SUBSTITUTION LIST
(Substitute healthy food options, and if supplements disappear, what you can use instead)

Artificial Sweeteners – stevia, monk fruit, erythritol (small amounts), malitol

Breakfast cereals – oatmeal, granola, buckwheat

Breath Fresheners – peppermint or spearmint essential oils

Butter – organic butter, soybutter, spectrum mayonnaise or homemade mayonnaise, coconut oil, cold pressed oils, cacao butter.

Cheese – raw cheeses, nut and seed cheees. Fatty nuts (brazil, pine, macadamia, pecan)

Coffee – Chicory rt, Krakus (uses barley, rye, chicory, beet root), Matcha tea, Green tea, Black tea, Roasted dandelion root

Deep fried foods – use an airfryer. Cheap to buy and saves using expensive electricity of an oven.

Eggs, Milk and cream - Flaxmeal with water. Nut and seed milks.

ENZYMES:

Protease to break down proteins: pineapple (bromelain), papaya (papain), kiwi fruit

Amalyse: mango, banana

Lipase: avocado, Howver, lipase is made by pancreas, don't need to get from diet

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Estrogen foods/herbs: Alfalfa Anise Beta-sitosterols Bitter Melon Black Cohosh Blue Cohosh Chasteberry Cruciferous veggies (broccoli, brussel sprouts, kale) DHEA Dong Quai Evening Primrose Oil Ginseng (all types)

Fennel Flaxseed Hops (which they use to make beer also) Licorice root Lignans Milk Thistle Nuts (cashews, almonds, peanuts, pistachios) Peaches Raspberry Leaf Red Clover Red Wine Resveratrol Sesame seeds Soy Wild Yam

Germanium (chemical element atomic number 32) - Garlic, shiitake mushrooms, onions.

Hydrogenated veg. Oils - cold pressed oils accompanied with high antioxidant foods or supplements.

Ice Cream – make your own or buy at health food store made with coconut milk, or bananas, sweetened naturally.

L-theanine – black tea (best), green tea, oolong tea, white tea

Meat (beef, pork, lamb, chicken, turkey, tuna, fish)- Nuts & seeds; nut and seed pates and cheeses; spirulina, algaes, green superfood mixes, hemp protein, maca; beans

Milk: oatmilk, soymilk, rice milk, almond milk, coconut milk

MINERALS

BONE MINERALS:

Calcium – Kelp, bok choy, sesame seeds, cress, cabbage, chard, turnip greens, kale, mustard greens, parsley, hazelnuts, dandelion, brazil nuts, chickpeas, black olives, walnuts, spinach, raisins, peanuts, lentils, almonds, soybeans. Best is ratio 2.5 to 1 with Phosphorus. If calcium and phosphorus intake is high, magnesium intake should be 2:1 (2 parts calcium and 1 part magnesium). If low in magnesium use 1:1 ratio cal-mag.

Magnesium – Parsnips, tomatoes, bran, all leafy green veggies, kelp, buckwheat, wheat germ, kelp, figs, soybeans, corn, apples, almonds, brazil nuts, cashews, peas, carrots, pumpkin seeds, blackstrap molasses, seasalt, brewer's yeast, avocados.

Phosphorus – Seafood, liver, meat, milk, kale, bran, nuts, seeds, chickpeas, lentils, garlic, radish, pumpkin, cucumber, lettuce, spinach, eggs, popcorn, cheese, wheat, grains, kelp, yeast, bone meal. Intake should be linked with calcium.

Potassium – Legumes, lemons, kale, lettuce, turnips, celery, romaine, cabbage, all veggies, whole grains, sunflower seeds, nuts, dairy, potatoes, bananas, fish, fruit, apricots, rice, dates, avocados, yams, blackstrap molasses, figs, dried fruit, garlic, brewer's yeast, brown rice, raisins, squash. Combines with phosphate to become alkalizing agent to keep proper acid/alkaline balance in blood, prevents over acidity.

TRACE MINERALS:

Boron – Leafy veggies, fruits, nuts, grains. Needed for calcium uptake.

Chromium – Whole grains (other than rye), vegetable oils, nutritional yeast (not torula), oysters, clams, meat. Absorption rate low (10% from food sources and only 1% from supplemental forms).

Chlorine – Seaweeds, watercress, avocado, chard, tomatoes, cabbage, endive, kale, turnip, celery, cucumber, asparagus, pineapple, oats, salt water fish, rye. Chlorine stimulates production of acid in stomach for digestion.

Copper – beef liver, oysters, spirulina, shitake mushrooms, nuts, sunflower seeds, lobster, leafy greens, dark chocolate, chickpeas, raisins, avocado, dried apricots, quinoa, kale, goat cheese, asparagus. Body uses copper to form red blood cells, bone, connective tissue and some immportant enzymes. If you have crohn's or celia you may have difficulty absorbing copper. Copper needs zinc and iron to be present. Many get help using copper bracelet or wraps.

Fluoride – Cauliflower, sauerkraut, cabbage, cheese, raw egg yolks, seafoods, whole wheat, garlic, raw goat aand cow's milk. Fluoride is added to toothpaste and in some cities it is added to the water supply. Calcium fluoride is the mineral that strengthens bones, teeth.

Iodine – Kelp, dulse, seaweeds, swiss chard, turnip greens, garlic, watercress, seafood, ocean fish, fish liver oil, egg yolks, parsley, pineapple, pears, citrus. Common deficiency. Lacking in the soil of midwest Canada and U.S. Iodine is used by the body to detox radioactive residue from nuclear bombs.

Iron – Dessicated liver, nutritional yeasts, molasses, organ meats, dried apricots, prunes, soy beans, whole wheat bread, tofu, oysters, lettuce, green leafy veggies, beans. Common deficiency. Plant type (non heme) is easiest to digest for Ferrous type (from meats) are easiest to absorb.

Manganese - Nuts, leafy veggies, tea, whole grains. Beets, turnip greens, spinach, ruhubarb, cod liver oil, brewer's yeast. Needed for carbohydrate and fat production. Most needed for bones and tendons.

Molybdenum - Organ meats, brown rice, millet, buckwheat, brewer's yeast, cereal grains legumes, dark leafy vegetables. A component of an essential enzyme, zanthine dehydrogenasee.

Nickel - found in body found to the protein nickleplasmin. Shellfish, vegetable oils.

Selenium - Seafood, meat, grains grown in high selenium soils, brewer's yeast (not torula), brazil nuts, wheat germ, bran, cabbage, tomatoes, broccoli. Antioxidant, works with Vit. E

Silicon - All grasses esp oatstraw, oats, white onion, radish, calmyrnia figs, grains, horsetail herb. Alfalfa, kelp, flaxseed, apples, strawberries, grapes, beets, parsnips, almonds, peanuts. Most abundant mineral on earth. Most common form is silicon dioxide (sand).

Sodium -Seafoods, kelp, celery, poultry, romaine lettuce, beets, watermelon, carrots, asparagus, chard, sunflower seeds, wild rice, asparagus. Blood mineral, works with potassium and chlorine to maintain acid-base balance.

Vanadium - Fish, veg. oils, olives, snap beans, dill, meat, radishes, grains. Tobacco decreases uptake. Not easily absorbed.

Zinc - Wheat bran/germ, raw pumpkin seeds, eggs. onions, nuts, sunflower seeds, brewers yeast, oysters, herring, green leafy fermentated vegetables, hemp seeds, pumpkin seeds, lentils,

shellfish. Zinc may have difficulty being absorbed if vegetarian. Intake of zinc should be moderate.

NEUROTRANSMITTER ENHANCEMENTS:

DOPAMINE – Chicken, cottage cheese, duck, wild game, pork, ricotta, soybeans, turkey, eggs, granola, oat flakes or rolled oats, sausage meat, lor fat/lowsalt cheese, wheat germ, whole milk, walnuts, Yogurt. Avoid carbonated beverages, processed sugars, lead exposure, chemmicals, cadmium, cigarette smoke.

ACETYLCHOLINE - Eggs, caviar, sardines, fish oils, olive oil. Eat as much fruits and veggies as you wish. Low fat diet. Beef/chicken/pork liver, Eggs, Pork, Canned shrimp, Salmon, Tilapia fish, Wheat bran, Cod fish, Lean ground beef, Artichokes, Macadamia nuts, Oatbran, Wheat bran, Peanut butter, Pinenuts, Hazelnuts, Soy Protein Powder, Tomato, broccoli, brussel sprouts, cabbage, toasted wheat germ, tomatoes, blueberries. Avoid: aluminum (cookware, underarm deodorants, tums, rolaids, water softeners). Violent films, aggressive language, PCB's, fertilizers, pesticides, electromagnetic fields, microwave radiation, power lines, microwave ovens, fluorescent lighting, cell phones.

GABA (Gamma-aminobutyric acid) - complex carbohydrate vegetables, lots fresh fruits and veggies, brown rice, cruciferous vegetables, spinach, tomatoes, mushrooms, wheat, barley, Bananas, Broccoli, Spinach, Potato, Oranges, Whole grain oats, Halibut fish, Walnuts, Beef liver, Rice bran, Lentils, Whole wheat or grain, nuts, cantaloupe, organ meats. Avoid: Carbonated drinks, Alcohol, Anything white (white flour, white rice, sugar).

SEROTONIN (mostly made in the gut so diet is important) - poultry and complex carbohydrates. Eat as much fruits and veggies as you wish. Pork, Turkey, Wild game, Luncheon Meat, Cottage Cheese, Avocado, Wheat Germ, Sausage meat, Eggs, Ricotta cheese, Duck, Chicken, Whole Milk, Oak flakes, Granola, Chocolate, Yogurt. Vit. D needed. Avoid: simple carbohydrates (eg. white flour, white sugar), artificial sweeteners, chemicals in foods, food dyes, PCB's, pesticides, burning plastics, mercury (as in certain fish), loud music, violent films, porn, foul language.

Omega 3 – wild fatty type fish like salmon, mackerol, sardines, tuna, herring. Seaweed and alae, chia seeds, hemp seeds, flaxseeds, walnuts, edamame, kidney beans, soybean oil.canola oil, shellfish.

Omega 6 – natural raw nuts and seeds, safflower oil, hemp seeds, sunflower seeds, peanut butter, avocado oil, eggs, almonds, cashews, Black Currant seed oil, Borage oil, Evening Primrose Oil.

Parasite supplements – cloves, garlic, apple cider vinegar, wormwood, grapefruit seed extract, black walnut bark.

Pasta – brown rice pasta, whole grain pastas

Probiotics: kefir, yogurt (without sugar), sauerkraut and fermented foods like kimchi, miso.

Progesterone foods/herbs:

These increase progesterone in the body: beans, broccoli, brussel sprouts, cabbage, cauliflower, kale, nuts, pumpkin, spinach, whole grains.

These increase the ratio of progesterone to estrogen: bananas, cabbage, shellfish, walnuts

Quercetin: green tea, red wine, black tea, onions, kale, broccoli, tomatoes, blueberries, apples, dark colored grapes

Salad Dressing – olive oil, apple cider vinegar or lemon juice, dash mustard

Salt, table salt – use Himalayan salt or Celtic seasalt (neither of which contains iodine)

Substitute: Himalayan salt. Celtic seasalt.

Sugar (white or brown) – honey, pure maple syrup, xylitol, barley syrup, monk fruit, agave, stevia, blackstrap molasses, brown rice syrup, vegetable glycerine, fruit and fruit concentrates, erythritol (small amounts), malitol, coconut sugar, date sugar, raw beet sugar

Tobacco – smoke weeds such as Mullein leaves, skullcap, coltsfoot, mugwort, uva-ursi, mint, sage, labrador tea

Toothpaste – sea salt and baking soda mixed with a little water.

VITAMINS:

Vitamin A – there are two types – vegetable sources, and fish sources. Carrots, parsley, mint, spinach, cod liver oil or halibur liver oil, kohlrabi, apricots, peaches, cherries, beet greens, broccoli, egg yolk, butter. Heat, acid, oxygen and light can have negative effect.

Vitamin B1 (Thiamine) – whole grains, legumes, nuts, organ memats, brewer's yeast, wheat germ, bran, blackstrap mmolasses, soybean flour, rice bran, rice bran syrup.

Vitamin B2 (Riboflavin) - Brewer's yeast, organ meats, shell fish, wheat germ, cheese, eggs, dried chili peppers. Other: green leaf veggies, polishings, avocados, legumes, nut. Some lost by cooking, heated in alkaline solution such as baking soda.

Vitamin B3 (Niacin) – Brewer's yeast, torula yeast, wheat germ, rice bran, rice polishings, nuts, sunflower seeds, peanuts, liver, green veggies. Can be synthesized in the colon if enough B1, B2 and B6 are present.

Vitamin B5 (Pantothenic acid) – Brewer's yeast, wheat germ, wheat bran, royal jelly, whole grains, green veggies, peas, beans, peanuts, liver, kidney, crude molasses, avocados, mushrooms. Damaged with food processing, freezing, heat, acids and bases.

Vitamin B6 (Pyridoxine) – Brewer's yeast, desiccated liver, wheat germ, bananas, avocados, wheat bran, soy beans, walnuts, cabbage, egg yolks, blackstrap molasses, green leafy veggies, liver, green peppers, pecans, carrots, peanuts. Cooking and processing destroy 50%. Sensitive to light also.

Vitamin B12 (Cobalamin) – Fortified brewer's yeast, liver, kidneys, meat, chicken, fish, sunflower seeds, spirulina, chlorella, comfrey leaf, eggs, kelp, bananas, peanuts, raw wheat germ, pollen, concord grapes. B12 is water soluble (as is all the B vitamins) which means the body expels what it does not use. B12 with folate help make red blood cells. If you don't have the intrinsic factor in the digestion, you have trouble assimilating B12. Vegetarians are at risk of B12 deficiency.

Vitamin B15 (Pangamic acid) – Nutritional yeast, brown rice, sesame, pumpkin, sunflower seeds, whole grains, apricot kernels. Stable in heat to 212F. Damaged by Alkalines.

Vitamin B17 (Amygdalin/Laetrile) – apricot seeds (highest concentration), apple seeds, apple seed oil, Millet, Buckwheat, Barley, Flax, Almonds, Cashews, Macadamia nuts, raspberries, strawberries, currants, cranberries, bamboo shoots, alfalfa sprouts, yams, sweet potato, Spinach, Beet Greens, Watercress.

Biotin – Brewer's yeast, unpolished rice, soy beans, liver, kidneys. Damaged by acids and alkalines. Biotin is synthesized in the intnestines if there is enough healthy flora.

Vitamin C – All fresh fruits and veggies especially rose hips, citrus fruits, black currants, strawberries, apples, acerola cherries, potatoes, tomatoes, green peppers. Damaged by heat, alkalines, light.

Vitamin D – Fish liver oil, egg yolks, butter, salmon, tuna, sunshine. Should not shower or go swimming after sunbathing if you are hoping to get your Vit. D from the sun. 20 minutes exposure to sun gives about 20,000 IU Vit. D. In Canada and U.S. The sun is positioned too low to obtain the Vit. D we need from October to April, so we supplement at that time.

Vitamin E – fresh wheat germ oil, wheat germ, sunflower seeds, almonds, hazelnut oil, cold pressed sunflower oil, almond oil, hazelnuts, alfalfa, barley, soybeans, peanuts, rosehips, cabbage, spinach, broccoli, asparagus, brazil nuts, trout, red sweet raw peppers, peanuts, avocado, mango, raw turnip greens

Folic Acid – Brewer's yeast, wheat germ, dark green leafy veggies, broccoli, asparagus, orange juice, peas, beans, spinach, peanuts, liver. Can be damaged by heat (cooking), acid, oxygen.

Inositol – Whole grains, citrus fruits, brewer's yeast, molasses, liver, lecithin. Coffee may deplete the body's storage of Inositol.

Choline – Egg yolk, lecithin, navy beans, tofu/soy, almonds, liver, cauliflower.

Vitamin K – Cabbage, soybeans, spinach, pork, beef, liver, kidney, potatoes, strawberries, tomatoes, alfalfa, whole wheat/germ, bran, egg yolk.

PABA (para amino benzoic acid) – Liver, eggs, molasses, wheat germ, nutritional yeasts, yogurt, whole grains. Also synthesized by friendly bacteria in a healthy intestine.

Water - boil water, use the brita filtration system, pour water through charcoal, to get rid of chlorine, set water sit for 24 hr.

White Rice – basmati brown rice, brown rice, wild rice