



Nelson Health & Longevity Centers

YEAST FREE DIET

We would like to recommend the following items for your diet:

- Rice, Millet, Corn, Buckwheat, Oats
- All types of fresh vegetables
- Fish (all fresh and/or plain canned fish, such as sardines, tuna, and salmon)
- All kinds of poultry such as duck, chicken, or turkey
- Lamb meat
- Any form of butter, and only olive oil (no peanut or sunflower oil)
- All eggs except fried

Simple sugar found in many of our processed foods can manufacture yeast in our bodies. In order to eliminate the yeast, we must remove all simple sugar from the diet.

- No yeast (bread, vitamins with yeast in them)
- No sugar (ice cream, soda, candy, canned fruit. etc.)
- No mushrooms (fungus)
- No milk (lactose)
- No milk products (cottage cheese, cheese, yogurt)
- No fruit or fruit juice (fructose)
- No canned foods (contain added sugar)
- No frozen foods (contain added sugar)
- No beans (such as kidney, lima, or pinto)
- No nuts of any type, including peanut butter (fungal spores)

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