The Stone Age Diet
Eating like a caveman!

Keith Scott-Mumby’s Diet Wise Academy
The Stone Age Diet

General Notes:

This is a TRIAL diet, not a maintenance diet
You must be strict (not like a slimming diet)
No need to be hungry - eat as much as you like!
Be prepared: have the good stuff ready to hand
This will change your shopping habits too!

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Start With The Allowed Foods:

- All vegetables
- All fruit except citrus
- All red meats, not processed
- All fish, not smoked or processed
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Start With The Allowed Foods:

- Fowl, except chicken
- Peas, beans (cook well)
- Nuts (note peanut is not a nut and best avoided)
- Mushrooms and fungi
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Start With The Allowed Foods:

- Spring water (better from glass bottles)
- Herb teas
- Fruit juices (avoid lacto-fermented)

Organic is best but not essential
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Start With The Allowed Foods:

You can fry food:
- Potato fries OK
- Sweet potato fries
- Beet, parsnip and artichoke fries

This is not a slimming diet, eat all you want!

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Foods that must be avoided:

- Dairy products (milk, cream, cheese, butter, yoghurt)
- All grains (wheat, corn, barley, rice, oats, rye, millet)
- Stimulant drinks (tea, coffee, alcohol)
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Foods that must be avoided:

- Honey, sugar and sweeteners (nothing needs it!)
- Eggs, chicken
- Avoid all processed food (anything in tins, packets, jars, bottles, etc.)
- Processed meats

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Foods that must be avoided:

- No citrus fruits (orange, lemon, grapefruit, etc.)
- No herbs or "remedies"
- Stop all but essential drugs*
- You must stop smoking! Sorry!

*You must consult with your doctor to decide what is essential
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Easement for kids:
- May allow chicken
- Rice cakes
- Pure organic honey and pure maple (not much!)
- Homemade peanut butter
- Home made nut milks
Special foods can be introduced, if you know how to handle them:

- Quinoa
- Buckwheat
- Tapioca and sago
  (not sorghum, spelt or cous-cous)
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General advice:
- Eat a good breakfast
- Take Epsom salts if you are constipated
- Organize snacks and treats to take your mind off it
- Eat an allowed food before you get hungry and start craving disallowed foods!
Withdrawal symptoms:

You can expect these and they can be ROUGH... However, cheer yourself up: if you get withdrawal symptoms, you’ll almost certainly benefit!

Take alkali salts (2 parts sodium bicarb; 1 part potassium bicarb)
How long?

Be prepared to go 10 - 14 days
Assess improvement: Any? What"
After that, you can call it a “no result”
That does not mean no food allergy - see later segment for what to do in this case