**The “No More Allergies” Diet by Gary Null**

As important as it is to show people the cause and effect between the environment in which they live and their physical and emotional well-being, it’s equally important to take the next step, which is to provide them with a step-by-step program of change. Not everyone will be able to go to a physician for multiple tests to determine what they may be allergic to. But everyone can change their diet to some degree.

The facts are that a natural low-allergy or allergy-free diet is less expensive because it eliminates animal proteins—the most costly as well as the most polluted items that we put into our bodies. Secondly, on a diet of this type, there is more variety in taste, texture, and color, resulting in foods that are more appetizing and interesting than the traditional meat and potatoes with an occasional vegetable side dish.

I have witnessed thousands of allergy sufferers, from among my radio audience, my family, and friends over the years who have rediscovered with joy that the kitchen need not be a hostile environment. The excitement of creating a dish on your own for the first time and knowing that it’s a healthy dish—now that’s pleasing. I am well aware of certain taste preferences to which we have been conditioned from early on in life, such as soft and sweet, salty and crunchy. As a result, whether it’s fried chicken or hamburgers with “the works,” a jelly roll or ice cream, Americans eat a very limited diet, which almost always contains allergy-causing foods. Beef, sugar, corn, wheat, and dairy are primary allergens, which can rob you of essential energy. Plain old table sugar, for example, can cause a loss of chromium, zinc, magnesium, and manganese and hence weaken you, making you more susceptible to allergy. Yet people are eating these foods several times a day. I have therefore created a diet with the help of my daughter, Shelly Null, a gourmet natural foods chef, comprising of foods that are inexpensive and easy to prepare, with minimal or no allergenic activity. The eating plan is carefully constructed and designed to lessen the body’s burden of toxins and help in the cleansing and revitalization processes that bring one to a state of health. Follow this dietary program, and you will be obtaining complex carbohydrates, proteins, essential fatty acids, and the necessary vitamins and minerals.

**Juice**

*Apple Cherry Juice*

* 1 cup apple juice (3 to 4 apples)
* 1 ½ tablespoons cherry juice (½ cup fresh or frozen cherries)
* ½ cup celery juice (3 to 4 stalks)

Combine the above ingredients in a large glass, mix well, and serve.

Makes about 1 ½ cups.

*Raspberry Pear Juice*

* 1 ½ cups pear juice (3 to 4 pears)
* ¼ cup raspberry juice (1 pint)

Combine the above ingredients in a large glass, mix well, and serve.

Makes 1 ¾ cups.

**Breakfast**

*Quinoa with Peaches and Cream*

* 2 ½ cups water
* 1 ¼ cups rice milk (Rice Dream)
* 1 ½ cups quinoa
* 1 teaspoon pure vanilla extract
* 3 tablespoons pure maple syrup
* ½ cup sliced peaches (fresh or frozen)
* ½ cup sliced bananas

In a medium-size saucepan, bring the water and rice milk to a boil. Reduce heat to medium, and add the quinoa. Continue to cook over medium heat until the liquid is absorbed, about 15 minutes. Stir in the remaining ingredients, and serve with additional rice milk. Serves 2.

*Pumpkin and Spice Pancakes*

* 2 eggs (use egg replacer)
* ½ cup unsweetened pumpkin purée
* 1 cup water
* 1 teaspoon pure vanilla extract
* 1 ¼ cups buckwheat flour
* ½ teaspoon baking soda
* ½ teaspoon baking powder
* dash of cinnamon
* 3 tablespoons canola oil

In a large bowl, whisk together the eggs or egg replacer, pumpkin puree, water, and vanilla. Add the dry ingredients, and stir well. Heat a frying pan over high heat until a drop of oil placed in the pan sizzles. Pour one tablespoon of the canola oil into the frying pan, and heat for one minute. Reduce the heat to medium, and pour one-third of the batter into the frying pan. Cook uncovered over medium heat for 3 to 5 minutes or until bubbles form on top of the pancake. Flip the pancake over, and cook it for an additional 2 minutes. Cut the pancake into nine pieces with a knife and continue cooking an additional minute. Serve hot with pure maple syrup. Repeat procedure to make the remaining pancakes. Serves 2 to 3.

**Salad**

*Sweet Potato Salad with Dijon Dressing*

* 1 ½ cups cubed red potatoes (steamed for 20 minutes)
* 2 cups diced sweet potatoes (steamed for 20 minutes)
* ¼ cup diced yellow onion
* ¼ cup Dijon Dressing

Combine the above ingredients in a large salad bowl, and toss well. Serve with almost any meal. Serves 2

**Entrées**

*Mozzarella in Carozza*

* ¼ cup virgin olive oil
* 8 4-inch strips of mozzarella-style soy cheese
* ½ cup oat flour
* 2 eggs (use egg replacer)
* ½ cup whole grain bread crumbs
* 1 recipe Crudite Tomato Sauce

In a large frying pan, heat the oil for 2 to 3 minutes. Roll the mozzarella sticks first in the flour, then in the egg mixture. Coat them with flour again, and end by dipping them in bread crumbs. Place them in the hot oil, and cook over medium heat for 3 to 4 minutes on each side or until they are light brown in color. Remove them from the pan, and place on a paper towel to drain. Serve hot with the Crudite Tomato Sauce. Serves 2.

*Rice Threads with Thai Pai*

* ¼ cup canola oil (any flavorless oil may be substituted)
* 3 ½ cups sliced purple cabbage
* 2 cups thinly sliced carrots
* 1 cup cauliflower florets
* 3 cups chopped bok choy
* 1 cup sliced red bell pepper
* 2 tablespoons wheat-free tamari soy sauce
* ¼ cup sesame seeds
* 1 teaspoon finely chopped hot red chili
* 4 cups soaked rice threads (rice cellophane noodles)
* 2 tablespoons gomasio

Heat the oil in a large saucepan. Add everything except the rice threads and the gomasio. Stir-fry over high heat for 5 minutes; the vegetables should be crunchy when done. Remove from heat, toss with the rice threads, and sprinkle with the gomasio. Serve hot or at room temperature. Serves 3.

**Desert**

*Peanut Butter Cookies*

* 1 cup unsalted peanut butter (almond butter may be substituted)
* 2 tablespoons egg replacer
* ¼ cup pure maple syrup
* 1 teaspoon pure almond extract
* 1 teaspoon pure vanilla extract
* 1 ½ cups stone-ground whole wheat flour
* 1 teaspoon baking soda
* 1 teaspoon baking powder
* ½ cup unsalted peanuts

Preheat the oven to 350 degrees. In a blender or food processor, combine the peanut butter, egg or egg replacer, maple syrup, almond extract, and vanilla extract. Process for 2 minutes or until smooth. Transfer to a mixing bowl. In a separate bowl, sift together the dry ingredients. Blend the sifted ingredients into the peanut butter mixture until dough is formed. Stir in the peanuts.

Wrap the dough in plastic wrap, and refrigerate for one hour. Form the dough into twelve large cookies or twenty-four small ones, and bake on a greased cookie sheet for 15 to 20 minutes or until light brown in color. Remove from the cookie sheet, and let cool on a cookie rack for 5 to 10 minutes. Makes 2 dozen.