
THE DRM PROGRAM

DETOXIFICATION & REJUVENATION MANAGEMENT

<h3>LESSON 3B – THE DRM IN PRACTICE</h3>
--

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 | 32. Potatoes |
| 2. Mangoes | 33. Sweet potato leaves |
| 3. Apples | 34. Carrots |
| 4. Melons | 35. Radishes |
| 5. Apricots | 36. Cauliflower raw fruit |
| 6. Oatmeal | 37. Celery |
| 7. Artichoke | 38. Germinated rice |
| 8. Onions | 39. Chards, all kinds |
| 9. Beetroot | 40. Romaine |
| 10. Oranges | 41. Cherries |
| 11. Coriander | 42. Raw essence bread |
| 12. Broccoli | 43. Chicory |
| 13. Wild amaranth | 44. Spices (small amounts only) |
| 14. Kailan (chinese kale) | 45. Chives |
| 15. Coral lettuce red/green | 46. Spring onions |
| 16. English spinach | 47. Corn (only if allowed) |
| 17. Bayam red/green | 48. Currants |
| 18. Okra | 49. Squash |
| 19. Jicama | 50. Eggplant |
| 20. Bittergourd | 51. Sweet potatoes |
| 21. Winged beans | 52. Endives |
| 22. Luffa | 53. Escarole |
| 23. Passion fruit | 54. Swiss chard |
| 24. Starfruit | 55. Fresh golden linseed oil |
| 25. Fresh figs | 56. Tangerines |
| 26. Nectarines | 57. Wild edible herbs and flowers |
| 27. Burdock | 58. Yogurt (non-dairy, seed based) |
| 28. Peaches | 59. Raw honey (infused with citrus) |
| 29. Pears | 60. Kale |
| 30. Bell pepper | 61. Leeks |
| 31. Cabbage, red & leaves | 62. Zucchini |

THE LIVE KITCHEN

Tel: 91159691 Fax: 67942172

Email: thelivekitchen@gmail.com • Web: www.thelivekitchen.weebly.com

“Superior Quality Medicinal Herbs, Synergistically Combined For Optimal Healing”

- | | |
|--|---|
| 63. Lettuce | 73. Fruits fresh (except all berries and pineapple) |
| 64. Lemons | 74. Apple cider vinegar |
| 65. Un-sulphured raisins | 75. Garlic |
| 66. Un-sulphured figs | 76. Grapefruit |
| 67. Un-sulphured dates | 77. Watercress |
| 68. Un-sulphured apricots | 78. Grapes |
| 69. Un-sulphured prunes | 79. Yams |
| 70. All vegetables | 80. Green beans |
| 71. Micro greens | |
| 72. Fresh herbs (mint, rosemary, basil etc...) | |

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 | 25. Commercial Beverages |
| 2. Ice Cream | 26. Preserved And Refined Foods |
| 3. Animal Fats | 27. Salted, Smoked And Sulfured Foods |
| 4. Legume-Based Food Products | 28. Coffee As A Regular Beverage |
| 5. Avocados | 29. Commercial Beverages |
| 6. Manufactured (Processed) Foods | 30. Bragg Aminos, Table Salt, Sea Salt |
| 7. Baking Soda | 31. Tamari, Soy Sauce, “Lite Salt” Or Salt Substitutes |
| 8. Margarine Or Oil Based Spreads | 32. Cream And Other Dairy Fats |
| 9. Berries | 33. Seafood And Other Animals |
| 10. Meats | 34. Epsom Salts, Sodium-Based Baking Powders |
| 11. Bicarbonate Of Soda In Food, Toothpaste Or Gargle | 35. Soy And Soy Products |
| 12. Mushrooms | 36. Spices, Pepper, Paprika, Basil And Oregano |
| 13. Black Tea And Other Non-Herbal Teas | 37. Fluorine In Toothpaste |
| 14. Mustard | 38. Frozen Foods Sprouted |
| 15. Bottled Nut Butters | 39. Bean Or Seed Sprouts (*Only Microgreens Allowed) |
| 16. Butter Nuts And Seeds | 40. Hydrogenated Or Partially Hydrogenated Oils’ |
| 17. Cakes And Candy | 41. White Flour Or Other Processed Flour |
| 18. Corn Oil, Canola Oil And Vegetable Oil | 42. Olean, Olestra Or Other “Fat Substitutes” |
| 19. Cheese | 43. White Sugar And Other Processed Sweeteners |
| 20. Pineapples | |
| 21. Chocolate | |
| 22. Preserved And Refined Foods | |
| 23. Salted, Smoked And Sulfured Foods | |
| 24. Coffee As A Regular Beverage | |