

THE “WERTHMANN-DIET” - WITHOUT COW’S MILK AND HEN’ EGG - TO SUPPORT TREATMENT FOR ALLERGIES AND CHRONIC DISORDERS

According to Dr. Konrad Werthmann, MD, Salzburg-Austria

COW’S MILK

FORBIDDEN ...	ALLOWED ... ☺ Always check the contents!
Cow’s milk Organic milk, Skimmed milk Buttermilk Evaporated milk Traditional Baby milk-preparations Attention: These guidelines are also valid for nursing mothers!!!	Sheep’s milk (children: start at age 2) Goat’s milk always start with ½ milk-½ water Heat every animal’s milk up to 140 ° F Rice milk (children: start at age 1) Coconut milk (children: start at age 1) Soy milk Soy milk adapted to mother’s milk (Baby milk)
Milk drinks (with cocoa) Milk shakes Whey drinks, Whey powder, Whey protein	Soy cocoa Soy drinks with vanilla or chocolate Soy milk with peach/apricot/ ...
Yoghurt	Sheep’s yoghurt Goat’s yoghurt Soy yoghurt
Curd/Quark	Sheep’s Curd/Quark Goat’s milk Curd/Quark
Cream Thick sour cream Crème fraîche	Soy-based cream Whipped Tofu, any other soy-based alternative Mix sheep’s yogurt with herbs according to need and taste
Butter Margarine (non dairy-free) Clarified butter Herb butter	Sheep’s butter Goat’s butter Margarine (pure vegetable) Different oils Mix sheep’s yogurt with various herbs and freeze!

Cheese, Cheese spread Whey cream cheese (e.g. "Ricotta")	Sheep's cheese (100 % of sheep's milk) Goat's cheese (100 % of goat's cheese)
Bread made with milk Sliced white bread for toasting Crisp bread Cookies made with milk Cakes and pastry as well as mixes with milk Cookies, cakes, pastry, cream gateau, ...	Bread made with soy milk Regular white bread Bread made of sour dough and yeast No substitute so far ... Prepare them without milk or substitute with soy-milk ... Either no substitute or take the ones "dairy-free"/"egg-free" ones Check the various recipes without cow's milk and hen's egg ...
Chocolate	Chocolate made of sheep's or goat's milk Couverture
Whips/custards	Soy-based custards Use soy milk to prepare whips
Rice pudding Semolina pudding	Use soy milk to prepare these puddings
Ice-cream made of milk	Ice-cream made of water (check the contents!) Make ice-cream made of water -do it yourself ☺ on the basis of fruit juices! Ice-cream made of sheep's milk
Toffees, caramels, nougat, Chocolate bar, creams, ...	Sorbet Fruit ice-cream, Fruit-brawns
Any types of sausage, hot dogs and some type of ham have milk protein used as binder	Ask ,your' butcher for dairy-free sausage! Raw and cooked ham - usually dairy-free. Ask at your local health-food store for dairy-free types of sausage, for soy/tofu dogs ...
Salad dressing	Salad - dressing with vinegar and oil
Mayonnaise Remoulade	Soy-mayonnaise
Breading with milk and egg	Either use quail or duck eggs to substitute the hen's egg, or use any soy-based substitute to replace the egg

Ready-to-serve meals with breading	No substitute
Mashed potatoes (with milk)	Mashed potatoes - use soy-, sheep's or goat's milk
Potato dumplings, croquettes - finished products	No substitute so far
Ready-to-serve soups	Beef broth or vegetable soup Use cornstarch, potato flour or any other flour to bind
Ready-to-serve sauces	Many are dairy-/milk protein-free. Though, always check!
Products used to bind gravy/sauce	Check whether 'dairy-/milk protein-free'. Use any flour or cornstarch, or soy-based products.
Creamer	Either soy-based alternative or soy/rice/goat's milk (Milk influences the liver, causes tiredness.)
Fruit/Vegetable juices - attention to whey used to stabilize	Squeeze them yourself!

Attention:

***) Many ready-to-serve products** contain milk or whey.

- Lactalbumin, Lactoglobulin - forbidden.
- Milk sugar (lactin) and lactic acid - allowed.

***) Allowed are :** (unless otherwise stated due to your own allergies)

- ✓ All drinks without cow's milk
- ✓ All types of meat, fish and seafood, poultry, deer
- ✓ All fruits, vegetables, cereals, rice
- ✓ All types of sugar, honey, sweeteners
- ✓ Furthermore: mustard, ketchup, spices and herbs etcetera

Literature: (all available at www.amazon.com or www.amazon.de)

- 📖 Werthmann, Konrad, Dr., Ernährungsumstellung für chronisch Kranke und Allergiker-Kochrezepte, ebi-Verlag. ISBN 3-9520057-3-8
- 📖 Werthmann, Konrad, Dr., Kuhmilch und Eiweißallergien bei Kindern, Sonntag Verlag. ISBN 3-8304-9055-0
- 📖 Werthmann, Konrad, Dr., Ratgeber für Allergiker und chronisch Kranke, ebi-Verlag. ISBN 3-9520057-6-2
- 📖 Werthmann, Konrad, M.D., Successful treatments for allergies and chronic disorders, ebi-Verlag. ISBN 3-925524-10-X

HEN'S EGG

FORBIDDEN ...	ALLOWED ... ☺ Always check the contents!
Hen's egg	Duck's, Goose', Quail's, Turkey's egg - never use them raw! Or substitute by: - 1 Tsp Soy flour (or chickpea flour) + 1 - 2 Tsp Soy/Sheep's or Goat's milk (use water only if no milk available) - Use one of the soy-based substitutes (check out your local health-food store)
Noodles / Pasta (contents: ... eggs)	Noodles/Pasta: replace by non-dairy and egg-free brands (100 % semolina). Also rice/corn/fine Chinese/buckwheat noodles - all without hen's egg. Check out your local supermarket.
Cakes and pastry as well as mixes with egg	Check out for "egg-free" ones
Cookies, cakes, pastry, cream gateau, ...	Check the various recipes without hen's egg or replace the egg Paste, short pastry, strudel pastry, pizza dough are traditionally dairy/egg-free - though, check!
Bread made with milk/egg Biscuits Cookies made with egg Pancakes, crêpes, waffles, ...	Either check for egg-free brands Bread on the basis of sour/yeast dough is ok. Or when baking yourself, substitute the egg by QUAIL'S EGG, DUCK'S EGG or SOY FLOUR + WATER or Any "egg replacer" like the prepackaged substitute "EnerG Egg Replacer". Please note, if you use SOY FLOUR+WATER for BAKING, BREADING etcetera then 1 egg is substituted by 1 tsp of soy flour + 1 Tsp of water!
Bread dumpling	... with fat, water, salt, many herbs (eventually thinly chopped onions)
<u>Potato fritters</u> <u>Baked puddings</u>	... substitute the egg accordingly
Advocaat	No substitute ...
Candies	Candies/Gummi bears made of fruit juice (ask at

Gummi bears Desserts with egg Creams with egg Soufflé	your local health-food store) Replace the egg!
Chocolate	Couverture, sheep's/goat's milk chocolate
Ice cream	Dairy-free ice cream Ice-cream made of water (check the contents!) Make ice-cream made of water -do it yourself ☺ on the basis of fruit juices! Ice-cream made of sheep's milk
Ready-to-serve sauces	Check the ingredients for hen's egg
Ready-to-serve meals As for example breaded dumplings	Check the ingredients! Pay attention to E-322 - lecithin, E-1105 - lysozyme
Margarine	Margarine (pure vegetable)
Mayonnaise Remoulade	Soy-mayonnaise

Attention:

For egg-replacers (on soy-basis) it might be best to ask at your local health-food store!

Please note: This list does not claim to be complete!

We wish you all the best in following a
successful diet and hope you enjoy food-
shopping and cooking your meals just as
much as we do!

Sincerely,

Konrad Werthmann, MD

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