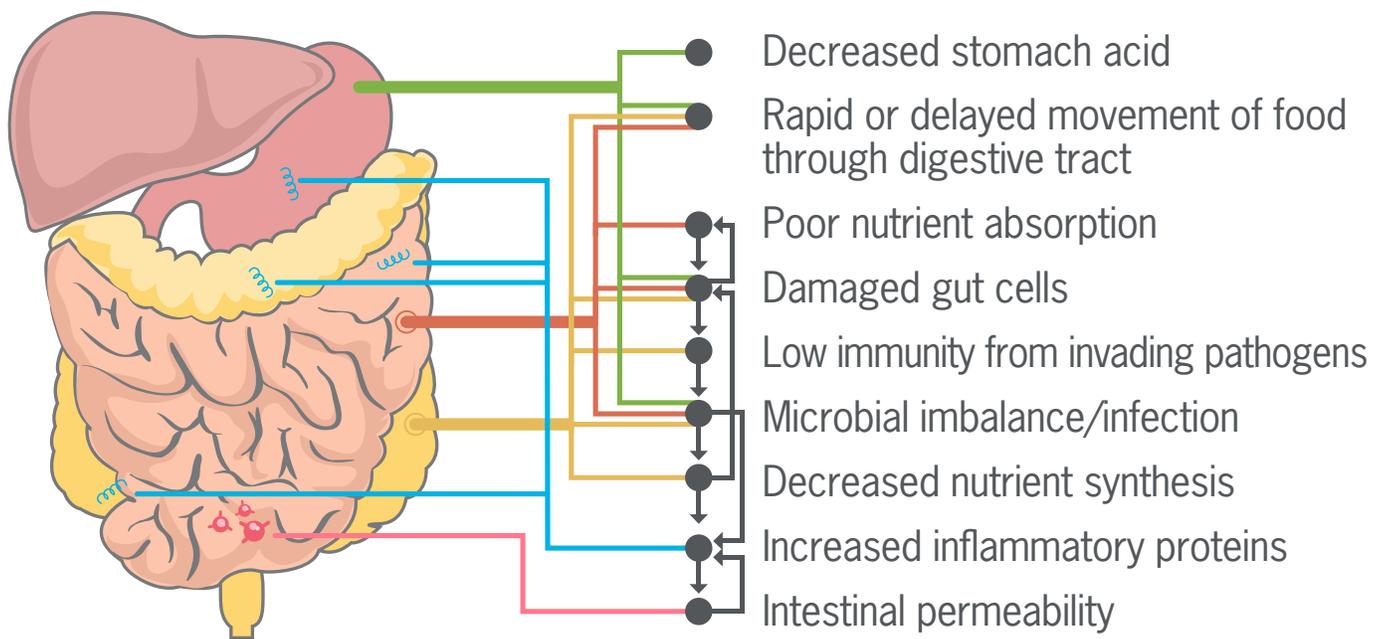


# ELIMINATION DIET: THE BEST WAY TO DO IT, AND THE SURPRISING HEALTH PROBLEMS YOU MIGHT SOLVE

Ailments like asthma, migraines, mood disorders, and skin problems could be the result of a food sensitivity. Here's how to suss it out.

## FOOD SENSITIVITIES WREAK GI HAVOC

Eating foods you're sensitive to can throw off gut bacteria and enzymes, causing vicious cycles of poor digestion, infection, and inflammation.



## TELLTALE SIGNS OF GI DYSFUNCTION

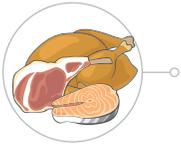
- Constipation
- Loose stools or diarrhea
- Burning in stomach
- Bad breath
- Gas
- Bloating
- Undigested food in stool
- Heartburn symptoms
- Foul smelling stool
- Nausea

Unfortunately, being free of GI symptoms doesn't mean you have no food sensitivities.



## NUTS AND SEEDS

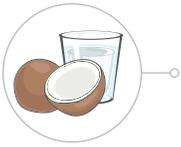
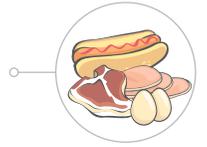
All nuts and seeds



\*Wild fish, turkey, lamb, wild game, beef, chicken, pork

## MEAT AND FISH

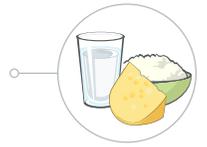
Eggs, cold cuts, bacon, hotdogs, canned meat, sausage, shellfish, meat substitutes made from soy



Unsweetened rice milk\*, coconut milk

## DAIRY PRODUCTS AND MILK SUBSTITUTES

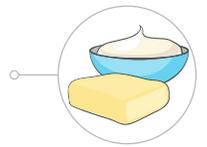
Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, non-dairy creamers



Cold-exPELLER pressed olive oil, flaxseed oil, coconut oil, avocado oil, lard, tallow

## FATS

Margarine, butter, processed and hydrogenated oils, mayonnaise, spreads



Drink plenty of fresh water, herbal teas (e.g. rooibos, peppermint, etc.)

## BEVERAGES

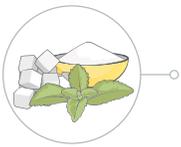
Alcohol, caffeine (coffee, black tea, green tea, soda)



Sea salt, fresh pepper, fresh herbs and spices (i.e. garlic, cumin, dill, ginger, oregano, parsley, rosemary, thyme, turmeric)

## SPICES AND CONDIMENTS

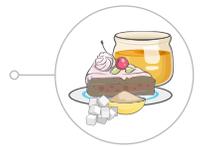
Chocolate, ketchup, mustard, relish, chutney, soy sauce, barbecue sauce, vinegar



Stevia (if needed)

## SWEETENERS

White or brown sugar, honey, maple syrup, corn syrup, high fructose corn syrup, desserts



\*May also be removed if you suspect specific sensitivity to grains.

\*Meat products should be organic or grass-fed.



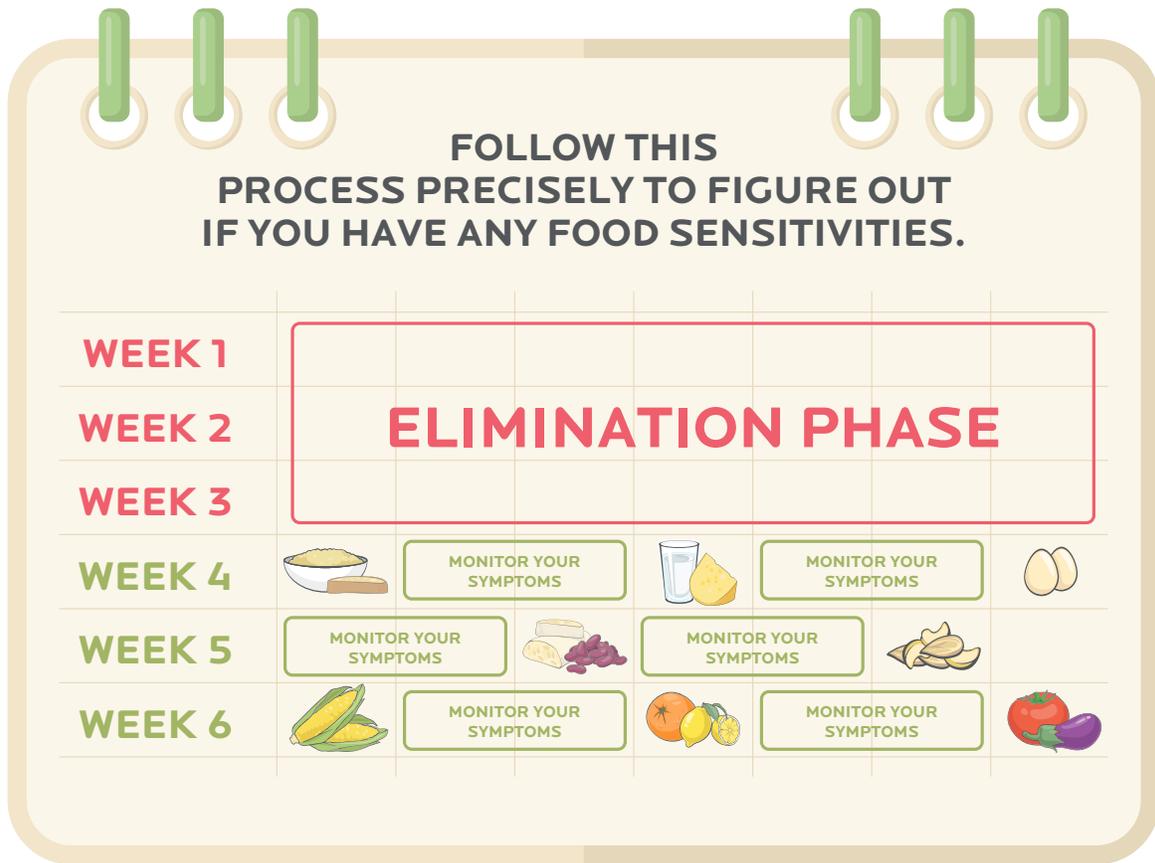
**ALSO CONSIDER ELIMINATING ANY FOODS YOU EAT VERY FREQUENTLY. CONSTANT EXPOSURE CAN ACTUALLY CAUSE YOU TO DEVELOP A SENSITIVITY.**

**HELPING YOUR CHILD WITH AN ELIMINATION DIET?  
FOR KIDS, THE PROCESS SHOULD ONLY LAST SEVEN TO 10 DAYS.**



# HOW TO REINTRODUCE THE FOODS

After the elimination period, reintroduce a single food group\* for one day only, then monitor your symptoms for two days. Continue this process for a few weeks to determine what may be causing issues.



\*The fewer foods you introduce in a given day, the more likely you are to pinpoint sensitivities (but the longer the process will take).

## SYMPTOMS TO LOOK FOR



During reintroduction, pay attention to how you're feeling. Write down any changes you notice, whether positive or negative.

### SIGNS OF FOOD SENSITIVITY INCLUDE:

- Insomnia
- Fatigue
- Joint pain
- Bloating
- Brain fog
- Skin breakouts or rashes
- Headaches
- Bowel changes or GI pain
- Sinus or other respiratory issues
- Marked increase in energy (this can actually be a physical sign of stress)

# TIPS FOR SUCCESS



## PREPARE:

People who spend the week prior to an elimination diet shopping for the right foods and looking up recipes do far better than those who jump right into it.

## CLEAN OUT YOUR KITCHEN:

Get rid of foods that aren't part of your elimination phase.



## KEEP A JOURNAL:

Writing down symptoms, energy and mood throughout the day can help you identify patterns related to the food you eat.

For the full article explaining this infographic:  
<http://www.precisionnutrition.com/elimination-diet>

 Precision Nutrition