

GoodbyeLyme Treatment Program Dietary Recommendations

Foods to Avoid

Fatty meats:

pork
bacon
sausage
scrapple
Cured meats:
ham
bacon

Farm raised fish

Egg yolks

Dairy products:

cheese
milk
ice cream
yogurt
butter

Oily foods:

Lard
Hydrogenated foods like margarine
Nuts like peanuts
Oily seeds

Fried foods:

French fries
Fried chicken
Fried fish
Onion rings
Cheesesteak

Carbohydrates:

Large amounts of grains and legumes
Wheat bread - rolls, loaf
Wheat pasta
Pizza
Cakes

Cookies

Muffins

Sweetened foods:

Soda
Candy
Chocolate
Desserts
Sweetened drinks
Foods sweetened with sugar

Alcohol:

Beer
Wine
Hard liquor
Coolers

Excess raw fruits and veggies:

Raw sweet fruit
Sweet fruit juices
Watermelon
Raw sweet veggies
Potatoes

Soy products:

Soy milk
Tofu

Highly processed foods:

Foods with high amounts of chemical preservatives
Artificial sweeteners
Foods made from Genetically Modified Organisms (GMOs)

Caffeine:

Coffee
Teas
Chocolate

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Foods to Add to Your Diet (preferably organically raised)

Lean meats:

Chicken
Turkey
Lean beef
Wild caught fish
Egg whites

Dairy products:

Goats milk products like
milk, yogurt, cheese

Nuts:

Walnuts
Almonds
Chestnuts
Pine nuts

Carbohydrates:

Grains like quinoa
Brown rice
Millet
Millet bread
Barley
Barley bread
Oats, oatmeal
Corn
Minimally processed corn
meal
Amaranth
Alfalfa sprouts

Legumes:

Aduki beans

Soy:

Bragg Liquid Aminos

Sweeteners:

Stevia
Raw honey

Tart fruits:

Granny Smith apples

Cranberries

Lemons

Lemon juice

Limes

Lime juice

Cooked tart fruits in pies
with gluten free crusts

Figs

Citrus peels (orange or
tangerine)

Tart grapefruit (ask your
pharmacist about
interactions with your
medications)

Veggies:

Kale

Collards

Chard

Lettuce

Spinach

Arugula

Dandelion greens and roots

Mustard greens

Turnips

Celery

Kolrabi

Seaweeds

Sprouts: mung beans,
almonds, wheat grass,
alfalfa

Radishes

Daikon radish

Cooked watercress

Cooked cabbage

Cooked cauliflower

Cooked broccoli

Cooked Brussel sprouts

Asparagus

Herbs and supplements:

Scallions

White pepper

Bitter tasting herbs

Chamomile

Pau d'arco

Cinnamon (warming)

Ginger (warming)

Valerian (for insomnia)

Black seed / Kalonji

Garlic

Raw onions

Parsely

Tumeric

Basil

Cardamom

Bay leaf

Marjoram

Cumin

Fennel

Horseradish

Rosemary

Mint

Lemon balm

Dill

Ginger

Angelica root

Peony root

Rhubarb (laxative effect)

Prickly ash bark

Milk thistle seeds

Chamomile

Flax oil

Borage oil

Evening primrose oil

Black currant seeds

Aloe vera gel

Spirulina

Blue-green algae

Chlorella

Wheat grass juice

Barley grass juice

Vinegar

Mushrooms

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Daily Recommendations

1 tablespoon of organic apple cider vinegar
in 1/4 cup of water just before a meal

Swallow 3-5 toes of raw garlic in the
morning (can chop cloves and swallow with
water to avoid garlic breath)

Garlic footies at night, see video at
www.GoodbyeLyme.com/video

Grind 1 tablespoon of black seed/Kalonji,
spread raw honey on top of a wheat free
slice of bread, sprinkle black seed on top of
honey.

Drink Goji berry / Lycii berry juice for Lyme
fatigue.

Drink 1 tablespoon of bentonite clay for
detoxification, reducing herxheimer
reaction.

Take activated charcoal capsules for
detoxification.

Oil pulling, 1 TBS of Sunflower oil swished
around mouth for 15-20 minutes in the
morning before brushing teeth

For constipation, take 2 TBS of castor oil.
After your move your bowels, drink 1 bowl
of organic lentil soup.

Take 1000mg of flush free niacin up to 3 x
day for Lyme.

Take 1-3 tsp of aloe vera juice for stomach /
intestinal inflammation.

Herbal smoothie instructions

Drink 1/4 cup straight up or put it in a
smoothie.

Smoothie:

Add 1/8 - 1/4 cup of liposomal herbal latte
or liposomal glutathione to a blender.

Add 1 cored granny smith apple

Add berries like blueberries, raspberries, tart
berries only.

Add 1/2 cup of unsweetened almond milk,
hemp milk, or rice dream unsweetened.

Can add stevia, xylitol, or other Lyme diet
sweeteners.

Blend mixture for 1 minute on high.

Drink 2 x day.

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