

Rebound Diet™

Avoid, In order of importance.

1 • Fructose: apples, pears, grapes, dates, watermelon, mango, pineapple, figs, melons, bananas, strawberry, kiwi, plums, oranges, honey, raisins. Foods sweetened with fructose, invert sugar, modified corn starch, liquid sugar, HFCS, high fructose corn syrup, Sugar: raw sugar, molasses, brown sugar, cane sugar, beet sugar, corn syrup
Related to: weight gain, diabetes, cholesterol, gout, wrinkles, rapid ageing, cancer

2 • Soy: all soy products, soy sauce, soy protein, hydrolyzed soy oil, hydrolyzed soy protein, fermented soy products, soy milk, tofu. Related to: ADHD, dementia, memory loss, reduced brain volume, loss of fertility



3 • MSG: mono-sodium glutamate, natural flavouring, seasoning salt, meat tenderizer, flavour enhancer, E620, E621, E622, E623, E624, E625, Caution: many sauces and condiments contain MSG as hydrolysed or hydrogenated,
Related to: ADHD, dementia, nerve damage, numbness, chest tightness, difficult breathing, shortness of breath, edema, swelling, weight gain, anxiety, heart palpitations, nausea, vomiting, diarrhoea, watery eyes, cough, wheezing, asthma



4 • Dairy: Skim milk, low fat milk, milk solids, milk beverage, 2% milk, whey protein, candy bars, protein bars, milk-chocolate, milk-tea, milk-coffee, Latte,
Related to: Infertility, arthritis, pain, cancer, hardening of the arteries, high blood pressure

5 • Calcium & Vitamin D: Calcium & Vitamin D supplements, cod liver oil, halibut liver oil, fish liver oil, high calcium milk, vitamin D milk, fortified milk, enriched milk, baby formula, Related to: heart disease, heart attack, hardening of the arteries, high blood pressure, brittle bones, lesions, cysts, fibroids

6 • Vegetable Oils: palm, rapeseed and sunflower oils, evening of primrose oil, borage oil, flax/Linseed oil, soy oil, canola oil, corn oil, cottonseed oil, safflower oil, whole grain bread, cereals, acai berry. Most vegetable oils are high in unsaturated fats and omega. Cooking oils and fat chart. Good Oil, Bad Oil - article.
Related to: auto-immune disease, diabetes, breast cancer, prostate cancer

7 • Gluten: whole wheat, oats, oatmeal, rye, barley, bran, cream of wheat,

graham, couscous, malt, wheat germ, bulgur, kamat, spelt, durum, semolina, Foods that may contain gluten: noodles, egg noodles, cereal, sausage, wieners, bologna, battered food, bouillon, soup mixes, canned soups, soy sauce, macaroni, pasta, milo malt beverage, baked goods, most contain MSG as E621 to make them more tender and tasty. Traditional baking takes time and skill. The low fat fad has removed the healthy shortening and butter. The quick and easy to save money has been reduced to "mix and bake" junk. Find a friend to take turns baking at home and share. Using yeast is essential and the taste is amazing. This yeast is a major source of nutrition and vitamins. In olden days people would eat bakers' yeast to be healthier. Un-bleached white flour is better, avoid whole wheat flour.

Avoid cakes, muffins and cookies because they do not use yeast.

Related to: stroke, heart disease, varicose veins, poor circulation, cold hands/feet

8 • Raw: Foods contaminated with bacteria: salad, lettuce, tomato, berries, vegetables, molasses, apples, bananas, fruit, kill bacteria before eating with a sterilization process such as: heat-cooking, steam, vinegar, salt, herbs, alcohol or other traditional preparations to sterilize food.

Related to: digestive disorders, thyroid dysfunction, irritable bowel syndrome (IBS), ulcers, heart burn, gas, bloating

9 • Glucosamine: supplements, joint formula, pet foods with glucosamine

Related to: cataracts, blindness, diabetes, cancer

10 • Lysine: supplements, ointments used for herpes, herpes therapies,

Caution: high in whey protein powder,

Related to: weak immune system, thin skin, loss of hair, erectile dysfunction (ED), slow wound healing, increased injury rates, tendon damage, muscle pain, bloated abdomen

11 • White Meat : White chicken breast, milk fed baby beef veal, milk fed lamb, pork, (does not apply to fish or sea foods)

Related to: immune problems, slow healing, muscle degeneration, low energy

Increase, no particular order; eat a variety of foods and in smaller portions.

- **Coffee:** caffeinated has twice the power as decaffeinated; you may add small amounts of full cream but lots of chocolate and cinnamon. Glucose-sugar is best if you need it sweet. Related to: less cancer, better thinking and memory, endurance, co-ordination, strength



- **Cocoa:** Improves cholesterol, blood flow to the brain, immune system, blood pressure.

- **Salt:** sodium-chloride is needed in the body. When we cook with salt the sodium attaches to glutamate and we have MSG. Put the salt on the table, and It is best to add the salt to the food before eat. Many table salts are a mixture of things and may contain sugar and MSG. Salty foods such as olives and peanuts are a good source of salt. Adding salt to food lowers heart disease and we live longer. Technical study: PMID 16490476 Relates to: reduced blood pressure, less heart disease, improved skin health, better eye function, less dry skin, improved bowel function, reduces constipation

- **Eggs:** from birds that can run around and get daylight; many egg farms keep the animals in small cages and they never see natural day light. Eating eggs with the yolk every day will not significantly change bad LDL cholesterol levels. Eggs contain the good HDL cholesterol and help the body to lower. Eating eggs improves cholesterol and health. Cholesterol from animal sources is how we create all the steroid hormones that keep us naturally young. These include many, here are some; DHEA, androstenidione, testosterone, estrogen, estradiol (E2), progesterone, cortisol, aldosterone, [see chart](#). These are needed for a good menstrual cycle



Related to: improved mood, better fertility, increased immune function



- **Animal Oil & Fat:** many health benefits not found in vegetable oil. Ghee, is made by first making butter, and then clarifying it. Butter is dairy fat, Suet is lamb or beef fat, Lard is pig fat.

Related to: weight loss, improved circulation, reduced risk of stroke and heart disease, improved fertility, fewer auto-immune diseases

- **Legumes:** peanuts, beans, lentils and chickpeas (avoid soy). Related to: reduced type 2 diabetes, Peanuts are the highest food arginine, reduce inflammation.



- **Nuts:** almonds, cashews, pecans, Brazils, walnuts (moist nuts should be roasted and salted).

Related to: lowered cancer, improved immune function,

- **Seeds:** Sesame seed oil, hemp hearts, pumpkin, sesame, sunflower, (the seed but not the oil as it has high omega 6)



- **Tomato:** Canned have 5 times the nutrient value compared to fresh. Cooked with an animal fat such as butter or meat is best because lycopene can only be absorbed when heat-bound to animal molecules.

- **Red Meat:** Definition – red when raw and still red when cooked, adult mammals and some fowl. Beef, elk, deer, mutton, goat, dark chicken meat, duck, dark turkey meat Grass fed is best. Caution : grain fed animals have low quality fat, Milk fed animals are not considered red meat no veal calves, no baby beef, no lamb, [Definition - Sheep; < one year is Lamb, mid age is Hogget, and older is Mutton]



- **Turkey:** Breast meat is darker in more active birds as seen in Wild Turkey. Duck and Dark Chicken: Breast meat is dark in the duck due to exercise and increases nutrition levels. White chicken meat has almost the same calories but way less nutrition. Related to: reduced length of stay in hospital,

- **Spice:** Most noted in health studies are cinnamon, cilantro and curry (turmeric/curcumin) Any spice that adds color and stains; including black pepper, chili,

- **Wine:** Research shows that healthy individuals who drink moderately are 40-60% less likely to suffer a heart attack than their peers who do not drink at all

- **Vinegar • Potato**

- **Rice:** white rice is just as healthy as brown.