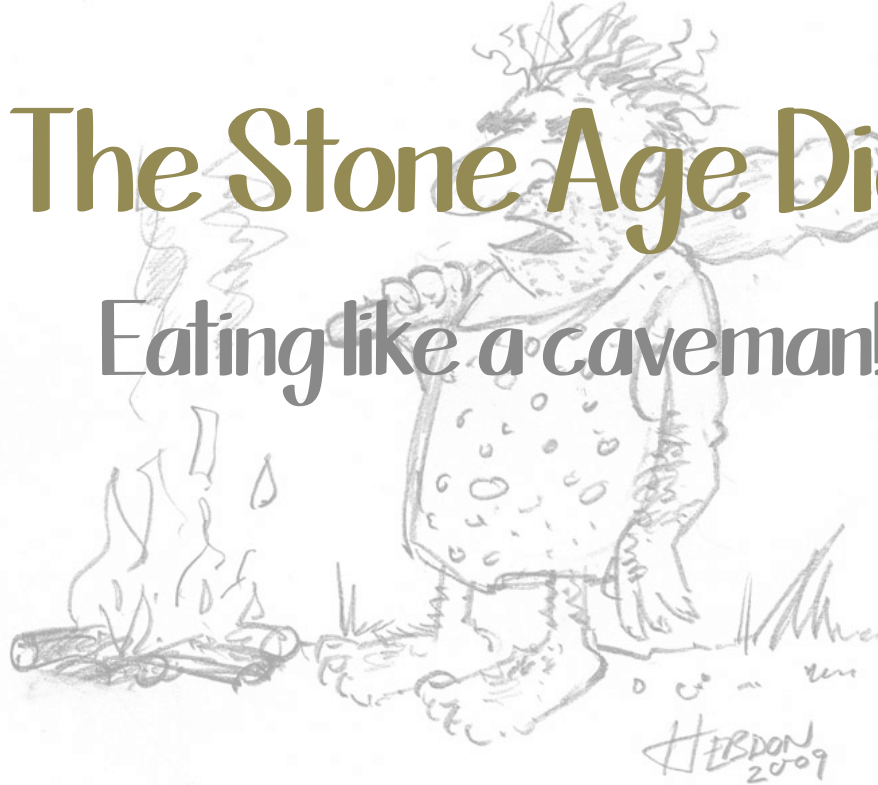


The Stone Age Diet

Eating like a caveman!



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!

The Stone Age Diet

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!

The Stone Age Diet

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

The Stone Age Diet

Easement for kids:

May allow chicken

Rice cakes

Pure organic honey and pure maple (not much!)

Homemade peanut butter

Home made nut milks

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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!

The Stone Age Diet

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)

The Stone Age Diet

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