

**Dr. David Dowson M.B., Ch.B. Dip. Med.Ac.**

Environmental and Complementary Medicine

DAK Limited  
The Old Ship

Bath Road

Saltford

BRISTOL BS31 3JL

Phone: 01225-874075

Fax: 01225-400227

[www.avoncompmed.co.uk](http://www.avoncompmed.co.uk)

For Appointments Please Ring:

Bath

01225-427835

Reading

0118 9452303

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## **The Stone Age Diet**

Stone age man was a hunter and gatherer, not a farmer, and consequently relied more on naturally occurring foods rather than those grown artificially. The Stone age diet reflects this.

### **AVOID TOTALLY:**

Wheat, Rye, Oats.  
Tea, Coffee, Chocolate  
Dairy Products.  
Artificial Additives  
Alcohol

### **UNLIMITED:**

Meat, Fish  
ORGANIC Fruit & Vegetables  
ORGANIC Rice & Maize  
Pulses  
Herbal Teas & Mineral Waters  
Fruit & Fruit Juices