

Elimination Diet Recommendations

Eliminate sugar, starch, pasta, bread and potatoes from your diet. Also, eliminate soy, wheat in all forms, and all milk and milk products including cheese and yogurt. Eliminate beef, pork and other red meats. Citrus fruits and nightshade vegetables (peppers, tomatoes, potatoes, eggplant...) need to be eliminated too.

You should get your protein from fish or poultry, preferably something minimally cooked, like smoked salmon. Take fish oil with at least 2 grams of omega 3 oils per day, a good quality B complex vitamin (with many times the RDA of the vitamins), a good quality mineral supplement (with lots of trace minerals), and take a fiber supplement (very important).

Do not take any acid blockers or antacids.

Stay on that diet for at least four weeks, no cheating.

Take a lactobacillus supplement throughout the entire process.

If you have any problem with yeast or fungal infections, treat with an antifungal medication.

After one week you should come off of all anti-inflammatory medications.

At the end of the full four weeks, you can add back the eliminated foods one at a time. Foods should be added back in their basic form, with no less than three days between each food reintroduction. If there is any return of symptoms you should immediately eliminate the offending food again and wait at least three days before attempting to reintroduce another food. Any foods that cause any of your food sensitivity symptoms to return or cause arthritis to flair should not be reintroduced again until the end. If the food still causes a reaction when reintroduced at the end, it should remain eliminated permanently.

The idea is that with your increased gut permeability, undigested food antigens are entering into your portal circulation. You have developed antibodies and the antigen-antibody complexes are circulating in your blood stream and depositing in joints, soft tissues or literally anywhere. Those complexes are stimulating an immune response and essentially creating a widespread, prolonged inflammatory reaction.

By eliminating foods that cause irritation of the GI lining, the lining is allowed to heal. All of the food related symptoms should disappear. The foods are added back one at a time at three day intervals so that if food related symptoms reappear, it will be easier to identify which foods cause the problem for you. If it's just an inflamed, leaky gut, you should be able to add back everything once the gut has healed. If you have a food allergy or other intolerance to a specific food, you will still react to it. You should eliminate those foods permanently. If you don't, they will irritate your mucosa until the leaky gut returns and you'll be right back where you started.

General Tips for Healthy Eating

Making healthy dietary changes is not that hard as long as you get some help. First, get the cooperation of everybody who lives in your house. If everybody else in the house is still consuming the usual stuff, it will be nearly impossible for you to make a change. The most important people to cooperate are the person who buys the food and the person in charge of meal preparation.

The healthiest way to eat is to only buy food that comes with no FDA food label required. Those foods are fresh meats, fresh vegetables, and fresh fruits. The best version of these foods are organic and in season. Take these foods home and prepare them to your taste.

If you decide to buy canned foods or prepared foods you must read the food labels. Look at the ingredient list. Foods containing any of the following ingredients should be avoided: Sugar, dextrose, sucrose, corn syrup, high fructose corn syrup, HFC, hydrogenated or partially hydrogenated oil, modified food starch, spices, natural flavors, artificial flavors.

The terms *spice*, *natural flavor*, and *artificial flavor* are misleading. These are any number of over two thousand chemicals. They come from chemical manufacturers. They are much more dangerous to your health than their name implies. These chemicals are toxic. They are added to food to fool your taste buds. They light up your taste buds to make it seem that the food has more flavor than it really does. Once these chemicals get into your system, they can make you sick. In many cases, the chemicals are also addictive. They make you crave the food containing them. You consume more, and you get sicker.

High fructose corn syrup is addictive. It also speeds up the aging process. It accelerates a process called *protein glycation*. This is the biochemical process behind sagging jowls, wrinkles, and sagging skin. Protein glycation not only ages the skin, but the same process affects every organ in the body, causing aging of the whole body. High fructose corn syrup is also a powerful stimulator of insulin resistance. Insulin resistance leads to diabetes, high blood pressure, painful arthritis, neuropathic pain, and dementia.

To eat healthy for the rest of your life, avoid eating grass. People did not evolve (nor were they created) to eat grass. Wheat, corn, and sugar cane are all grasses. More than 95% of all food intolerances are to foods that come from grass or from milk. We are the only animal on this planet that consumes milk beyond infancy. We are also the only animal on this planet that consumes the milk of another species.