

## ANTACID + ARTHRITIS, FIBRO-MYALGIA DIETARY ADVICE

To reduce acids and the problems which arise they cause

### Avoid the following foods:

Red meats, (may eat chicken and fish)

Wine - particularly red wine

Tomatoes

White flour products

White sugar

Bread and cakes; wheat products hasten stiffness of joints and arthritis.

If you must eat bread, eat only rye bread toasted

Sour fruits - citrus, sour apples

Coffee and tea

Shellfish of all kind, particularly if you have gout

**EAT LOTS OF ALKALINE FOODS, GREEN VEGETABLES AND ROOTS.**

**AVOID COMBINING STARCH AND PROTEINS IN A MEAL**

Drink celery seed tea or herbal tincture.

Nettle tea is excellent, particularly for gout.