



**World-Wide Naturopathic Health Service**  
**Health Recovery Program**  
**List of Allowed Foods\***

- **Meats:** Beef, pork, chicken, fish, fowl including organ meat (liver, kidney, heart...) All meats preferably without contaminants such as growth hormone, antibiotics, and (semi)synthetic nutrients. Organic origin strongly preferred.
- **Milk:** Milk fresh, RAW, not processed, chilled, whole (cow or goat), sauer milk made from fresh, raw, whole milk. Cheeses, yogurts, kefirs, creams as above. No commercial milk of any kind. If milk causes distress, start from GI recovery program. Paleo diet excludes milk because of sugar content, we believe clean RAW milk is good.
- **Eggs:** Fresh, free ranging, preferably organic.
- **Fats:** Use only cold-pressed (raw) olive oil, butter, lard and tallow. Coconut oil allowed. Cut out all vegetable, hydrogenated and partially-hydrogenated oils including, but not limited to, margarine, soybean oil, corn oil, peanut oil, canola oil, safflower oil and sunflower oil.
- **Soups:** No commercial mixes or stock. All meat stock from fresh/frozen meat. No flour thickeners. Animal gelling extracts preferably of own making.
- **Gravies & Sauces:** Natural juices. No flour or commercial thickeners of any kind.
- **Breads & Cereals:** No white or wheat (whole wheat) breads of any kind. Ground, yeast-raised rye bread or sprouted grain breads highly preferred if cannot “live without it.”
- **Cakes, Cookies and Pastries:** **VERY** Limited amounts. No commercial products. Unadulterated flours, raw sugar/honey; fats, creams as above.
- **Vegetables:** All vegetables that are in season fresh/raw/pre-cooked. Preferably organic. The darker the color, the better. Avoid empty plants such as iceberg lettuce. Naturally soured, pickled, and fermented forms are encouraged. Vegetables cooked to semi-crisp texture (not mushy).
- **Fruits:** Same rules as Vegetables above.
- **Beans and Legumes:** All allowed. Paleo diet does not allow beans and legumes. We believe small amounts are beneficial.
- **Herbs & Spices:** All allowed
- **Beverages:** Water filtered or deep well clean (free of any contaminants other than naturally occurring minerals).
- **Tea and coffee:** Tea – any kind, coffee – use water as specified above. Taper down coffee as time progresses to 2 – 3 cups/day
- **Carbonated drinks:** Positively NO carbonated drinks with sugar or artificial sweeteners of any kind. Carbonated water (club soda) allowed.
- **Juices from fruits and vegetables:** Limited amounts, particularly in Paleo diet, fresh squeeze, organic origin preferred. No commercial origin allowed if sweeteners or sugar added. Must be chilled.
- **Salt & Pepper:** Allowed unless specifically restricted.
- **Condiments:** No commercial condiments of any kind including MSG
- **Soy products:** Positively NO soy products of any kind allowed in the program.
- **Sweeteners:** Raw sugar and raw honey are the only allowed sweeteners in very small amounts. As a rule, eliminate added sugar, soft drinks, all packaged sweets and juices (including fruit juices). As a rule, if it’s in a box or a plastic bag is not a food by our standards. Do not eat it. Buying food, visit primarily the meat, fish and produce departments.
- **Flours and Grains:** Whole, unadulterated, stone ground. Rye flour preferred. Limit wheat flour to absolutely necessary use. Paleo diet excludes all flours and starches.

■ **Preservatives:** No preservatives of any kind allowed in the program.

\*Adults only: Health Assessment Questionnaire required to qualify for the program. In some cases, purification may be prerequisite before joining the program.

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