

## ELIMINATION/HYPOALLERGENIC DIET

- **Sugar** (Use organic honey and stevia as sweeteners). Read all labels carefully and avoid corn/brown rice/maple syrups, brown/white sugar, glucose, maltose, maltodextrose, MSG, etc.)
- **Caffeine** (Green tea is allowed because it is high in antioxidants and good for weight loss. Drink herbal teas. Avoid coffee and tea and decaf coffees since formaldehyde is sometimes used to decaffeinate)
- **Alcohol**
- **Food Additives** (Avoid junk food, soda pop, and read all labels carefully to avoid food coloring, flavors texturing agents, artificial sweeteners)
- **Wheat** (Try spelt and 100% rye breads, rice cakes, brown rice, quinoa, millet, oats, amaranth, buckwheat/ kamut/spelt pasta, barley, cereals made from spelt, millet, kamut, etc.)
- **Peanuts** (Try almond butter and other organic nut butters to replace peanut butter)
- **Dairy** (Avoid cheese, milk, yogurt, sour cream, cottage cheese, butter, whey. Substitute with rice milk or almond milk)
- **Corn** (Avoid any product with corn oil, vegetable oil from an unspecified source, corn syrup, corn sweetener, dextrose, glucose, corn chips, tortillas, popcorn).
- **Soy** (Avoid soy milk, tofu, etc. Bragg's sauce is allowed (soy-sauce without sulfites)
- **Citrus** (Avoid oranges, grapefruits, limes. Lemon in water is allowed)

### **Breakfast Ideas: EAT IT!!**

DRINK 1 glass of water with lemon every morning.

1. Oatmeal, oat-bran, millet, quinoa, cream of brown rice. These whole grains will help balance your blood sugars and give you the nutrients you need for energy to get through the day. Cover hot cereals with berries, raisins, bananas, cinnamon, honey, rice milk. Also add ground flax seeds (for fiber and hormone balance).
2. Protein/Fruit shakes (make sure protein powder has no added sugar or preservatives)  
1 cup rice/almond milk, 1 cup fruit (berries, pears, mango), 1 tbsps flax seed oil, ½ tsp tahini, few almonds.
3. Whole grain toast (non-wheat) with eggs or almond butter
4. Buckwheat, kamut, spelt millet flakes (cold cereals) with rice milk and berries/fruit.

### **Lunch Ideas:**

1. Salads with fish or chicken—for dressing on salad use flax oil or olive oil with apple cider vinegar (avoid other vinegars like Balsamic—contain sulfites)
2. Whole grain toast (non-wheat) with almond butter and fruit
3. Brown Rice with cooked or steamed veggies with Bragg's Sauce (soy-sauce with no sulfites)

**Dinner Ideas:**

1. Fish or chicken with rice/potatoes and veggies.
2. Soups and whole grain bread
3. Stir fries with sea food/beef/pork and lots of veggies over brown rice or soba noodles...add Bragg's sauce to taste

Cook with olive oil or coconut oil. Avoid butter, margarine, shortening, and other oils which cause free-radical damage when heated. On salads, use flax oil, hemp oil, or olive oil with apple cider vinegar.

**Snack Ideas:**

Raw vegetables-Carrots, celery sticks  
Rice cakes or brown rice crackers with almond butter, hummus, tahini, bean dips, avocado  
Nuts and seeds (avoid peanuts), with raisins (be sure they are organic raisins with no added oils or sugars)  
Fruit (grapes, bananas, berries, apples, mangoes, dates, etc.)  
Sweet baked potato

**Fluids:** *Drink liquids ½ hour before or 1 hour after eating or it will dilute the enzymes in the stomach needed to properly digest the food.*

Drink 2-3 liters of water a day

Drink herbal teas (chamomile-before bed, licorice-for energy, peppermint-for digestion, rooibos-for antioxidant properties, nettle, dandelion and milk thistle-for liver, etc.)

Drink green tea (although caffeinated it has antioxidant properties and is great for weight loss)

Do not add sugar or milk to your teas. Do not drink black tea or coffee!!

Fruit juices with no added sugar (Ceres juices from South Africa are not sweetened)

Rice milk, almond milk

**Food Reintroduction:**

Reintroduce foods one at a time every three days. Every newly introduced food or food group should be eaten during at least 2 or 3 meals in one day for 3 consecutive days (eat plenty of the food!!) At any point when you start to react to the food, you need to stop eating the offending food. If however, you have no reactions after the 3<sup>rd</sup> day you simply continue eating that food and reintroduce another food group. Start with reintroducing wheat, then dairy, then corn, then peanuts, then soy and citrus.

After 6 weeks you can start re-introducing sugar, caffeine, alcohol and food additives. Give yourself at least 6 WEEKS off from these things COMPLETELY. You may find that you feel so good on this diet that you do not want to eat these things anyways!

Keep track of diet every day in diet diary.

**General Suggestions:**

1. Do not restrict your calories. Start with a good breakfast and eat frequently throughout the day. Do not eat anything after 8pm.
2. EXERCISE! Every day 45-60 minute walk. Try to keep the pace quick. Do weights at home with barbells (5-10 lbs) and/or yoga at least 3 times a week.
3. Dining out: Do not hesitate to ask questions or make suggestions. For instance, you could ask for fish topped with slivered almonds and seasoned dressing and lemon instead of a creamy sauce. Bring your own salad dressing (oil, apple cider vinegar with chopped nuts/seeds and fresh herbs). Get into the habit of carrying pure water, snacks, etc. wherever you go, to supplement your meals or to have something on hand in case you get hungry.
4. Withdrawal symptoms: About one in four patients develop mild "withdrawal" symptoms within a few days of starting the diet. Withdrawal symptoms include fatigue, irritability, malaise, or increased hunger. These symptoms generally disappear within 2-5 days and are usually followed by an improvement in your original symptoms. If withdrawal symptoms are too uncomfortable take buffered vitamin C (Ester-C).

**Symptoms that may be Due to a Food Allergy:**

**General:** Fatigue, anxiety, depression, insomnia, food cravings, obesity.

**Infections:** Recurrent colds, urinary tract infections, sore throats, ear infections, yeast infections.

**Ear, Nose and Throat:** Chronic nasal congestion, postnasal drip, fluid in the ears, Meniere's syndrome.

**Gastrointestinal:** Irritable bowel syndrome, constipation, diarrhea, abdominal cramping, ulcerative colitis, Crohn's Disease, gallbladder disease

**Cardiovascular:** High blood pressure, arrhythmia, angina

**Dermatologic:** Acne, excema, psoriasis, canker sores, hives

**Rheumatologic:** Muscle aches, osteoarthritis, rheumatoid arthritis

**Neurologic:** Migraines and other headaches, numbness

**Miscellaneous:** Asthma, frequent urination, teeth grinding, bedwetting, infantile colic

Note: Most of these disorders have more than one cause, but food allergy is a relatively common and frequently overlooked cause.