

Dr. Lynch's - Lyme and Auto-Immune Support Protocol

Dietary Modifications

- Dietary modifications are a huge part of effective treatment, regardless how you treat yourself.
- It is important that dietary modifications become impeccable to make and maintain progress.
- Transition takes time and that is understandable, however, for this and any program to be effective, these dietary modifications must be adhered to impeccably, and Dr. Lynch will discuss in his video.
- Mistakes are expected and okay every now and then.

Diet Restrictions – Impeccable Dietary Modifications are Essential.

- Alcohol – Even in tincture form.
- All Sugar additives (maple syrup, agave, brown sugar, organic sugar, honey, dried fruits ect.) – Stevia can be your friend during the battle with autoimmune disease as a sweetener if used correctly. It has been known to kill pathogens and by using just the right amount can create the sweetness you are looking for. The moment it tastes bitter or bad, you have used too much.
- All vinegars except apple cider vinegar.
- All dairy. Butter is okay, but limit butter as much as possible due to excess toxins. Even dead bacteria is toxic to the body, when people have an excess pathogenic load. Consider using ghee instead, as it is cleaner.
- All wheat products
- Potatoes and tomatoes
- All yeast and yeast products: raised dough & beverages with yeast and anything else with yeast
- All carbohydrates (rice, millet, oats, quinoa, all grains) – No grains of any kind.
- Dried fruits
- Avocados – They have sugars
- Coconuts – They have sugars
- Squash – acorn and butternut - They have sugars
- No juices unless they are freshly made vegetable juices without carrots.
- Coffee! Caffeine in any form (green tea, cocoa, matcha, etc). It is okay to ween off caffeine during the first month, but with no sugar or creamer.
- Popcorn
- Mushrooms - Sugars

- Cocoa or chocolate – natural occurring sugars and caffeine.
- Pistachios, Peanuts, cashews, and macadamias - Sugars
- Tortillas of all kinds except almond flour tortillas are good.
- All Fermented Foods
- All legumes, except processed tofu

Fruits not to consume

- Bananas, dates, mangoes, berries and all fruits except for lemons.

Veggies not to consume

- Carrots, sweet potatoes, potatoes, **many root veggies**, beets, yams, cooked tomatoes, anything sweet. Red, orange, yellow, green peppers.

Foods to Eat

- Vegetables – Raw, steamed, roasted or flash fried.
- Limes and lemons
- White meat only, as red meat contains natural occurring polysaccharide alpha gal. Chicken, turkey, fish are okay. Fresh fish. Older fish has high histamine content.
- Tofu, eggs. (Eggs may sustain mold pathogens, as well eggs may be high in histamine. Use with caution or not at all within the first month due to elevated histamine levels already in the body.)
- Fresh vegetable juices with greens (celery, cucumber and greens are excellent daily and help with detoxification, as well help with energy, nutrition and cools the body from hot pathogen.
- Almond Flour tortillas
- Veggie Broth with diced veggies, greens, parsley. This could be a staple.
- Black sesame seeds.
- Almonds and walnuts (no cashews, pistachios, peanuts). Break from nuts with severe symptoms, due to histamine content.
- Blend at times – sprouted blanched almonds, 1 fresh squeezed lemon, pinch of stevia, dash of salt, filtered water.
- Fresh broccoli is high in natural occurring glutathione.
- Salads are great but chew them very well and make your own salad dressing.
- Salad dressing recipe – Olive oil, apple cider vinegar, garlic, ginger, salt, small pinch of stevia, basil, oregano, thyme, sage.

- Fruits to eat – lemons (Never dried fruits).
- Stir frys are great.
- Soups are great.
- Fresh juices are great.
- Homemade Flax meal bread: Flax meal, baking soda, baking powder, apple cider vinegar, stevia, salt, maybe egg white, water. Mix, bake and eat with butter!

Meals:

- Stir frys
- Flax meal bread
- Almond flower tortilla wraps – 2:1 almond flower to psyllium husk powder, salt, water
- Fresh juices
- Blended veggie juices
- Soups with veggies
- Steamed or roasted veggies
- Celery/almond butter
- Soak almonds over night to reduce histamine/rinse and blanch next morning
- Smoke salmon – wild salmon
- Flash fry veggies one at a time, meat or tofu/ collect and put over a bed of chopped romaine

The Key to Making Noticeable Improvements to Remain Impeccable

Ask Us When You Don't Know!

Make sure to use your ability to inquire about foods you are unsure of and cannot find answers yourself.

If you do everything perfect according to the program but you drink something like licorice root tea throughout the day, that would be enough to keep you from getting better. That said, it is important to ask about anything you are uncertain of, so you can continue to make noticeable improvements, month by month.

Consider a Phone Consultation with Dr. Lynch, Lyme and Autoimmune Specialist

DrPatrickLynch.com
TrilliumHealthSolutions.com
PatrickLynch4@gmail.com

503.360.3068