

SCHACHTER CENTER FOR COMPLEMENTARY MEDICINE

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AVOID LIST and TO DO LISTS

DIETARY

Sugar: Avoid as much as possible all foods containing added sugar (e.g. cakes, candies, ice cream, sodas, certain cereals, Jell-O, ketchup, etc.); Acceptable: Sugar natural to food such as sugar in a fruit may be eaten. Raw unfiltered honey, unsulphured black strap molasses, pure maple syrup, rice syrup and "date sugar" may be used as acceptable sweeteners, but should be used in moderation; however some people need to avoid these completely as well. Stevia is acceptable as a sweetener.

Alcohol: Avoid all alcoholic beverages including liquor, beer and wine. Try naturally sparkling spring water with a twist of lemon or lime as your social drink.

Caffeine: Avoid coffee, tea, cola and chocolate as much as possible. It is advisable to also avoid decaffeinated coffee such as Sanka or Brim, as chemicals are used in the decaffeination process. If coffee is used, it should be organic, as most coffee is high in pesticides. Herb teas are not only acceptable substitutes, but often therapeutic.

White Flour Products: Avoid white bread, white pasta products and also white rice. Whole grain flour products and brown rice may be used instead.

Gluten Containing Foods-Many people are sensitive to gluten and may need to avoid whole grains containing gluten (wheat, rye, barley, as well as oats that are processed in plants that process gluten containing grains).

Hydrogenated Fats: Avoid hydrogenated fats which are oils which have been made hard by the addition of hydrogen atoms (e.g., margarine, Crisco, mayonnaise, and processed peanut butter), as they contain trans fatty acids. Deep fried foods should be avoided. Old-fashioned nut butter that is not hydrogenated may be used. Saturated fats (e.g., butter, animal fats, coconut and palm oil) are allowed. Organic unsaturated cold pressed vegetable oils (e.g., safflower, sesame, sunflower, virgin olive oil) may be used. Olive oil or broth may be used for sautéing.

Chemicals added to food: Labels must be read. In some cases, labels do not reflect the chemicals in the food. **Avoid artificial preservatives:** (e.g., BHA, BHT, MSG, nitrites, nitrates, sodium benzoate, etc.) commonly found in bread, crackers, and cereals. All processed cured meats such as bologna, salami, frankfurters, corned beef and pastrami, should be avoided because of the addition of nitrites, which produce carcinogenic nitrosamines. **Avoid artificial coloring:** commonly found in frankfurters, soda, certain candy, maraschino cherries, juice drinks, etc.

Avoid artificial flavoring: commonly found in certain ice creams, frozen pies and candy.

Avoid artificial sweeteners: aspartame (NutraSweet), sucralose (Splenda) and saccharine (Sweet 'n Low). All diet sodas, any diabetic foods, and other processed low calorie foods should be avoided. Stevia may be used as a sweetener.

Fluoride: Avoid fluoridated water (1PPM) and all tap water, unless filtered appropriately. Use bottled spring water, distilled or filtered water. **Avoid fluoride-containing supplements. Avoid dental fluoride treatments (10,000 PPM fluoride).** To filter fluoride from tap water, the filter must contain a reverse osmosis component. **Avoid fluoridated toothpaste (1,000 PPM).** Toothpaste without fluoride and containing natural ingredients may be purchased at most health food stores. Examples are Auromere, Homeodent, tooth pastes containing baking soda and certain Tom's toothpastes).

Bromine & Bromide: Avoid commercial baked goods and other sources of bromide & bromine

Chlorinated water: Should be filtered to remove chlorine.

Genetically Modified Foods: Should be avoided as much as possible. See website:
www.geneticroulette.com

NON-DIETARY

Tobacco: Avoid cigarettes, cigars, pipes, etc. Try to avoid inhaling other people's smoke (secondary smoke exposure), as much as possible.

Recreational Drugs: Avoid marijuana, opiates (heroin, methadone, prescription opiates) cocaine, hallucinogens (like LSD) and generally all "recreational drugs."

Unnecessary Prescription Drugs and OTC Medications: We are an over-medicated people. Medication related deaths are the fourth leading cause of death. Drug interactions are a major problem. Medication use should be as little as possible. However, once on a variety of drugs like psychotropic, they may cause withdrawal symptoms and the process may have to be done slowly with nutritional support.

Synthetic Hormones: As found in synthetic hormone replacement therapy and birth control pills (Bio-identical hormones may be used if monitored carefully and there is a need)

Mercury: Amalgam (Mercury containing) Dental Fillings-Mercury is highly toxic and enters the tissues of the body to damage the nervous system, immune system and other systems. Fish contaminated with mercury (swordfish, some tuna, others) should be avoided or kept to a minimum. Mercury content of the body should be evaluated with

blood tests and urine tests provoked with a chelating agent. Vaccines containing Thimerosal (mercury containing preservative) are potentially dangerous and should be avoided as much as possible (Thimerosal has recently been removed from some vaccines in the US.). A Zeolite supplement taken during a meal can bind mercury, but not bind to nutrient minerals.

Exposure to many synthetic chemicals: pesticides, paints and paint products, formaldehyde, etc..

Tight Clothing that restricts lymphatic system drainage: especially bras in women, which may be associated with breast cancer when worn more than 12 hours a day. Wear bras as little as possible. Bras should be as loose fitting as possible.

Aluminum cookware and Teflon cookware: Avoid aluminum and Teflon cookware as aluminum tends to accumulate in the body and fluoride may be released from Teflon. Stainless steel, Pyrex, enamel, corning and iron cookware may be used instead.

Electric Blankets: The electric energy field interferes with the human energy field.

Hair Dyes: Synthetic hair dyes may increase risk for certain types of cancers. Some hair dyes contain lead. Certain natural dyes may be more acceptable.

Antiperspirant Deodorants that contain aluminum: Aluminum is toxic, and aluminum containing antiperspirants inhibit detoxification of the breasts and chest area.

Lipstick containing lead-most of them do: Use lipsticks that do not contain lead.

High Voltage Power Lines: Avoid these as much as possible. If your home is located near them, consider moving.

Waterbeds: The electric energy field used to warm the bed interferes with the person's energy field.

Metal Rimmed Eyeglasses: The metal crossing the midline between the eyes weakens a person's energy field.

Microwave Ovens: Negative effect on food and harmful radiation in vicinity of microwave oven.

Suntan Lotions: May be used at times to prevent skin damage from the sun, but a moderate amount of sunlight (without sunburn) on the skin is necessary for optimal health to create vitamin D and probably other beneficial effects.

Electromagnetic Fields-Be aware of dangers of diagnostic x-rays, cell phones, magnetic fields from computers, TV, microwave ovens, etc...

Be aware of possible withdrawal reactions when stopping some of the addictive substances discussed above, such as alcohol, tobacco, caffeine, cocaine, marijuana and sugar. To reduce reactions, these substances should be tapered slowly rather than stopping cold turkey, especially if strong withdrawal reactions occur.

Recommendations - What to Do

DIETARY

Eat whole, unprocessed foods as much as possible. Shop in the outer isles of the supermarket where fruits, vegetables and whole, unprocessed foods are found

Eat organic foods as much as possible

Eat a wide variety of foods with different colors. Rotating foods helps to prevent the development of food sensitivity and encourages the use of a wide variety of foods

Raw foods: Try to eat a lot of raw foods, such as salads and fruit.

Emphasize fruits, vegetable, nuts and seeds, whole grains and high quality protein

Drink pure non-chlorinated and non-fluoridated water

Consider food allergies or sensitivities when developing an individual diet. Elimination of suspected foods followed by challenge is probably the way of determining food sensitivities. However, a variety of food allergy blood tests, kinesiology, trials of metabolic or blood type diets can also be used. The most common food sensitivities in the US are foods containing gluten (wheat, rye, barley and some oats), dairy products, corn and soy.

Chew very well before swallowing, preferably at least 30 to 50 chews or until food in mouth has become liquid (mix with saliva)

Nutritional supplements should be used in most cases, including anti-cancer nutrients

NON-DIETARY

Exercise: Combine stretching, weight training and cardiovascular exercise; at least 45 minutes 4 times a week. Exercise programs should be started slowly when first introduced, preferably under competent supervision.

Sunlight: Weather permitting, try to expose yourself to sunlight during the day without sunglasses and without suntan lotion for at least 15 to 30 minutes (preferably more); but, don't get sunburned

Beneficial pulsed electromagnetic fields (PEMFs): We have a need for exposure to beneficial weak magnetic fields that emanate from the earth and atmosphere. Grounding can be done by walking barefoot over the earth's surface, allowing therapeutic electrons to enter the body. Certain PEMF devices like the BEMER instrument used for 8 minutes twice daily help to recharge the body and improve microcirculation.

Stress management: Use any of various techniques, such as yoga, meditation, Qi Gong to deal with stresses of life (do psychotherapy if necessary)

Relationships: Improve relationships making them fruitful and fulfilling. To improve couples relationships, see book "*Getting the Love You Want*" by Harville Hendrix PhD. Many others available.

Work: Balance with recreation, exercise, nurturing relationships