



CREATED BY
Gloria Gilbère, DA Hom, PhD,
 DSC, Wholistic Rejuvenist™,
 EcoErgonomist™

Institute for Wholistic Rejuvenation

Gig Harbor, WA
 Telephone & Skype Consultations Worldwide

Toll-free **888-352-8175**
 USA and Canada only

www.gloriagilbere.com

©2014, Gloria E. Gilbère, LLC
 A Private Healthcare Membership Association



I am allergic to **NIGHTSHADES.**

See inside for specific foods...

What is a NIGHTSHADE ALLERGY? It's a **SERIOUS** allergy to a group of foods that contain a chemical known as **solanaceae** or **solanine**—alkaloid chemicals that can be highly toxic and accelerate inflammation.

Cholinesterase, an enzyme, originates in the brain and is responsible for flexibility of muscle movement.

Solanine, in nightshades, is a powerful inhibitor of cholinesterase and interferes with muscle movement—leading to stiffness, inflammation, and pain that can last weeks.

FOLD HERE

I AM ON A *STRICT DIET* and appreciate your assistance in making sure I can enjoy a meal without an allergic response.

I CANNOT EAT...

- Tomatoes
- Potatoes
- Peppers (red, green, yellow, pepper flakes, cayenne, paprika, chili powder, etc.)
- Eggplant
- Blueberries/
Huckleberries/
Goji berries
- Artichokes
- Tabasco™,
Worcestershire™
or A1™ sauces—
not even a dash!
- Any ingredient listed as:
 - “Spices”
 - “Flavorings”
 - “Seasonings”
(These contain nightshades, hidden MSG or chemicals I'm allergic to.)
- The condiment black or white pepper is ***NOT*** a nightshade.

I CAN EAT...

Without tenderizers, spice seasonings or rubs:

- Meats
- Chicken
- Pork
- Fish
- All vegetables *not* listed opposite
- Salt and black/white pepper

PLEASE ASK ME IF YOU'RE NOT SURE about an ingredient. If in doubt, leave it out or allow me the option of selecting something else.

Thank you! I appreciate the opportunity to relax and enjoy my meal.