Additional foods that should not be eaten by people with AI issues

**Nightshades: Tomato, potato, pepper, eggplant, tobacco**: all members of the *Solanaceae* family of plants, historically referred to as "nightshades". It is thought the name originated among the Romans who ground up a so-called deadly black nightshade and put it in an alcoholic drink intended for an enemy. The shade came down for a long night: they died. The botanical name for the black nightshade is *Atropa belladonna* L. Tobacco is also a member of this family of drug plants, which includes tomato, potato, eggplant, and peppers of all kinds (except black pepper).

**Nuts:** full of lectins. These are a popular Paleo food, but according to Robb Wolf in many of his podcasts (and in his book) everyone should limit nuts and people with AI issues should eliminate them completely.

**Eggs:** Cordain writes extensively about eggs and has an entire paper on them explaining why they are a food to be avoided which can be bought on his site.

**Conventionally processed beef, pork and chicken:** Go for grass fed, pastured, no hormone no antibiotic, free range, etc. I use Hilltop Grassfed Farms they make a delivery to Wilmington from Mt. Gilead every month and they have pork and beef. Its superb taste and quality make it worth every extra penny. Though, if you buy in bulk, it may end up cheaper than conventional meats.

**NSAIDS** Non Steroid Anti Inflammatory Drugs. Google

**Vegetable Peel:** The peel protects the vegetable from being eaten, it contains anti nutrients and if it has been treated or sprayed, the chemicals are absorbed into the skin.

**Birth Control Pills**: I heard this from both Robb Wolf and Chris Kresser in their respective; I will blog about it at some point.

**Alcohol:** It wreaks havoc on your digestive system. It’s fermented containing yeast, and basically pure sugar. Sorry, it’s bad. Smoke pot instead if you need to relax!

**Yeast:** There is debate here because fermented foods are touted for digestion healing. Cordain talks extensively about yeast and the need to avoid it in his updated version of The Paleo Diet so fermented and pickled foods are out. Anything containing yeast should be avoided. But, I contacted The Healthy Skeptic and Balanced Bites about their opinion and they both think fermented foods should be incorporated. This topic deserves much more research. I would eliminate fermented foods for the initial elimination period and then reintroduce them to see how they make you feel.

**Saponins:** More info can be found on this here: <http://paleoautoimmunerecipes.blogspot.com/search/label/Saponins>

**Fruit:** Sugar is sugar is sugar. Fructose is no bueno. Fruit should be eliminated for the elimination period then reintroduced sparingly.