
Sulfur Exclusion Diet

Cysteine is an essential amino acid and helpful for many body processes including (along with glycine and glutamic acid, the formation of glutathione (essential for detox). Sulfur foods are rich in the amino acids methionine and cysteine. Some children need to be fed more sulfur rich foods while others have too much free cysteine and need to restrict dietary sources.

Sulfur is a monothiol meaning that, when in excess, it can attach to heavy metals and “bounce them around” without actually causing them to exit the body in any significant amount. This creates some behavior issues and lots of yeast issues.

Unfortunately there is no longer any lab testing available to evaluate plasma cysteine status . This has nothing to do with cysteine status, plasma sulfate status, or liver sulfation status. These can be independently high low or normal. The only effective way of determining whether your child would benefit from high or low dietary sulfur intake is through a sulfur exclusion diet trial.

Indications:

Difficulty controlling yeast even with large amounts of anti-fungals and probiotics. Yeast seems to acclimate to any anti-fungal used within a short period of time (this does not apply to Rx anti-fungals). A lot of hyperness, poor behavior, meltdowns, self limiting to sulfur foods, etc...

The sulfur exclusion trial is done as follows:

All high sulfur/thiol foods and supplements containing thiol groups (see list below) are strictly avoided for a 5-7 day period to allow the effect of the last ingestion to wear off. The negative effects of sulfur occur over a 4-7 day period after the last sulfur ingestion, which means you need to exclude all sulfur foods AND sulfur supplements for at least a week before you know what is going on.

Then, after 5-7 days the high sulfur/thiol foods are added sharply back to your diet and you eat a lot of them for a week, noticing what happens to your health over this time. If you feel worse soon after introducing sulfur foods, you do not need to do this for a week as it indicates you are better off eliminating sulfur foods.

If your health improves while off the sulfur foods and regresses after adding them back, you have an intolerance to them and should avoid them.

**You can test for both sulfur and dairy intolerance. First reintroduce sulfur foods, avoiding eggs, dairy, and soy. Next bring back eggs. After a few days, bring back dairy. If your child does fine on the sulfur foods but reacts negatively to eggs, remove them for a few days, then reintroduce dairy separately. By this you should be able to determine if your child has a sulfur sensitivity or an egg or casein intolerance.*

***Following list of high thiol foods is used by permission. Copyright of Andrew Hall Cutler Phd from the book Amalgam Illness Diagnosis and Treatment available at: <http://noamalgam.com/>**

Also available at: <http://www.fightautismandwin.com/amalgam-illness.html>

Foods/supplements high in sulfur/thiols:

artichokes, Jerusalem but not French	papaya (slightly)
asparagus	peas
bakery products containing whey, cysteine, eggs or enzymes	peanuts
bean curd/tofu milk	shallots
bean sprouts	sour cream
beans of all sort	soy cheese
bok choy	soy milk
broccoli	pineapple (slightly)
brussels sprouts	radishes
cabbage	rutabaga
carob	sauerkraut
cauliflower	shallots
cheese of all sorts	sour cream
chives	soy cheese
chocolate	soy milk
coffee	spinach
collard greens	split peas
cream	tofu
daikon	turnip
dairy products	turmeric (though not high in thiols, it is really good at raising thiol levels)
eggs	whey
garlic	yeast extract
green beans	Garlic /onion powders and foods which contain them, ex. Hot dogs, lunch meats
greens	NAC- N-acetyl cysteine
horseradish	bromelain and papain
jicama	chlorella (not recommended)
kale	cysteine
leeks	extracts of the high sulphur foods
lentils of all sorts	glutathione (not recommended)
milk from any animal	MSM
miso soup	methionine (converts down into cysteine)
onions	

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Foods low in sulfur/thiols:

acorn squash	kiwi
almond milk	lemons
artichokes (french)	lettuce
avocado	limes
bacon	loquats
bamboo shoots	mangoes
barley	marjoram
beef	mushrooms
beets	non-frozen lemon juice
bologna	oats
brown sugar	parsley
buckwheat	parsnips
bulgar wheat	pears
butter	pepper white
butternut squash	persimmon
cantaloupe	pomegranate
caraway	potatoes
carrots	rice
casaba melon	rice milk – made from rice gluten
celery	salt
Poultry dark meat/ liver	seeds – sunflower, flax, pumpkin
cinnamon	semolina
coconut dried/fresh	sesame oil , but not seeds
cod liver oil	spaghetti squash
corn (sweet)	squashes - acorn, butternut, spaghetti,
cottonseed oil	summer, winter, yellow crookneck, zucchini
dates	sweet potato
eggplant	vinegar (white)
figs	water chestnuts
game meat	watermelon
gelatin	white sugar
ginger root fresh	whole-wheat flour
grapefruit	winter squash
guava	Worcestershire sauce
herbs fresh – basil thyme, rosemary	yams
honey	
honeydew melon	