

## ELIMINATION DIET

**Simple Program:** An elimination diet can be helpful in identification of foods to which one has sensitivities or allergic responses.

Consume only the following foods for 5 days (These are foods which are rarely consumed and therefore rarely allergens.):

1. Lamb, 2. Pear (peeled), 3. Salmon, 4. Zucchini, 5. Rice, 6. String Bean, 7. **Other Fairly Safe Foods:** Artichoke, asparagus, broccoli, apricot, emu, ostrich, olive oil, lettuce turkey, and buffalo).

**Allergic to any of the above?** If you know you have a problem with one of these foods, you should replace it with another food that has no problems.

**Condiment(s) & What to Drink:** This diet should only use sea salt as a condiment and purified water for a beverage.

**After the 5 days:** After 5 days off allergens, the system is usually clean and sensitivity to allergens will INCREASE (This can be dangerous if severe allergies are involved). Foods can now be added back into the diet. Adding one food every other day is considered ideal. If no allergic responses are noted, more rapid addition of foods may be workable. If a strong allergic response takes place, the individual doing the testing should return to the safe foods for two days.

## COMMON ALLERGENS

- Gallbladder problems: Egg, pork, onion
- Sinus problems: Milk
- Digestive disturbance: Milk, gliadin found in wheat, rye, oats, barley, corn
- Pain and arthritis: Nightshades (potato, tomato, eggplant, bell pepper, cayenne pepper)
- Depression: Wheat (gliadin), sugar
- Headache: Coffee, wine, chocolate, alcohol, nitrates, monosodium glutamate, sausages, sour cream, cured meats, milk, food additives, cheese, & Nutrasweet.
- Other allergens: soy, beans, citrus, apple
- Problems with grains will often be associated with grass allergy (inhalant).
- Molds can be a real problem. These are found in old foods on supermarket shelves. High mold foods include soy sauce and other black sauces (aspergillus niger), chocolate, tea, commercial fruit juices, breads (dough conditioner) and tomato pastes.

# NUTRITIONAL GUIDELINES

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COMMON ALLERGENS



*Training Material by:*

**IMAGE AWARENESS  
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# NUTRITIONAL GUIDELINES

## ❑ **Eat as much raw food as possible.**

Raw foods must be chewed well. The body has no enzyme to digest cellulose. Raw foods contain enzymes, that are destroyed by cooking which aid the digestive process. Raw foods also suppress immune activity in the digestive tract. Legumes (beans) must be cooked as they contain powerful digestive inhibitors. Meats should also be cooked to avoid parasitic infection. If large amounts of cooked foods are consumed, Betazyme or Enzyme Digestive Aid may be necessary to support breakdown of foods and inhibit allergic responses created by incomplete digestion.

## ❑ **Eat meals early in the day.**

Eating at the end of the day promotes weight gain as there is no time for calories to be burned off. It also does not allow the digestive tract an opportunity to repair itself.

## ❑ **Consume low fat meats.**

These include chicken, turkey, fish, emu, ostrich, buffalo, and wild game. Many domestic animals contain about 30% fat while wild game averages about 3 to 4%. The fat in wild game also contains a high percentage of omega-3 oils.

## ❑ **Avoid carbohydrate loading.**

Carbohydrates drive insulin levels up promoting weight gain. Insulin triggering foods include sugar, potatoes, dry cereals and many snack foods. Consult the GR2 Control materials for guidelines on keeping insulin levels low. The insulin gene is the aging gene in some animals.

## ❑ **Seek out foods high in omega-3 oils**

These are walnut, pine nut, greens, beans and fish. The best fish are salmon, sardine, mackerel, herring and albacore tuna. Use of flax oil as a salad dressing provides a good source of omega-3. Fish are the best sources of omega-3. They contain EPA and DHA missing from all vegetable sources. EPA suppresses inflammation while DHA is essential for brain and eye tissues. Salmon Oil Plus is an excellent source of Omega III oils.

## ❑ **Avoid partially hydrogenated oils**

These contain trans-fats which interfere with normal cell structure

and function. Trans-fats are found in most chips, crackers, cookies, candies, commercial cooking oils, margarine and ice cream.

## ❑ **Seek out high carotenoid foods.**

Carotenoids are the fat soluble coloring pigments which make fruits and vegetables red, yellow, and orange. They protect eyesight, the heart, and reduce risk of cancer. High carotenoid foods include: cantaloupe, papaya, mango, peach, persimmon, watermelon, strawberry, apricot, red bell pepper, carrot, winter squash, pumpkin, and spinach (carotenoids are masked by chlorophyll in dark green foods). We highly recommend Carotenoid Complex as a supplementary source of carotenoids.

## ❑ **Do not consume iced beverages with meals.**

Iced beverages stun the cells lining the stomach which produce hydrochloric acid (parietal cells). This disrupts the entire digestive process. A warm soup before a meal enhances production of stomach acid. Beta-Gest can be used to naturally support stomach digestion if it is needed. This should be taken about 10 minutes before the meal with a warm beverage.

## ❑ **Do not allow yourself to become dehydrated!**

Dehydration impairs digestion, triggers cholesterol synthesis and increases appetite.

## ❑ **Go to bed early and Avoid light exposure at night as much as possible.**

Light at night suppresses melatonin production. This may increase risk of cancer. Too much light at night may also increase carbohydrate cravings. Some suggest that every hour of sleep before midnight is worth two after.

## ❑ **Avoid moldy foods.**

Some people are very sensitive to mold. Many foods sold in large supermarket chains were picked weeks, months, or even YEARS before. They develop rancid oils, molds, and bacterial growth that can impair immune function. Buy foods in season. Shop at a farmer's market if one is near. This may be more important for some individuals than eating organic foods.

