

Core Wellness Institute 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 lots of water: *Best is fresh spring water* because it still has its natural minerals and the correct electrical charge from being filtered by the earth. You can have it delivered or purchase it at the supermarket. But you can also go to www.findaspring.com for sources to get it yourself...often for free.

At LEAST get a carbon filter like a Brita or Pur, etc. to filter you tap water. It will at least remove the chlorine (but not the fluoride, pesticides, pharmaceuticals, etc.) *Avoid using distilled or reverse osmosis water for extended periods as they are stripped of minerals and can cause a net loss of minerals in your body.*

A good general formula for water consumption is $\text{body weight} \div 2 = \text{ounces per day}$.

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).

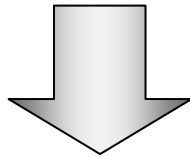
Special Notes and Tips:

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 (a 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 or nut 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 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)

Allowed Foods and Foods To Avoid Table
According To Food Group Found on Following Page



<u>Food Group</u>	<u>Allowed</u>	<u>Avoid</u>
Meat, Fish, Poultry Legumes Eggs	Grass fed beef, chicken, turkey, lean lamb, all legumes, free range farm eggs, dried peas and lentils, Cold-water fish such as salmon, halibut, mackerel, trout, tuna	<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, nut milks and soy milk Casein-free soy yogurt	Milk, cheese, cottage cheese, yogurt, ice cream, cream, non-dairy creamers
Starch	White or sweet potato, arrowroot, rice, tapioca, buckwheat, millet, 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, freshly juiced, or water-packed canned 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 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	Brown rice syrup, fruit sweeteners	Brown sugar, honey molasses, maple syrup, corn syrup, fructose
Condiments	Salt-free herbs and seasonings such as basil, bay, caraway, chives, cinnamon, curry, dill, dry mustard, garlic, ginger, mace, marjoram, mint, nutmeg, parsley, poppy seeds, balsamic or rice vinegar, savory, tarragon	Salt, soy sauce, mayonnaise, ketchup