

# Goodbye Lyme 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

### Caffeine:

Coffee  
Teas  
Chocolate



### **Two Frogs Healing Center**

Specializing in the treatment of Lyme Disease, co-infections, daily chronic pain, fibromyalgia, migraines, chronic fatigue, irritable bowel disease, and mold illness.  
301.228.3764 10 N. Jefferson Street, Suite 203, Frederick, MD 21701

[www.GoodbyeLyme.com](http://www.GoodbyeLyme.com)

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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  
Goats milk yogurt  
Goats milk 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 contraindications 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  
All bitter tasting herbs  
Chamomile

### Pau d' arco

Cinnamon (warming)  
Ginger (warming)  
Valerian (for insomnia)  
Black seed / Kalonji  
Garlic  
Raw onions  
Parsely  
Turmeric  
Basil  
Cardamom  
Bay leaf  
Marjoram  
Cumin  
Fennel  
Horseradish  
Rosemary  
Mint  
Lemon balm  
Dill  
Ginger  
Angelica root  
Peony root  
Rhubarb (has a 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

### Fungi:

Mushrooms

### Condiments:

Vinegar



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## Daily Recommendations

1 tablespoon of organic apple cider vinegar 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](http://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.

Liposomal 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 1xday



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