THE DRM PROGRAM

DETOXIFICATION & REJUVENATION MANAGEMENT

LESSON 3B – THE DRM IN PRACTICE

A More Detailed Look On The DRM Food Guide...

"Let food be your medicine, and medicine be your food"

The two most important aspects of the DRM dietary approach to healing are freshness and purity. All of the foods ingested on the must be fresh, organically or biologically grown, and consumed in their most natural form. We strongly recommend that the DRM person does not add to or change the dietary guidelines without the advice of their DRM Practitioner. While many have used appropriate, compatible additions or adjuncts to the diet that have helped their healing process, there are many others who have failed to heal because they made too many "minor modifications" to the DRM food protocol.

Desirable Foods

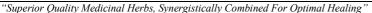
- 1. Asparagus
- 2. Mangoes
- 3. Apples
- 4. Melons
- 5. Apricots
- 6. Oatmeal
- 7. Artichoke
- 8. Onions
- 9. Beetroot
- 10. Oranges
- 11. Coriander
- 12. Broccoli
- 13. Wild amaranth
- 14. Kailan (chinese kale)
- 15. Coral lettuce red/green
- 16. English spinach
- 17. Bayam red/green
- 18. Okra
- 19. Jicama
- 20. Bittergourd
- 21. Winged beans
- 22. Luffa
- 23. Passion fruit
- 24. Starfruit
- 25. Fresh figs
- 26. Nectarines
- 27. Burdock
- 28. Peaches
- 29. Pears
- 30. Bell pepper
- 31. Cabbage, red & leaves

- 32. Potatoes
- 33. Sweet potato leaves
- 34. Carrots
- 35. Radishes
- 36. Cauliflower raw fruit
- 37. Celery
- 38. Germinated rice
- 39. Chards, all kinds
- 40. Romaine
- 41. Cherries
- 42. Raw essence bread
- 43. Chicory
- 44. Spices (small amounts only)
- 45. Chives
- 46. Spring onions
- 47. Corn (only if allowed)
- 48. Currants
- 49. Squash
- 50. Eggplant
- 51. Sweet potatoes
- 52. Endives
- 53. Escarole
- 54. Swiss chard
- 55. Fresh golden linseed oil
- 56. Tangerines
- 57. Wild edible herbs and flowers
- 58. Yogurt (non-dairy, seed based)
- 59. Raw honey (infused with citrus)
- 60. Kale
- 61. Leeks
- 62. Zucchini



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DRM FILE-4: Page 2 of 2

- 63. Lettuce
- 64. Lemons
- 65. Un-sulphured raisins
- 66. Un-sulphured figs
- 67. Un-sulphured dates
- 68. Un-sulphured apricots
- 69. Un-sulphured prunes
- 70. All vegetables
- 71. Micro greens
- 72. Fresh herbs (mint, rosemary, basil etc...)

- 73. Fruits fresh (except all berries and pineapple)
- 74. Apple cider vinegar
- 75. Garlic
- 76. Grapefruit
- 77. Watercress
- 78. Grapes
- 79. Yams
- 80. Green beans

Occasionally Allowed Foods

Essence breads - no heat process, raw varieties (if all of the foods are eaten first)

Germinated brown or wild rice – once a week

Yams and sweet potatoes – once a week

Banana – 3-4 a week

Prohibited Foods

- 1. Alcohol
- 2. Ice Cream
- 3. Animal Fats
- 4. Legume-Based Food Products
- 5. Avocados
- 6. Manufactured (Processed) Foods
- 7. Baking Soda
- 8. Margarine Or Oil Based Spreads
- 9. Berries
- 10. Meats
- 11. Bicarbonate Of Soda In Food, Toothpaste Or Gargle
- 12. Mushrooms
- 13. Black Tea And Other Non-Herbal Teas
- 14. Mustard
- 15. Bottled Nut Butters
- 16. Butter Nuts And Seeds
- 17. Cakes And Candy
- 18. Corn Oil, Canola Oil And Vegetable Oil
- 19. Cheese
- 20. Pineapples
- 21. Chocolate
- 22. Preserved And Refined Foods
- 23. Salted, Smoked And Sulfured Foods
- 24. Coffee As A Regular Beverage

- 25. Commercial Beverages
- 26. Preserved And Refined Foods
- 27. Salted, Smoked And Sulfured Foods
- 28. Coffee As A Regular Beverage
- 29. Commercial Beverages
- 30. Bragg Aminos, Table Salt, Sea Salt
- 31. Tamari, Soy Sauce, "Lite Salt" Or Salt Substitutes
- 32. Cream And Other Dairy Fats
- 33. Seafood And Other Animals
- 34. Epson Salts, Sodium-Based Baking Powders
- 35. Soy And Soy Products
- 36. Spices, Pepper, Paprika, Basil And Oregano
- 37. Fluorine In Toothpaste
- 38. Frozen Foods Sprouted
- 39. Bean Or Seed Sprouts (*Only Microgreens Allowed)
- 40. Hydrogenated Or Partially Hydrogenated Oils'
- 41. White Flour Or Other Processed Flour
- 42. Olean, Olestra Or Other "Fat Substitutes"
- 43. White Sugar And Other Processed Sweeteners

