

Core Wellness Modified Elimination Diet

The goal of this dietary approach is to remove the most common foods that aggravate your gut lining and therefore overtax your immune system and liver detoxification system. Food allergies and sensitivities are extremely common causes of fatigue, pain, headaches, allergies, chronic sinusitis, and other problems related to excessive inflammation. The diet is dairy and gluten-free and usually well tolerated.

Eliminate gluten. Avoid any food that contains wheat, spelt, kamut, oats, rye, barley, or malt. *This is the most difficult part of the diet but it is also the most important.* Unfortunately, gluten is in many common foods, including bread, cereal, pasta, crackers, and products containing flours made from these grains. Products made from rice, millet, buckwheat and gluten-free flour, or potato, tapioca and arrowroot may be used as desired by most individuals.

Eliminate all dairy products, including milk, cream, cheese, cottage cheese, yogurt, butter, ice cream, and frozen yogurt. Avoid products like soy cheese, which are made with casein (a milk protein).

Eliminate conventionally produced animal products (factory farmed, antibiotics, grain fed, etc). Choose *grass fed* beef only. (Check health food stores, local farmers, web, ask for resources). Chicken, turkey, lean cuts of lamb, and cold-water fish such as salmon, mackerel, and halibut are acceptable if you are not allergic to or intolerant of these foods. Select from free-range and organic products whenever possible. Organic free-range eggs with added omega 3 are acceptable. Better yet find a farmer where the chickens run and scratch for bugs and sprouts of grass.

Drink clean, filtered water (reverse osmosis best) daily (body weight divided by 2 = ounces per day).

Avoid all alcohol-containing products including beer, wine, liquor and over-the-counter products that contain alcohol.

Avoid all caffeine-containing beverages, including coffee, caffeine-containing tea and soda pop. Coffee substitutes from gluten-containing grains should be avoided along with decaffeinated coffee. Be sure to read the labels of cold remedies and herbal preparations as they frequently contain caffeine and/or alcohol.

Avoid foods containing yeast or foods that promote yeast overgrowth (processed foods, refined sugars, cheese, commercially prepared condiments, peanuts, vinegar, and alcoholic beverages).

Special Notes and Tips:

Caffeine withdrawal – you may experience withdrawal symptoms of headache, fatigue, lethargy, etc. if you abruptly remove caffeine from your diet. This may last for several days. You may want to reduce it slowly (or make it weaker) over a few days to a week to avoid debilitating symptoms. Replace it with hot lemon water (1/4 to 1/2 of a lemon squeezed in), herbal tea or Raja's Cup (an healing coffee substitute that actually supports the adrenal glands instead of whipping and robbing it). It has a strong taste that can be subdued with some rice milk.

Reducing Cravings – the biggest mistake and problem I see when someone starts this diet is they are not eating *often enough* because they are not prepared with the right foods or *plans* for eating throughout the day. Eating something every 2-3 hours is CRUCIAL in the beginning to avoid getting overly hungry and then giving in to temptation to eat the wrong thing and eat too much of it!

Water drinking tips – always keep a full bottle of water with you wherever you are. It may be helpful to get a large water bottle with fluid level measurements to make sure you are consuming your prescribed amount (body weight divided by 2 = ounces per day)

<u>Food Group</u>	<u>Allowed</u>	<u>Avoid</u>
Meat, Fish, Poultry Legumes Eggs	Grass fed beef, free range chicken and turkey, lean lamb, all legumes, free range farm eggs, dried peas and lentils, Cold-water fish such as salmon, halibut, mackerel, sardines, trout	<i>Grain fed</i> conventional red meats, cold cuts, frankfurter, sausage, canned meat, factory farm eggs, cholesterol-free egg substitutes
Dairy Products	Milk substitutes such as rice milk, almond milk, hemp milk, brazil nut milk (you can make your own nut milk pretty easily) and soy milk Casein-free soy yogurt	Milk, cheese, cottage cheese, yogurt, ice cream, cream, non-dairy creamers
Starch	sweet potato, rice, tapioca, buckwheat, millet, Quinoa, arrowroot, gluten-free products	All gluten-containing products, including pasta All corn and corn-containing products
Bread/Cereal	Any made from rice, quinoa, amaranth, buckwheat, teff, millet, soy, potato flour, tapioca, arrowroot, or gluten-free flour-based products	All made from wheat, oat, spelt, kamut, rye, barley, or gluten-containing grains
Vegetables	All vegetables, preferably fresh, frozen or freshly juiced	Creamed or made with prohibited ingredients
Fruits	Unsweetened fresh, frozen, or freshly juiced fruits, excluding citrus and strawberries.	Fruit drinks, cocktails, citrus, strawberries, and dried fruit preserved with sulfites
Soup	Clear, vegetable-based broth, homemade vegetarian or chicken or turkey soup, chili made with ground organic chicken or turkey	Canned or creamed soup Any with glutenous flours or grains
Beverages	Freshly prepared or unsweetened fruit or vegetable juice, pure water, non-citrus herbal tea	Milk, dairy-based products, coffee, tea, cocoa, Postum, alcoholic beverages, soda pop, sweetened beverages, citrus drinks
Fats/Oils	Cold, expeller pressed, unrefined, light-shielded canola, flax, olive, pumpkin, sesame, and walnut oil, salad dressing made from allowed ingredients	Margarine, shortening, butter, refined oils, salad dressings, and spreads.
Nuts/Seeds	Almonds, cashews, flax seed, pecans, pumpkin, sesame, squash seeds, sunflower seeds, walnuts, hazelnuts/filberts, nut/seed butters made with allowed ingredients	Peanuts, pistachios, peanut butter, macadamia nuts
Sweeteners	Agave Nectar, Stevia, Xylitol, Brown rice syrup, fruit	Brown sugar, honey molasses, maple syrup, corn syrup, fructose
Condiments	herbs and seasonings such as basil, bay, caraway, chives, cinnamon, curry, dill, dry mustard, garlic, ginger, mace, marjoram, mint, nutmeg, parsley, poppy seeds, apple cider vinegar, lemon, balsamic or rice vinegar, savory, tarragon, only allowed salt is sea salt.	Salt that's <i>not</i> sea salt, soy sauce, mayonnaise, ketchup