

## 10 Day

# Low Allergen Foods Diet

Enclosed is a sample 10 Day Low Allergen Foods Diet that can make a huge difference in how you feel. In order to jump start your wellness program, please follow this diet for two 10 day cycles. You can eat any food on this diet at any time, the 10 day suggestions are just to give you something to follow if prefer. But it is a good idea to rotate foods, as this diet does.

This diet does not restrict the AMOUNT of food, only the types of food. Please follow the “approved” foods as closely as possible. We find that just with the diet alone, people feel much better and usually lose weight, have more energy, have less pain, sleep better, and have a clearer mind. Following the Low Allergen Foods Diet for two 10 day cycles should accelerate your health recovery.

### Why Diet Can Be So Important

The foods you eat can have a dramatic effect on your metabolism. Most people don't realize it but many people are “mildly” allergic to many of the foods they eat. These “hidden” food allergies can result in systemic inflammation and last for up to 4 hours after eating the offending food. This mild but systemic inflammation can then manifest as fatigue, pain, mental fog, and even anxiety and depression. Avoiding the most common food allergens for a period of time can remove food “stressors” and allow the body to spring back to health and vitality.

### You May Have “Hidden” Food Allergies

Mild food allergies are much more common than most people think. It is likely that anyone with a chronic health challenge has a contributing mild food contributing to their health challenge. Unfortunately, mild food allergies are too

subtle for us to recognize the offending food. Instead of breaking out in hives after eating a food, we may just feel slightly spacey, or our joints may hurt just a little bit more. The bad news is that the most common food allergens are many of the foods most of us eat every day; wheat (gluten), dairy, and peanuts.

By eating foods we are mildly allergic to every day (or even every meal) we contribute to a continual state of mild inflammation, and therefore poor health. For example, a person allergic to wheat (gluten) could have toast for breakfast, a sandwich for lunch, and pasta for dinner.... and they would have eaten foods they were mildly allergic to at every meal. By getting off of all common food allergens for 20 or 30 days, people can often feel dramatic changes in their health.

### Blood Sugar Spikes/Troughs

The standard American diet is loaded with simple carbohydrates; breads, pasta, rice, potatoes. These foods convert to sugar quickly, and are “burned” quickly as energy. This can result in energy swings throughout the day. Eating these types of foods can result in energy spikes for an hour or two, and then a feeling of fatigue for several hours until we eat again... or reach for a high carb snack or cup of coffee. The 10 day Wellness

Diet removes most of those simple starches and replaces them with protein and vegetables along with some fruits. If you have severe blood sugar problems, please keep the fruits to a minimum. By following a higher protein, lower carb diet, your energy levels should be more stable throughout the day, and you should actually begin to lose weight.



## A Tale Of 2 Sandwiches

The reason we have to eat is to provide fuel for our bodies. Certain classes of foods provide more, and even better burning fuels for our bodies. See below to compare the nutritional value of these two different lunches. And consider what a difference it would make to eat one way or the other for 3 meals a day, 365 days per year.

Compare the “fuel” in these 2 lunches

**Bologna on white bread  
With a lettuce salad**

*Versus*

**Turkey on whole wheat  
with a spinach salad**



<b>600%</b>	<b>More vitamin C</b>
<b>50%</b>	<b>More riboflavin</b>
<b>700%</b>	<b>More vitamin B6</b>
<b>500%</b>	<b>More B1</b>
<b>2100%</b>	<b>More vitamin A</b>
<b>50%</b>	<b>More calcium</b>
<b>400%</b>	<b>More magnesium</b>
<b>200%</b>	<b>More niacin</b>
<b>1000%</b>	<b>More vitamin E</b>
<b>250%</b>	<b>More zinc</b>
<b>400%</b>	<b>More pantothenic acid</b>
<b>600%</b>	<b>More folic acid</b>
<b>200%</b>	<b>More B12</b>
<b>1000%</b>	<b>More manganese</b>

What you eat **DOES** make a difference in how you feel

## Foods To Avoid

**All gluten-containing foods like wheat, rye, oats and barley which are commonly found in breads, pasta and other products from refined flour.**

*The most common allergies are caused by this group of foods. By avoiding these foods for a few weeks your system gets a chance to relax and clear itself out. You may not even know you have an allergy to these foods because the symptoms may be so subtle.*

**Alcohol, caffeine (coffee, black teas, sodas and soy milk), soda and fruit drinks that are high in refined sugars.**

*Both alcohol and caffeine are hard on the liver. So give your liver a vacation!*

**Pork, cold cuts, bacon, hot dogs, canned meat, sausage and shellfish.**

*Meats are typically high in nasty ingredients such as estrogens, antibiotics and others typical of processed foods.*

**Corn and tomatoes.**

*These vegetables are common allergens and can contribute to pain and inflammation.*

**All dairy (milk, cheese, butter, yogurt, etc.)**

*Dairy products are most likely to cause allergies and increase pain. Stay away from creamy salad dressings (ranch, creamy garlic, etc.) as they contain dairy.*

**Foods high in fats and oils, including peanuts, refined oils, margarine, & shortening.**

*This diet was designed to lessen the burden placed on your system by eliminating many foods, including those high in fats and refined and processed oils.*

**Any other foods not listed on these pages that you know you are allergic to.**

*Give your healthcare practitioner a list of foods that you know you are allergic to.*

# Shopping List

You may eat any of the following approved foods.

**Vegetables** Asparagus, Artichokes, Avocados, Beets, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Cucumber, Eggplant, Green Beans, Kale, Leeks, Mixed Greens (not iceberg), Mushrooms, Okra, Peas, Peapods, Shallots, Spinach, Squash, Sweet potatoes, Swiss chard, Yellow wax beans, Zucchini

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**Fruits** Apples, Bananas, Blueberries, Cantaloupes, Grapes, Kiwi, Honeydew Melons, Oranges, Pears, Plums, Strawberries

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**Protein** Skinless Chicken breast, Turkey breast, Extremely lean beef such as Flank Steak, Cornish game hen, Lamb

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**Fish** Halibut, Tilapia, Salmon, Red Snapper, Orange Roughy, Perch, Cod, Anchovies, Sardines, Pollock, Mackerel, Herring, Water packed tuna, Haddock, Flounder (If possible use wild, not farm raised fish)

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**Grains** White rice, millet, tapioca, quinoa, 100% buckwheat, teff, amaranth.

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**Misc.** Raw almonds, Cream of Rice, Millet, Nut Butter (not peanut),

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**Drinks** Organic Decaffeinated Coffee, Green Tea, Herb Tea (no citrus), Non fluorinated /chlorinated water

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**Dressings** Extra-virgin olive oil with lemon or lime and dry herbs, including oregano and basil. Flax seed oil dressing. Oil and vinegar dressing.

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<b>Other Spices</b>	Bay leaf	Dill	Marjoram	Caraway seeds
	Dry mustard	Nutmeg	Chives	Garlic
	Poppy seeds	Cinnamon	Ginger	Tarragon
	Curry	Mace	Cilantro	

This is a sample diet only, you may eat any of the foods on the shopping list, on any day, but please try to vary your foods

## Low Allergen Foods Diet- 10 Day Sample

Please cycle thru this diet twice

	Breakfast	Lunch	Dinner	Snacks
Day 1	Spread ½ avocado on 2 pieces gluten free toast	Any left over lean protein ½ avocado Salad Strawberries	Chicken Veggies White rice Banana	Apple Raw Almonds Strawberries
Day 2	Hot buckwheat /rice/ quinoa cereal Topped with blueberries, raspberries, pecans & cinnamon	Left over chicken from day one Salad Apple Kiwi	Turkey Veggies Veggies ½ avocado	Pear Plum Raw Almonds
Day 3	Left over Chicken Breast Banana ½ avocado Grapes	Left over Turkey Sweet Potato Cantaloupe Salad	Fish Veggies Veggies Kiwi	Strawberries Banana Raw Cashews
Day 4	Organic turkey bacon wraps ½ avocado sliced on Lettuce & cabbage leaves 4 strawberries	Left over fish Salad Grapes Honey dew melon	Beef Veggies Millet Pear/Plum	Apple Cantaloupe Grapes
Day 5	Apple slices slathered with raw almond butter Dipped in crushed walnuts Top with cinnamon	Left over Beef Salad Left over Veggie Banana	Chicken Veggies Veggies ½ avocado	Raw Almonds Honey dew melon Pear/Plum
Day 6	Left over Chicken Grapefruit Banana Cantaloupe	Left over chicken Left over veggie Salad Apple	Lamb Veggies White rice Kiwi	Grapes Banana
Day 7	Warm leftover millet Slice ½ avocado in millet or use as a side Grapes	Left over lamb Sweet Potato Salad Banana	Fish Veggie Veggie ½ avocado	Strawberries Raw almonds Grapefruit
Day 8	Left over turkey Large grapefruit 4 strawberries Kiwi	Left over fish Salad Cucumber Honey dew melon	Beef Veggies Millet Pear/Plum	Apple Cantaloupe Grapes
Day 9	Steel cut or organic oats Topped with raw almonds Fresh/frozen strawberries ½ tsp raw honey ½ cup almond/coconut milk	Left over Beef Salad Left over veggie Banana	Chicken Veggies Veggies ½ avocado	Raw almonds Honey dew melon Pear/Plum
Day 10	2 scoops NutriClear Berry ½ frozen banana 2/3 cup almond or coconut milk Eat an apple	Left over chicken Left over veggie Salad Apple	Lamb Veggies Veggies Kiwi	Grapes Banana



# After the Low Allergen Foods Diet

## Slowly Start Re-introducing Common Food Allergens

After cycling thru the low allergen diet start to introduce some of the common allergen foods back into your diet to see if/how your body reacts. Continue on the same diet, but every few days take a “diet holiday” and add a singular high allergen food that day only. Take gluten (wheat) example; on that day have toast with your eggs, a sandwich for lunch, and pasta for dinner. Evaluate how you feel that day, how you sleep that night, how you feel the next morning. Then go back to the low allergen foods for two days. Now have a cheat day with dairy, and so on.

Food sensitivities are rampant in our society and they can be the underlying cause of your health challenge. The problem is they are difficult to detect. Yes there are some very innovative labs that are using saliva and blood spots as well as the traditional tests, but the testing can be expensive, also, Food Allergy testing is not 100% effective.

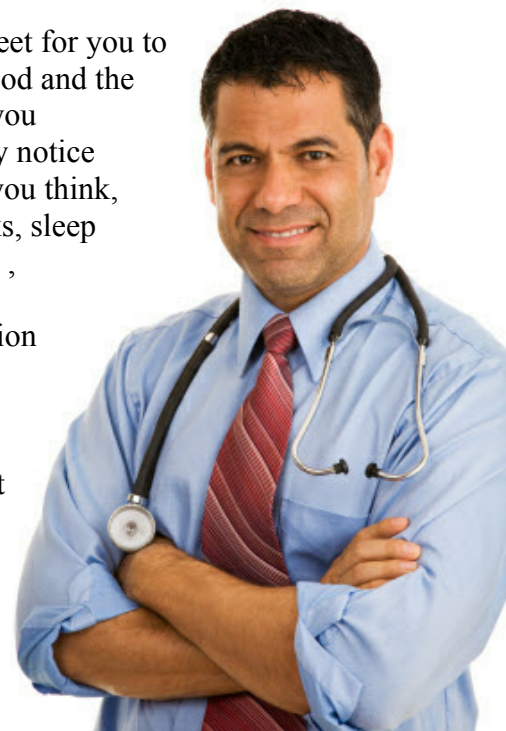
The other side is that sometimes people may not follow the lab recommendations because it usually means refraining or abstaining from some of their favorite foods. However; if while eating only clean, low reactive allergy foods; someone has their symptoms reduced or reversed they start to see the connection. Then when these reactive foods are reintroduced back in the diet and patients experience a return or even an aggravation of prior symptoms, reality sets in. As we feel the symptoms come back we are able to make a stronger connection, developing awareness of how allergenic foods can undermine our health while low allergenic foods promote optimal health.

Here is a study to prove my point; in an article titled “Food Allergies and Migraine”, in the prestigious journal; Lancet 1979, 1:966. Sixty patients were given two low risk foods per day for five days and then one to three common foods were added into the diet each day while the participants were assessed by physical symptoms related to their reactions to the foods introduced. . The average number of foods causing symptoms was for each participant was ten. By staying away from these foods, the total number of headaches was reduced from 402 per month to

just six per month, and 85% of the participants became headache free. There is no drug on the market capable of reproducing these results. Why don't more people use this technique to get free from their headaches? Because the process of eliminating and reintroducing foods requires making lifestyle changes that may seem difficult to follow. This study applies to headaches but it can apply any chronic condition that involves pain, inflammation and/or fatigue.

Start with the Low Allergen Foods Diet (or 3-Step Detox Diet) for 20 days and take the appropriate supplements. During this period many of your symptoms may be reduced. Now start to re-introduce some of the common allergen foods back into your diet to see if/how your body reacts. Continue on the same diet, but every few days take a “diet holiday” and add a singular high allergen food that day only. Take gluten (wheat) example; on that day have toast with your eggs, a sandwich for lunch, and pasta for dinner. Evaluate how you feel that day, how you sleep that night, how you feel the next morning. Then go back to the low allergen foods for two days. Now have a cheat day with dairy, and so on.

I have provided a sheet for you to use to identify the food and the possible symptoms you experience. You may notice changes in the way you think, way your body works, sleep changes, energy loss , emotional intensity, increased inflammation in joints, pain, food cravings, concentration problems, etc, etc.. It is important for you to log which foods are causing the problem.



# Slowly Start Re-introducing Common Food Allergens

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Score reactions as follows: 1-10 one =barely noticed any reaction, 10 = very severe

Foods to test individually:

Gluten, dairy, corn, eggs, peanuts, soy, one of the nightshades (tomatoes, potatoes, pepper, paprika, etc.), beef, chicken, or any foods you may suspect may cause problems;

Food eaten <b>Gluten</b> _____ date _____
Mental <input type="checkbox"/> Physical <input type="checkbox"/> Sleep Change <input type="checkbox"/> Energy <input type="checkbox"/> Emotional intensity <input type="checkbox"/>
Pain <input type="checkbox"/> Food Cravings <input type="checkbox"/> Concentration <input type="checkbox"/> Inflammation <input type="checkbox"/>
Other Changes Describe _____

Food eaten <b>Dairy</b> _____ date _____
Mental <input type="checkbox"/> Physical <input type="checkbox"/> Sleep Change <input type="checkbox"/> Energy <input type="checkbox"/> Emotional intensity <input type="checkbox"/>
Pain <input type="checkbox"/> Food Cravings <input type="checkbox"/> Concentration <input type="checkbox"/> Inflammation <input type="checkbox"/>
Other Changes Describe _____

Food eaten <b>Corn</b> _____ date _____
Mental <input type="checkbox"/> Physical <input type="checkbox"/> Sleep Change <input type="checkbox"/> Energy <input type="checkbox"/> Emotional intensity <input type="checkbox"/>
Pain <input type="checkbox"/> Food Cravings <input type="checkbox"/> Concentration <input type="checkbox"/> Inflammation <input type="checkbox"/>
Other Changes Describe _____

Food eaten <b>Peanuts</b> _____ date _____
Mental <input type="checkbox"/> Physical <input type="checkbox"/> Sleep Change <input type="checkbox"/> Energy <input type="checkbox"/> Emotional intensity <input type="checkbox"/>
Pain <input type="checkbox"/> Food Cravings <input type="checkbox"/> Concentration <input type="checkbox"/> Inflammation <input type="checkbox"/>
Other Changes Describe _____

Food eaten <b>Soy</b> _____ date _____
Mental <input type="checkbox"/> Physical <input type="checkbox"/> Sleep Change <input type="checkbox"/> Energy <input type="checkbox"/> Emotional intensity <input type="checkbox"/>
Pain <input type="checkbox"/> Food Cravings <input type="checkbox"/> Concentration <input type="checkbox"/> Inflammation <input type="checkbox"/>
Other Changes Describe _____

*Nightshades: Tomatoes, potatoes, peppers, paprika*

Food eaten \_\_\_\_\_ **Nightshades** \_\_\_\_\_ date \_\_\_\_\_

Mental  Physical  Sleep Change  Energy  Emotional intensity

Pain  Food Cravings  Concentration  Inflammation

Other Changes Describe \_\_\_\_\_

Food eaten \_\_\_\_\_ **Known food allergies** \_\_\_\_\_ date \_\_\_\_\_

Mental  Physical  Sleep Change  Energy  Emotional intensity

Pain  Food Cravings  Concentration  Inflammation

Other Changes Describe \_\_\_\_\_

Food eaten \_\_\_\_\_ date \_\_\_\_\_

Mental  Physical  Sleep Change  Energy  Emotional intensity

Pain  Food Cravings  Concentration  Inflammation

Other Changes Describe \_\_\_\_\_

Food eaten \_\_\_\_\_ date \_\_\_\_\_

Mental  Physical  Sleep Change  Energy  Emotional intensity

Pain  Food Cravings  Concentration  Inflammation

Other Changes Describe \_\_\_\_\_

Food eaten \_\_\_\_\_ date \_\_\_\_\_

Mental  Physical  Sleep Change  Energy  Emotional intensity

Pain  Food Cravings  Concentration  Inflammation

Other Changes Describe \_\_\_\_\_



# Gluten Foods

The following pre-made foods contain gluten, unless they are marked "Gluten-Free" on the label.

<b>Bagels</b>	French Toast	<b>Pita or Pocket Bread</b>
Beer	French Fries (if frozen or coated)	<b>Pretzel</b>
<b>Biscuits</b>	Funnel Cake	Salad Dressing
Blue cheese (made with bread)	Graham Crackers	Semolina
<b>Bread</b>	Gravy	Soup
Broth (pre-made, cubes, powder)	Hushpuppies	Sour Cream
Cake	Macaroni	Soy Sauce, Shoyu
Cheese (pre-shredded)	Malted milk	<b>Spaghetti</b>
Cookies	Matzo	Stock (pre-made, cubes, powder)
Corn Dogs	Muesli	Stuffing
Corn Bread	<b>Muffins</b>	<b>Toast</b>
Couscous	Noodles	Tabbouleh
Crackers	Oatmeal	Teriyaki sauce
Croutons	Pancakes	Waffles
Cupcakes	<b>Pasta</b>	Yogurt
Deli Cut or Cold Cut Meats	Pastry	
Doughnuts	Pie	

The following pre-made foods contain gluten containing ingredients

Alcoholic spirits	Hydrolyzed wheat protein	Stearyltrimoniumhydroxypropyl hydrolyzed wheat protein
Barley, Barley grass	Hydrolyzed wheat protein pg-propyl silanetriol	Strong flour
Beer (except gluten-free beer)	Hydrolyzed wheat starch	Suet (in packets)
Bleached flour	Hydroxypropyltrimonium hydrolyzed wheat protein	Textured Vegetable Protein - TVP
Bran	Kamut	Triticale (a wheat-rye blend)
Bread flour	Macha wheat	Triticale X triticosecale
Brewer's yeast	Malt (made from barley)	Triticum vulgare flour lipids, germ extract, germ oil
Brown flour	Malt (extract, flavoring, syrup, vinegar)	Udon (wheat noodles)
Bulgur	Malted milk	Unbleached flour
Cake flour (meal)	Matzo meal, semolina	Vavilovi wheat
Cereal	Mir	Vegetable starch
Couscous	Oat bran, oatmeal, oats, rolled oats, groats, flour	Wheat (Abyssinian hard, club, common, durum, timopheevi, bulgur, shot)
Dextrimaltose	Oriental wheat	Wheat bran extract, amino acids
Durum flour	Pasta (excepts gluten-free)	Wheat berries
Edible starch	Pearl barley	Wheat durum triticum
Farina	Persian wheat	Wheat germ, germ extract, germ oil, or lipids
Fillers	Polish wheat	Wheat grass (may contain seeds)
Flour (usually means wheat flour)	Poulard wheat	Wheat nuts, protein or starch
Graham flour	Rice Malt (if barley or Koji are used)	Whole wheat, flour
Granary flour	Rye	Wild einkorn, emmer
Groats (barley, wheat, oat)	Seitan	
Hard wheat	Semolina Spelt, small	
Hydrolyzed wheat gluten	Sprouted wheat or barley	

## Dairy Foods

Most commercially prepared baked goods contain milk or milk products.	Cool Whip	<b>milk</b> (derivative, protein, solids, malted, condensed, evaporated, dry, whole, low fat, nonfat, skim, solids)
au gratin, buttered, creamed, scalloped or escalloped potatoes and vegetables	<b>cottage cheese</b> cream cream pie	milkshakes
baked goods made with milk, (breads, biscuits, donuts, muffins, pancakes, waffles, zwieback, crackers, saltines, rusk)	cream sauces and soups, white sauces curds custard	most commercially prepared breads and contain milk or milk products rolls natural butter flavor (an some artificial flavor)
battered, breaded and dipped vegetables and meats	eggnog	curds
bisques, chowders, creamed soups	eggs scrambled with milk, creamed eggs, egg substitutes	condensed milk non-dairy creamers (most)
breaded meats, meatloaf, croquettes, casseroles, hamburgers (unless made without milk)	evaporated milk French fries sprayed coating or flavoring	non-dairy substitutes containing caseinate non-fat skim milk, powdered milk or milk solids
butter substitutes and non-dairy creamers (some)	French toast frozen yogurt	nougat popovers
<b>butter, butter fat</b>	gelato	protein drinks, powders, bars
buttermilk	ghee	pudding
<b>cream, cream cheese, sour cream, clotted cream</b>	half and half	queso, “con queso dip”
cake, cookies, custard, pudding, cream desserts, or sherbet containing milk products	<b>ice cream</b> instant cereals containing dried milk (oatmeal, rice, wheat, etc)	<b>salad dressing</b> containing milk, milk solids, or milk products soufflés
candy made with milk such as chocolate, fudge, caramels, nougat	instant cocoa, breakfast beverage mixes	<b>sour cream</b> , sour cream solids
casseroles	junket	sports and nutrition drinks, powders, bars
<b>cheese, cheese powder or cheese sauce</b>	lactaid	vegetables containing with milk, cheese, butter or cream
butter, butter fat	macaroni and cheese	whey and whey products
chocolate	malted milk, candy, shakes	whipping cream
<b>coffee creamers</b>	margarines (some, check the label)	white sauces
commercial and frozen dinners	mashed potatoes	<b>yogurt</b>
	<b>mayonnaise</b>	

# Soy Foods

## The following ingredients may indicate soy

- Hydrolyzed soy protein
- Miso - a paste made of rice, barley and/or soybeans; used as a seasoning often in Japanese cuisine
- Shoyu sauce - a type of soy sauce
- Soy - flour, albumin, flour, grits, nuts, milk, sprouts
- Soy protein concentrate, soy protein isolate
- Soy sauce
- Soybean, soybean granules, soybean curd
- Tamari - a type of soy sauce, mostly produced in Japan
- Tempeh - similar to tofu
- Textured vegetable protein, aka TVP
- Tofu

## Foods Commonly Containing Soy

- Baby foods, formula, cereals
- Baked goods including cakes, cookies, muffins, breads
- Baking mixes and canned frosting
- Breakfast cereals, instant breakfast drinks
- Breading mixes, stuffing mixes
- Canned puddings
- Canned and packaged dinners like spaghetti or macaroni and cheese
- Canned tuna packed in oil
- Chocolate chips, chocolate bars
- Imitation meats and seafood
- Meat fillers
- Margarine, shortening, cooking spray, vegetable oil
- Snack foods including crackers, chips, pretzels
- Soy and teriyaki sauces
- Soy milk, yogurt, non-dairy creamers
- Tofu, miso, tempeh
- Vitamin supplements