



CONCOMITANT AND SYNERGISTIC FOODS

PROVEN CONCOMITANT FOODS

POLLEN

Ragweed

Iva ciliate (Poison ivy)
Sage and Mugwort
Pigweed
Grass

Marigold
Cedar

Elm
Oak
Pecan
Birch

FOODS

Milk, melons, bananas,
and lettuce
Wheat
Potato, celery, and coriander
Pork
Legumes: Beans, peas, soybeans,
cottonseed(cooking fats),grains,
apples, carrots, and celery
Milk
Beef and yeast
(Baker's, brewer's, and malt)
Milk
Eggs and chestnut
Corn and bananas
Hazelnut, apples, carrot, celery,
potato, and oranges

QUESTIONABLE CONCOMITANT FOODS - - To be proven

Dust
Influenza vaccine
Iva ciliate (Poison Ivy)
Chenopods
Pigweed
Elm
Cotton wood
Oak

Nuts
Onion
Tea
Eggs
Lettuce
Lettuce and chocolate
Wheat and tea
Apples

PROVEN SYNERGISTIC FOODS

Corn
Beef
Cane sugar

Bananas
Baker's and Brewer's yeast
Oranges



QUESTIONABLE SYNERGISTIC FOODS – To be proven

Wheat

Eggs

Milk

Tea

Apples

Mint