

GROUP 8

Minerals

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.

- Mineral water
- Tap water (you must wash and brush your teeth with distilled water)
- Salt
- Fruits
- Vegetables
- Molasses
- Sunflower seeds or sunflower oil
- Nuts
- Beans
- Sesame seeds or oil
- Coffee
- Tea
- Brewers or bakers yeast
- Egg yolk
- Liver, organ meats or red meat
- Fish or shellfish
- Chocolate
- Vitamin or mineral supplements
- Bread of any kind
- You must use plastic utensils when eating
- Avoid touching metals (BRING gloves to wear after treatment)
- Avoid wearing jewelry
- If you must wear jewelry, cover rings or metal buttons with masking tape
- **Do not use any Antiperspirant (because of the aluminum content).**
- **Wash off all make-up before treatment. Do not wear any for 12 hours after treatment.**

Diet tip: Be sure to read labels carefully. Do not consume anything that is vitamin or mineral fortified or take supplements or herbs.

YOU CAN EAT OR DRINK

White rice that is boiled and rinsed, chicken, plain baked potatoes (not wrapped in foil), and distilled water