

## Dr. Carey Reams' No-No List

**Black Tea** contains Tannin which restricts the kidney walls. Read your tea labels to make sure they do not contain black tea.

**Sea salt:** Stay away from sea salt. It is a no-no for all people in all ranges. Sea salt contains seven different kinds of salt, and if one of them doesn't get you, the other six will.

**Pork or Pork Products:** This includes ham, bacon, sausage, pork ribs, pork chops, jowls, crackling, crisp pork skins, chitterlings, any other part of swine, or anything that contains pork fat or lard. Do not eat hot dogs or bologna which contain pork.

**No Shell or Skin Fish:** This includes catfish, oysters, lobsters, scallops, clams, shrimp, crab, eel, tuna, dolphin, etc.

**No "Unclean Meats":** See the Bible, Book of Leviticus, Chapter 11. These include frog legs, snake, armadillo, o'possum, raccoon, squirrel, hamster, guinea pig, rabbit, horse, mule, swamp rat, bear, duck, goose, etc.

**Try as much as possible to stay away from:**

- **Animal fats**
- **Black pepper,**
- **Carbonated Soft Drinks:** Do not make a habit of drinking these instead of water. It is best to leave them alone as much as possible. When traveling, it is best to carry distilled water.
- **Nutmeg**
- **Refined flours**
- **Refined sugars**
- **White bread**