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Elimination diet worksheet

My stomach's been out lately. No emergency, keep the bathroom in my-field-vision-at-all-times off. But totally. Charlie's stomach has been standing for the last 10 years. So to help him figure out the root cause, I'm going to dedicate the second half of January to something I haven't looked into for a while: the elimination of the diet. What is a elimination diet? I'm so glad you asked! The elimination diet is when you remove irritating foods from your meal in a short period of time -usually, three weeks-give your digestive system time to reboot, and more importantly to discover your specific set of intolerance and sensitivity. The biggest struggle in defining our diet is knowing what really moves the needle. And the central tenet of my wellness project is that we can't commit to healthy habits until we know what habits are actually healthy for us. That's why I think everyone should be doing a elimination diet at some point in their life. While I take a mostly inaction-free approach to my own eating habits, this is because years ago I did the hard work of figuring out what aspects of my diet were causing me harm in more ways than just numbers on the scale. One of the most common sources of inflammation, i.e. the root of the entire body of evil, is the hidden sensitivity of the food. Mysterious headaches, hair loss, anxiety, depression, fatigue, acid reflux, muscle pain, IBS, allergies, acne, rash-name symptom, and the chances of a shift in diet can help alleviate this. Six years ago, when I suffered from many of the above, I ended up in the office of a doctor who practiced functional medicine, an integrative approach to the root cause of the disease. I had been diagnosed with an autoimmune disease a few years earlier, but stubbornly continued to plow through everyday life, untreated until my best friend and most trusted colleague-my stomach!-decided to turn me on. My doctor did blood work to test food sensitivity, and as we waited for the results to come back, he put me on the elimination diet plan, knowing that seeing changes in how I felt would be the biggest indicator of what to do going forward. For three weeks, I cut out soy, corn, milk, sugar and wheat. And when that agony ended, with the results in hand, it was clear that gluten was the big culprit. When I read more about my condition-Hashimotos Thyroiditis-before my health really took a nose dive, I might have known that gluten is a big cause of inflammation in people with thyroid conditions (and autoimmune problems in general). But even if I had, the knowledge sheet would have been much less convincing than the health renaissance I experienced after gluten was removed. And more importantly, how sick I feel now that I'm eating it. In my book, I talk more about the years that followed this discovery, and more extreme health I took that led to the place of drowning, which inspired the Wellness Project. If the idea of eliminating so many food groups makes your palms start to sweat, don't worry. The food plan is more of a short-term test than a restrictive life sentence. And discovering what doesn't make you feel very good is worth raising awareness of, even if you choose to ignore it from time to time in favor of a late-night slice of pizza. How does the elimination diet work? Perhaps more important than the period of clean eating, when you remove different food groups from your diet, it is time to restart what begins after your body has had a chance to reset. The immune system is a funny beast. If we eat foods that cause an inflammatory reaction all the time, it leaves our immune system in a constant state of hyperactivity. The fog of an ongoing war complicates exactly the acute response to something you are allergic to; symptoms are not so severe as your baseline normal may already contain these symptoms. If you remove these irritants, however, your immune system has a chance of calming and receding. And like any overworked army, if your antibodies have had that rest period, they are much more capable of attacking invaders with all their power. This is why the elimination diet works so well: at the end of the exclusion period, you add back foods one by one, leaving a few days between so that your immune system has a chance to calm down again before reintroducing the next ingredient. The test day is piling up to help with the food in question for breakfast and then again at lunchtime-you can really clearly read how your body reacts, writes Dr. Frank Lipman of New Health Rules. An important part of diet is monitoring symptoms. This also applies to the week before you start, so you can create your own baseline. Plan to keep the food magazine throughout by writing down all the changes you feel. This is especially important to monitor when you re-ingredients. What is on the elimination diet plan menu? There are many iterations of the elimination diet, and we will discuss the differences between some of the popular ones below. But there are some basic similarities to what to take away: gluten, dairy, corn, soy and sugar. It is also recommended that you cut alcohol and caffeine, and drink nothing but clean water for the entire duration. The sugar omission essentially dictates that you avoid all packaged, processed foods (80 percent of the supermarket aisle contains added sugar). The soy and corn exclusions translate to no fried foods either, as most restaurants use soy or corn oils. Macro intent: make your diet as clean and simple as possible. Other protocols include further allergens: eggs, fruit nuts, peanuts, shellfish, fish, seeds, legumes/legumes, citrus fruit, vegetables (tomatoes, peppers, potatoes and aubergine) and any grains. Many only favour animal protein when natural, grass-fed, free range or organic. And others say no animal protein. These elimination diet plans may seem very restrictive in the short term, but it saves a lot of trial and error down the line. If you find yourself on the farm, you'll find your sweet spot going forward without leaving yourself forever because someone told you it was bad. And if you don't like it? Then you'll save yourself a lifetime of being my-vision-at-all-time routine in your life. Best for eliminating nutrition ultimately, it's up to you that version of the elimination diet you want to take-and it's perfectly acceptable to choose your inaction adventure, especially if you're already starting to suspect certain foods are causing questions. If you're looking for a helping hand in designing your protocol, eliminating nutrition is something we cover my online course, 4 weeks of Wellness. To learn more about the program and meal plans, shopping lists, worksheets and other resources to get to the bottom of your food sensitivity and indigestibility, click here. Here's an overview of some of the popular elimination diets on the market, so you can compare and contrast: Easy Elimination Diet Plan What's Excluded: Gluten, Dairy, Soy, Eggs (Stage 1); groundnuts, boxes, maize (step 2); nuts, fish (Step 3); Refined and artificial sweeteners, preservatives (Phase 4) Duration: 4 phase, 21 days each This simple plan takes longer than a normal elimination diet, but allows you to cut fewer ingredients at once. This is a great way to find out about food sensitivity, but less so by giving your gut a whole period of healing. If you're worried about living out the world though, doing your diet phases may be your best choice. Mind Body Green's Functional Medicine Eradication Diet Which is excluded: gluten, dairy (except for clarified butter or ghee), corn, soy, sugar (refined and artificial sweeteners), all grains, eggs, night shade vegetables, legumes/legumes, fruit nuts, peanuts and seeds. Duration: 60 days in total, including the reintroduction period and 3-week elimination This protocol is what functional medicine practitioner Dr Will Cole uses in his practice. Unlike some of the diets below, it covers natural fish and organic meat, as well as natural sweeteners, but does not cover all cereals. For a full guide and a helping hand, check out Dr Cole's elimination diet on the e-course. All 30 With the exception of: gluten, dairy (excl. clarified or or ghee), maize, soy, sugar (all natural, refined and artificial sweeteners), all grains, legumes/legumes (excluding edible pods such as peas), peanuts and additives (MSG, nitrates, etc.) Duration: 30 days Melissa The paleo-based elimination diet focuses on actual food and addresses the psychological response to certain foods. It's not only discovering allergies, but breaking emotional bonds with cheat or junk food. Therefore, guilty pleasures such as cake, bread, ice cream and candy are not allowed, even if made with the entire 30 ingredients. You're not going to get it. The diet allows all fruits and vegetables, including potatoes and other night shades and fruit juice as a sweetener. Unlike most other elimination diets, coffee is also allowed. But not chocolate. Choose your poison, people! Here's an overview of the program and a useful list of frequently asked Whole30 questions. Use standard rules to bring food back to check sensitivity. Autoimmune Paleo / Protocol (AIP) What is excluded: gluten, dairy (except for clarified butter or ghee), corn, soy, sugar (refined and artificial sweeteners), all grains, eggs, night shade vegetables, legumes/legumes (including those that are edible pods such as snap), fruit peas nuts, peanuts, seeds (including seed-based herbs, such as cumin), gums and tapioca. Duration: 6-8 weeks The autoimmune protocol is one of the most restrictive elimination diets because it stuffed out anything that could cross-react to your antibodies, including all grains, eggs, seeds, and gums. If you are diagnosed with an autoimmune condition and you have advanced systems, or have a very high number of antibodies, a total detox as it may be fine. Otherwise, there are still mild options, especially hashimotos-specific suffers. One category that is allowed: wild fish and seafood. Here's a good list of frequently asked AIP questions. Popular books on autoimmune paleo protocols include: The Autoimmune Solution, The Loving Diet and the Autoimmune Paleo Cookbook. Hashimotos 4-week plan What is excluded: gluten, dairy, corn, soy (excluding gluten-free tamari sauce), sugar (all natural, refined and artificial sweeteners), night shade vegetables, legumes/legumes, fruit nuts, peanuts, fish and seafood. Duration: 4 weeks This protocol, especially those with thyroid conditions, is slightly more relaxed than the paleo and autoimmune diet that allows gluten-free grains (rice, kaer, quinoa), eggs, seeds (including seed-based spices, such as cumin), pork and gluten-free tamari sauce. Low FODMAP Diet What's excluded: gluten, dairy (except for certain cheeses), high fructose sweeteners and fruits (honey, agave, corn syrup, apples), legumes/legumes (including those with edible pods such as snap peas), members of the onion family (garlic, clasp, scallops) and other vegetables high inulin (see full list here). Duration: varies. FODMAPS is available in certain cereals, milk species, leguminous vegetables/leguminous vegetables, onions, and other fruit-based sugars, acronym, acronym, It's one of the most difficult disposal diets because it removes so much aromatics to make a clean kitchen still taste amazing, and the list is also very difficult to follow. But it is also one of the most well-researched protocols associated with reducing symptoms of IBS. I did a deep dive into what the low FODMAP diet covers here, and also round-up recipes that fit the bill. You can also grab my free e-book here! Bonus! If you're looking to save time in your low FODMAP kitchen, check out some of these fabulous store-bought sauces, spice mixes and seasonings. While you may still have gluten-free grains and certain types of dairy, my problem with this diet is that so many of the items on the exclusion list are vegetables that would otherwise contain tons of vital nutrients. My personal opinion is that it is best to make one of the other basic elimination diets first. If you still have symptoms after removing the other culprits, start to investigate FODMAPS. If you explore low FODMAP life and find you feel better, this may be a sign of a larger root problem: SIBO. Unfortunately, the diet doesn't usually have enough of it to successfully eradicate this bacterial overgrowth, so it's worth getting tested and then diving into a multifaceted treatment plan. A low FODMAP diet is one of the possible ways to treat and treat SIBO during the kill phase, but the goal is to eventually re-introduce these foods because so many of them are nutritious and there are many studies that show eliminating high FODMAP foods in the long run can damage the balance of vegetation in your large intestine. How to feed myself a elimination diet Since I'm a big believer in home cooking the biggest step in achieving your health goals, I think the biggest hidden positives of these restrictive diets are that they force you to get in the kitchen. In fact, the more dietary restrictions I accumulate, the more I end up living with my message of cooking most of my meals at home. This means it's hard to cook all your meals, all the time, especially if you're new to the kitchen. Which is why I put together a FREE e-book: Elimination Diet Restaurant Cheat Sheet. Click here to download and get more of your elimination diet eating out the FAQ opposite. Some FMP elimination-nutrition friendly recipes, fit the basic Whole30/Paleo (plus nightshades) approach: Creamy Ginger Butternut Squash Soup Magic Faux-Tisserie Chicken Spaghetti Squash Chow Mein with shiitakes (swap coconut aminos soy) Thai Pumpkin Curry with Bok Choy Cauliflower Mashed Potatoes Vegan Tuna Salad Collar Green Wraps (excluding Tomatoes) Sweet potato cauliflower soup kale salad roasted butternut Squash and crispy scallops (maple syrup optional) Sunrise Nori Wraps with Tahini Drizzle (omitted miso) Ginger-almond peeled salmon packets Moroccan beetroot salad More paleo recipe HERE. Other Great Elimination Diet Resources: Whole30 Program Rules How and Why Elimination Diet Easy Elimination Diet Plan Elimination Diet Healthy E-Apple Do You Want Help Hand Navigating Elimination Diet? Need a 4-week easy elimination-diet friendly recipes for a step-by-step meal plan set for you? Elimination diet is one branch of my online course, 4 weeks wellness. You can get 20 recipe cookbooks, shopping lists, elimination dietary guidelines and re-introduction worksheets, in addition to many other resources in the program that deal with skin and hormone health, reduce stress, and work on manageable exercise in your daily life. LEARN MORE HERE

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