

ERD BASED MEDITERRANEAN DIET.

The diet emphasizes natural products - beans, fruits, vegetables, gluten-free cereals, olive oil (total fat intake 35% of total daily calories), some meat, fish, and seafood. Actually, it is hard to call it a diet, it is most likely a heart-healthy eating plan with reduced risk factors for mortality of all kind of diseases.

ELIMINATION DIET AND FOOD REINTRODUCTION.

HEALTHY BALANCED DIET.

This diet is a weight loss diet that eliminates fundamental clinical imbalances that may be at the root of many chronic diseases, including obesity.

The main goal of this nutritious meal scheme is to get rid of chronic inflammation in the body caused by dysfunctional gastrointestinal motility, body intoxication, disorders immune system, hormonal imbalance, and a number of other factors.

The third to fifth month the food that had previously been excluded should be added progressively to a diet with an evaluation of an individual's physical and psycho-emotional state. If one of the included products lead to physical health problems (joint pain, swelling, rash, cough, headache, gastrointestinal dysfunction, etc.), it is necessary to exclude this product on an ongoing basis or minimize its consumption in the future.

Thereby, it will be possible to experimentally identify those kinds of food that exactly cause inflammation and increase risk factors of chronic diseases.

Excluded products	Allowed products
wheat (all wheat products), oats, rye, barley, corn, pearl barley, malt, oatmeal, bran, semolina, couscous, bulgur, spelt, kamut	sprouts, vit grass buckwheat, spelt, quinoa, hemp, sorghum, amaranth, wild rice, brown rice, red rice, white rice, millet Functional Nutrition Doctor's Food
cow's milk, dairy products, cheese, cottage cheese, yogurt, ice cream, cream, cottage cheese, sour cream, oat non-milk	* goat milk and goat's milk products, * sheep's milk and sheep's milk products, * not recommended for tumors, including benign tumor, after the age of 65 it is permitted to consume coconut milk, coconut cream, sugar-free almond milk
chocolate (except 72-99% dark chocolate), sweet carbonated drinks, energy drinks, sweet juices	hibiscus, chicory, green tea, herbal teas (thyme, chamomile, mint, coltsfoot, etc.), Puer tea, drinking water, cocoa grated (natural) chocolate from 72% with stevia (not more than 10 g per day) coffee, black tea - 1 cup per day; green tea - 2 cups per day
alcoholic beverages (including low alcohol drinks as well "healing" drinks that contain alcohol like balms ("Bittner Balm" and	as prescribed by the doctor: Rhodiola rosea, ginseng extract, eleutherococcus

others)	
sunflower oil, corn oil, soybean oil, grape seed oil, rapeseed oil (canola oil), cottonseed oil, safflower oil, margarine, vegetable cream, dough fat, wheat germ oil, shortening (fat used for making pastry), hydrogenated fat, palm oil, peanut butter, regular butter (fat content less than 82.5%)	unrefined oils: linseed oil (only fresh), walnut oil, amaranth oil, black caraway seeds oil, pine nut oil, hemp oil, olive oil, avocado oil, pumpkin seeds oil, evening primrose oil, black currant oil; regular butter (fat content less, than 82.5%), ghee; coconut fat (oil), MCT (medium-chain fatty acids);
peanuts, pistachios, roasted nuts and sunflower seeds, salted and roasted nuts, glazed nuts, peanut urbech, peanut butter	walnut, brazil nut, pecan, macadamia, hazelnuts, cashews, flaxseed, chia, hemp, pumpkin seed, almonds (a little), pine nut (a little); urbechi made from the above seeds and nuts
ketchup, mayonnaise, monosodium glutamate, vinegar, citric acid, soy sauce, yeast	any kind of spices without salt, sugar and monosodium glutamate, herbs, garlic, onion
canned meat and fish, semi-finished products (intermediate goods): sausages, bangers, cold cuts, rolls, dumplings, ravioli, red meat and poultry, eggs, chicken protein	homemade lard, domestic poultry, lamb, goat, wildfowl, small oily fish, caviar, eggs, chicken egg yolk (domestic), quail eggs, guinea fowl eggs, seafood, shellfish * Chicken egg protein should be excluded, lentils, beans, peas, chickpeas (a little)
sweet fruit drinks, dried fruits (that contain sulfites), sugar, agave syrup, sweeteners, honey, too sweet fruits, sweet berries, berries growing on the trees, strawberries, citrus	fresh and frozen berries and fruits, or fresh squeezed smoothies without sweeteners - not more than 300 g per day; avocado; stevia, trehalose
canned vegetables with sugar, vinegar, flavor enhancers, pickled vegetables with sugar, marinated vegetables	green vegetables, leafy, herbs, mushrooms; vegetable seaweed smoothie (from non-starchy vegetables), marinated sugar-free products, nightshade tomato, eggplant, pepper, al dente - potatoes, beets, carrots
soy and unfermented soy products	Sunflower Lecithin, Natto, Tempeh, Psyllium, Shirataki Noodles