

Fibromyalgia and yeast elimination diet **Yeast Elimination Diet**: Adapted from Trowbridge, John Parks, MD: The Yeast Syndrome, Bantam Books,

Feel free to download and print this food list, as long as you don't sell it.

Note: The first phase of this diet is designed to starve the yeast in your body. You may need to stay on it for two months or more. You can eat as much as you wish as long as you choose from the Phase 1 list.

When you are satisfied that you have eliminated yeast overgrowth -- that is, when you have had no symptoms for at least a week or 10 days -- add foods in the second phase. Wait a week or two. If no symptoms reappear, move on to the third phase, and then to the fourth. If symptoms appear at any point, go back to Phase One and start over.

Allowed Sweeteners: Stevia or Xylitol

NO MILK **NO SUGAR**

Lemon in water is ok

PHASE ONE

Phase 1 Fruits

Pears
Blueberries

Phase 1 Vegetables

Alfalfa sprouts
Artichoke, Chinese
Asparagus
Bamboo sprouts
Banana pepper
Bavarian endive (escarole, chicory escarole)
Bean sprouts
Beet greens
Bell pepper (sweet green)
Cabbages
 Bok choy
 Broccoli
 Cabbage kraut
 Cauliflower
 Celery cabbage
 Chinese cabbage (PeTsai)
 Collard greens
 Head (green, red)
 Kale
 Kohlrabi
 Savoy
Cardoon
Carrot
Chayote
Celeriac (celery root, knob celery)
Cucumber
Curly cress
Curly endive (chicory)
Dandelion greens
Dulse

Eggplant
Garden cress
Garlic
Gherkin
Jalapeno pepper
Jicama
Kelp (seaweed)
Lamb's quarters
Leek
Lettuces
 Butterhead
 Bibb
 Boston
 Butterscotch
 Celtuce (stem)
 Iceberg (crisphead)
 Loose-Leaf
 Lamb's
 Matchless
 Oakleaf (green, bronze)
 Prizehead
 Salad bowl
 Red-leaf chicory (Arugula)
 Romaine (cos)
 Rogquette
Mung bean sprouts
Onion
Okra
Parsnip
Pumpkin
Rape
Radish
Red sweet pepper
Sea kale
Shallot
Spinach
Squashes
 Acorn
 Alligator
 Banana
 Boston marrow
 Bush
 Buttercup
 Butternut
 Caserta
 Cheese
 Cocozelle
 Connecticut field
 Crookneck
 Cushaw
 Delicious
 Golden nugget
 Hubbard varieties
 Mammoth

Melopepo
Mirliton
Pattypam
Pumpkin
Quaker pie
Queensland blue
Small sugar
Spaghetti
Straightneck
Table queen
Turban
Vegetable spaghetti
Virginia mammoth
Whitebush scallop
Zucchini
String bean
Swiss chard
Tomatillo
Tomato
Turnip greens
Upland cress
Water celery
Watercress
Whitloof chicory (Belgian or French
endive)
Yucca

Phase 1 Herbs and Spices

Allspice
Althea root (tea)
Angelica
Anise
Apple mint
Balm
Basil
Bergamot
Boneset (tea)
Borage
Burdock root (tea)
Burnet (cucumber flavor)
Caraway
Cardamom
Cassia
Celery seed
Chamomile (tea)
Chervil
Chicory (in coffee, tea)
Chive
Clove
Comfrey (tea)
Coriander
Cumin
Dill
Dittany

East Indian arrowroot
Fenugreek
Ginger
Ginseng (tea)
Goldenrod (tea)
Hibiscus (roselle) (tea)
Horehound
Horseradish
Lavender
Lemon balm (melissa)
Licorice
Lovage
Mace
Marjoram
Menthol
Mint
Nutmeg
Oregano
Paprika
Parsley
Peppercorns (black, white)
Peppermint
Pimiento
Rosemary
Saffron
Sage
Savory
Sorrel (dock)
Spearmint
Tarragon
Thyme
Turmeric
Vanilla (bean, extract)

Phase 1 Miscellaneous

Agar-agar
Aloe Vera
Carrageen (Irish moss)
Green tea
Ground cherry
Guava
Herbal teas
Pepino (melon pear)
Rhubarb
Safflower oil
Salt (table salt, sea salt)
Sunflower (seed, oil, meal)
Tamarind

Phase 1 Animal Products

Any variety of
Fish
Shellfish
Amphibian

Beef
Pork
Lamb
Mutton
Game
Poultry
Eggs
Milk products
 Butter
 Casein (protein)
 Yogurt (live culture, no fruit)

PHASE TWO

Phase 2 Vegetables

Artichoke, globe
Artichoke, Jerusalem (sunchoke)
 Artichoke flour
Avocado
Brussel sprouts
Carrots
Chinese water chestnuts
Chufa (groundnut)
Mustard greens
Peas
 Black-eyed (cowpea)
 Chickpea (garbanzo)
 Cream
 Field
 Green
 Purple-hull
 Split peas
Potato (waxy white, waxy, red, mealy)
Rutabaga
Satisfy (oyster plane)
Soy products
 Soybean
 Soy Flour
 Soy mink
 Soy oil
 Tofu
Turnip

Phase 2 Fruits

Melons
 Canang
 Casaba
 Cassabanana
 Christmas
 Crenshaw
 Honeydew
 Muskmelon
 Persian
 Santa Claus
 Spanish

Watermelon

Phase 2 Grains

Cornmeal
Corn oil
Corn starch
Popped corn
Rice
Triticale
Wheat germ
Wild rice
Whole grain Pasta

Phase 2 Animal Products

Cheese
 Soft
 American (white, yellow)
 Cream cheese
 Neufchatel
 Hard
 Colby
 Edam
 Gouda
 Monterey Jack
Whey Cheese
 Gylost
 Mysost
 Primost
 Ricotta
 Sapsago
Honey bee pollen

Phase 2 Miscellaneous

Bay leaf
Capers
Cayenne pepper
Cinnamon
Mustard seed
Nasturtium (leaves, flowers, seeds) I
Olives (black, green, ripe)
Olive oil
Red pepper
Sassafras
Sesame (seed, oil)
Tabasco sauce
Tahini

PHASE THREE

Phase 3 Vegetables

Beans
Aduki

Black Turtle
Fava
Great Northern
Green
Jack
Kidney
Lima
Mung
Navy
Pinto
Beet Snap
Carob
Hearts of palm
Lentil (plain, pink)
Masur bean
Palm cabbage
Sago palm (starch)
Sugar beet
Swamp cabbage
Sweet corn (immature)

Phase 3 Grains

Barley
Barley malt
Buckwheat
Grits (hominy)
Kafir
Maltose
Millet
Oats
Rye
Sorghum syrup
Wheat
Bran (fanna)
Bulgur
Flour
Gluten
Graham
Patent
Whole wheat

Phase 3 Nuts

Almond
Beechnut
Chestnut
Chinquapin
Filbert
Hazelnut
Peanut
Peanut oil
Pine nut
Pinyon (pinon)

Phase 3 Fruits

Apple
Bearberry
Blackberry
Blueberry
Boysenberry
Cherry, West Indian (Barbados, acerola)
Citron
Crabapple
Cranberry
Dewberry
Elderberry
Gooseberry
Huckleberry
Kumquat
Lemon
Lime
Longberry Loquat
May apple
Murcot
Papaya
Pawpaw (custard apple)
Peach
Pineapple
Pomegranate
Rosehips
Sapota
Saskatoon
Sloe plum
Strawberry
Tangelo
Ugli fruit
Wineberry
Youngberry

Phase 3 Miscellaneous

Angostura (bitters)
Apple pectin
Arrowroot
Coffee
Juniper berry
Mate
Wintergreen

Phase 3 Animal Products

Cheese
 Soft
 Cottage Cheese
Cheddar
 Cheddars

Cheshire
Granular
Grana
Parmesan
Reggiana
Romano
Sardo
Stretched curd
Caciocavallo
Mozzarella
Provolone String Cheese

PHASE FOUR

Phase 4 Fruits

Apricot
Banana
Breadfruit
Cantaloupe
Cherry (sour, sweet)
Coconut (oil, meal, milk, meat)
Currant (red, black, white)
Date
Date plum
Fig (all varieties)
Grape (all varieties)
Grapefruit (all varieties)
Kiwi fruit
Loganberry
Mango
Mulberry
Muscadine
Nectarine
Orange (all varieties)
Pear
Persimmon (American, Japanese)
Plum
Pomelo
Prune
Quince
Raisin (all varieties)
Raspberry (black, purple, red)