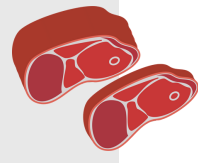


# CANXIDA: THE LOW ALLERGY DIET PHASE

After diligently following the MEVY Diet and weakening any yeast present in your gut, it's time to embark on the Low Allergy Diet. This diet is meticulously designed to rejuvenate your gut's immune system. It's worth noting that many individuals with persistent yeast issues often suffer from leaky gut syndrome, a history of antibiotic usage, or prolonged consumption of the oral contraceptive pill. These challenges often result in a diminished population of beneficial bacteria and an array of gastrointestinal distresses. That's why it's crucial to eliminate key allergy-inducing foods during this phase.

## The Hypo-Allergenic Diet

### MEAT, FISH, CHICKEN, LEGUMES, EGGS



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| <ul style="list-style-type: none"> <li>✓</li> <li>• Chicken</li> <li>• Turkey</li> <li>• Legumes</li> <li>• Dried Peas</li> <li>• Lentils</li> <li>• Salmon</li> <li>• Sardines</li> <li>• Trout</li> <li>• Halibut</li> </ul> | <ul style="list-style-type: none"> <li>✗</li> <li>• Red Meats</li> <li>• Lamb</li> <li>• Pork</li> <li>• Corned Beef</li> <li>• Canned Meats</li> <li>• Eggs Whites</li> <li>• Egg Yolks</li> <li>• Egg Substitutes</li> <li>• Sausages</li> </ul> |
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### DAIRY PRODUCTS



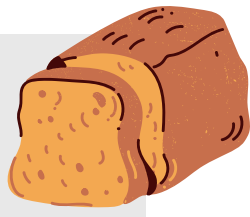
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| <ul style="list-style-type: none"> <li>✓</li> <li>• Milk Substitutes (Caution Soy)</li> <li>• Almond Milk</li> <li>• Rice Milk</li> <li>• Nut Milks</li> </ul> | <ul style="list-style-type: none"> <li>✗</li> <li>• Milk</li> <li>• Cheese</li> <li>• Cottage Cheese</li> <li>• Yoghurt</li> <li>• Icecream</li> <li>• Cream</li> <li>• Non dairy cream</li> </ul> |
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### STARCH



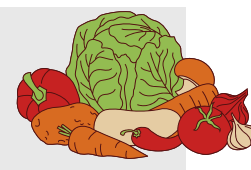
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| <ul style="list-style-type: none"> <li>✓</li> <li>• Kumara</li> <li>• Arrowroot</li> <li>• Tapioca</li> <li>• Rice</li> <li>• Buckwheat</li> <li>• Millet</li> <li>• Amarnath</li> <li>• Quinoa</li> </ul> | <ul style="list-style-type: none"> <li>✗</li> <li>• Everything Gluten</li> <li>• Pasta</li> <li>• Corn</li> <li>• Corn Substitutes</li> </ul> |
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### BREADS AND CEREALS



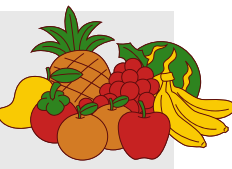
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| <ul style="list-style-type: none"> <li>✓</li> <li>• Rice</li> <li>• Quinoa</li> <li>• Amarnath</li> <li>• Buckwheat</li> <li>• Millet</li> <li>• Soy</li> <li>• Potato Flour</li> <li>• Tapioca</li> </ul> <p>(100% GLUTEN FREE)</p> | <ul style="list-style-type: none"> <li>✗</li> <li>• Wheat</li> <li>• Oat</li> <li>• Kamut</li> <li>• Spelt</li> <li>• Rye</li> <li>• Barley</li> <li>• Be cautious with gluten free</li> </ul> |
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### VEGETABLES



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| <ul style="list-style-type: none"> <li>✓</li> <li>• Fresh Veggies</li> <li>• Grown Veggies</li> <li>• Frozen Veggies</li> <li>• Freshly Juiced</li> </ul> | <ul style="list-style-type: none"> <li>✗</li> <li>• Creamed Veggies</li> <li>• Veggies made with prohibited ingredients</li> </ul> |
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### FRUITS



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| <ul style="list-style-type: none"> <li>✓</li> <li>• Unsweetened Fruits</li> <li>• Fresh Fruits</li> <li>• Frozen Fruits</li> <li>• Freshly Juiced</li> <li>• Stone Fruits</li> </ul> | <ul style="list-style-type: none"> <li>✗</li> <li>• Fruit Drinks</li> <li>• Cocktails</li> <li>• Oranges</li> <li>• Bananas</li> <li>• Pineapple</li> <li>• Strawberries</li> <li>• Dried Fruits with sulphites</li> </ul> |
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### SOUPS



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| <ul style="list-style-type: none"> <li>✓</li> <li>• Clear Soup</li> <li>• Vegetable Based Broth</li> <li>• Homemade Vegetarian</li> </ul> | <ul style="list-style-type: none"> <li>✗</li> <li>• Canned Soups</li> <li>• Creamed Soups</li> <li>• With Glutinous Grains and Flours</li> </ul> |
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### DRINKS



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| <ul style="list-style-type: none"> <li>✓</li> <li>• Freshly made or unsweetened fruit or</li> <li>• Vegetable juice filtered</li> <li>• Non-citrus fruit drinks</li> <li>• Herbal teas.</li> </ul> | <ul style="list-style-type: none"> <li>✗</li> <li>• Milk or milk-based drinks</li> <li>• Dairy based products</li> <li>• Alcoholic drinks,</li> <li>• Energy drinks</li> <li>• Citrus drinks</li> </ul> |
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### OILS AND FATS



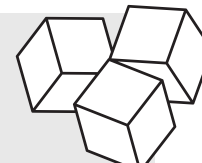
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| <ul style="list-style-type: none"> <li>✓</li> <li>• Cold pressed oils, preferably in dark amber bottles</li> <li>• Linseed</li> <li>• Olive</li> <li>• Sesame</li> <li>• Sunflower</li> <li>• Walnut</li> <li>• Pumpkin</li> <li>• Grape seed</li> </ul> | <ul style="list-style-type: none"> <li>✗</li> <li>• Margarines, shortening/lard, butter</li> <li>• Vegetable oil blends</li> <li>• Coconut fat</li> <li>• Salad dressings</li> <li>• spreads</li> <li>• Deep-fried foods</li> </ul> |
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### NUTS AND SEEDS



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| <ul style="list-style-type: none"> <li>✓</li> <li>• Almonds</li> <li>• Brazil</li> <li>• Hazelnuts</li> <li>• Walnuts</li> <li>• Pecans</li> <li>• Pumpkin,</li> <li>• Sesame,</li> <li>• Sunflower</li> <li>• Nut butters</li> </ul> | <ul style="list-style-type: none"> <li>✗</li> <li>• Peanuts</li> <li>• Pistachios</li> <li>• Cashew nuts</li> <li>• Peanut butter</li> <li>• Nutella</li> </ul> |
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### SWEETENERS AND TREATS



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| <ul style="list-style-type: none"> <li>✓</li> <li>• Brown rice syrup</li> <li>• Fruit sweeteners</li> <li>• Xylitol</li> <li>• Stevia</li> </ul> <p>(All in small amounts)</p> | <ul style="list-style-type: none"> <li>✗</li> <li>• White sugar</li> <li>• Brown sugar</li> <li>• Caster &amp; Icing sugar</li> <li>• Demerara</li> <li>• Honey</li> <li>• Mollases</li> <li>• Glucose</li> <li>• Malt</li> </ul> |
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### OTHERS

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| <ul style="list-style-type: none"> <li>✓</li> <li>• Basil</li> <li>• Oregano</li> <li>• Rosemary</li> <li>• Thyme</li> <li>• Paprika</li> </ul> | <ul style="list-style-type: none"> <li>✗</li> <li>• Alcohol</li> <li>• Chips</li> <li>• Crackers</li> <li>• Biscuits</li> </ul> |
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## Key Allergy Foods To Avoid:



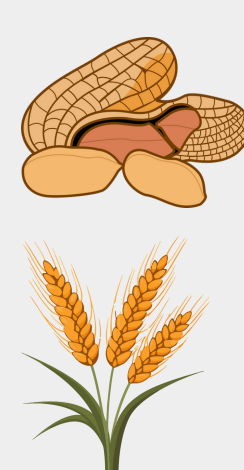
Citrus/Oranges

Pineapple



Banana

Shellfish



Peanuts

Gluten/Wheat



Dark Chocolate (70% cocoa)

Cow Milk

**Please note:** The Hypo-Allergenic diet sheet doesn't consider potential celiac conditions or sensitivities to dietary salicylates, amines, colors, flavorings, or preservatives. It's essential to be aware of these aspects and discuss them further with your naturopath. Additionally, if you have food intolerances, they might require attention, which can arise from inadequate digestive enzyme levels and other factors.