



## **The Morgellons Diet aka King Diet**

### **Stage I of three stages—For Morgellons and Other Skin Parasites 2/2023**

Foods you can eat:

► Protein:- call it the shrimp scampi diet. Chapter V contains some darn tasty recipes:

- Eggs
- Bacon\* or ham\*\* (no sugar, honey, or corn syrup or gelatin) – usually low sodium bacon has none of these additives
- White fish, flounder, basa, sea bass, trout, halibut, cod (no salmon, or oily fish)
- Sausage (without fennel) or Costco’s roasted red pepper and spinach chicken sausage
- Cold Cuts: Deitz & Watson Naturals turkey and beef lunch meat
- Hot Dogs: Applegate natural uncured hotdogs (no Boars Head)
- Bratwurst: Deitz & Watson Black Forest Bratwurst.

- Imagine Beef/Chicken/Turkey/Bone Broth

- Beef

- Shrimp

- Pork chops

- Lobster

- Chicken

- Clams

- Lamb

- Crabs

- Veal

- Scallops

▶ Chocolate: only if processed with alkali--not with soy lecithin. Unsweetened chocolate such as Ghirardelli 100% CACO or Baker's unsweetened chocolate

- Cocoa processed with alkali – we have dutched cocoa in our store.

▶ Carbohydrates:

- White or brown rice, risotto- no white rice if Candida is an issue

- Rice bran, spelt flour, and millet

▶ Bread:

- Sourdough Spelt without yeast or soy lecithin and no sugar or honey.

Spelt without yeast or soy lecithin (recipe in Chapter V)

- Berlin Bakery Spelt Sourdough Bread--make sure it is the one with no sugar or honey.

▶ Crackers:

- Dark Rye crisp bread (no yeast) Ryvita
- Holgrain rice crackers,
- Wasa Sourdough Rye Crackers, or Wasa Crackers made with rye bran
- Ezekiel 4:9 original sprouted grain cereal, and sprouted grain english muffins.

▶ Starches:

- Rice spaghetti and rice noodles (no other ingredients)
- Rice
- Spelt Matzo and spelt matzo meal

▶ Oils:

- Butter\*\*\*\*
- Rice bran

▶ Vegetables:

- Spinach
- Romaine

- Red or green leaf lettuce
- Tomatoes
- Red and white cabbage
- Cucumbers
- Onions
- Radishes
- Celery
- Peppers and roasted red peppers (in water)
- Green beans
- Broccoli
- Snow peas
- Sauerkraut (near end of Stage I)
- Garlic (eat lots of it and add it to everything)

▶ Sweetener:

- Stevia - read ingredients and make sure nothing else but stevia is present. Sweet leaf stevia in our on-line store

▶ Condiments- none except for recipes given in Chapter V

▶ Fruit: Lemon and lime (haven't tried persimmons)

▶ Spices:

- Salt—regular, low sodium, sea salt, Himalayan Red Salt... read ingredients as some salt has sugar in it.

- Ginger powdered only (not in raw root or crystallized form)
- Parsley
- Oregano
- Black pepper
- Red pepper
- Paprika
- Garlic (no corn syrup)

▶ Cheese: It is best to avoid cheese the first two weeks of doing the diet. Thereafter, if Candida is not an issue, sheep and goat cheeses would be preferred. But remember, most cheese is a fermented product and some are actually injected with mold, which, overall means it's best to avoid.

▶ Drinks:

- Water (good quality water by itself) or flavored with lemon or lime
- Distilled water only with our NG ionic minerals
- Lactose Free Milk without any additives might be OK
- Teas in our on-line store.
- Black coffee with stevia sweetener (no additives)\*\*\*. No blends or decaf.

Flavor with your choice of lemon and rice bran oil, oregano, garlic powder, red pepper flakes, black pepper, salt with no other ingredients.

notes

\* bacon--I found Stop and Shop and Smithy Field low sodium bacon has no sugar or corn syrup.

\*\* ham--found Citterio brand prosciutto (ham and salt) no other additives.

\*\*\* not all black coffee (especially blends and beans soaked in oil) is safe. Some black coffees cause parasitic activation.

\*\*\*\* butter – no blends and for most regular Land O Lakes butter is OK, but it contains flavoring and milk so that for some you may have to find Ghee or another butter without flavorings and milk as ingredients.

Since Morgellons often destroys the gut biome, and probiotics often feed the organisms, it is super important to use prebiotic foods to restore the gut biome.

- ▶ Raw onions (all types)
- ▶ Raw leeks
- ▶ Chives
- ▶ Raw garlic
- ▶ Alkalized cocoa or dark chocolate with stevia.

When you make this diet work, all symptoms of itching, biting and creation of lesions stop immediately – that fast and it can be within hours. Typical mistakes made are that the salt or stevia or cocoa you use may contain sugar. Coffee beans you buy are roasted in oil. Or you continue to use the vitamins and supplements you have taken for years that have ingredients not compatible with the diet. Or you think a piece of gum or a tic tac is OK. Or you think alkaline or smart water is OK to drink. Or you saw on face book that pumpkin seeds or worm wood, or black walnut are good to kill parasites and find itching gets worse. These are just a few of the common mistakes. Always read the ingredients on everything you consume.

## Do Not Eat List for Stage I

Stage I, I definitely avoid at all costs eating or drinking any of the following:

- Sugar (all types), corn syrup, maple syrup, molasses, honey, fructose, lactose, maltose, dextrose etc. Check all tins and packets. No mannitol, sorbitol or any other sugar substitutes.
- Snack foods such as pretzels, chips, crackers, nachos, cookies.
- Soda and or fermented drinks.
- Yeast or yeast products: bread, pizza, buns, breadcrumbs, marmite, Oxo, Bovril, Bisto, gravy mixes etc. flavored foods
- Refined grains, white flour products, cakes, biscuit, pasta, corn flour, quick rice, all prepared breakfast cereals (Kashi has never been tested).

- Whole grain wheat, oats, barley.
- No cured meats with additives like glycine.
- Fermented products, vinegar, pickles, chutney, tofu, soya sauce.
- Alcohol (beer, wine, all hard liquors).
- All store bought teas, Ovaltine, chocolate (containing soy lecithin).
- Cow's milk. Note that lactose free milk without additives as you'll find at Costco may be OK.
- Yogurt (flavored or unflavored), cottage cheese
- Ice cream (most all brands).
- Processed cheese as in American white or yellow, Velveeta, cheese spreads.
- Salad dressings.
- Cheese (at least for the first one or two weeks).
- Fresh or dried fruit, no fruit juice.
- Oily fish such as Chilean Sea Bass, cod, blue fish, capers, sardines, anchovies, mackerel.
- Mushrooms (red and black mushroom are OK)
- Foods with MSG and/or soy\*\* such as sushi and Chinese food, or Asian food. See complete list at the end of this chapter.



- Peanuts and peanut products, cashews and all other nuts.
- Starchy vegetables like potatoes, sweet potatoes, guacamole, asparagus, sprouts, okra, and pumpkin.
- Sweet vegetables like carrots and sweet corn
- All flours (except for rice bran, spelt, rye, and millet).
- Most anything with gluten (pasta, breads, pizza).
- Cooking and salad oils (vegetable, soy, palm, coconut, canola, olive, Crisco vegetable oil, cottonseed oil, peanut oil, safflower, olestra, or anything hydrogenated.
- Margarine, butter substitutes.
- Wheat germ.
- Canned fish or kippers.
- Vinegar (Ok with Morgellons, not OK with Collembola)
- Foods from fast food restaurants (hamburgers may have soy).
- Glazed ham (additives in the glazing).
- Popcorn.

- All legumes, lentils, and beans (soaking over night may make them OK to consume).
- Sesame, pumpkin, and sunflower seeds.
- Mayonnaise, salad dressings.
- Chewing gum except for cedar gum from Siberia on Amazon.com which is acceptable - expensive but lasts a long time.

None of the following additives (many found in nutritional supplements) and spices are allowed

- Fennel, licorice.
- Anisette.
- Ginger in raw root or crystallized form
- Rosemary.
- Cajun spices (check all mixed spices as many have additives on this list).
- Cellulose gum, guar gum, carrageenan, xanthan gum.
- Soy lecithin or lecithin (often found in chocolate, ice cream, chewing gum).
- Carnauba wax, arabic gum (tic tacs).
- Pectin.

- Mustard.
- Monosodium Glutamate (MSG) used in many foods as a flavor enhancer. This is a sneaky one and probably the one that causes most to fail with the diet. It shows up in over forty different foods. Go to the end of this chapter to get a complete list.
- A-1 Steak sauce and other similar products,
- Modified starch.
- Bullion or thickeners for gravies.
- Gelatin (found in Jello and capsules or in time release vitamins/meds).
- Glycene.
- Propylene glycol (medications such as cold and flu syrups which may have propylene glycol such as NyQuill).
- Glycol (soups that may have problem ingredients, i.e. chicken soup made with College Inn chicken broth has glycol).
- Brewers yeast (many nutritional supplements have it)
- Cod liver oil.
- Flax seed oil
- Omega 3's

Here's a list of products or ingredients that have a form of soy or other non compatible ingredients.

▶ MSG	▶ Soy Protein Isolate	modified"
▶ Glutamic Acid	▶ Whey Protein	▶ Anything containing
▶ Glutamate	▶ Whey Protein	"enzymes"
▶ Calcium Glutamate	Concentrate	▶ Malt extract
▶ Monosodium	▶ Whey Protein Isolate	▶ Soy sauce
Glutamate	▶ Anything	▶ Soy sauce extract
▶ Magnesium	"...protein"	▶ Anything "protein
Glutamate	▶ Vetsin	fortified"
▶ Natrium Glutamate	▶ Ajinomoto	▶ Anything
▶ Yeast Extract	▶ Carrageenan (E 407)	"fermented"
▶ Anything	▶ Bouillon and broth	▶ Seasonings
"hydrolyzed"	▶ Stock	▶ Corn starch or Corn
▶ "hydrolyzed protein"	▶ Any "flavors" or	syrup
▶ Calcium Caseinate	"flavoring"	▶ Modified food starch
▶ Sodium Caseinate	▶ Maltodextrin	▶ Lipolyzed butter fat
▶ Yeast Food	▶ Citric acid, Citrate	▶ Dextrose
▶ Yeast Nutrient	(E 330)	▶ Rice syrup
▶ Autolyzed Yeast	▶ Anything "ultra-	▶ Brown rice syrup
▶ Gelatin	pasteurized"	▶ Milk powder
▶ Textured Protein Soy	▶ Barley malt	▶ Anything labelled,
Protein	▶ Pectin (E 440)	"Enriched"
▶ Soy Protein	▶ Protease	"Low Fat"
Concentrate	▶ Anything "enzyme	"No Fat"

See Chapter IV for Stage II of the Morgellons Diet

