

# Dr. Christopher's Mucusless Diet



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The first step of the Cleansing Program is the Three Day Juice Cleanse. The second step to healing the body is for an individual to eliminate the mucus forming foods from the diet.

## The DON'Ts

The following secondary, denaturalized, or inorganic food substances are harmful and mucus-forming foods and should be eliminated from the diet.

1. Salt
  - a. For those who are accustomed to large amounts of salt, this may sound difficult, but if you will substitute coarsely ground pepper and savory herbs, and add powdered kelp, you will find that the craving for salt will immediately disappear.
2. Eggs
  - a. No eggs should be eaten in any form.
3. Sugar
  - a. Sugar and all sugar products should be eliminated. You may use honey, sorghum molasses or black strap molasses, but no refined sugar of any type.
4. Meat
  - a. Eliminate all red meats from the diet. A little white fish once a week or a bit of organic chicken is fine, but do not use them too often.
5. Milk
  - a. Eliminate all dairy products such as butter, cheese, milk, etc.
6. Flour and Flour Products
  - a. The reason that this is eliminated is that flour when heated and baked at high temperatures, changes to a mucus-forming substance.

## The DO's

Our supplement recommendations will build up strength in the body and start cutting the mucus out of the system and remove catarrh from the system.

1. Cayenne
  - a. Take one teaspoonful of cayenne three times a day. Start gradually with 1/4 teaspoon in a little cold water and increase by 1/4 every three days until you are taking one teaspoonful three times a day (two cayenne capsules may be substituted for each teaspoon).
2. Honey and Apple Cider Vinegar
  - a. Place one tablespoon of honey and one tablespoon of vinegar in warm water, so that the honey will liquefy. Sip this amount three times a day so that at the end of the day a total quantity of three tablespoons is consumed. This must be apple cider vinegar, not distilled or any other type of vinegars, as these are damaging to the body.
3. Kelp
  - a. If there is any indication of a thyroid problem, you should use between five to ten kelp capsules daily; otherwise, two or more will keep the body in good condition.
4. Molasses
  - a. Take one tablespoon three times a day of either sorghum or black strap molasses.
5. Wheat Germ Oil
  - a. Take one tablespoon of good fresh wheat germ oil three times daily.

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