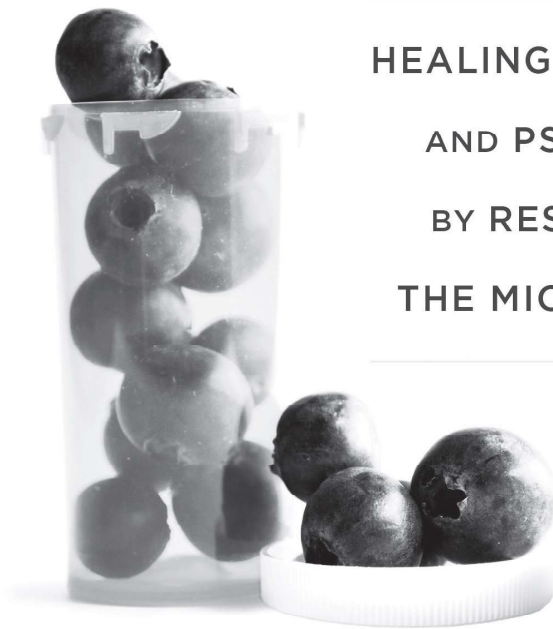


THE KEYSTONE APPROACH



HEALING ARTHRITIS
AND PSORIASIS
BY RESTORING
THE MICROBIOME

REBECCA FETT

Franklin Fox Publishing
New York

The Keystone Approach: Healing Arthritis and Psoriasis by Restoring the Microbiome

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concentration of these chemicals. A strict low-amine, low-salicylate diet is not particularly compatible with a low-starch diet since salicylates are found in fruit and honey, the main carbohydrate sources for the low-starch diet. But it may not be necessary to be overly strict; you may benefit from just eliminating the foods with the largest amounts of amines and salicylates (listed below). More detailed information can be found in the Royal Prince Alfred Hospital's *Elimination Diet Handbook* and in Janice Joneja's book *The Health Professional's Guide to Food Allergies and Intolerances*.³²⁷

Very High Salicylate and Very High Amine Foods³²⁸

Vegetables

Very high salicylate, amine, or both

- Avocado (very ripe) A
- Bell peppers/capsicum S
- Eggplant S, A
- Mustard greens S
- Seaweed S, A
- Spinach S, A
- Swiss chard/silver beet S, A
- Tomato (processed) S, A
- Pickled or fermented vegetables A

Fruit

High salicylate, moderate-high amine (*exclude on elimination diets*)

- Cherries
- Citrus (orange, grapefruit, mandarin, etc.)
- Grapes
- Kiwifruit
- Pineapple
- Plum
- Raspberry
- Strawberry
- All dried fruits (raisins, prunes, dates, figs, etc.)
- Papaya (high amine, low salicylate)

Flavorings, herbs, and spices

Very high in salicylates

- Black pepper
- Cardamom
- Cayenne
- Coriander
- Cinnamon
- Chili powder
- Curry powder

- Cumin
- Mustard
- Paprika
- Peppermint

Very high amine

- Vinegar
- Soy sauce
- Coconut aminos
- Fish sauce
- Worcestershire sauce
- Tomato paste
- Yeast extract
- Unspecified flavoring

Meat, poultry, and fish

(All are low in salicylates unless spices are added.)

Very high amine

- Bacon
- Anchovies
- Smoked salmon
- Salami
- Sardines
- Sausages
- Jerky

- Slow-cooked meat or bone broth
- Marinated meats
- Organ meat (kidney, liver, etc.)

Dairy

Very high amine

- Strong or aged cheeses (parmesan, blue cheese, brie, camembert, etc.)
- Kefir

(All dairy products are low in salicylates unless fruit flavorings are added.)

Other excluded foods

- Nuts (high in amines and salicylates)
- Coconut cream, milk, flakes, oil (very high in amines)
- Anything fermented (kombucha, wine, beer, sauerkraut, soy sauce) (very high in amines)
- Tea (high in salicylates, except chamomile)
- Chocolate (high in amines and salicylates)

Reintroduction Phase

After reducing your intake of amines and salicylates for two to four weeks, you can start reintroducing foods to test your reaction. Some people react only to amines or salicylates, while others react to both. For this reason, the reintroductions are performed separately. It is probably best to start by