



The Introduction Diet – Stage 4

Continue with everything from the previous stages.

If at any time during stage four you find some of the negative symptoms that were improving have returned then you need to take a step back to stage three again.

- Keep eating the foods from the previous three stages, by moving to stage four it indicates your die off symptoms have subsided and you feel ready to continue.
- It's important to remember that should you have reactions at any stage then you need to go back to the previous stage for longer
- Start adding meat that has now been either grilled or roasted (not barbequed or fried).
- Ensure the meat isn't blackened or burned or too brown and eat the meal with cooked vegetables and fermented vegetables / sauerkraut
- Add in cold-pressed olive oil, starting with 1 teaspoon per day (add a few drops to each meal) ultimately getting to 1-2 tablespoons per meal.
- Freshly pressed vegetable juices, start with a few teaspoons per day – no fruit to be added at this stage and start with just carrot juice then add in some lettuce, then celery
- Add some nut bread, start with one small piece daily and gradually increase as it's tolerated
- Use Ghee on the nut bread instead of butter for additional fats