

Food List For the Healthy Voice Protocol Based on Food Maps - (pg. 144)

The No's first:

Try to avoid or limit these foods as much as possible:

- All refined carbohydrates, such as white bread, cereals, pastries, crackers, chips, white flour, white sugar, pasta, flour tortillas, biscuits
- Grains
- All fried foods
- soda both diet and regular, sweet tea, energy drinks, sports drinks
- Processed meats (hot dogs, sausage, lunch meats, bacon, beef jerky, canned meat, salami, smoked meats)
- margarine, shortening, lard, partially hydrogenated vegetable oil, canola and palm oil
- Low-fat anything
- Skim Milk and any dairy containing A1
- Night shades: tomatoes, white potatoes, peppers, egg plants (remember these vegetables are considered "good for you" and may be a joint anti-inflammatory but can cause digestive inflammation which is also a huge problem for singers
- Peanuts, cashews, pumpkin seeds and sunflower seeds
- Canned anything - buy your veggies frozen if not fresh
- Canned soups, buy in a box
- No fake cheese i.e. american or other cheeses that are prepackaged and sliced
- Avoid alcohol (especially high sugar drinks and beer)

DO's!

A few tips: Buy in season foods and always organic. Read your labels! Avoid foods that contain canola, palm oil, added sugars, low-fat labels, or no-sugar labels, think real food only. The fewer the ingredients the better! Cook more at home and eat out less as you will be able to know 100% what is in your food. (if you can eat out anytime soon).

The idea is to reduce inflammation in both the joints, the brain and your digestive tract.

- Organic Bone Broth
- Broccoli
- Cauliflower
- Okra
- Brussel sprouts

- Spaghetti squash
- Pumpkin
- Beets
- Carrots
- Leeks
- Celery
- Chives
- Spinach
- SauerKraut
- Garlic
- Cabbage
- Green peas
- Green beans
- Black beans
- Fennel
- Onions
- Green bananas
- Apples
- Oranges
- Blueberries
- Blackberries
- Cherries
- Papaya
- Tempeh
- Miso
- Ginger
- Curry
- Kimchi (but not spicy with peppers)
- Cinnamon
- Acai
- Apricots
- Peaches
- Nectarines
- Raw cacao
- Grass fed and grass finished Meats (moderately)
- High fat fish i.e. salmon
- Shellfish
- Oysters
- Sesame seeds
- Avocado
- Cacao
- Dark chocolate
- Dark leafy greens
- Black rice
- Wild rice
- Chia

- Eggs (free range if possible)
- Full-fat Yogurt
- Kefir (plain)
- Olive Oil (but don't cook with it)
- Avocado Oil (cook with this)
- Grass fed Butter
- Full-Fat cottage cheese
- Mushrooms
- Green Tea
- Black Tea
- White Tea
- Coffee (moderate 1 - 2 cups a day early in the morning)
- Kombucha