

Rabbi Mike's Incredible Diet!

Many people have asked me for a list of the foods which I cannot eat, so here is the short list:

1. No gluten (*wheat or barley products of any kind*)
2. No dairy (*lactose of any kind including cheese, yogurt and all milk products— not even goat's milk*)
3. No caffeine (*including chocolate and caffeinated drinks like tea, coffee and energy drinks*)
4. No nightshades (*potatoes, tomatoes, egg plant or peppers*)
5. No sugar (agave is okay as well as dextrose, but no sucrose or fructose or honey and no pop, especially not diet pop or any artificial sweeteners)
6. No corn (*nothing genetically modified*)
7. No soy (*nothing genetically modified*)
8. No canola (*nothing genetically modified*)
9. No nuts (*including peanuts and almonds*)
10. Nothing with high oxalates (*no celery, spinach, quinoa or carob*)
11. No fish from the ocean (*tuna or salmon from the ocean*)

And when you add kosher to the mix (no pork, no shell fish, no ostrich etc.), my diet is quite restricted – but it is working!

I can eat all vegetables (except nightshades) and all fruit (but not fruit juice) and rice (and wild rice and buckwheat) and some grains (pure oat flour made with no gluten).

I can have coconut oil.

I can have turnips and sweet potatoes and cassava and pastries and noodles made with rice flour or sunflower flour.

I can eat chicken, beef, goat, deer, moose and goose and turkey. So my diet is not dull, just very focused.

I can eat many Vietnamese and Chinese dishes but I have to avoid MSG.

It is a challenge to find things to eat and if I am invited to a restaurant. I can usually have a salad with no tomatoes and with unbreaded chicken.

I feel so much better with this diet, but I am looking forward to re-introducing some of these foods into my diet once I am fully detoxified.

Please do not hesitate to ask Patti or me if you have questions about food to bring for a nosh. None of the above foods will cause me to react if I am in the same room with them – my mouth may water and I may weep, but that is as far as it goes, sigh.

Shalom,
Rabbi Mike