

## Basic Foods to Add and Foods to Avoid List



### AVOID:

Dairy Gluten (including wheat and white flour, rye, spelt, and barley)

Refined white sugar, Honey, Maple Syrup, Brown Rice Syrup, Agave Nectar, Coconut sugar Artificial Sweeteners

Coffee Alcohol

High sugar fruits like mangoes, pineapple and bananas, grapes, watermelon

Pork  
Farm-raised fish  
Non Cage-Free Eggs  
Non Free-Range Chicken  
All Beef, other than grass fed any meats or eggs not labeled Organic

Nitrates, Sulfates and Preservatives  
MSG  
Vinegar (except Apple Cider vinegar)  
Artificial Colors and Flavors  
Pesticides (found on conventionally grown foods) Conventionally Grown Soy

Peanuts & Peanut Butter

Coconut Sugar, Brown Rice Syrup, Honey, Maple Syrup

Corn

### INCLUDE:

Unsweetened Almond Milk,  
Cashew Milk, Coconut Milk, Flax Milk,  
Hemp Milk  
Dairy free cheeses

Brown Rice, Quinoa, Millet, Oats  
Almond flour, Oat flour

Stevia

Green & Herbal Teas, Fizz Sticks

Organic Green apples, lemons, limes  
Organic Berries - strawberries,  
blueberries, blackberries, raspberries

Cage-free Eggs\*  
Wild-caught Cold Water Fish  
Free-range Chicken and Turkey\*  
Grass-fed Beef  
\*must be organic!

All Vegetables - except white potatoes

Legumes (beans and lentils),  
Avocadoes, Non-GMO, organic Tofu  
and Tempeh  
Olive Oil, Grapeseed Oil, Coconut Oil,  
Flaxseed Oil (use all oils very sparingly)

## Why we avoid these foods:

**Dairy** - is very acidic and addictive to the body. Our body's natural pH is about 7.3. On the pH scale, 0 is the most acidic and 14 is the most alkaline or base. Our bodies like to be in the middle, just slightly towards alkaline. Dairy products and all meats are very acidic to the body. To counter this, your body will pull calcium from your bones to raise your pH. Over time, the more acidic your body is, the more calcium is lost as well as beneficial sodium and potassium in your bones. Dairy is also high in the protein casein, which is very addictive to the brain. Cheese contains 10 times more casein than milk. No wonder it's hard to give up! (But we know you can!)

**Gluten** - is very inflammatory and addictive to the body. Decades ago, the common wheat grown in America grew to 4 feet tall or more and the seed pods (wheat berries) at the end of stalk contained about 5% gluten. Gluten is the protein that binds flours together in baking. With only 5% gluten, it used to take hours for the protein to bind everything together. Now, however, wheat grown in America only grows about 12 inches high and the wheat berry contains 50% gluten. This means you are eating 10 times more gluten now than you did as a kid. Our bodies cannot handle that much gluten and we are left with inflammation in our intestines as a result. One doctor we work with described gluten as "road-rash for your intestines".

80% of your body's immunity comes from your gut. Your body needs your gut to draw nutrients from your food, create hormones that regulate your mood and help you sleep, make amino acids that are the building blocks for proteins in your body, and to help remove waste from your system. If your gut is damaged from inflammation, it will leak those wastes into your body and blood stream, will disrupt or not produce the hormones you need, not draw the nutrients you need or help your overall immunity. Gluten can also cause blood sugar spikes and drops.

**Alcohol** - is addictive to the body. Consider alcohol as liquid sugar with all of the same acidic effects and addictive ones. Drinking too much causes the liver to convert alcohol to acetaldehyde, the toxic compound felt during a hangover.

**High sugar fruits** - if you are diabetic or pre-diabetic, high sugar fruits should be avoided until blood sugar levels are stabilized. Too much sugar, even from fruit, can be hard for your liver to process. When this happens, insulin directs the extra sugar to the bloodstream. Because we are designed to burn fat and protein for fuel, this excess burning of sugar overburdens the pancreas (which produces insulin) and the body starts to become insulin resistant. There are, however, benefits to eating fruit including added fiber, phytonutrients that protect the plant's cells and yours, micronutrients, and more. In the beginning of your program, stick with the lower sugar fruits to balance your blood sugars and rebalance your insulin system.

**Sugar, Artificial Sweeteners, Agave Nectar** - are very addictive to the body. Recent studies have shown that sugar affects the same receptors in the brain as cocaine. Ingesting sugar can lower our body's immune system for several hours, increases our overall acidity, is taxing on our liver and pancreas, and can lead to diseases such as diabetes. More than 60 chemicals are used in refining sugar and many are left in the sugar after processing. Artificial sweeteners are even worse. The chemicals used are more intense than the ones used in refining sugar. Aspartame, the most common sweetener, contains methanol which converts to formaldehyde, a known toxin. If you are diabetic or pre-diabetic, you need to avoid sugar and sugar substitutes as much as possible.

Even though agave nectar is marketed as low glycemic, it is high in fructose and contains more fructose than any other common sweetener. When you eat fructose-rich agave, your body does not release nearly as much insulin as it does when you eat regular sugar. This can affect how your body releases a hormone called leptin, which helps to control appetite. At the same time, experts believe that fructose is converted into fat more rapidly than glucose is. This can lead to several alarming consequences. The first is that people who eat a lot of agave are at risk for weight gain, especially belly fat. The second is that agave may actually increase insulin resistance for both diabetics and non-diabetics.

\*Note - Arbonne uses natural cane sugar as a sweetener in protein powder and fizz sticks. This natural cane sugar is the entire cane, or stalk, crushed and ground, maintaining all the vitamins, minerals, amino acids, and fiber. When processed this way, cane sugar does not spike blood sugar levels and is, therefore, low on the glycemic index and safe for everyone including diabetics.

**Coffee** - is acidic to the body. It also lowers your body sugars and then creates sweet cravings.

**Meat** - is very acidic to the body. Animal fats contribute to higher cholesterol levels and create an acidic ash that fills the bloodstream. Higher meat consumption leads to higher rates of obesity, diabetes, and cancer risks, as well as heart disease and stroke. Factory farmed meats are more damaging to the environment, too. It takes 1,800 gallons of water to create one pound of beef. It only takes 216 gallons of water to make one pound of soy. 74% or more of all antibiotics used in the US are given to feed animals even if they aren't sick. Those antibiotics remain in their muscle structure and are consumed by humans. If your meat isn't grown organically, there's a good chance it was fed antibiotics or growth hormones. Nitrates and sulfites - are preservatives. Many nitrates are used in curing meats. When consumed or cooked, nitrates turn to nitrites which are known carcinogens. Sulfites are used to keep produce looking fresh and prevent discoloration. They are banned on most fruits and vegetables because they can cause severe or fatal allergies in some. They are, however, used on some dried fruits, in wine, and in packaged foods.

**MSG** - monosodium glutamate is a flavor enhancer used in packaged or canned foods and needs to be labeled on the container. It's been linked to headaches, migraines, asthma and more.

**Vinegar** - is acidic to the body. Use in very small amounts on occasion. Try vinegar-free salad dressings instead. Apple Cider Vinegar can be used if you have a yeast overgrowth (candida) to help rebalance the body.

**Artificial Colors** - are created with chemicals derived from petroleum. They have been linked to hyperactivity in children and have been banned in Europe for decades. Any color name with a number is an artificial color.

**Pesticides** - are sprayed on many of our fruits and vegetables. They are sprayed on the crops we eat and the ones we feed to animals that are used for meat. These pesticides destroy our good gut bacteria, inhibit the body's ability to eliminate toxins, increase allergies, and more.

**Soy** - can be allergenic to some. Soy is also highly genetically modified and heavily sprayed. Processed forms of soy, including soy protein isolate or hydrolyzed soy protein, can be processed using hexane (a petroleum derivative) or the processing results in MSG being present in the final product. Soy, when **organic and non-GMO** and in its least processed forms - as tofu, tempeh, or edamame, is a good source of plant-based protein. Avoid soy on the Advanced Plan if you think you might have a sensitivity or allergy.

**Peanuts and Peanut Butter** - can be allergenic to some. Avoid peanuts and peanut products on the Advanced Plan to see if you have a sensitivity. Some sensitivity to peanuts can present itself as acne or boils on the skin.

**Coconut Sugar, Brown Rice Syrup, Honey, Maple Syrup** - if you are diabetic or pre-diabetic, please avoid all things sweet! You'll have plenty of low-glycemic sweetness in your Arbonne protein shakes.

**Corn** - is very starchy, converts to sugar in the body, and is highly genetically modified. Non-organic (conventional) corn had been modified to contain pesticides so bugs die when they eat the corn. It's also highly sprayed with pesticides and herbicides. Corn can cause bloating and other allergenic symptoms. Avoid it if you are on the Advanced Plan.