

# 11

## The Intestine, Nutrition and Health: An Explanation of Intestinal Cleansing

### 1. INTRODUCTION: THE IMPORTANCE OF THE INTESTINE

The intestine is by far the largest organ in the human body. The small and large intestine together measure about 6m in length and have a surface area of about 3000m<sup>2</sup>, if all the invaginations, cryptae and villi are included. On the inside, i.e. towards the intestinal lumen, the inner wall is covered with a fine **mucous membrane** which is constructed in an extremely ingenious manner. On the one hand the villous mucous membrane is able to take in nutrition, acting as a filter, but on the other hand it is also able to produce mucus and thus detoxify the body. Each day the small intestine excretes about 20 litres of mucus which ensures detoxification of the body. Apart from a few hundred millilitres, this liquid is re-absorbed back into the large intestine. However, this reabsorption requires that toxic substances are not *also* reabsorbed. Therefore there has to be an absorption system in the large intestine which holds back the material to be excreted in the intestinal lumen and prevents retoxification. This absorption system consists of the **intestinal bacteria (also called intestinal flora)** which bond with toxins and heavy metals and excrete these within the stools.

These tiny intestinal bacteria are so very numerous that the human body contains about the same number of intestinal bacteria as it has cells. As the human race has developed, they have adapted to the human body and are absolutely vitally important. The intestinal bacteria have an enormous natural ability to multiply and with their primitive life force

affect the whole person. In addition the intestinal mucous membrane forms hormone – and enzyme-like substances which influence a person's ability to digest and also control the **vegetative nervous system** (serotonin, histamine, amylase, etc). The vagus or parasympathetic – that is, unconscious – nervous system also lies along the intestine and controls all our rhythmic and unconscious life functions such as breathing, heart beat, ability to recover, sleep, intestinal peristalsis, etc.

*A person's true recovery is therefore very much linked  
with intact intestinal flora and intestinal activity!  
Intestinal cleansing is in many cases the most important  
part of a cure designed to build up the patient and aid  
recovery as well as to build up the immune system!*

Again it is very closely linked with the intestinal flora. However, the intestine also supports the largest part of the immune system: within the mucous membrane lie the so-called “Peyer's patches” – that is, the smallest lymph cell follicles, which are present in such large numbers that the intestine therefore contains 80% of the lymphocytic immune system!

## **2. THE CAUSES OF A SICK INTESTINE**

### **Incorrect diet**

Nowadays food is no longer whole food. Whole food would mean that it contains all the necessary minerals, vitamins and nutritional requirements. Mostly these are greatly lacking, particularly in the case of trace elements and the essential, highly unsaturated fats. On the other hand there is mostly a massive overload of protein from animal products. This protein overload (proteins consist of amino acids) causes strong over-acidification of the organism.

Some of today's foodstuffs are of inferior quality and produced too quickly, and plants simply do not have the time to absorb from the soil

the important trace elements. This results in a lack of essential trace elements such as manganese, molybdenum, selenium, chromium, etc., which are particularly important for the intactness of the intestine. This deficiency is reinforced even more strongly in the case of food from animal sources, as nowadays even cattle lack trace elements, particularly manganese and molybdenum, to a great degree.

This is why, at the beginning of your treatment with us to build up your body, you will be given these substances as additional remedies in order to replenish what is lacking. Then later a correct diet will perhaps be sufficient to maintain the level of trace elements in your body.

Another frequent problem in nutrition is the lack of polyunsaturated fatty acids, which are of the greatest importance for all nerve functions and the brain as well as for the building up of all the cell membranes.

People today generally take the view that fats are bad, so they try to eat as little fatty food as possible. By doing this they reduce their intake of the bad, saturated fats which only overload the body. But generally this is done in the wrong way, by eating only low-fat meat, fish and a low-fat diet, instead of adding the important fats. This mistake comes mainly from the fact that people no longer use oil.

**Cold-pressed vegetable oils** are the specific sources of the unsaturated fatty acids which are important for life. We should have an intake of approximately 30 grams per day of these high-quality oils! And so in our diet you will be given raw salads with oils. Olive oil, wheatgerm oil, linseed oil and evening primrose oil are particularly good. We even recommend that you take a dessertspoonful of these oils each day. Grapeseed oil, with a very neutral taste and very good for you, is also well-tried and tested and of high quality, as too is sesame oil which however has a very particular taste. By adding unsaturated fatty acids to your diet you will support your body's own synthesis of hormones. This is particularly important for people in the middle and older age-groups.

### **Preservatives**

Many foodstuffs are made to last longer by the addition of preservatives and stabilisers: for example, all ready-made drinks, sweet drinks, long-life bread, tinned and vacuum-packed foods. These preservatives are supposed to prevent bacteria or fungi developing on the foods. But the

problem is then that these preservatives can also do the same thing in the human body, particularly in the vital intestinal flora – that is, alter the intestinal flora! It is of the greatest importance to eat only foodstuffs which are fresh and free of preservatives, preferably so-called “wholefoods”.

### **Too little liquid or the wrong type**

Everything that you take into your body which then leaves it as part of the detoxification process must pass through the barrier of the intestinal mucous membrane in a dissolved form. It is therefore of the greatest importance that you drink water, which enables all the work of transportation and dissolving in your body. For this purpose the body needs about 2 to 3 litres of pure water daily!

All “drinks” which contain proteins, fats and carbohydrates are useless and should count as foodstuffs, as they cannot carry out the functions of dissolving and transportation. We need water to clean the body and to keep all the life functions flowing and dynamic. Would you do *your* washing using milk or fruit juice? Milk and fruit juices are not drinks and we advise against them totally! Fruit juices can be taken in very small amounts *before* meals to stimulate the production of digestive juices. A maximum of ½ a wine glass full before breakfast or lunch. No more!

Drink pure water. Drink between mealtimes so as not to dilute the digestive juices. Drink the water at a temperature which feels warm to the hand or even hot. Teas are permitted and they can even strengthen the metabolic function, e.g. lime blossom, peppermint or lavender tea. But most of the water that you drink should be in the form of pure water!

In both the Paracelsus Clinica Al Ronc and the Paracelsus Klinik Lustmühle we provide water which has been prepared with special purifiers and “energising” apparatus and which is significantly better for the body in various different ways: purified from suspended matter, excess protein build-up and toxins and also to a great extent free of heavy metals. In the machines which we have set up (Singer water ionizers in Al Ronc and oxygenating and magnetizing water machines in Lustmühle) the energy content and molecular structure clusters of the water are also improved, which is why these types of water are said to be better at removing toxic products and acting as a means of transport.

## **Medications**

Medications can be extremely bad for the intestinal mucous membrane and in particular the intestinal bacteria: antibiotics destroy the intestinal bacteria and in the long term lead to the development of false bacteria in forms which are known as amoebic – that is, lacking cell walls. Thus over a long period of time antibiotics also lead to internal poisoning, as the normal intestinal bacteria can no longer act as toxin absorbers. In addition to having a proper diet, people who are prescribed antibiotics therefore need specific remedies which build up the intestinal bacteria again: the doctors in Al Ronc and the Paracelsus Klinik Lüstmühle use the isopathic remedies from the German company Sanum-Kehlbeck.

## **Food allergy: the cause of many immunological problems**

Food allergies are the most frequent hidden causes of chronic illnesses. They have their roots in early childhood, when the mother stops breastfeeding the infant. For various reasons infants are often given cow's milk instead of mother's milk. At this age the child's pancreas is not yet fully developed and cannot cope with strange protein. The cow's milk proteins are therefore not broken down sufficiently, and the molecules which pass across the intestinal mucous membrane – which is still too porous at this age – are too big. These large protein molecules then act as allergens and overload the young child's lymphatic system (to be precise, the above-mentioned Peyer's patches).

The triggering allergen in cow's milk is beta-lactoglobulin, which to date neither the chemical industry nor the milk industry has ever been able to separate out of milk. All cow's milk products such as butter, yoghurt, cheese, etc. and even margarine with 2 % cow's milk contain this allergen. The infant does not show an allergic reaction immediately; only when he is older does he get rheumatism or skin problems or respiratory tract problems, etc. In the first nine months of life infants should also not be given any fresh fruit or vegetables, because this can also lead to a strain on the pancreas.

Adults who acquired this allergy as babies mostly show absolutely no symptoms if they eat and drink milk products but instead develop problems of the immune system or chronic diseases. However, even as adults they can be greatly helped by a diet which is free of cow's milk.

The function of the pancreas can also be improved in adulthood by a diet without cow's milk but rich in minerals and if the patient gradually goes over to a diet with fresh vegetables and vegetable proteins. These limitations are maintained until any secondary symptoms of the food allergy, such as skin, joint and respiratory tract problems, have cleared up. Afterwards these foodstuffs can again be included in the menu plan with a reduction in their quantity.

Just by the way; before and after pregnancy the mother-to-be should gradually reduce her consumption of cow's milk products.

### **Chronic constipation**

Chronic constipation is one of the most frequent complaints of older patients and (like chronic sleeping difficulties) is almost always a symptom of a reduction in the intestinal flora, a reduction in the surface area of the intestinal mucous membrane and exhaustion of the parasympathetic (vagus) nervous system. Chronic constipation can mostly be improved within a short time if the intestinal flora are built up with the right sort of food (see the Paracelsus nutritional guidelines below) and the parasympathetic nervous system is stimulated. That again happens with trace elements and neural therapy, but also by having the right sort of drinks.

Chronic constipation is often the joint cause of chronic intoxications, as in cases of constipation in the large intestine too many toxins are digested by the body and then overload the liver. This strain on the liver again leads to fatigue, depression and sleeping problems.

### **A special case: leaky gut syndrome**

More and more frequently we see the problem of leaky gut syndrome which the patient never notices in the intestine but always only because of chronic toxic problems: tiredness, tendency to allergies, problems with sleeping and concentration, etc. The problem lies in the fact that in these patients oversized molecules and allergens have been taken into the body and thereby bring the body to a continuous state of overload of the immune system. The diagnosis can be made by means of differentiated stool tests (ortho-analytic stool health check) or hair mineral analysis or darkfield microscopy. There is even a test in orthodox medicine that

points to this: the lactose/mannitol test, which to be sure does not give conclusive results on the porosity of relatively small-moleculated allergens. But very little is still known about the disorder, although it is assumed that it can have a big influence on the immune system.

For the holistic Paracelsian doctor, however, this diagnosis is of great importance, as this disease can be improved or healed further by diet and with Sanum remedies and trace elements.

### 3. THE CONSEQUENCES OF A SICK INTESTINE

#### Civilisation diseases connected with intestinal problems

##### Excess acid in the organism

A diet which is too rich in protein and contains sugar leads to an increase in the production of acid throughout the body and to many secondary diseases:

**Mycoses:** Excess of acid in the body, especially in the connective tissues, favours the growth of fungi. The consumption of alcohol, analgesics, antibiotics, hormones, psychopharmacologic drugs etc. can support this fungal growth even more. The acid-base balance can be regulated and the fungus brought to a lower stage of development by means of a suitable diet and additional isopathic remedies in the initial stages, without destroying the intestinal flora at the same time.

**Constipation:** A feeling of fullness, diarrhoea, constipation or enterogastritis can be a sign of allergy to cow's milk or hens' eggs, but also a sign of a reduction in the intestinal flora. The regulation of the digestive system is extremely important and the intestinal mucous membrane, pancreas and liver must work well together; i.e. initially at least the pancreas and liver must be supported with remedies.

**The joints:** Allergies to cow's milk or hens' eggs can also manifest themselves as rheumatic pains in the ankle joints, knees, hips, shoulders, elbows and wrists. Orthodox medical laboratory tests will not necessarily find anything specific.

**Circulation:** A rise in the pulse rate, sudden fainting, a red face, increased sweating, etc. point to strain on the circulation. Burning eyes, itching of the neck, sneezing attacks, an increase in the breathing rate (possibly combined with fear) are also some of the forms in which one recognises food allergies. The secondary consequences include hypertonia, coronary heart disease, angina pectoris and other heart problems.

**Obesity:** Because of a reaction which is dependent on histamine, hidden food allergens block the burning up of fat and thus can prevent fat being burnt up even in periods of fasting. A strict low-allergen diet is therefore extremely important, even in people who are able to reduce the fatty tissue. The Paracelsus Kliniks offer initially both low-allergen fasting diets and differentiated and individual testing for food allergies with immunoglobulin tests, thermoregulation diagnosis and bioresonance testing.

### **Problems of the immune system**

As described above, the intestine is the largest organ of the immune system and contains 80% of an adult's lymph follicles. It is this lymphocytic immunity which is largely reliant on the intestine being healthy. An upset in the system of white blood cells (leucocytes and lymphocytes) is accompanied by a reduction in the number of "killer cells" and phagocytes and thus also reduces the body's defences against viral diseases and cancer.

As a special feature of our therapy we also have particular biological remedies for this weakness of the lymph cells: thymo preparations, xenogen peptide and Rebas, a specific remedy to build up the Peyer's patches of the intestine.

### **Toxic overloads**

These can occur if the intestine becomes more porous (see above) or if there is constipation. But the most frequent cause of chronic toxic overload is the reduction in the normal number of intestinal flora. The intestinal bacteria bond with poisons which are excreted from the body into the intestine and carry them in the stools out of the body. A diet which builds up the intestinal flora automatically also supports the detoxification of the body. This diet must be low in allergens and rich in



minerals and plant fibres – in other words it must contain finely grated raw foods and high-quality oils.

### **Chronic tiredness**

The so-called “chronic fatigue syndrome” is always an illness with many facets of which the individual causes are combined in a very individual way. However, there are always problems with the intestinal flora and the lymphocytic immune system. The reduction in the intestinal flora leads to a lowering of the body’s ability to recover and weakening of the parasympathetic nervous system. Infections with viruses which cause chronic fatigue, such as the Epstein Barr virus, are only a consequence of something else. Chronic fatigue syndrome is a disease of the immune system and intestine, and is often significantly improved within a few weeks or months by a broad-based course of immune therapy and the building up of the intestine, combined with our infusions.

## **4. WAYS TO CLEANSE THE INTESTINE**

### **A change of diet**

Eating should be a pleasure and we ought to take the time we need for it. A healthy diet begins with chewing one’s meals for a long time. This allows sufficient saliva to form in order for digestion to be supported. The saliva itself contains digestive enzymes (amylase / disaccharase), and chewing stimulates the pancreas by means of a reflex reaction. Every mouthful must be chewed 15 – 20 times. Everything that you swallow should enter the stomach in the form of fine broth.

Drinking with meals lessens this enzyme stimulation and should be avoided. Drink between meals – but very little with meals! Every excessive addition to your food is indigestible. When you are stressed and tired, your organs also do not function at their best and the digestive system is put under strain. The main meal of the day should be breakfast, the evening meal should be small and easily digested. No fruit in the evening as it can lead to fermentation.

Cleansing of the intestine is indicated when the patient has not been having an ideal diet over a long period, for whatever reason. Children are also a target group, and in such cases it is best if a change of diet is

introduced for the whole family out of solidarity with the child and for everyone's benefit. At the beginning the change is awkward, but even after a few days the patient will notice an improvement.

### **Diet in Greek means a “way of life”**

A “diet” in the sense of a change of nutrition is necessary if

- As a child you were not breastfed for the first 9 months and were fed cow's milk and cow's milk products or hen's eggs and hen's egg products from an early age. Allergic diseases of the skin, respiratory tract and sinuses can be the result of this
- You suffer from recurrent diarrhoea, constipation or wind
- You suffer from chronic illnesses
- You have remote problems, i.e. if disturbed intestinal flora indirectly upset different organs and as a result cause eczema, fungal infections, psoriasis, neurodermatitis or strong acne on the skin; bronchial asthma, bronchitis, inflammation of the sinuses in the respiratory tract; or arthritis, gout or rheumatism in the joints
- Detoxification and drainage are indicated, for example in the case of coproliths (faecal stones), old food residues, overload of heavy metals with amalgam, palladium, mercury, aluminium and other poisons

After 14 days of a change of diet you will notice a change in your body. If the result is not sweeping, complementary medical remedies should also be given, such as vitamins and minerals, as well as isopathic remedies to stimulate the immune system. At the beginning of the changeover, personal allergens and primary allergens (cow's milk and hen's egg preparations) should be completely omitted from the diet. The menu provided in the Paracelsus Kliniks, in particular in the Clinica Al Ronc, is designed according to the very latest knowledge as described above and can help all patients with allergies, disorders of the immune system, and digestive, circulatory and heart problems. Our food supports the building up of the body and is therefore a “must” for people who need to recover.

### **Colonic irrigation**

In the Lustmühle and Al Ronc Paracelsus Kliniks there has been further development of a specialised system of colonic irrigation which:

- Uses lavages to clean the large intestine up as far as the small intestine, with all its thousands of evaginations. In these crypts there are often toxic crusts which are years old and even parasites and foci of inflammation. If the irrigation is carried out carefully, it can even be ideal for patients with colitis or recurrent diverticulitis! In such cases, however, the colonic irrigation must always be accompanied by our flora repopulation and intensive biological therapy and diet
- Stimulates the parasympathetic nervous system by means of very soft, deep abdominal massages
- Builds up the intestinal flora again by follow-up irrigation with special bacterial solutions, the composition of which matches that of the human symbiotic flora. These bacterial solutions are a specialised development which is exclusive to the Paracelsus Kliniks
- Detoxifies the body through the osmotic effect of the irrigation
- It is advisable to have this colonic irrigation once or twice a week during the cure

### **Building up of the flora with medication**

A particular speciality of the Paracelsus Kliniks. The building up of the good, symbiotic intestinal flora is supported by means of a mixture of isopathic remedies and neural therapy applied to quite specific points of the intestine.

### **Immune stimulation**

The most important point in the building up of the intestine and of immune stimulation is the omission from the diet of food allergens, mostly products containing cow's milk and hen's eggs.

This restores the Peyer's patches and as a secondary benefit also

strengthens the intestinal mucous membrane. Further immune stimulation of the intestinal system can be achieved by the trace elements selenium, molybdenum, vitamins A, B6 and B12, Biotin and vitamin E. In addition the patients are generally also prescribed special bacterial remedies produced by the Sanum company: Utilin and Recarcin capsules, generally at a dosage of 1 of each per week.

*A healthy immune system can be guaranteed  
only by having a healthy intestine!*

**A diet to cleanse the intestine, build up the immune system and reduce acid:**

**the Paracelsus Al Ronc diet**

The diet at the Al Ronc Paracelsus health centre is based on years of experience and is suitable for almost everybody. It follows strictly the dietary rules laid down by Dr. Thomas Rau, M.D., and the hypoallergenic diet designed by Dr. Konrad Werthmann, M.D.

**This diet**

- Strengthens and relieves the strain on the immune system, as the common allergens are for the most part omitted
- Supports the building up of the intestinal mucous membrane within 6 – 12 weeks and of the intestinal flora within about 3 weeks
- Brings about a significant improvement to the patient's well-being and to their day/night rhythm within 3 weeks
- Leads in the long term to optimisation of weight (amazingly, people who are overweight lose weight, and those who are underweight gain weight as the metabolism is normalised)
- Leads within a few weeks to the removal of excess acid from the body
- Strengthens the Peyer's lymph follicles and strengthens the immune system

## Principles of the diet used in the Paracelsus Clinica Al Ronc

- No meat, except occasionally some fish: meat from warm-blooded animals, in particular that of mammals, contains protein (in Prof. Enderlein's words, "endobiontic proteins") which in the human body can develop into bacteria but in particular can also cause the blood to thicken.
- No meat as it is very acidic.
- No white sugar or products containing white sugar. All sweet food is prepared using sweeteners such as honey, concentrated extract of pear, agave syrup, Stevia, etc.
- Strictly no products containing cow's milk, on allergenic grounds. The calcium which is supposed to be so important in such milk is more than compensated for by the correct choice of calcium-rich vegetables!
- The drinks which are freely available between mealtimes are teas, with different types selected each day.
- The emphasis is on the morning and lunchtime meals. In the evenings only small, light meals are served.
- In the morning we recommend the Paracelsus basic soup, a vegetable broth which is very rich in minerals and very alkaline. (The recipe is given in the paper on Chronic Hypoglycemia).
- The addition of sufficient unsaturated fatty acids is considered extremely important, so unless required you will not be given any oil rations.
- About one-third of the vegetables should be eaten raw, preferably finely grated. The cellulose fibres of the raw vegetables provide nourishment for the intestinal flora and clean the intestine mechanically.

## What you should avoid

**Cow's milk and products containing cow's milk:** Milk, cheese, whey, margarine which contains butter, yoghurt, quark, bifidus, kefir, ice cream, milk chocolate. Even in Biological Medicine circles there are different opinions regarding cream and butter, which are both prepared from the fat of cow's milk (without protein). In the Paracelsus Clinic Al Ronc they are not used, instead the valuable vitamins and fats which they contain are replaced by oils and vegetables. (Sheep's and goat's milk cheeses are permitted: Roquefort, peccorino, etc)

**Hen's eggs and products containing hen's eggs:** Breaded products, mayonnaise, French dressing, dough products made with egg, ready-prepared soups in cartons, tarts, blancmange, mousse, icing, cakes, sweet biscuits, Ovaltine. Because of frequent allergies to hens' eggs which would help to build up the patient's strength (e.g. poached, or boiled for 3 minutes), quail's eggs are used instead.

**Pork and all pork products:** Roast pork, sausages and salami, ham, bacon, ravioli, cold meats

**Rabbit, venison and other game:** Meat from hunted animals contains histamine and can cause allergies

**Shellfish and other fish, tinned fish:** Tuna, mackerel, lobster, crayfish, shrimps and prawns, mussels, snails. The "fruits of the sea" often contain heavy metals, and certain varieties also contain a lot of histamine.

**Nuts:** Peanuts, peanut oil, walnuts, coconuts, muesli bars, multi-grain full corn bread.

**Citrus fruits:** Lemons, limes, oranges, mandarins/satsumas, grapefruit. Occasionally eating a grapefruit for breakfast or in Bircher muesli is allowed.

**Soft drinks:** CocaCola (including diet Coke), lemonade, Orangina, Pepita, ready-made iced tea, Rivella

**Coffee:** Not more than 1 – 2 cups per day, making sure that it is organic coffee. Coffee attacks the regulatory mechanism of the renin and angiotensin and this has an effect on the excretion of water, dehydrates and is acidic. During intensive phases of therapy (fasting, detoxifying, etc) coffee should therefore not be drunk at all.

**Various:** Ketchup, mustard, kiwi, sugar, nicotine, large quantities of rose hip and camomile tea.

*An important reminder is that from 5.00 pm onwards you should not eat raw fruit and vegetables, and never have your drinks cold!*

### **Recommended protein foods in a vegetarian diet**

The question is frequently asked: how then can the missing proteins be supplied in a meat- and milk-free diet? The answer – valuable plant proteins, which are also mostly alkaline:

- Linseed, beans, peas
- Potatoes
- Sweetcorn
- Chestnuts
- Avocados
- The seeds of various types of plants
- Quorn or textured vegetable protein (TVP / mianjin / seitan)
- Millet or cereal grains (pil-pil)

It should be taken into account that the “normal” average European person eats far too much protein and that this is the cause of many diseases. The ideal intake of protein is about 40 grams per day (as opposed to about 120 g/day average consumption!). With a varied vegetarian diet one can therefore easily get enough high-quality protein which at the same time is a much better “carrier” of trace elements and vitamins, as well as saving energy.

## Helpful tips and alternatives to forbidden foods

**Milk products:** Soya milk, soya cream, soya pudding, soya yoghurt, soya drinks, goat's milk, sheep's milk, rice milk

**Butter:** Margarine which does not contain cow's milk: e.g. Vitabiosa, Eden and Vitaquell

**Cheese:** Sheep's cheese, goat's cheese, peccorino, Roquefort, feta, and soya cheese

**Eggs:** Quail's eggs, duck eggs, turkey eggs  
For batter coatings: mix sheep's or soya milk with some flour or mix together 1 tbsp. rice flour with 1 tbsp. water or coat with pure beef dripping (not pork dripping)

**Fish:** Eat fish at best 1 – 2 times a week. No shellfish or crustaceans (prawns) or tinned fish.

**Seeds:** Sunflower, pumpkin, sesame seeds and cashew nuts (= seeds)

**Vegetables, fruits:** Use seasonal products: these are valuable, tasty and cheap.  
Of course we recommend naturally pickled vegetables such as sauerkraut in small quantities but taken regularly

**Oils:** Cold pressed / virgin oils such as olive oil, sunflower oil, grapeseed oil, etc. Wheatgerm oil

**Mayonnaise:** DIP sauce powder as a vegetarian replacement without egg yolk and protein. Keeps well.

**Sauces:** Read the ingredients named on the packaging. The use of fresh products is preferable.



- Soups:** Meat-free vegetable bouillon as a base for soup, cooking dough products and rice, available in health food shops. (Nahrin)
- Cereals:** Various types of rice, sweetcorn, barley, couscous, quinoa, oats, semolina. Important: millet, sweetcorn (maize) and rice contain no gluten and are therefore permitted foods for all people with an allergy to cereals: millet bread and maize bread are available in specialist shops.
- Dough products:** Italian pasta made of 100% durum wheat semolina and water, e.g. Barilla, Tipo Napoli
- Sweeteners:** Honey, concentrated pear syrup, maple syrup, stevia leaves for drinks, and sweets: sorbet made only of fruit juice and sugar, soya creams of all types (except nut)
- Vegetarian specialities:** Tartex, Seitan (TVP), etc
- Baby products:** Milupa SOM (soya milk) and porridge, Humana SL and porridge, or Galactina Mamina Junior Bio (soya- based only).

Dr. Thomas Rau, M.D.  
Paracelsus Klinik Lustmühle,  
9062 Lustmühle (bei St.Gallen)  
Switzerland

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