



## Comprehensive Elimination Diet

The Comprehensive Elimination Diet is a dietary program designed to clear the body of foods and chemicals you may be allergic or sensitive to. The main rationale behind the diet is that these modifications allow your body's detoxification machinery, which may be overburdened or compromised, to recover and begin to function efficiently again. The dietary changes help the body eliminate or "clear" various toxins that may have accumulated due to environmental exposure, foods, beverages, drugs, alcohol, or cigarette smoking. It also helps reduce inflammation throughout your body.

This called an "Elimination Diet" because you remove certain foods, and food categories, from your diet. During a period of two to three weeks you eliminate foods from your diet which are the most likely culprits. If your symptoms improve during the three week period, you'll carefully add foods back into your diet one at a time to see which foods may be triggering symptoms. Make sure to read all labels carefully to find hidden allergens. Eat a wide variety of foods and do not try to restrict your calorie intake. If you find no improvement within three weeks either you do not have any food allergies, or you may have food allergies but there is yet another factor complicating the picture. There are no magical answers here; this is a journey of self-exploration and discovery.

In my experience, I have found this process to be generally well tolerated and extremely beneficial. In fact, it's the best clinical tool I know. There is really no "typical" or "normal" response. A person's initial response to any new diet is highly variable, and this diet is no exception. This can be attributed to physiological, mental, and biochemical differences among individuals; the degree of exposure to, and type of "toxin;" and other lifestyle factors. Most often, individuals on the elimination diet report increased energy, mental alertness, decrease in muscle or joint pain, and a general sense of improved well-being. However, some people report some initial reactions to the diet, especially in the first week, as their bodies adjust to a different dietary program. Symptoms you may experience in the first week or so can include changes in sleep patterns, lightheadedness, headaches, joint or muscle stiffness and changes in gastrointestinal function. Such symptoms rarely last for more than a few days.

I realize that changing food habits can be a complex, difficult and sometimes confusing process. It doesn't have to be, and I think that I have simplified the process with diet menus, recipes, snack suggestions and other information to make it a "do-able" process. Read this information carefully. If you have any questions about the diet, or any problems, please give my office a call.

Eat only the foods listed under "Foods to Include", and avoid those foods shown under "Foods to Exclude" in the "Comprehensive Elimination Diet Guidelines." These Guidelines are intended as a quick overview of the dietary plan. If you have a question about a particular food, check to see if it is on the food list. You should, of course, avoid any listed foods to which you know you are intolerant or allergic. We also may change some of these guidelines based upon your personal health condition and history.

### TIPS:

- The first 2-3 days are the hardest. It's important to go shopping to get all of the foods you are allowed to have.
- Plan your meals and have a pot of rice available.
- Eat simply. Cook simply. Make a pot of chicken-vegetable-rice soup. Make a large salad. Cook extra chicken. Have prepared food on hand so you can grab something quickly.
- Eat regular meals.
- You may also want to snack to keep your blood sugar levels normal. It is important to keep blood sugar stable. Carry food with you when you leave the house. That way you will have what you are allowed and not be tempted to stray off the plan.
- It may be helpful to cook extra chicken, sweet potatoes, rice, and beans, etc. that can be reheated for snacking or another meal.
- Avoid any foods that you know or believe you may be sensitive to, even if they are on the "allowed" list.
- Try to eat *at least* three servings of fresh vegetables each day. Choose at least one serving of dark green or orange vegetables (carrot, broccoli, winter squash) and one raw vegetable each day. Vary your selections.
- This is NOT a weight loss program. If you need to lose or gain weight, work with your practitioner on a program.
- Buy organic produce when possible. Select fresh foods whenever you can. If possible, choose organically grown fruits and vegetables to eliminate pesticide and chemical residue consumption. Wash fruits and vegetables thoroughly.
- If you are a vegetarian, eliminate the meats and fish and consume more beans and rice, quinoa, amaranth, teff, millet, and buckwheat.
- If you are consuming coffee or other caffeine containing beverages on a regular basis, it is always wise to slowly reduce your caffeine intake rather than abruptly stop it; this will prevent caffeine-withdrawal headaches. For instance, try drinking half decaf/half regular coffee for a few days, then slowly reduce the total amount of coffee.
- Read oil labels; use only those that are obtained by a "cold pressed" method.
- If you select animal sources of protein, look for free-range or organically raised chicken, turkey, or lamb. Trim visible fat and prepare by broiling, baking, stewing, grilling, or stir-frying. Cold-water fish (e.g., salmon, mackerel, and halibut) is another excellent source of protein and the omega-3 essential fatty acids, which are important nutrients in this diet. Fish is used extensively.
- Remember to drink the recommended amount (at least two quarts) of plain, filtered water each day.
- Strenuous or prolonged exercise may be reduced during some or the entire program to allow the body to heal more effectively without the additional burden imposed by exercise. Adequate rest and stress reduction is also important to the success of this program.
- You may use leftovers for the next days' meal or part of a meal, e.g., leftover broiled salmon and broccoli from dinner as part of a large salad for lunch the next day.

**POSSIBLE PROBLEMS:** Most people feel better and better each day during the allergy elimination diet. However, if you are used to using caffeine, you may get withdrawal symptoms the first few days which may include: headaches, fatigue irritability, malaise, or increased hunger. If you find your energy lagging, you may need to eat frequently to keep your blood sugar levels (thinking, energy) level. Be sure to drink plenty of water.

**TESTING INDIVIDUAL FOODS:** Once you have completed three weeks you can begin to add foods back into your diet. **KEEP A JOURNAL OF ALL FOODS EATEN AND ALL SYMPTOMS.** Be sure to add foods one at a time, one every two days. Eat the test food at least twice a day and in a fairly large amount. Often an offending food will provoke symptoms quickly—within in 10 minutes to 12 hours. Signs to look for include: headache, itching, bloating, nausea, dizziness, fatigue, diarrhea, indigestion, anal itching, sleepy 30 minutes after a meal, flushing, rapid heartbeat. If you are unsure, take the food back out of your diet for at least one week and try it again. Be sure to test foods in a pure form: for example test milk or cheese or wheat, but not macaroni and cheese that contains milk, cheese and wheat!

**THE RESULTS:** By avoiding symptom provoking foods and taking supportive supplements to restore gut integrity, most food allergies/sensitivities will resolve within 4-6 months. This means that in most cases you will then be able to again eat foods that formerly bothered you. In some cases, you will find that the allergy doesn't go away. In this case either you must wait longer or it may be a "fixed" allergy that will remain lifelong.

**AFTER THE TESTING:** It would be advisable to return to your health practitioner for a follow up visit to determine next steps. If you find allergies to many foods, you may want to explore a 4-day food rotation diet.

Finally, anytime you change your diet significantly, you may experience such symptoms as fatigue, headache, or muscle aches for a few days. Your body needs time as it is "withdrawing" from the foods you eat on a daily basis. Your body may crave some foods it is used to consuming. **Be Patient!** Those symptoms generally don't last long, and most people feel much better over the next couple of weeks.

**Enjoy!**

## Comprehensive Elimination Diet Guidelines

FOODS to INCLUDE	FOODS to EXCLUDE
<b>Fruits:</b> whole fruits, unsweetened, frozen or water-packed, canned fruits and diluted juices	Oranges and orange juice
<b>Dairy substitutes:</b> rice milk	Dairy and eggs: milk, cheese, eggs, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers
<b>Non-gluten grains and starch:</b> rice (all types), millet, quinoa, amaranth, teff, tapioca, buckwheat, potato flour	Grains: wheat, corn, barley, spelt, rye, triticale, oat
<b>Animal protein:</b> fresh or water-packed canned fish, wild game, lamb, duck, organic chicken and turkey	Pork, beef/veal, sausage, cold cuts, canned meats, frankfurters, shellfish
<b>IF YOU ARE A VEGETARIAN:</b> split peas, lentils, and legumes <b>If you are not a vegetarian, do not include these foods.</b>	Soybean products (soy sauce, soybean oil in processed foods; tempeh, tofu, soy milk, soy yogurt, textured vegetable protein)
<b>Nuts and seeds:</b> Coconut, pine nuts, flax seeds	Peanuts and peanut butter, walnuts, sesame, pumpkin, and sunflower seeds, hazelnuts, pecans, almonds, cashews, nut butters such as almond or tarini
<b>Vegetables:</b> all raw, steamed, sautéed, juiced or roasted vegetables	Corn, creamed vegetables. If have arthritis, avoid nightshades: tomatoes, potatoes, eggplants, peppers, paprika, salsa, chili peppers, cayenne, chili powder
<b>Oils:</b> cold pressed olive, ghee	Butter, margarine, shortening, processed oils, salad dressings, mayonnaise, and spreads, flax, safflower, sesame, almond, sunflower, walnut, canola, pumpkin
<b>Drinks:</b> filtered or distilled water, decaffeinated herbal teas, seltzer or mineral water	Alcohol, coffee and other caffeinated beverages, soda pop or soft drinks
<b>Sweeteners:</b> <u>Use Sparingly:</u> brown rice syrup, agave nectar, stevia, fruit sweetener, blackstrap molasses	Refined sugar, white/brown sugars, honey, maple syrup, high fructose corn syrup, evaporated cane juice
<b>Condiments:</b> vinegar, all spices, including salt, pepper, basil, carob, cinnamon, cumin, dill, garlic, ginger, mustard, oregano, parsley, rosemary, tarragon, thyme, turmeric	Chocolate, ketchup, relish, chutney, soy sauce, barbecue sauce, teriyaki, and other condiments

### Things to watch for:

- ???? Corn starch in baking powder and any processed foods
- ???? Corn syrup in beverages and processed foods
- ???? Vinegar in ketchup, mayonnaise & mustard is usually from wheat or o
- ???? Breads advertised as gluten-free which contain oats, spelt, kamut, rye
- ???? Many amaranth and millet flake cereals have oats or corn
- ???? Many canned tunas contain textured vegetable protein which is from book for low-salt versions which tend to be pure tuna, with no fillers

## READ ALL INGREDIENT LABELS CAREFULLY

### Elimination Diet Shopping List

#### Fruits

- ☒ Apples, applesauce
- ☒ Apricots (fresh)
- ☒ Bananas
- ☒ Blackberries
- ☒ Blueberries
- ☒ Cantaloupe
- ☒ Cherries
- ☒ Coconut
- ☒ Figs (fresh)
- ☒ Grapefruit
- ☒ Huckleberries
- ☒ Kiwi
- ☒ Kumquat
- ☒ Lemon, lime
- ☒ Loganberries
- ☒ Mangos
- ☒ Melons
- ☒ Mulberries
- ☒ Nectarines
- ☒ Papayas
- ☒ Peaches
- ☒ Pears
- ☒ Prunes
- ☒ Raspberries
- ☒ Strawberries

\* All the above fruit can be consumed raw or juiced

#### Vegetables

- ☒☒☒ Artichoke
- ☒ Asparagus
- ☒ Avocado
- ☒ Bamboo shoots
- ☒ Beets & beet tops
- ☒ Bok choy
- ☒ Broccoli
- ☒ Broccoli sprouts
- ☒ Cabbage
- ☒ Bell peppers
- ☒ Carrots
- ☒ Cauliflower
- ☒ Celery
- ☒ Chives
- ☒ Cucumber
- ☒ Dandelion greens
- ☒ Eggplant
- ☒ Endive
- ☒ Kale
- ☒ Kohlrabi

#### Vegetables cont.

- ☒ Leeks
- ☒ Lettuce -- red or green leaf & Chinese
- ☒ Mushroom
- ☒ Okra
- ☒ Onions
- ☒ Pak-Choi
- ☒ Parsley
- ☒ Potato
- ☒ Red Leaf Chicory
- ☒☒ Sea Vegetables – seaweed, kelp
- ☒ Snow peas
- ☒ Spinach
- ☒ Squash
- ☒ Sweet potato & yams
- ☒ Swiss chard
- ☒ Tomato
- ☒ Watercress
- ☒ Zucchini

\* All the above vegetables can be consumed raw, juiced steamed, sautéed, or baked. If arthritis, avoid nightshades: in italics.

#### Non-Gluten Grains

- ☒ Amaranth
- ☒ Millet
- ☒ Quinoa
- ☒ Rice -brown, white, wild
- ☒ Teff
- ☒ Buckwheat
- ☒ Rice Crackers

#### Cereals & Pasta

- ☒ Cream of rice
- ☒ Puffed rice
- ☒☒ Puffed millet
- ☒☒ Quinoa flakes
- ☒ Rice pasta
- ☒ 100% buckwheat noodles
- ☒ Rice crackers/rice cakes

#### Dairy Substitutes

- ☒ Almond Milk
- ☒ Rice Milk
- ☒ Coconut Milk
- ☒ Oat milk

#### Animal Protein

- ☒ Free-range chicken, turkey, duck
- ☒ Fresh ocean fish, e.g. - Pacific salmon, halibut, haddock, cod, sole, pollock, tuna, mahi-mahi
- ☒ Lamb
- ☒ Water-packed canned tuna (watch for added protein from soy)
- ☒ Wild game

#### Oils

- ☒ Ghee
- ☒ Flax
- ☒ Olive
- ☒ Coconut

#### Nuts

- ☒ Coconut

#### Vinegars

- ☒ Apple Cider
- ☒ Balsamic
- ☒ Red Wine
- ☒ Rice
- ☒ Tarragon
- ☒ Ume Plum

#### Sweeteners

- ☒ Fruit sweetener (100% juice concentrate)
- ☒ Agave nectar
- ☒ Molasses
- ☒ Rice syrup
- ☒ Stevia

#### Condiments

- ☒ Mustard- (made with apple cider vinegar)

#### Beverages

- ☒ Herbal tea (non- caffeinated)
- ☒ Mineral water
- ☒ Pure unsweetened fruit or vegetable juices
- ☒ Spring water

## Herbs, Spices & Extracts

- ☞ Basil
- ☞ Black pepper
- ☞ Cinnamon
- ☞ Cumin
- ☞ Dandelion
- ☞ Dill
- ☞ Dry mustard
- ☞ Garlic
- ☞ Ginger
- ☞ Nutmeg
- ☞ Oregano
- ☞ Parsley
- ☞ Rosemary
- ☞ Salt-free herbal blends
- ☞ Sea salt
- ☞ Tarragon
- ☞ Thyme
- ☞ Turmeric
- ☞ Pure vanilla extract

**Beans : If you are Vegetarian include these foods. If you are eating animal foods, eliminate these foods.**

- ☞ All beans except soy
- ☞ Lentils - brown, green, red
- ☞ Split peas

*\* All the above beans can be dried or canned*

## Breads & Baking

- ☞ Arrowroot
- ☞ Baking soda
- ☞ Gluten free breads
- ☞ Flours: rice, teff, quinoa, millet, tapioca, amaranth, potato, tapioca
- ☞ Mochi
- ☞ Rice bran
- ☞ Rice flour pancake mix
- ☞ Rice tortillas