

*PHASE ONE AND TWO FOOD LIST...from: KnowTheCause.com...August 2017...*

**Welcome...Get Started...Doug Kaufmann...Phase 1 & 2 Diet...**

[http://www.knowthecause.com/index.php/get-started\](http://www.knowthecause.com/index.php/get-started)

NOTE: CLICK ON ABOVE LINK TO ACCESS THIS FULL ARTICLE WITH LIVE LINKS AT THE KNOW THE CAUSE WEB SITE...

(Copy) Welcome to the Know the Cause website! On this site, you will find a wealth of information covering the science of fungi, molds and yeasts and their effect on human health. Whether you are a long time fan of our television show, Know the Cause, or you are new to the entire fungal philosophy, this site will become a valuable health resource for you.

The Fungus Link to Disease Philosophy...

Phase One and Two of The Kaufmann Diet were designed with an idea in mind: Fungi and yeasts can become parasitic organisms on and inside our body, causing health problems that can be difficult to diagnose. Often and unknowingly, we feed these parasites via our diet. Fungi crave sugar, and if you have a fungal infection, their cravings often become your cravings. Sugar does not simply come in the form of candy, soda and other obvious “junk foods”; the carbohydrates from grains, potatoes, corn and corn products, certain fruits, breads, pasta, alcohol and other staples of the standard American diet are just as effective at feeding a parasitic fungal organism. For many, the Kaufmann Diet begins as a test: Do your symptoms subside or cease after following the diet for 30 or 60 days? Does your brain fog clear? Does the chronic pain, fatigue or general malaise dissipate? Does the weight fall off? If so, you may have discovered that fungi and yeasts may be a root cause of the health problems you have been experiencing.

What To Expect When Starting The Phase One Diet...

(see below listed live links at [knowthecause.com](http://www.knowthecause.com) in the Get Started article)

Phase One - More Than a Diet: Lifestyle Change

Adding Sensible Exercise

Where Do I Go From Here?

Dairy...

Many copies of our books containing the Kaufmann Diet allow for certain cheeses and cream while on Phase one or Two of The Kaufmann Diet. The Kaufmann Diet is still evolving, and while we like to keep the diet open to new information that comes out about any and all foods (especially whether or not those foods may be suitable for an anti-fungal diet) the most recent versions of The Kaufmann Diet exclude most dairy, including cheese and cream. Most dairy products contain a sugar called lactose. (The suffix “-ose” in any word denotes sugar.)

Avoiding lactose, like any other kind of sugar, is key on the Phase one Diet. Pathogenic fungi necessitate sugar to survive, and they aren't picky about where that sugar comes from.

Avoiding all kinds of sugar is recommended on the Kaufmann Diet, even sugar from dairy. This includes milk, cream and cheeses. Plain, organic (preferably derived from grass-fed cows) yogurt is allowed on the Phase one Diet, as is butter. A note on goat's milk products: Goat cheese is significantly lower in lactose than cow's milk, which is why many who are lactose intolerant can tolerate it. Goat's milk and cheese is allowed in extreme moderation, primarily on the Phase two Diet. Butter \*Allowed Phase One/Two. Try to avoid butter from conventionally raised cattle in favor of butter from grass-fed cattle.

Yogurt...

\*Allowed Phase One/Two. Look for plain, organic yogurt with active cultures. The health-promoting bacteria inherent in yogurt can help re-culture the terrain of the gut, which can become imbalanced when yeast overgrowth is present. Avoid flavored yogurts or yogurts with added sugar.

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### Goat Milk Products...

Allowed Phase One/Two. (Enjoy in Moderation) Goat milk products are lower in lactose than cow's milk products. Included are goat yogurt, goat milk and goat cheese.

### Foods...

(see below listed live links for details at [knowthecause.com](http://knowthecause.com) in the Get Started article)...

Grains, Pseudo Grains and Flours

Sugar and Sugar Substitutes

Oils

Vegetables

Nuts & Seeds

Meat & Eggs

Fruits

(Subscribe to our Newsletter)

### Popular Articles...

(see below information links at [knowthecause.com](http://knowthecause.com) in the Get Started article)...

- [Why Am I Always Hungry? I'm Eating Well](#)
- [The Fungus Link To Stomach & Intestinal Disorders](#)
- [Is it Fungus or is it Cancer? \(Video\)](#)
- [Diabetes And The Fungus Link](#)
- [Gluten Free - Fungus Free?](#)
- [Healthy Fats, Why You Need Them](#)
- [After The Show with Dominique Robinson](#)
- [One Man's Hypothesis On An Unknown Cause of Cancer](#)
- [The FDA's Nebulous Definition of Risks](#)
- [Which Supplements Should My Kids Be On?](#)

PS: from [FactorReady.com](http://FactorReady.com) : Access <http://www.knowthecause.com/index.php/get-started/> to access the live inks on this Get Started article at [knowthecause.com](http://knowthecause.com) reference Doug Kaufman's Phase One and Two Diets. It is normally suggested to follow Phase One for at least 2 weeks before moving to Phase 2. However, some remain on Phase One if needed to fully starve out any fungal related issues. Note: both Phase 1 and 2 diets are considered as "works in progress" and are updated from time to time by Know The Cause to reflect the latest knowledge concerning this type diet, so check their web site often and subscribe to their free e-mails, etc. Be sure that any meats consumed are the organic grass fed variety or free range chicken or wild caught fish such as offered at [texasgrassfedbeef.com](http://texasgrassfedbeef.com). Should the Phase 1 or 2 diet not be accomplishing any wanted or needed health results, we suggest looking into the stronger plant based whole food China Study diet as advocated in book of same title (2016 edition of The China Study by Dr. T. Colin Campbell at [nutritionstudies.org](http://nutritionstudies.org)). The China Study diet deletes all animal and dairy protein that feed cancer. Obtain the "Stop Feeding Your Cancer" book by Dr. John Kelly, an Irish Physician that utilized same with his patients. Wild caught healthy Fish were allowed for protein. Also, see our Health tab article at [FactorReady.com](http://FactorReady.com) for overall health guidelines as well as specific pdf articles in the Downloads section. Stay Well, Stay Prepared and Stay Prayed Up!

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