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THE 5 LAWS DIET

Steps 1 & 2

When embarking on a clean diet try to get fresh, organic products. Free-range chicken and grass-fed beef are better choices. Wash vegetables as there may be residual pesticides and herbicides on the surface that would stress liver/kidney function.

Step 1: Going Anti-Fungal

This can last anywhere from 2–4 weeks to 3 months. Move to Step 2 when all yeast markers are gone.

Step 1 is low in carbohydrates, weight loss is expected. This is a fat burning yeast detox mild ketogenic catabolic process. Stay on Step 1 until one gets to the desired weight. Then move onto Step 2.

*Thin people who want to minimize weight loss should only do this for five to seven days only while taking a strong dose of an antifungal supplement. Avoid the temptation to cheat, as this will sabotage the program. Sacrifice helps to achieve a healthy body. Treat it like a mission. Destroy the fungus in 5–7 days, without losing too much weight by eating regularly five times a day, then check your markers and move onto to Step 2.

Food Groups	ALLOWED	Leave OUT
1. Sugar/candy	None. You are on a mission to get really healthy. Create variety in the dishes, mix it up and be open minded, enjoy your creations	All sugars excluded i.e. sucrose, fructose, honey, maple syrup etc.
2. Sweeteners	Xylo-Sweet, sweetened chocolate w Xylitol, Stevia	Aspartame, saccharin, Splenda®, Equal®, mallitol, sorbitol
3. Fruit	Green apples, berries, avocados, lemons, limes, blueberries, cranberries, raspberries, pink grapefruit, shaddock, Tomatoes (if arthritic keep minimal)	All others including fruit juices
4. Meat/Fish, blood type proteins	<p>'O'—beef, lamb, liver, mutton, salmon, red snapper, sardines, trout, mahi-mahi, flying fish, tilapia, cod, tuna (limited amounts), swordfish (well cooked), turkey (turkey ham & turkey bacon), chicken, ostrich, Cornish hen, rabbit</p> <p>'A'—red snapper, salmon, sardines, trout, mahi-mahi, flying fish, tilapia, cod, tuna (limited amounts), swordfish (well cooked), turkey (turkey ham & turkey bacon), chicken, ostrich and Cornish hen</p> <p>'B'—goat, lamb, mutton, rabbit, grouper, mahi mahi, mackerel, sardines, salmon, flying fish, tilapia, cod, tuna (limited amounts), swordfish (well cooked), turkey (turkey ham & turkey bacon)</p>	PORK: bacon, ham, pork breaded meats, old fish e.g. barracuda, marlin, anything smoked or cured as it will carry fungus or mycotoxins i.e smoked salmon

Food Groups	ALLOWED	Leave OUT
	<p>'AB'—lamb, turkey (turkey ham & turkey bacon) grouper, mahi mahi, mackerel, sardines, tuna (limited amounts), salmon, flying fish, tilapia, cod, swordfish (well cooked)</p>	
5. Eggs (none if allergic)	All up to 7–10 per week/alternate days	NO TO ALL EGG SUBSTITUTES
6. Dairy, blood type proteins	'O'—butter, ghee, goat's cheese, mozzarella, feta. Goat's milk & almond milk. Yoghurt - plain and natural use very sparingly	All other dairy products, including margarine, and butter substitutes
All blood groups can have almond milk (unsweetened)	<p>'A'—ghee, feta and goat's cheese, mozzarella, ricotta. Soy milk, goat's milk & almond milk</p> <p>'B'—cottage, goat's and feta cheese, mozzarella, milk, plain yogurt</p> <p>'AB'—cottage, feta and goat's cheese, mozzarella, ricotta, goat's milk & almond milk</p> <p>All—unsweetened whipping cream, sour cream made from real cream, butter—especially okay if you are a good fat burner i.e. can you hold your breath for longer than 1 Min</p>	
7. Vegetables	<p>Arugula, asparagus, bamboo, bok choy, broccoli, carrots, cassava/ yucca, courgettes, celery, chicory, chives, christophene, collards, cucumber, dandelion, dasheen, eddoes, endive, fennel, garlic, ginger, horseradish, kale, kelp, kohlrabi, Romaine lettuce, other</p>	Potatoes, legumes (beans and peas), sweet potatoes

Food Groups	ALLOWED	Leave OUT
	<p>lettuce, tomato, okra, onions, parsnips, pumpkin, squash, spinach, turnip, water chestnut, water-cress, yam, kelp or dulse/seaweed, zucchini, chickpeas</p> <p>Highlighted are the only allowed carbohydrates</p>	
8. Beverages	Filtered/purified water, non-fruity herbal teas, green tea, seltzer water, club soda sweetened with Xylo-sweet and lemon or lime.	Coffee, tea (including decaf), sodas, soy milk, ALCOHOLIC BEVERAGES
9. Grains	Use Cassava/ yucca crackers, bread or hats, pancakes etc. Essene bread (use sparingly if you want to lose weight and have energy, check the specific gravity of the Urine 2)	Pastas, rice, corn, wheat, quinoa, amaranth, millet, buckwheat, oats, barley
10. Yeast extracts or Products	NONE	All are excluded including bread, mushrooms and pastries, miso soup
11. Vinegars	Unpasteurized apple cider vinegar (Braggs), Braggs Liquid Aminos®	Pickles, salad dressings, green olives, soy sauce
12. Oils	Olive, grape seed, flax seed, coconut oil, etc. Use cold pressed oils when available	Partially hydrogenated 'trans' oils, corn and peanut oil, canola oil
13. Nut	Raw, unsalted Almonds, macadamia nuts, sunflower seeds & pumpkin seeds (should be relatively fresh and stored in a zip-lock container in the fridge to prevent growth of mold.)	All others, especially PEANUTS, they are one of the worst carriers of fungus

Food Groups	ALLOWED	Leave OUT
14. Condiments/ Spices	Curry, black pepper, cayenne, oregano, turmeric, vanilla, rosemary, saffron, sage, parsley, dry mustard, marjoram, paprika, dill, basil. Homemade mayonnaise with garlic, chipotle peppers	Ketchup, mustard, mayonnaise and peppersauce. Avoid any old herbs or spices—throw them away.
<p>15. Supplements</p> <p>16. Miscellaneous</p> <p>Step 2 This is the lifestyle diet ... see how the body responds, check the saliva pH very closely and watch for fungal markers on the microscope</p> <p>Grains (Check for a bloating response when re-introducing grains as it could mean an allergy)</p>	<p>Acidophilus bacteria, CoQ10, essential fatty acids (Omega 3,6,9), garlic capsules, antifungal remedies etc</p> <p>Home made salsa Home made hummus Home tatziki (no sugar - only Xylitol) Xylitol-sweetened jams, Cocoa powder/chocolate > 70–80%. Homemade Cassava/ yucca flour brownies</p> <p>This is introduced after the fungus and Candida have disappeared. This phase introduces the allowed grains. Weight loss will start to slow down unless you perform a protein free period of 3–7 days. Check with physician first!</p> <p>Brown rice, quinoa, oat flour, oatmeal, buckwheat, millet, barley and sour dough bread. Ezekiel and Essene bread, cassava/ yucca bread, Kamut (check with blood type) Essene bread (use sparingly if you want to lose weight and have energy, check the specific gravity of the</p>	<p>Any foods that are suspiciously fermented or enhanced</p> <p>No yeast based bread. Unleavened is the only way to go.</p> <p>Wheat and other wheat flour etc.</p>

Food Groups	ALLOWED	Leave OUT
	Urine 2)	
Complex carbohydrates	Breadfruit (not more than twice a week), sweet potatoes, plantain, occasional English potato (check blood type)	'O' & 'B' = no coffee, unless skipping a meal, be sure to help the liver and kidneys recover by drinking extra water
Beverages	'A' & 'AB' - coffee 'O' & 'B' - licorice tea (check with MD or DO primary care physician), peppermint tea, or the occasional coffee, Welch's Grape, Ceres ruby grapefruit juice and unsweetened cranberry juice. Rice milk.	
Fruits/Honey	Figs, prunes and plums, green/yellow bananas, cranberries, grapes, apricots, passion fruit, soursop, pomegranate, fresh peach and cherries. Dark honey. Chocolate treats made from Xylitol and vanilla with almonds and cassava/ yucca crunch!	
		Light honey, any artificial sweeteners

Things to watch for during Step 1 and Step 2

1. When undergoing a detoxification program such as Step 1 of The 5 Laws Diet, it is quite common to experience headaches, flu-like symptoms, chills, aches and sometimes a slight fever during the initial stages. This is a temporary stage and it is a sign that the fungus is dying off. Be disciplined in this delicate phase. Rest and take it easy. Be kind to your body as it flushes out the yeast and fungus.
2. It is also possible to experience a temporary worsening of the original condition/s. This is called the Herxheimer Reaction, and is a good sign as it means that the yeast/fungus is dying and the body is releasing its stored toxins.
3. It is normal to experience intense sugar cravings. This is typical as the fungus dies off. Use the power of your mind to focus on your goal, i.e. getting the fungus out of your body and getting power over the diseases that plague you. A remedy for sugar craving is to take 2 antifungal/yeast tablets and drink a

glass of water with a teaspoon of Xylo-Sweet dissolved in it.

4. When using Xylo-Sweet please note that it requires a period of tolerance adjustment. It has a mild laxative effect and should be used in gradually increasing proportions over 3 to 6 weeks, before it can be used in equal amounts as normal sugar.
5. When referencing the pH chart for the vitamin suggestions remember that all vitamins should be taken mid-meal - if a meal is missed or smaller than normal, do not take the vitamins - they must ALWAYS be taken with a good sized meal so as to mix with the digestive juices. They are food supplements. If you only eat a snack for dinner, take the minimum vitamins or none at all. If skipping a meal is habitual, ask if the prescription can be amended to suit.
6. Ensure food is chewed sufficiently, at least 30–40 times before swallowing. It allows your enzymes greater surface area to digest the food. Think of your mouth as a slow blender. Take digestive enzymes to help balance your saliva pH.
7. To find out the minimum amount of water required by your body - divide the body weight by 2 and then divide this number by 28.4 to determine the volume of water in liters. If exercising or on hot sunny days this amount may be significantly more. The success of the program depends on the amount of pure water consumed.
8. When you are on The 5 Laws of Perfect Health program, you will realize that less gas is produced, which is a sign that there is less fermentation-taking place within the body. Bloating causes indirectly a liver enzyme strain that results in arthritis. However if there is persistent gas and burping the individual could try separating proteins from carbohydrates i.e. have meat, vegetables and salad with no carbohydrates. For another meal have just carbohydrates, vegetables and salad. People with a sensitive gastro-intestinal tract should avoid mixing protein and starch.