

DANGEROUS SUBSTANCES	MAY CAUSE HEADACHES OR NAUSEA
sleeping-pills	cultured dairy products (buttermilk, yogurt and sour cream)
narcotics	aged/mature cheese (exception: cottage cheese, cream cheese and young cheese)
medicines against migraines and allergies,	dry and fermented sausage (bologna, salami, pepperoni, corned beef and liver)
antidepressants containing SSRI - SNRI - TCA Kanna (Sceletium tortuosum)	unfresh meat/fish/eggs,
cocaine	pickled herring and salted dried fish
mescaline cacti (Peyote and San Pedro)	meat extracts
amphetamines (speed)	yeast extracts (Marmite/brewer's yeast: bread is allowed)
MDMA (XTC)	sauerkraut
alcohol	fruit: figs, bananas, pineapple, avocados, raisins, canned red plums, raspberries
ephedra /ephedrine (Xtenzion, Ultraboost, Superstacker, Ephedra, Supercaps, etc.)	peanuts, and preferably 12 hours before no other nuts
pseudo-ephedrine	legumes (lima, fava beans, lentils etc)
macromerine	soy sauce
phentermine	LSA (Morning glory and Hawaiian Baby)
painkillers such as paracetamol and ibuprofen	MDA related herbs (sweet flag, calamus, nutmeg)
medication for blood pressure	chocolate
Medication for the nervous system to suppress or numb	products containing caffeine (cola, coffee, black tea, energy drinks...)
	guarana
	ginseng
	St. John's wort
	nose sprays (Vicks, Sinex, Prevalin, Otrivin...)