

Dowsing Spirits Food Intolerance Checklist

Cows Butter		Avocado		Gooseberry		Sunflower Oil	
Cows Cheese		Bamboo Shoots		Grape – red		Vegetable Oil	
Cows Cream		Beetroot		Grape – white		Allspice	
Cows Milk		Broccoli		Grapefruit		Arrowroot	
Cows Yoghurt		Brussels		Kiwi		Basil	
Goats Butter		Cabbage		Lemon		Bay Leaf	
Goats Cheese		Carrots		Lime		Caraway	
Goats Milk		Celery		Mango		Capers	
Goats Yoghurt		Chicory		Melon		Cayenne	
Sheep's Cheese		Courgette		Nectarine		Chilli	
Sheep's Cream		Cucumber		Orange		Cinnamon	
Sheep's Wool		Garlic		Papaya		Clove	
Soya Milk		Kale		Peach		Coriander	
Soya Yoghurt		Kohlrabi		Pear		Cumin	
Tofu		Leeks		Pineapple		Dill	
Eggs		Lettuce		Plum		Fennel	
Honey		Okra		Prune		Horseradish	
Maple		Onions		Raisins		Liquorice	
Sugar – Cane		Parsnips		Raspberries		Marjoram	
Sugar – Fruit		Peas		Redcurrants		Mint	
Barley		Peppers – Green		Rhubarb		Mustard	
Corn		Peppers – Red		Satsuma		Nutmeg	
Couscous		Potato		Star Fruit		Paprika	
Millet		Pumpkin		Strawberries		Peppercorns	
Maize		Radish		Sultana		Peppermint	
Oats		Runner Beans		Tangerines		Rosemary	
Rice – White		Spinach		Almonds		Saffron	
Rice – Brown		Squash		Brazil Nuts		Sage	
Rice – Wild		Swede		Cashew		Sea Salt	
Rye		Sweet Potato		Chestnut		Thyme	
Spelt		Swiss Chard		Hazelnuts		Vanilla	
Buckwheat		Tomatoes		Peanuts		Coffee - Fresh	
Beef		Turnip		Pistachio		Coffee – Instant	
Chicken		Watercress		Poppy Seed		Tea	
Duck		Apples		Sesame Seed		Tea – Herbal	
Goose		Apricot		Sunflower Seed		Wine – R/W/Rosé	
Pork		Banana		Black Eyed Peas		Beer /Larger	
Turkey		Blackcurrants		Broad Beans		Squash Drink	
Oily Fish		Blueberry		Chick Peas		Chocolate	
White Fish		Cherry		Kidney Beans		Gluten	
Shell Fish		Coconut		Lentils		MSG	
Escargots		Cranberry		Mushrooms		Starch	
Artichoke		Currants		Yeast		Aspartame	
Asparagus		Dates		Olive Oil		Food Colourings	
Aubergine		Fig		Rapeseed Oil		Household Water	