

ELIMINATION DIET

There are many medical conditions that fail to respond to conventional medical treatment that may resolve when you follow an

Elimination Diet.

- Digestive problems
- Headaches
- Chronic sinus
- Low energy, fatigue
- Depression, mood disorders
- Eczema, skin irritations
- joint aches
- asthma
- weight gain

The processed foods that are common today contain additives, dyes, preservatives, and trace pesticides that over-time can aggravate and inflame the tissues in your gut and major organs. After years of a poor diet this chronic inflammation deep in your tissues can tax your immune system.

If the tissues in the lining of your gut become inflamed common foods like wheat, dairy, or eggs can cause symptoms. The Elimination diet is designed eliminate foods that burden your immune system while ensuring a high nutrient density foods that will facilitate gut healing.

Usually an Elimination Diet is followed for three weeks, however your medical provider will discuss this with you. After an initial period following the Elimination diet different food groups are re-introduced slowly, allowing you to watch for negative symptoms. If a food group causes you a reaction, you avoid for another six months, and then try again.

This protocol allows an opportunity to decrease inflammation in the GI tract, heal the lining of your gut, and calm your immune system. Once healing is achieved you can expand your food choices to include a wide variety of high nutrient dense foods.

Like most people, you probably eat the same foods every day. If the food you eat is low quality or genetically you don't tolerate those foods your body develops a sensitivity, and over time and you begin to suffer reactions to them. It is common for people to not realize how bad certain foods make them feel, or that particular foods are the culprit until those foods are removed from their diet.

People experience different types of food-reactions:

Food Allergies cause reactions which are severe and immediate. Examples would include swelling, hives, and difficulty breathing in reaction to nuts or seafood.

Food Sensitivities may produce reactions hours to days later. Those with weakened immune systems may be prone to food sensitivities. Food Sensitivities are usually a result of an imbalance in the gastrointestinal tract system that affects the immune system.

Food Intolerances are a reaction to certain chemical in foods (MSG or histamine) or they occur because genetically a person does not have the enzymes to completely digest the food (lactose intolerance).

Inflammation. All the food reactions mentioned above trigger low-grade inflammation in your GI tract. Over time inflammation in the lining of the gut damages the cells so that it alters what does or does not get absorbed into your blood stream. Bacteria, chemicals or yeast may get past the intestinal lining and into to your blood stream causing you greater and more food sensitivities.

The elimination diet is designed to reduce inflammation by increasing the amount of anti-inflammatory foods you eat at the same time as it eliminates inflammatory foods. This allows your GI tract to heal and the immune system to work properly again. A properly working immune system helps improve your

defense to airborne contaminants, allergens, industrial contaminants, viruses, parasites, and bacteria that you may be exposed to.

Achieving a Healthy Gut

The importance of a healthy GI tract is greatly underestimated. The cells that line your intestinal tract must evaluate everything you eat, drink, or inhale and regulate what is absorbed and what is passed through as waste. Your over-all health is often determined by how well your body is able to do this. Bacteria in your gut help break down and digest harmful foods, fibers, etc. Healthy bacteria also control and regulate the growth of harmful bacteria that you may be exposed to.

More than 70% of your immune system is clustered around the digestive tract. Your immune system works with bacteria in your gut to protect you. If your gut becomes inflamed, the balance between healthy good bacteria and unhealthy bacteria is thrown off. This can disrupt your immune system and can cause symptoms like joint pain, fatigue, heart palpitations, skin disorders, etc.

A diet high in essential nutrients is important for you to generate healthy gut bacteria and a strong immune system. Eliminating inflammatory foods, eating foods that heal the gut and increase healthy gut bacteria can restore your gut health. These foods are the basis of the Elimination Diet.

Decreasing Inflammation

The first step of the Elimination Diet is to omit the foods that are documented to cause food reactions and inflammation. Two main culprits for causing inflammation are dairy products and foods containing gluten.

Dairy products contain a sugar called lactose. Most of the world population genetically does not make the enzymes

needed to digest lactose. In people who are intolerant, the bacteria in the large intestine digests the lactose. Unfortunately the by-products of the bacteria digestion results in bloating, gas, cramping, and diarrhea within hours of eating foods with milk.

If you have an inflamed GI tract you may also experience a reaction to milk lactose (fatigue, bloating, headaches, etc.) even if you have tolerated dairy in the past.

In addition to problems with lactose, milk proteins can cause food reactions as well. The predominant protein in milk is casein. There are different types of casein (A1 and A2 Beta Casein.) Which casein is in milk depends on the type and diet of the cow. It is not yet clear if both of these types of casein are inflammatory. Because casein and lactose are problematic for so many people, all dairy is omitted on the Elimination Diet.

Gluten is a protein that is formed when processing wheat. It is also found in rye, barely, and spelt. Gluten is made up of a proteins called gliadins. Gliadin damages the fine hairs (microvilli) in the small intestine and triggers in many people food intolerance or sensitivity. In the case of a food intolerance you could experience digestive disturbances, and in the case of a food sensitivity you could experience an auto-immune condition. Symptoms could include: brain fog, fatigue, migraines, depression, heart palpitations, and joint pain.

Foods to Avoid

- Butter, cheese, heavy cream, Half and Half, sour cream, ice cream, milk, yogurt, and Kefir
- Wheat (faro, kamut, spelt), tritcale, oats, rye, bulgar, and barley
- Seitan (meat substitutes)
- All processed foods

- Added sugars
- Artificial sweeteners
- Farmed fish, grain-fed beef or chicken, turkey.

Although oats are can be labeled gluten-free, they often cause symptoms and are avoided in the elimination phase.

Reducing Toxins

Our modern food supply has become laden with artificial colorings, flavorings, additives, preservatives, pesticides, insecticides, and herbicides. All of which place a tremendous burden on our GI tract, kidneys, and liver. The high amount of sugar and artificial sweeteners common in processed foods adds to this burden.

Some people are more vulnerable to these toxins because they may not make (or make enough) of the needed enzymes to break down toxins and eliminate them. Depending on where you live, the air you breathe, or your lifestyle, you may be exposed to more toxins than others. If you have been living on a diet that is high in processed foods and low in colorful fruits, vegetables, and legumes than your toxin load may be great.

The elimination diet seeks to minimize your toxic burden as much as possible. On the Elimination diet you are asked to avoid all processed foods, added sugars, and artificial sweeteners.

The Elimination Diet has two goals; to decrease inflammatory foods and to increase healing foods.

You are encouraged to eat organic produce, and grass-fed, pasture-raised, and free-range sources of animal proteins. Animals that eat wild grasses have a higher percentage of the very healthy omega-3

fats. These fats greatly help reducing inflammation.

You are also encouraged to eat a wide variety of colorful vegetables and fruits. The colorful pigments found in plant foods provide a complex array of essential nutrients called phytonutrients.

Phytonutrients promote healing and detoxification in the gut, liver, and kidney. Phytonutrients travel through the body and help repair damage done by oxidation and stress. These nutrients help regulate the PH of your blood and tissues which aids your kidneys ability to detoxify and excrete toxins.

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