

Why are these foods 'bad' for you?

Some plant foods contain natural toxins. This is nature's way of protecting these plants from insect damage or discourage animals from eating them. Although most people can consume the fruit or vegetable safely when proper precautions are taken, the Nightshade family of foods have a potential toxin that we have identified you are sensitive to. The toxin is found in higher concentrations in the *green* part of these vegetables.

What do we do about it?

The good news is that the risk of becoming seriously ill from eating potatoes, tomatoes, aubergine or peppers is relatively small. However for susceptible individuals, the symptoms produced make it worthwhile to avoid these foods. Some people feel better when they give up all foods in the nightshade family completely. Others are more tolerant, only becoming affected when larger quantities are eaten or specific members of the family are consumed.

We have discussed how intolerant to these foods you actually are. However, as a general guide:

- Never eat green potatoes, green tomatoes or green peppers
- Do not eat 'nightshade' foods raw
- If you do eat 'nightshade' foods you may have a reaction up to 48hrs after consumption
- It can take up to 6 months to clear the body of food reactions check all food labels carefully; prepared foods often contain potato starch or tomato paste. Relish may contain peppers or paprika. Any time you see "spices" listed under ingredients, the food may contain paprika or pepper

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The Nightshade family of foods

This family of foods has been highly cultivated for food over the years. They include:

Potatoes paprika
tomatoes tobacco
aubergine cherries and petunias.
peppers e.g. red/green/yellow peppers, sweet peppers,
 chilli peppers but not black or white pepper)

Some plants of this family have medicinal value, while some, like deadly nightshade (belladonna) are quite poisonous.

Read on...