

# FOODS AND SUPPLEMENTS THAT MAKE YOUR **CARBON MONOXIDE** PRODUCTION

## ***SPEED UP***

*This occurs naturally when your body temp is rising. Boosting CO reduces pain and makes wounds heal faster, but too much causes CO symptoms and may be fatal.*

***Eat 1 Omnivore Meal/day***

***Unprocessed Foods***

***Salty and/or Spicy Foods***

***D2-Depleted Water***

***Milk and Red Wine***

***Fermented Foods***

***Dark Leafy Greens***

***Cheese, Yogurt, and Nuts***

***Orange Veggies***

***Melatonin, Resveratrol***

***Vitamins A, C, and D***

## ***SLOW DOWN***

*This occurs naturally when your body temperature is falling. Slowing CO helps you recover from CO poisoning and also can reduce pre-menstrual symptoms caused by rising CO level.*

***Eat 3 Vegetarian Meals/day***

***Processed Foods***

***Sugary Foods***

***Deuterium-Rich Water***

***Caffeinated Coffee and Tea***

***Cholesterol-Rich Foods***

***Dark Chocolate***

***Ice Cream (without nuts)***

***Pickled Veggies***

***N-Acetyl Cysteine, Zinc***

***Vitamins B6, B12, and E***