

Elimination Diet Guidelines

- If you believe that food is a trigger for your symptoms an elimination diet may be necessary. You may consider starting with a diet diary if you are unsure that food is at fault.
- For most people a 2 week elimination diet is enough for dramatic results. For some very gluten sensitive people 4 weeks may be necessary.

Step One

Eat only from the accepted food list below for at least two weeks.

- Accepted Foods: All Organic and Free Range is possible

- o Rice (any kind, brown rice has more fiber if constipation is an issue)
- o Turkey, Chicken, (skinless) Lamb, or Salmon.
- o All vegetable except night shades (Tomatoes, Potatoes, Eggplant, Peppers)
- o Blue Berries
- o Pears
- o Olive Oil
- o Sea Salt
- o Water
- o If vegetarian replace meat with beans (NOT soy), if gas is an issue use Beano.

- o No Sweeteners of any kind, even honey.
- o If possible no vitamins or supplements of any kind as their fillers may be a trigger.
- Top 5 trigger foods to avoid are: Gluten, Dairy, Eggs, Soy, and Corn

Step Two

Reintroduce other foods one at a time.

- Remember, people usually crave what they are sensitive to because endorphins are released as part of the inflammatory cascade. Therefore, test the top 5 foods listed above and then anything you crave or eat a lot of.

- Test a food by eating a lot of it for half a day, then return to the elimination diet for 3.5 days.

- o It is helpful to keep a diet diary at this point to track symptoms.

- o Eat the test food as a whole food if possible. For example to test milk drink whole milk, to test wheat eat cream of wheat.

- o If the food is a trigger for you the reaction will be obvious. o If no reaction is noticed you may add that food to your diet. o After the fourth day you may test the next food.

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- It is important to test only one food every 5 days to keep results clear.

Step Three

Heal the intestines and avoid trigger foods.

- If you would like to help your digestive system heal faster consider taking Vitamin A

and Zinc (Carrot juice is a great natural source of these vitamins). L-glutamine supplements are also great for healing the gut. Acupuncture or other

alternative therapies should also be considered.

- Avoid your trigger foods for at least two months.
- If it is a food that you would rather not live without you may try to reintroduce it again

after these two months. If you again have a flare up in symptoms continue avoiding the food for another six months. If you do not have any symptoms after reintroducing the food you may allow yourself to indulge once a week, but should never return to consuming that food regularly.

- Enjoy your new healthier live style.

If you have any question or would like more detail on the elimination diet please contact me at Roberto@kumoacupuncture.com or by phone at (503) 318-9490.