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### *What is an elimination diet?*

As the name implies, this diet is designed to temporarily avoid certain foods for 2 weeks (this is called the elimination phase), followed by a period of systematic reintroduction of certain food groups. This latter phase is called the reintroduction phase and may last for up to 9 weeks.

### *What is this diet used for?*

The purpose of this dietary protocol is to identify possible food sensitivities. Such sensitivities may range from mild or hardly noticeable reactions to severe generalized allergic responses. Food sensitivities/intolerances contribute to many health concerns and impact our ability to achieve optimum health.

### *Is all this REALLY necessary?*

According to current research, food sensitivities can cause or contribute to a vast array of problems including: fatigue, anxiety, depression, insomnia, food cravings, obesity, recurrent colds and other infections, chronic nasal congestion, postnasal drip, fluid in the ears, Meniere's syndrome, irritable bowel syndrome, constipation, diarrhea, abdominal pain, ulcerative colitis, Crohn's disease, gallbladder disease, high blood pressure, arrhythmia, angina, acne, eczema, psoriasis, canker sores, hives, muscle aches, osteoarthritis, rheumatoid arthritis, migranes and other headaches, numbness, asthma, frequent urination, teeth grinding, bedwetting, and infantile colic. Most of the above disorders have more than one cause, but food sensitivity is relatively common and a frequently overlooked cause.

Often this sort of exercise helps one get out of "food ruts". This plan hopefully encourages you to try new foods. Daily repetition of the same foods is thought to be a major contributor to the development of food sensitivities. Also, a diverse diet is typically healthier because you are more likely to get a comprehensive intake of valuable nutrients.

### **General Instruction:**

- ◇ Create a daily food journal to record any changes
- ◇ This program provides all the nutrition that you will need while your body cleanses and heals itself.
- ◇ Eat until you are full, but not engorged. It is better to eat several small meals throughout the day rather than 3 large ones
- ◇ Do not drink with your meals, as this dilutes the enzymes in the stomach needed to properly digest the food eaten. Drink liquids ½ hour before or 1 hour after eating
- ◇ Continue to take nutritional supplements and herbal medicines unless otherwise directed
- ◇ You may initially (1-5 days) experience cleansing symptoms which could include: headache, fatigue, increased food cravings, irritability, or an aggravation of a symptom you already have

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This is a period of **2 weeks** during which certain food groups will be eliminated from your diet. At a minimum, you should completely avoid **dairy products, red meat, and eggs**. These foods are involved in more than 80% of all food sensitivities.

<b>Food Group</b>	<b>INCLUDE</b> these foods:	<b>EXCLUDE</b> these foods:
<b>Fruits</b>	Unsweetened fresh, frozen, or water-packed canned fruits, fruit juices	All citrus fruits: oranges, grapefruit, banana, melons. Any sweetened fruit drink and dried fruit
<b>Starch</b>	Non-gluten grains: brown rice, millet, quinoa, amaranth, teff, buckwheat	Wheat, corn, oats, barley, spelt, kamut, rye, and all gluten-containing products.
<b>Meats</b>	All fresh fish such as halibut, salmon, cod, sole, trout; wild game; chicken; turkey	Beef, pork, cold cuts, sausage, canned meats, egg, shellfish
<b>Legumes</b>	All dried beans (excluding soy)	Soy and soy products
<b>Nuts and Seeds</b>	Almonds, cashews, walnuts, sesame (tahini), sunflower, pumpkin, and nut butters made from these seeds	Peanuts, pistachios, peanut butter
<b>Dairy Products</b>	Milk substitutes, such as rice milk or nut milk (excluding soy substitutes); kefir	Milk, cheese, butter, cottage cheese, yogurt, ice cream, frozen yogurt
<b>Vegetables</b>	Raw, steamed, sautéed, juiced, or baked vegetables (except those specifically prohibited)	Canned vegetables or creamed casseroles
	*If you are experiencing inflammation avoid: tomatoes, eggplant, red/green/yellow bell peppers, all potatoes (except yam/sweet potatoes)	
<b>Fats</b>	Olive oil, flax seed oil, cold/expeller pressed canola, safflower, sunflower, sesame, walnut, pumpkin, almond oil and dressings made from these oils	Margarine, butter, shortening, processed oils, spreads, salad dressing (except those specifically allowed)
<b>Beverages</b>	8 cups filtered or distilled water per day, herbal tea	Soda pop, alcoholic beverages, coffee, tea, all caffeinated beverages (green or black tea, coffee, etc)
<b>Spices</b>	Cinnamon, cumin, dill, garlic, ginger, oregano, parsley, rosemary, tarragon, thyme, and tumeric	Cayenne pepper, paprika, curry powder containing cayenne pepper
<b>Sweeteners</b>	Brown rice syrup, fruit sweeteners, molasses, limited honey	White or brown refined sugar, maple syrup, corn syrup, high fructose corn syrup

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For the next **9 weeks**, food groups that have been eliminated will be progressively added to your daily diet. This systematic reintroduction of potentially allergenic foods will allow for the identification of any hypersensitivity you may have. In general, first reintroductions should be in small portions so as not to induce non-specific responses. Please follow the reintroduction protocol. Document any observations in your journal.

<u>Week</u>	<u>Food Groups to Add</u>
<b>1</b>	Citrus Fruits
<b>2</b>	Soy and soy products
<b>3</b>	Eggs
<b>4</b>	Red Meat
<b>5</b>	Wheat and gluten containing grains
<b>6</b>	Dairy
<b>7</b>	Shellfish
<b>8</b>	Nuts, peanuts, strawberries
<b>9</b>	Chocolate, coffee, and tea,

### Rebuilding

There are times when the digestive tract has been severely impaired due to chronic disease or severe exposure to food allergies/intolerances. As part of the elimination diet program it is necessary to rebuild and heal the digestive tract. Consult with your naturopathic doctor to identify what additional steps need to be taken