**The Nightshade List:**

Tomatoes (all varieties, including tomatillos)
Potatoes (all varieties, NOT sweet potatoes or yams)
Eggplant (aubergine)
Okra
Artichokes
Peppers (all varieties such as bell pepper, wax pepper, green & red peppers, chili peppers,
cayenne, paprika, etc.)
Goji berries
Tomarillos (a plum-like fruit from Peru)
Sorrel
Garden Huckleberry & Blueberries (contain the alkaloids that induce inflammation)
Gooseberries
Pepino Melon
The Homeopathic “Belladonna”
Tobacco
Paprika
Cayenne Pepper

Soy sauce made in the U.S. is generally made with genetically modified (GMO) soy beans, which are cut with the nightshade plant Petunia. A healthier option is to purchase Braggs Amino Acids at your health food store. It is naturally-fermented soy sauce and the only other ingredient is spring water….it tastes exactly the same as other soy sauces only this one is pure.

Note: The condiments black/white pepper and pepper corns are NOT nightshades

**Other Ingredients / Products to Avoid:**

Homeopathic remedies containing Belladonna (known as deadly nightshade).
Prescription and over-the-counter medications containing potato starch as a filler (especially prevalent in sleeping and muscle relaxing meds).
Edible flowers: petunia, chalice vine, day jasmine, angel and devil’s trumpets.
Atropine and Scopolamine, used in sleeping pills

Topical medications for pain and inflammation containing capsicum (in cayenne pepper).
Many baking powders contain potato starch
Don’t lick envelopes, many adhesives contain potato starch
Vodka (potatoes used in production)

-Read labels carefully because you could be doing everything else right, and still be sabotaged by one small amount of an ingredient.
-Never buy a food that uses the generic term of seasoning or spices, because you won’t know what is really in your food.

**Three Month Challenge**

If you want to know if nightshades negatively affect you, take the three month challenge. Avoid all nightshades for three months. (It’s called a challenge for a reason).Be careful to note the previous nightshade list, and become a label reader as some homeopathics, prescriptions; over the counter medications as well as numerous processed foods contain nightshades. Prescriptions and over the counter medicines may require a discussion with your pharmacist or a phone call to the manufacturer of your over the counter medicines. After three months begin to reintroduce one nightshade at a time. Take note of any aches, pains, stiffness, and loss of energy, headaches, respiratory problems or any other symptoms. You may find as I did, that the quality of your daily health will dramatically improve after eliminating nightshades from your diet.

**The Cost of Pain**

A report released on June 29, 2011 from the Institute of Medicine of the National Academies shows that 116 million adult Americans (one third of the population) live with some level of daily pain. This is more than the number of people with cancer, diabetes and heart disease combined. The cost to the U.S. is upwards of $635 billion dollars a year. These costs come from direct medical expenses, disability, lost wages and loss of productivity.