

"Nightshades" Foods to Avoid for Anyone with Chronic Pains*

Potatoes: The common potato sources include baked, mashed, scalloped, chips, fries, knishes, pierogies, plus potato water in breads, biscuits, matzo, soups and stews and vodka. Beware that potato is also included in these ingredients: hydrolyzed vegetable protein, modified vegetable protein (MVP), or modified food starch hidden in packaged meats, cold cuts, seafood and other processed foods. Sweet potatoes are O.K. (a different family).

Tomatoes: Tomato as it is used fresh in salad, and as it is prepared in sauces (like barbecue, spaghetti and brown sauces), seasonings, condiments like ketchup and steak sauce, prepared meats (like meatloaf), baked beans, gravies, and salad dressings.

Peppers: Peppers include red, green, orange, yellow, jalapeno, chili, cayenne, curry, pimentos, and paprika. These are hidden in salads, cold cuts, pastas, sausage and deli meats, olives, tabasco, Worcestershire, steak sauce, coloring on nuts and fish, seasoning mixes, crackers, dips and spreads; black and white pepper are O.K.

"Spices" If the word "spices" or "natural flavorings" appear in the ingredients list, avoid it. These are hidden sources and are almost always in commercial salad dressings, mayonnaise, mustard, condiments, sauces, prepared (frozen) entrees, and soups; they could contain paprika, crushed red pepper, ground red pepper, cayenne, chili, curry; All other specified spices are O.K. (like black pepper (again not in the same family), garlic, ginger, basil, rosemary and more).

Also avoid **eggplant** and **tobacco**, as well as soy products, since Monsanto is genetically modifying 90% of the soy with the petunia gene (a nightshade).

What's Left?

Flaxseed & olive oils, vegetables, including sweet potatoes (a different botanical family) and many other spices like black pepper (again not in the same family), garlic, ginger, basil, rosemary and more. All fresh unprocessed meats, fowl, seafood, wine, fruits, nuts, beans, cheeses, grains and herbs can all be eaten. These foods are not in the "nightshade family".

*Rogers, Sherry A., M.D., "Pain Free in 6 weeks" pg. 33, 284 - Sarasota, FL, © 2001