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PRESENTS



THE LOW SALICYLATE DIET

HEAL Your Health Now!

WELCOME! So many people have asked about salicylates that I just couldn't resist doing some diet guidelines for them. So, what actually ARE they?

Salicylic acid (salicylate) is produced by plants as part of their internal chemical defense against pathogens and environmental stress. Many vegetables, fruits, herbs and spices are high in salicylate, which seem to be a beneficial thing for most of us.

Diets rich in plant foods are often associated with lower risks for cancer and other health issues. And high-salicylate drugs such as aspirin are used as disease-preventives.

But ... **if you're sensitive to salicylates ... you may develop a wide range of symptoms such as asthma, hay fever, nasal polyps, GI problems, hives and other skin issues.** Salicylate, therefore, can reduce inflammation in normal individuals, but in the sensitive can actually cause it.

I have to admit, though, that I'm not a big advocate of self-diagnosing, which is why so many email me frantically at 2 am so sure that this is the answer to what ails them. I understand that, if you're one of those (which may be why you're reading this book), **YOU WANT AN ANSWER ... RIGHT NOW ... AND ARE SURE THIS IS IT!**

But, like histamine intolerance, which is another big health buzzword today, this self-diagnosis may just be a symptom of an even deeper problem. And we need to address THAT first before you get ultimate relief. **Because the problem will return ... I guarantee it!**

True intolerances and sensitivities to organic substances are rare. And even food sensitivities are a red flag that there's a root cause like SIBO, Candida, or Parasites lurking there somewhere

So **HERE'S MY PROFESSIONAL, EXPERT, 25-YEARS-IN-PRACTICE ADVICE.** Try this if you'd like. If you do get some relief, GREAT! But DO seek out a professional functional or alternative medicine practitioner who can do the proper testing and targeted treatment. So you can actually get a solution for this growing issue that must be causing you a lot of grief.

SPOILER ALERT ... this may take more time and money than you would like to spend. But ... if you actually want well-being ... it's really the only way to go!

INSTRUCTIONS FOR USING THIS PLAN:

I made the process as simple as I could. There are 8 graphics on the following pages for most types of foods ... and one more that lists high-salicylate environmental and medical substances to avoid. My advice ... start with eating only the foods in the orange columns to the left of each graphic and see how you feel.

Want to speed up the process (I'll bet you do!)? Start with eating only the foods in the far-left column of each graphic for one or two weeks ... and then begin adding one food per day in the next column until you've tried as many foods as you like in the orange columns.

You'll want to keep a food record, too, if you're doing an extreme elimination diet like the one I suggested. Write the time of day, food, and possible reactions you have in your computer or tablet, or on paper. If you're taking medications and have other health issues, you might want to record things like blood sugar, medications taken, etc., too.

But ... FYI ... food sensitivities are DELAYED reactions ... even with the plan I suggested. So ... again ... you might want to seek out an expert.

Here are my fun graphics ... I had such a blast making them ... I'm even including some sample menus at the end of this book so you can figure out how to plan meals for yourself.

Salicylate Diet				
FRUIT				
LITTLE	LOW	MEDIUM	HIGH	TOO HIGH
Banana Pear (peeled)	Apple (delicious/custard) Fig Cherries (sour/canned) Grapes (green) Lemon Mango Passion Fruit Persimmon Pineapple juice Pomegranate Rhubarb	Apple (Jonathan/canned) Grapefruit juice Kiwi Lychee Loquat Nectarine Pear (iwth peel) Plum (fresh) Watermelon	Apple (Granny Smith) Avocado Cherries (sweet) Fig (dried) Grape juice Grapefruit Mandarin Oranges Mulberry Peach (all) Tangelo	Apricot Berries (all) Cantaloupe/most melons Cherries (canned/sweet) Cranberry (all) Currants Dates Grapes (all other) Guava Orange Plum (canned) Prunes Raisins Sultanas Tangerines

Salicylate Diet

VEGETABLES



LITTLE

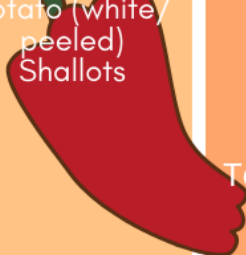
LOW

MEDIUM

HIGH

TOO HIGH

Bamboo Shoots
Brussels Sprouts
Cabbage
Celery
Chives
Beans
Peas (dried)
Leek
Lentils
Iceberg Lettuce
Mung bean (and other sprouts)
Potato (white/peeled)
Shallots



Asparagus
Beets (fresh)
Carrots (fresh)
Cauliflower
Corn
Green Beans
Horseradish
Mushroom
Onion
Potato (white/unpeeled)
Peas (fresh)
Pimiento (canned)
Pumpkin
Spinach (frozen)
Tomato (fresh)
Turnip

Asparagus (canned)
Beets (canned)
Bok Choy
Corn (canned/sweet)
Lettuce (other than Iceberg)
Olives (black)
Parsley
Parsnips
Potato (red)
Snow Peas (and sprouts)
Sweet potato (yellow)

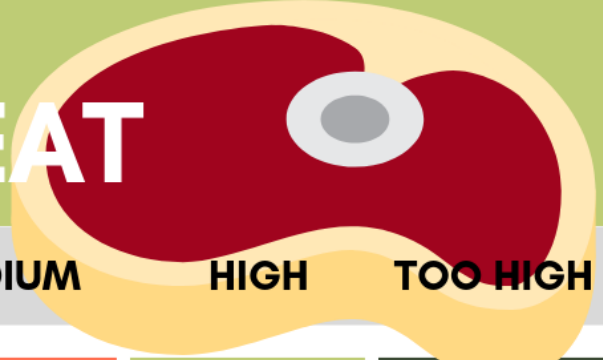
Alfalfa
Artichoke
Broad Beans
Broccoli
Chilis (green and yellow)
Corn (creamed)
Cucumber
Eggplant
Fava Beans
Okra
Spinach (fresh)
Squash
Sweet Potato (white)
Tomato (canned)
Water Chestnut
Watercress



Chilis (red)
Chickory
Endive
Gherkins/Pickles
Mushrooms (canned)
Olives (green)
Peppers (sweet)
Radish
Tomato (sauce and paste)
Zucchini

Salicylate Diet

MEAT



LITTLE

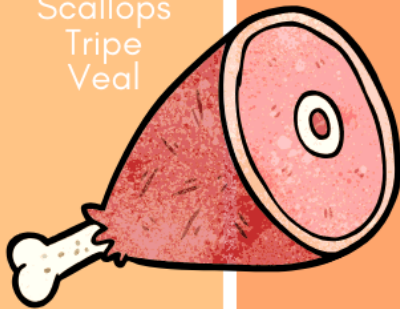
LOW

MEDIUM

HIGH

TOO HIGH

Beef
Chicken
Eggs
Fish
Lamb
Organ Meats
Rabbit
Sausage
Casing
Scallops
Tripe
Veal



Liver
Prawns
Shellfish



Fish (canned in high salicylate oils and/or with seasonings added)
Gravy (made with prepared mixes, stock, bouillion cubes, meat extracts etc.)

Processed Luncheon Meats (make with added seasonings)
Seasoned Meat (hot dogs, salami, sausage, bacon, etc.)

Salicylate Diet

NUTS, SEEDS, SNACKS, GRAINS

LITTLE

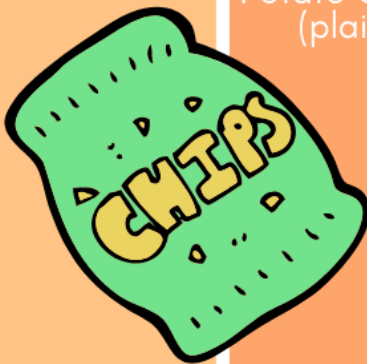
LOW

MEDIUM

HIGH

TOO HIGH

Cashews
Poppy Seeds
All Grains
(except corn)
Most Flours
(except
cornmeal)



Pecans
Peanut Butter
Sesame
Seeds
Hazelnuts
Sunflower
Seeds
Potato Chips
(plain)

Coconut
(dessicated)
Brazil Nuts
Corn Chips
Popcorn
Pumpkin
Seeds
Taco
Shells/Corn
Tortillas
Walnuts

Corn Syrup
Pine Nuts
Macadamia
Nuts
Pistachio Nuts
Corn Cereals
Breakfast
Cereals with
Nuts/ Honey/
Coconut
Polenta

Almonds
Peanuts
Chips/
Crackers
(savory-
flavored)



Salicylate Diet

BEVERAGES



LITTLE

LOW

MEDIUM

HIGH

TOO HIGH

Cocoa
Carob
Coffee
(decaf)
Ovaltine
Milk
(goat, cow,
rice, soy)
Water



Dandelion
coffee
Pear Nectar
(canned)
Chamomile
Vodka
Whiskey
Gin

Coffee
(regular,
instant)
Fruit/herbal
Teas
Rosehip Tea
Brandy
Vermouth
Beer
Cider

Sherry
Cointreau
Tia Maria
Fruit Juices

Tea (all
regular
varieties)
Peppermint
Tea
Port
Rum
Champagne
Wines
Cordials

Salicylate Diet

FATS



LITTLE

LOW

MEDIUM

HIGH

TOO HIGH

Cold-pressed Oils (i.e. sunflower, soy, safflower)
Butter
Margarine and Processed Canola Oil (low in salicylate but may contain preservatives that mimic salicylates/
AVOID!)

Ghee

Almond Oil
Corn Oil
Peanut Oil

Sesame Oil
Walnut Oil

Coconut Oil
Olive Oil



Salicylate Diet

SPICES, SEASONINGS, & CONDIMENTS

LITTLE

LOW

MEDIUM

HIGH

TOO HIGH

Garlic (fresh)
Parsley
Chives
Coriander
Salt
Vinegar (malt)



Soy Sauce
Saffron
Tandoori
spice powder
Horseradish
(canned)
Vanilla

Fennel



Vegemite
Vinegar (all
others,
including
white, wine,
cider)
Pickles/
Vinegar-
Fermented
Foods

Allspice
Anise
Cayenne
Celery
Cinnamon
Cumin
Curry Powder
Dill
Fenugreek
Five spice
Garam Masala
Ginger
Honey
Jam
Mace
Mint
Mixed herbs
Mustard
Oregano
Paprika (all)
Pepper
Rosemary
Sage
Tarragon
Turmeric
Thyme
Worcestershire
sauce

Salicylate Diet SWEETS

LITTLE

LOW

MEDIUM

HIGH

TOO HIGH

Carob
Cocoa
Maple Syrup
White Sugar



Malt Extract
Brown Sugar
Golden Syrup

Molasses
Raw Sugar



Licorice
Mints and
Peppermint
Chewing
Gum
Fruit
Flavorings

AVOID THESE AS MUCH AS POSSIBLE:


Salicylate Diet

NON-FOOD SOURCES OF SALICYLATES

HEALTH & BEAUTY PRODUCTS

Perfumes
Shampoos
Conditioners
Herbal Remedies
Lipsticks
Lotions
Skin Cleansers
Mouthwashes
Mint-Flavored
Toothpastes
Shaving Creams
Sunscreens
Tanning Lotions
Muscle Pain
Creams

MEDICATION & CHEMICALS



Alka-Seltzers
Aspirin
5-ASA
Compounds
(compounds
similar to aspirin)
Non-Steroidal
Inflammatory
Drugs (NSAIDS)

OTHER SOURCES



Aloe Vera
Azo Dyes
Benzoates
Benzyl Salicylate
BHA
BHT
Disalcid
Eucalyptus oil
Oil of wintergreen
Red Dye #40
Salicylaldehyde
Salicylamide
Yellow Dyes #5, #6

LOW SALICYLATE DIET PLAN

If you've checked out a few other low salicylate diet lists, you've probably noticed that the graphics on the previous pages might not agree with them. In other words, not all lists agree ... as do the practitioners who have formulated them.

What I've done on the previous pages is try to make some sense of all these disagreements and find a middle-ground with them. As I've done with the following menu ...

I've also noticed that most menus on the internet were formulated as Gluten-Free and Dairy-Free too. But I wouldn't go there first because a) you're testing your body for one particular sensitivity and it's best to stick to that. How can you get a clear answer if you don't focus on just that one task?

The b) reason is much more down-to-earth. For example, if you now swing by McDonald's two or three times a day, cutting out high-salicylate foods AND dairy AND gluten is just too big a leap.

Like Neo in *The Matrix*, you may crash on the pavement if you try to leap tall buildings in a single bound. Oh goodness ... did I mix up superheroes? Metaphor aside, make it easy for yourself ... diet transitions are often difficult mentally and spiritually. Not to mention the emotional attachments to some foods that you may have to give up.

Dairy and gluten are NOT high-salicylate foods. So, if you're still eating them, please continue. There's a kind of crazy process that happens when you start down the path to wellness and healthier eating ... you just want to do more and more.

I've been Gluten-Free for some time ... even wrote a book about it. But I just recently went Dairy-Free a few months ago. Hadn't drunk milk for some time but LOVED my cheese and ice cream. When I stopped, my 30-year eczema patches cleared up in less than a week!

In other words, I did more. And because I just changed one thing, I could directly link the dairy to the eczema. So ... for right now ... just work on the salicylates ... that's a tall enough order. You MAY, however, want to make other changes later.

My advice ... get a blank menu planner ... you can get them all over the internet ... and scribble some thoughts down for meals after checking out the graphics on pages 3 to 10. Do it in pencil so you can change it. And, once you arrive at some menu you can live with, post it on your fridge so you can see it often to remind you.

You also may not be able to do this totally ... especially if it's a big leap ... I'm seeing Neo's crash-and-burn in my head right now. Be kind to yourself and just go on.

OK ... here's some ideas for three days of munchin' (with some extras thrown in) ...

SAMPLE MENU

- Only foods with the highest levels of salicylates should be avoided (the foods in the green boxes).
- Avoid high-salicylate foods for a maximum of 4 weeks if you can.
- Then slowly reintroduce high-salicylate foods, noting any symptoms that occur in your food and symptom diary.
- Be sure to include plenty of fruits and vegetables that are not on the high-salicylate list.

Here's an example of a realistic 3-day low-salicylate diet plan:

DAY ONE:

BREAKFAST

Cereal (any grain except corn) with milk (any), banana or other low-salicylate fruit

LUNCH

Salad with shredded cabbage, grilled chicken breast, shredded cheese and dressing (Cardini's has lemon juice and good-oils dressings, or use oil and lemon juice ... or dairy dressings [blue cheese/ranch; watch oils and preservatives]); peeled green apple

DINNER

Baked fish with brown rice and roasted Brussels sprouts

DAY TWO:

BREAKFAST

Yogurt with granola and sliced, peeled pear/or opt for a bagel and cream cheese

LUNCH

Sandwich with whole wheat/grain bread, sliced turkey breast, cheese, and iceberg lettuce; plain potato chips

DINNER

Burrito with whole wheat/grain tortilla, meat, black beans, cheese and shredded iceberg lettuce or cabbage (hold the red sauce/chilis/pile on the cheese or cheese sauce)

DAY THREE:

BREAKFAST

Oatmeal with milk, cashews, low-salicylate fruit

LUNCH

Tuna sandwich on wholegrain bread; lentil soup; peeled pear

DINNER

Baked chicken, mashed (white) potatoes w/ sour cream/butter, green beans

SNACKS: celery sticks and hummus, string cheese and crackers, peeled green apple, yogurt (make sure it's low-salicylate fruit-added and watch preservatives)

DRINKS: water, milk, low-salicylate fruit juices (pineapple, pear nectar, etc.) with sparkling water (or I use some liquid Stevia and a drop of lemon essential oil with it)

FINAL THOUGHTS AND RESOURCES

I have to admit that I looked everywhere for reputable articles/books about this issue, but there are very few ... and none that I can recommend. There IS some research, but each study ends with ... “more research needs to be done”.

I do, however, like the article, [Salicylate Sensitivity: The Other Food Intolerance](#), published in the *Naturopathic Doctor News and Review*. Naturopaths are functional medicine doctors ... and adhere to the same philosophy I do. A quote from the article is very telling ...

“Many people who are under chronic stress develop gut issues, such as yeast/bacterial overgrowth, or digestive diseases. This may lead to the development of salicylate and other intolerances, as a result of leaky gut. Low-salicylate- and salicylate-free diets, as well as diet regimens such as the Specific Carbohydrate Diet, may be useful.”

I’ve often said that “Health begins in the gut” ... and so have many other alternative practitioners. So you may want to go there first.

I would like to help. **How about a 30-minute consultation that I call “Let’s Talk HEALTH”**. We’ll meet either on the phone or on my Healthie secure video site ... it’s kinda’ like Zoom, Skype, or FaceTime on steroids accessible even on your phone ... for:

- An evaluation of in-depth questionnaires that you fill out virtually beforehand **[\$100 value]**
- Laser-focused questions to find out what’s REALLY going on with you (Let me guide you toward a solution ... I have 75 years of living, 20 years as an actor studying human behavior, and over 30 years as a practitioner) **[\$100 value]**
- Absolute honesty (I pull no punches!) **[NO CHARGE]**
- **A DETAILED ROADMAP ... to heal your health and/or your relationship with food ...** including 3 “ASAP Action” steps to get you started right away! **[\$100 value]**
- Supplement suggestions on my Fullscript supplement apothecary if you desire them (access to the best supplements around and expert choices just for you!) **[\$50 value]**

Yes, a \$350 value for FREE! Yes ... FREE! WHY? I really want you to have access to some expert advice for what’s buggin’ you ... and I mean that literally (parasites may be involved) and figuratively.

Oh ... and since I’m also an intuitive ... you may get some life-transforming info too. I detected *H. pylori* way before we tested for it for one client. And mold in a house a world away in England for another.

So do yourself a favor! [CLICK HERE ASAP](#) and book a session today!