

The list of foods that I MUST avoid are: apples, avocados, celery, chicken, shellfish, hops, oats, citrus, peanuts, rice, sunflower seeds, watermelon, wheat, cashews, brazil nuts and pistachios. On the environmental list, I must avoid: cats, dogs, horses, (anything with fur or feathers), cockroaches, tons of trees, grasses, molds and fungus.