haddock, Halibut, Salmon, Sardines, Sea Trout, Shad, Sturgeon, Grouper, Mackerel, Ocean Perch, Pickerel, Pike, Mahi Mahi  
>Spices & Condiments: Curry, Ginger, Blackstrap Molasses, Parsley  
>Misc.: Ginger, Ginseng, Licorice, Raspberry leaf, Rosehips, Sage, Green teas

### Inflammatory Foods - *Avoid*

>Veggies: Artichokes, Avacado, Olives, Pumpkin, Radishes, Sprouts (mung&radish), Tempeh, Tofu, Tomato  
>Fruit: Coconuts, Persimmons, Rhubarb, Pomegranates, Prickly Pear, Starfruit  
>Grains: Corn, Wheat, Barley, Rye, Buckwheat, Amaranth, Kamut, Kasha, Couscous, Wild Rice, Sorghum, Tapioca  
>Oils: Canola, Corn, Cottonseed, Peanut, Safflower, Sesame, Sunflower  
>Cheeses: American, Blue, String  
>Dairy: Ice cream  
>Nuts & seeds: Cashews, Filberts, Pignola, Pistachio, Peanuts, Poppy, Pumpkin, Sesame, Sunflower  
>Beans: Aduke, Azuki, Black, Garbanzo, Pinto, Lentils, Black-eyed peas, Mung, Soy  
>Meat & fish: Chicken, Pork, Cornish Hens, Goose, Quail, Duck, Partridge Anchovy, Clam, Crab, Bluegill Bass, Lobster, Lox, Oysters, Shrimp, Striped & Sea Bass, Trout  
>Spices & Condiments: Allspice, Almond extract, Cinnamon, Cornstarch, Black & white pepper, Tapioca, Ketchup, Gelatin, Soy sauce  
Misc.: Aloe, Cornsilk, Fenugreek, Gentian, Hops, Mullein, Red Clover, Senna, Shepherd's Purse, Skullcap, Sucasat, Stevia