

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



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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

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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

The 5 Rs

Remove; Nutrient-depleted foods, processed foods, poor-quality fats and oils, parasites, molds, metals, chemicals, infections, and foods that don't agree with us.

Replace; Processed foods with whole foods, nutrients, digestive enzymes, hydrochloric acid (HCL), and bile salts. Also replace poor lifestyle habits with better ones.

Reinoculate; Beneficial probiotics from food and supplements.

Repair; Use foods and supplements such as glutamine, gamma-oryzanol, duodenum glandular, N-acetyl glucosamine, fiber, boswellia, geranium, licorice, quercetin, goldenseal, wormwood, aloe, celandine, cranesbill, marshmallow root, bone stock, rice protein powders, fatty acids, okra, cabbage, fasting.

Rebalance; Discover your "new normal," which may be the healthiest you've ever felt or not quite as great as you'd like. Investigate your lifestyle; smoking, alcohol/drug abuse, stress management, sleeping, regular exercise.



DIGAN Model

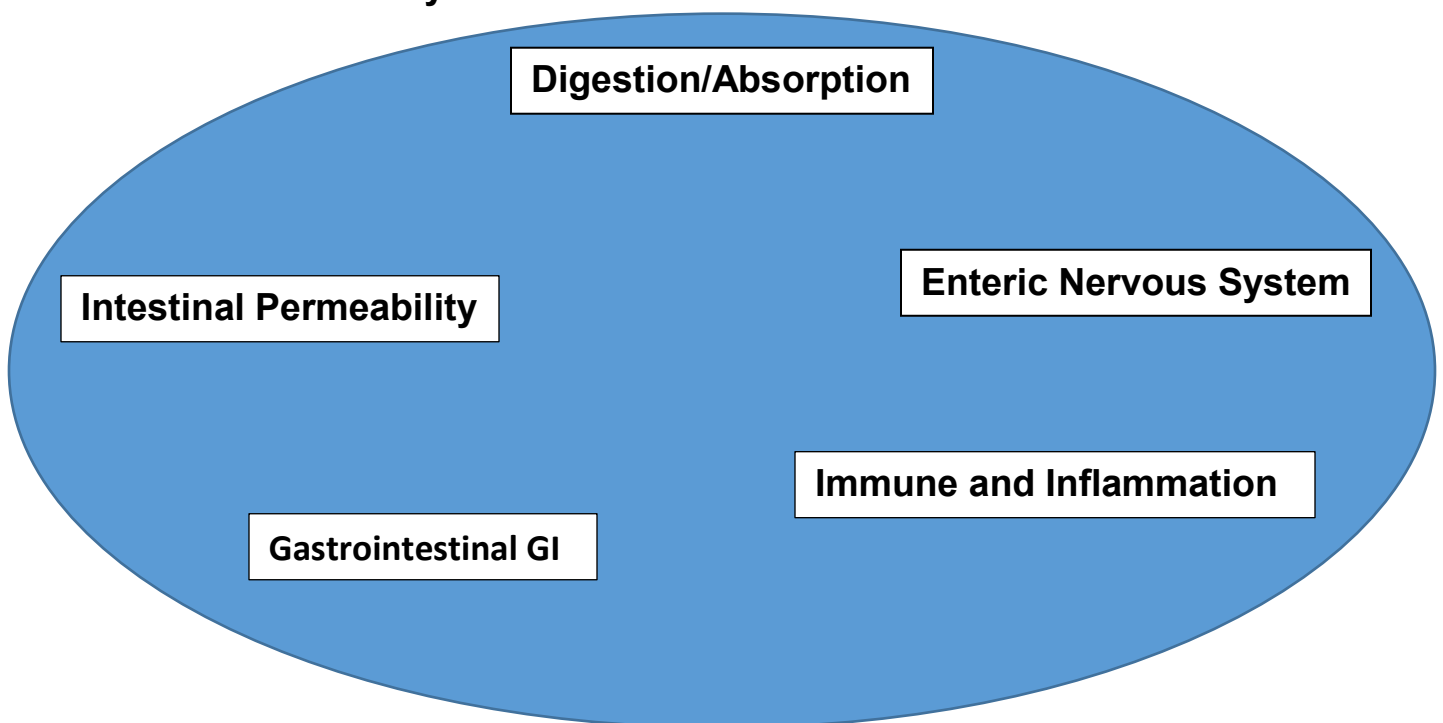
Digestion/Absorption

Intestinal Permeability

Gastrointestinal (GI) Microbiota

Immune Function and Inflammation

Enteric Nervous System



The Five R's

Remove

Reinoculate

Rebalance

Replace

Repair