

## 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

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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 stirfrying. 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.

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**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

### FOODS TO INCLUDE

**Vegetables:** all raw, steamed, sautéed, juiced or roasted vegetables

**Fruits:** whole fruits, unsweetened, frozen or water-packed, canned fruits and diluted juices

**Dairy substitutes:** rice milk, hemp milk  
Non-gluten grains and starch: rice (all types), millet, quinoa, amaranth, teff, tapioca, buckwheat, potato flour, certified gluten free oats

**Animal protein:** fresh or water-packed canned fish, wild game, lamb, duck, organic chicken and turkey

**IF YOU ARE A VEGETARIAN:**  
*split peas, lentils, and legumes*  
(If you are not a vegetarian, do not include these foods.)

**Nuts and seeds:** Coconut, pine nuts, flax seeds, chia seeds, sunflower seeds

**Oils and Fats:** avocado, cold pressed olive, ghee, coconut, sunflower

**Drinks:** filtered or distilled water, decaffeinated herbal teas, seltzer or mineral water

**Sweeteners:** Use Sparingly: brown rice syrup, honey, agave nectar, stevia, fruit sweetener, blackstrap molasses

**Condiments:** vinegar, all spices, including salt, pepper, basil, carob, cinnamon, cumin, dill, garlic, ginger, mustard, oregano, parsley, rosemary, tarragon, thyme, turmeric

### FOODS TO EXCLUDE

**Vegetables:** Corn, creamed vegetables. \*If have arthritis, avoid nightshades: tomatoes, potatoes, eggplants, peppers, paprika, salsa, chili peppers

**Fruits:** Oranges and orange juice

**Dairy and eggs:** milk, cheese, eggs, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers

**Grains:** wheat, corn, barley, spelt, rye, triticale  
Pork, beef/veal, sausage, cold cuts, canned meats, frankfurters, shellfish

**Soybean products:** soy sauce, soybean oil in processed foods; tempeh, tofu, soy milk, soy yogurt, textured vegetable protein

**Nuts:** Peanuts and peanut butter, walnuts, sesame, pumpkin, and, hazelnuts, pecans, almonds, cashews, nut butters such as almond or tahini

**Oils and Fats:** Butter, margarine, shortening, processed oils, salad dressings, mayonnaise, and spreads,, flax, safflower, sesame, almond, sunflower, walnut, canola, pumpkin

**Drinks:** Alcohol, coffee and other caffeinated beverages, soda pop or soft drinks

**Sweeteners:** Refined sugar, white/brown sugars, maple syrup, high fructose corn syrup, evaporated cane juice

**Condiments:** Chocolate, ketchup, relish, chutney, soy sauce, barbecue sauce, teriyaki, and other condiments

**Spices:** \*If have arthritis, avoid nightshades: cayenne, chili powder

### READ ALL INGREDIENT LABELS CAREFULLY!

#### 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 corn
- Breads advertised as gluten-free which contain spelt, kamut, rye
- Many amaranth and millet flake cereals have oats or corn
- Many canned tunas contain textured vegetable protein which is from soy; look for low-salt versions which tend to be pure tuna, with no fillers



## COMPREHENSIVE ELIMINATION DIET

### SHOPPING LIST

#### Vegetables

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

#### Fruits

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

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

#### 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

#### Oils

Ghee  
Flax  
Olive  
Coconut

#### Nuts

Coconut

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### SHOPPING LIST

#### 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

#### Vinegars

Apple Cider  
Balsamic  
Red Wine  
Rice  
Tarragon  
Ume Plum

#### Sweeteners

Fruit sweetener (100% juice concentrate)  
Agave nectar  
Honey  
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

#### 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*

#### 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

*\* Avoid paprika, chili powder, cayenne, curry, etc., these are nightshades*

#### 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

## COMPREHENSIVE ELIMINATION DIET

### MENU IDEAS

Here are some ideas to stimulate your own creativity. Feel free to create your own recipes and menus.

\*Indicate that recipe follows.

#### BREAKFAST:

Feel free to add protein powder drinks, left-over chicken, fish, etc to your breakfast menu.

Cooked whole grain (oatmeal, cream of brown rice, buckwheat, teff, millet, or quinoa) served with fresh or frozen fruit. Can add a bit of coconut, ghee, sweetener, and/or cinnamon. To boost protein, have rice protein powder drink.

Home Fried Potatoes: Cut onions, peppers, broccoli, mushrooms and other vegetables of your choice into small pieces and sauté in olive oil or ghee. Cut pre-baked potatoes into cubes and add to vegetables. Add salt/pepper/herbs/spices.

"Fried" Rice: See recipe. Add rice instead of potatoes.

Toasted rice or lentil flax bread, with coconut oil or ghee, 100% fruit jam or apple or pear butter, fresh fruit, herbal tea.

Fruit Smoothie: Blend rice milk with fruit. Possible: berries, bananas, pears, pineapple, mango, papaya, etc. Add flax seeds or psyllium seeds as desired. Add fish oil as desired. Eat on its own or as part of a breakfast.

Rice pancakes\* topped with apple butter or apple sauce or sautéed apples.

Cole rice or amaranth or other gluten free cereal (read label carefully) with fresh fruit (bananas, berries, pears, apples, etc) and rice milk.

Sweet potato delight\*, half a cantaloupe filled with blueberries or half a papaya with lime juice

Mochi rice waffles\*, topped with sautéed apples\* and fruit smoothie with rice protein powder.

Breakfast rice pudding\*, rice milk, berries.

#### LUNCH OR DINNER:

Large salad with grilled chicken or fish. Serve with non-gluten containing bread or baked or winter squash or boiled new potatoes.

Broiled salmon plus steamed or oven roasted vegetables with cooked millet or baked potato or sweet potato or quinoa salad. Can also add a salad with vinaigrette dressing.

Asparagus Soup\* (or other soup), cabbage salad\*, rice cakes with ghee, fresh fruit.

Broiled lamb chop, green rice\*, cooked vegetables, fruity spinach salad\*

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Fruit salad with coconut/or pine nuts. Serve with protein and rice crackers

Broiled or poached halibut, baked winter squash sprinkled with cinnamon and ghee, mixed green salad with vinaigrette dressing, mocha rice squares and fruit for dessert.

Brown Rice and grilled chicken, steamed greens, baked potato or sweet potato.

Halibut Salad: Mixed greens of your choice, leftover halibut cut into chunks, vinaigrette dressing. Serve with baked potato with ghee.

Chicken breast sprinkled with garlic powder and tarragon, steamed asparagus or broccoli, brown or wild rice or kasha, ghee or olive oil.

Quinoa with chicken vegetable soup or vegetable soup

Quinoa salad with left over chicken or fish.

Chicken salad: left over chicken, mixed greens, guacamole, millet with pine nuts.

Fresh tuna steak topped with herbs and broiled, rice pasta with olive oil and mock pesto\*, steamed kale or collard greens tossed with olive oil and garlic and vinegar, mixed green salad with vinaigrette dressing. Fruit for dessert.

Tuna salad: Canned tuna mixed with vinaigrette or eggless mayonnaise, baking powder biscuits\*, fresh fruit.

Roast turkey breast or broiled turkey burger, brown or wild rice, steamed vegetable, salad with vinaigrette. Baked apple or poached pear.

Turkey salad: leftover turkey breast, mixed greens, other fresh vegetables, lemon or oil and vinegar, rice crackers or baking soda biscuits\*, fresh fruit or cup of soup.

Rice pasta primavera\*, pickled beets\*, mixed green salad with vinaigrette, leftover breakfast rice pudding topped with berries.

### SNACKS:

Rice cakes or crackers with ghee or unsweetened apple butter or coconut oil, raw carrot

Guacamole\* on rice cakes

Vegetables dipped into guacamole

Baked apple

Poached pear\*

Bowl of soup and rice crackers

Rice cakes or crackers spread with apple butter

Fresh fruit

Fresh vegetables: carrots, cucumbers, sweet peppers, etc.

Mochi rice squares, plain or with apple butter or smashed berries

Baked sweet potatoes