

# **GROUP 16**

## **Alkaline Digestion and Enzymes**

### **Foods to avoid in your diet for the next 12 hours:**

**Your diet consists of anything you EAT, DRINK, RUB ON YOUR SKIN or INHALE. You must avoid eating, drinking, touching, or smelling the following.**

- Raw or cooked vegetables
- Cooked beans
- Milk
- Vitamin supplements
- Enzyme supplements

### **YOU CAN EAT OR DRINK**

- **Sugar**
- **Starches**
- **Meats**
- **Grains**
- **Coffee or tea without milk**
- **Water**