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This information is in no way medical advice or recommendations and has been provided with Chris Hyslop's permission.

ALKALINE DIET

INCREASE ALKALINE FOODS

Arthritis is definitely a disease of civilisation, the outcome of eating the wrong kind of food, and a wrong life style. The alkaline diet will help your body cope with all sorts of diseases.

Increase intake of:

- . Vegetables
- . Vegetable oils
- . Whole grain products such as brown rice, millet & buckwheat
- . Green leafy vegetables
- . Oats
- . Kidney beans
- . Dried fruit such as figs and raisins
- . Pumpkin, sunflower and sesame seeds
- . Pineapple, papaya, mango & guava
- . Berries such as blueberries, blackberries and cherries
- . Oily fish such as herring, mackerel salmon, tuna, & sardines

DRINK PLENTY OF WATER & HERBAL CLEANSING TEAS

REDUCE ACIDIC FOODS

A disturbance of the mineral metabolism makes it mandatory that we change from a diet that produces too much acid to one yielding an alkaline surplus.

Decrease intake of:

- . Meat especially sausages, processed meats, bacon & ham
- . Processed food in general
- . Animal fat and dairy products
- . White flour
- . Sugar (particularly white sugar)
- . Eggs
- . Citrus fruit, such as oranges, grapefruit, lemons, tangerines & clementines
- . Tomatoes, potatoes, aubergines & peppers (members of the deadly nightshade family)
- . Alcohol
- . Fizzy drinks
- . Coffee
- . Salt, especially highly salted foods & snacks.