

“Nightshades” Foods to Avoid for Anyone with Chronic Pains*

Potatoes the common potato sources include baked, mashed, scalloped, chips, fries, knishes, pierogis, plus potato water in breads, biscuits, matzo, soups and stews and vodka. Beware that potato is also included in these ingredients: hydrolyzed vegetable meats, cold cuts and seafood's and other processed foods. Sweet potatoes are OK (a different family).



Tomatoes and their sauces (like barbecue and brown sauces), seasonings, condiments like ketchup and steak sauce, prepared meats (like meatloaf), baked beans, gravies, and salad dressings containing them.



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 OK.



“Spices” if the word “spices” or “natural flavorings” appear in the ingredients list, I cannot have it. These are hidden sources and nearly 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 OK (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 80% 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 the same family), garlic, ginger, basil, rosemary and more. All fresh unprocessed meats, fowl and seafood's, wines and fruits, nuts, beans, cheeses, grains and herbs are not in the “nightshade family”.

W e l l W i t h i n o f S o H o
C h i r o p r a c t i c a n d N u t r i t i o n
D r . B e t h F o r g o s h

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