

# IHHS-HEALTH & WELLNESS CENTER

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The Local People Serving You



## Anti-Viral (Low Arginine) Food Suggestions

ie Mono, EBV, CMV, Herpes 1-6, Parvo/virus B-19/or  
auto-immune conditions, viral/fungal overload, and lyme

Call IHHS for Supplement determinations to aid in reducing viral levels 661—837-0453

### Avoid foods high in arginine which activate viruses and auto-immune conditions such as:

Chocolate, Caffeine, Alcohol of any kind

Sunflower seeds, Sesame seeds

Almonds Peanuts Walnuts Pecans

Whole wheat bread, Millet, Oatmeal, Wheat germ, Brown rice

Soybeans, Corn, Onions, Brussel sprouts, Split peas

Also consider secondary infections of fungus, and bacteria in the body/gi tract, and adjust diet for this as well. Be strict with your diet. Have lots of raw foods! Have a big salad every day with lots of different vegetables (5-10 a day), multiple herbs(3-5 d a day) and spices.

Variety is important. Always include garlic, turmeric, pepper, healthy fats like avocado, flax, and coconut oil, and get organic, fresh (recently picked, not frozen or canned) vegetables.

Consume turmeric and ginger daily by juicing if possible. Fruit is ok to consume with this diet, but every time fruit is eaten, SF722 or another powerful fungal fighter needs to be taken with it.

Beans (when made right, soak and sprout beans), quinoa, amaranth, are all okay on this diet. Make your own food. Cook at home to control what you are exposed to.

Avoid all chemically laden foods, fake foods, GMO's and 'healthy' junk foods like organic cereals and chips.

Avoid processed, refined foods. No pasta, bread, rice.

**Call for Supplement assistance to reduce viral levels in chronic conditions 661—837-0453**