

NAET Mineral Avoidance List

Lily Choi Natural Healing

Adapted from "The NAET Guidebook"

By Dr. Devi S. Nambudripad, DC, LAc, PhD

Magnesium: (Check in cases with chronic constipation, eczema, asthma, breathing difficulty, liver toxicity, water retention anywhere in the body, seizure disorders).

AVOID: nuts, soybeans, raw and cooked green leafy vegetables, almonds, whole grains, sunflower seeds, brown rice, sesame seeds.

YOU MAY EAT: white rice, potato, cauliflower, eggs, chicken, meats, milk and fruits.

Zinc: (Check in cases with immune disorders, frequent flu like symptoms, eczema, hormonal disorders, enlarged prostate, infertility in both sexes, low libido).

AVOID: wheat bran, wheat germ, seeds, dried beans, peas, onion, mushrooms, brewers yeast, milk, eggs, oysters, herring, brown rice, fish, lamb, beef, pork, green leafy vegetables, mustard.

YOU MAY EAT: white rice, pasta, cauliflower, potato, chicken, table salt, drink water.

Manganese: (Retention of water in the body, weight gain in the waist area, clinical depression, mood swings, and if you think you are alone in this world and no one loves you).

AVOID: whole grains, seeds, nuts, legumes, dairy products, egg yolks, fish, corn, dried fruits, poultry and meat.

YOU MAY EAT: steamed white rice, potato, cauliflower, fresh fruit, fresh vegetables and vegetable oil.

Phosphorus: (Check in cases with General body ache, chronic fatigue, fibromyalgia,, pain in the joints.)

AVOID: whole grains, seeds, nuts, legumes, dairy products, egg yolks, fish, corn, dried fruits, poultry and meat.)

YOU MAY EAT: steamed white rice, potato, cauliflower, fresh fruit, fresh vegetables and vegetable oil.

Potassium: (Check in cases with fatigue, heart irregularities, brain fog).

AVOID: all vegetables, oranges, bananas, cantaloupe, tomatoes, mint leaves, water cress, potatoes, whole grains, seeds, nuts, and cream of tartar.

YOU MAY EAT: white rice and pasta, cauliflower, chicken, meat, eggs.

Selenium: (Check in cases with liver toxicity, heart irregularities, shortness of breath).

AVOID: brewers yeast, wheat germ, kelp, sea salt, garlic, mushrooms, seafood, milk, eggs, whole grains, beef, beans, bran, onions, tomato, broccoli.

YOU MAY EAT: white rice, pasta, cauliflower, potato, chicken, fruits, table salt, drink water.

Molybdenum:

AVOID: whole grains, brown rice, brewers yeast, legumes, buckwheat, millet, dark greens and leafy vegetables.

YOU MAY EAT: steamed white rice, potato, cauliflower, fresh fruits, non-iodized salt and water.

Sulfur: (Check in cases with eczema, toxic colon).

AVOID: radish, turnip, onion, celery, string beans, watercress, soybean, fish, meat, dried beans, eggs, cabbage.

YOU MAY EAT: steamed white rice, potato, cauliflower, fresh fruits, non-iodized salt and water.

Fluoride:

AVOID: Fluoridated water, gelatin, sunflower seeds, milk, cheese, carrots, garlic, almonds, green leafy vegetables and fish. Do NOT bathe in or drink Fluoridated water. Do not eat products prepared with sunflower oil.

YOU MAY USE OR EAT: fruits, poultry, meat, potato, cauliflower, white rice and yellow vegetables. If you are also treating for water you may drink fresh fruit juices and distilled water.

Lead: (Check in cases with brain fog, heaviness in the brain and limbs, allergy to tap water.)

AVOID: tap water, lead pencil.

YOU MAY EAT: anything that is not cooked in tap water.

Iodine: (Check in cases with chronic fatigue, thyroid imbalance, hives, fish and shellfish allergy).

AVOID: kelp, seafood, iodized salt, onions.

YOU MAY EAT: rice, pasta, cauliflower, potato, fruits, iodized salt, drink water.

Germanium: (Check in cases with arthritis and fatigue).

AVOID: all whole grains and sprouts including bread.

YOU MAY EAT: fruit, vegetables, vegetable oils, dairy, poultry and meats.

Copper: (Check in case of arthritis and anemia)

AVOID: almonds, green beans, peas, green leafy vegetables, whole grains, prunes, raisins, liver, dried beans, whole wheat, beef liver, calf liver, shrimp, seafood.

YOU MAY EAT: white rice, pasta, cauliflower, potato, fresh fruits, non iodized salt, drink water.

Cobalt: (Check in case of anemia)

AVOID: Green leafy vegetables, meat, liver, kidney, figs, buckwheat, oyster, clams, milk.

YOU MAY EAT: white rice, pasta, cauliflower, potato, fresh fruits, non iodized salt, water.

Chromium: (Check in case of diabetes)

AVOID: Whole grains, wheat germs, corn oil, brewers yeast, mushrooms, meat, liver, sugar, shellfish, clams, chicken

YOU MAY EAT: White rice, pasta, cauliflower, potato, fruits, table salt, drink water.