THE ELIMINATION DIET GUIDE

Food Sensitivities vs. Food Allergies

Food sensitivities are not to be confused with food allergies. A sensitivity is a hypersensitive response to a food that normally your body should not be reacting to. These symptoms can often times show up hours or days after consuming the food. A sensitivity is also dose dependent, meaning that the severity of the symptoms depends on how much of that food you ate. A food allergy is is an immune response that involves a release of histamine. This occurs very soon after that food is consumed and can be life threatening. An example of this is a nut allergy. A food intolerance is when someone lacks a specific enzyme to break down a food, causing unwanted symptoms. An example of this is lactose intolerance.

Poor diet, stress, medications, extreme exercise, and environmental toxins can all contribute to leaky gut, or intestinal permeability. This means that your intestines are leaking nutrients through to your blood stream and your body is attacking those nutrients that shouldn’t be there. Addressing those listed causes can also improve symptoms and your gut health.

Symptoms May Include:

Fatigue

Bloating

Difficulty sleeping

Excess mucus production

Gas

Diarrhea

Mood swings

Bladder control issues

Reflux

Excessive sweating

Headache

Swelling

Dark circles under the eyes

Joint Pain

Anxiety

Skin Issues, such as acne or dry skin

Nasal drip or congestion

Irritable bowel

Nausea

Dizziness

How This Test Works

Currently there is no reliable food allergy testing that can be done at home. This is something that you need a skilled clinician to complete for you.

An elimination diet is a temporary test and is not to be followed as a permanent diet. The idea is to cut out possible sensitive foods for three weeks and then slowly reintroduce them. It is cheap and relatively reliable way to determine a food sensitivity.

What to Eat:

Vegetables

Fruit

Gluten free grains

Healthy oils

Beans

Nuts, besides peanuts

Seeds

What Not to Eat:

Wheat

Eggs

Dairy

Corn

Soy

Peanuts

Pork

Shellfish

How and When to Reintroduce Foods

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| Week 1 | Eliminate | Eliminate | Eliminate | Eliminate | Eliminate | Eliminate | Eliminate |
| Week 2 | Eliminate | Eliminate | Eliminate | Eliminate | Eliminate | Eliminate | Eliminate |
| Week 3 | Eliminate | Eliminate | Eliminate | Eliminate | Eliminate | Eliminate | Eliminate |
| Week 4 | Introduce | Monitor | Monitor | Introduce | Monitor | Monitor | Introduce |
| Week 5 | Monitor | Monitor | Introduce | Monitor | Monitor | Introduce | Monitor |
| Week 6 | Monitor | Introduce | Monitor | Monitor | Introduce | Monitor | Monitor |
| Week 7 | Introduce | Monitor | Monitor |  |  |  |  |

Week 1-3: Eliminate wheat, egg, dairy, corn, soy, peanuts, pork, and shellfish.

Week 4-7: Introduce a plain version of the possible allergen food, such as plain pasta or a handful of peanuts, and monitor your symptoms. Repeat this every 3-4 days.

There are many versions of an elimination diet and this process can be performed by eliminating any food you think you may be sensitive too. The eight that are listed are the most common food allergies. It is a good place to start. If you suspect that you may be sensitive to a different food then repeat this process to put it to the test.

Please consult with a Registered Dietitian before do this.

Sources:

http://www.jgld.ro/wp/archive/y2015/n3/a9/

https://www.ncbi.nlm.nih.gov/pubmed/23229594