

Contraindications to the Plan*

- ✚ Heart attack/acute unstable cardiac conditions/stroke/mini strokes (TIA) (within 6 months)
- ✚ Anyone with congestive heart failure
- ✚ Type one diabetic
- ✚ Active disease states
 - Active cancers (less than 3 years cancer free or see physician for approval)
 - Parkinson's disease
 - Acute inflammatory states (while in flare-up)
 - Hepatitis
 - Lupus flare
 - Acute peptic ulcer disease (PUD)
 - Bleeding ulcers
- ✚ Severe liver disease - high liver enzymes
- ✚ Severe kidney disease
- ✚ Unstable mental disorders
 - Psychotic disorders
 - Schizophrenia
 - Bipolar disorder
 - Depression with suicidal tendencies
 - Anyone on lithium
- ✚ Drug/alcohol abuse with poor nutritional status
- ✚ Active eating disorders
 - Anorexia
 - Bulimia
- ✚ Phenylketonuria (PKU) - ability to properly break down an amino acid called phenylalanine
- ✚ Anyone with active HIV
- ✚ Seizure disorders
- ✚ Pregnant women and nursing mothers
- ✚ Children under 17 (however children can use the foods as healthy snacks)
- ✚ If on any of these medications must be working with their primary care physician
 - Diuretics - (water pills) > 40 mg Lasix or equivalent per day
 - Anticoagulant drug therapy – Coumadin, Warfin.
- ✚ When in doubt always ask your Primary Care Physician if you can go on the ITG Diet.

* Before starting any diet or weight loss program you should consult with a physician.