



**HealthyBodyHealthyLife**  
with *Melissa Koerner*

## Total Transformation

### Module 2 – Part 2:

# How to Do an Elimination Diet to Identify Hidden Food Sensitivities

With Nutrition, Fitness & Integrative Medicine Health Coach Melissa Koerner

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## Food-Induced Chronic Inflammation

- For more than **50%** of us, there are there are certain “healthy” foods our bodies don’t agree with and they irritate the immune system triggering an **unseen** inflammation deep in our cells and tissues called **food-induced chronic inflammation**.
- These problem foods are **hidden** food allergens - most people don’t know these foods are causing inflammation in their bodies.
- This is **not** your typical peanut allergy that puts you in the ER with hives, a swollen tongue and trouble breathing.
  - That’s an **immediate allergy** (or an IgE hypersensitivity reaction).
- This a **delayed allergy** (or IgG delayed hypersensitivity reaction).
  - It’s much more **common**.
  - Unfortunately, it’s **not** commonly **recognized** by conventional medicine, even though it plays a **BIG** role in many chronic illnesses and weight problems.

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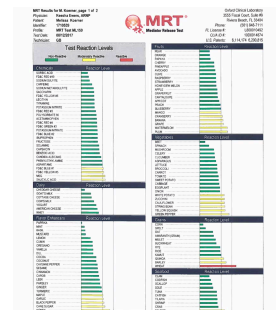
## Delayed Allergy Body Signals

- A delayed allergic reaction can trigger body signals anywhere from **10 minutes to 12 hours**; some food sensitivity responses can take up to **48 hours** to manifest.
- Some of the **reactions** include: weight gain, fluid retention, fatigue, brain fog, mood problems, changes in sleep patterns, lightheadedness, headaches, joint or muscle stiffness, skin breakouts (acne, eczema), flushing, sinus and nasal congestion, itching, nausea, dizziness, bowel changes (diarrhea and/or constipation), bloating, indigestion, feeling sleepy 30 minutes after eating, food cravings and rapid heartbeat

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## Identifying Hidden Food Allergens

- There are **two ways** to find out if you're reacting to foods.
- One way is by doing a **Comprehensive Elimination Diet**.
- Another way is through a **blood test** for IgG antibodies to foods.
  - This can be very useful in going **deeper** and **pinpointing** specific foods you may not be able to identify through an elimination diet.
  - If after you do the elimination diet you still don't feel like you've been able to identify all trouble foods, and you want to go deeper with **MRT Food Sensitivity Testing**, you can learn more about these functional lab tests during your bonus coaching call or by setting up a complimentary consultation at [melissa@healthybodyhealthylife.com](mailto:melissa@healthybodyhealthylife.com)



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## What is a Comprehensive Elimination Diet?

- A dietary program designed to **clear** the body of foods and chemicals you may be allergic or sensitive to.
- You essentially eat an **organic, whole foods** diet with plenty of **high-quality** proteins and fats, and **no** refined foods or artificial sugars.
  - In short, it is an **anti-inflammatory, chemical-free** diet that is more in alignment with the diet our ancestors followed.
- The main rationale behind the Comprehensive Elimination Diet is that these modifications allow your body's detoxification machinery, which may be overburdened or compromised, to **recover** and begin to function efficiently again.
  - The dietary changes help the body **eliminate** or "**clear**" various toxins that may have accumulated due to environmental exposure, foods, beverages, drugs, alcohol, or cigarette smoking.
- It also helps **reduce** inflammation throughout your body.

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## What is a Comprehensive Elimination Diet?

- It's called a Comprehensive Elimination Diet because you **remove** certain foods, and food categories, from your diet.
- For a period of **30 days** you eliminate foods from your diet which are the most likely culprits.
- If your symptoms **improve** during the 30-day period, you'll carefully add foods back into your diet **one at a time** to see which foods may be triggering symptoms.
- If you find **no improvement** within four weeks either you do not have any food sensitivities, or you may have food sensitivities but there are other factors complicating the picture.
- There are **no magical answers** here; it's a journey of self-exploration and discovery that requires **patience** and **listening** carefully to your body.

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## The 30-Day Elimination Diet Guide

- Changing food **habits** can be a complex, difficult and sometimes confusing process.
- I have **simplified** the process with a food list, sample meal plans, recipes, snack suggestions and other information to make it a **do-able** process for you.
- I created the **30-Day Comprehensive Elimination Diet Guide** to explain the details of the dietary plan – read it thoroughly to understand the plan.
- Make sure you **only** eat the foods listed under the “**Foods to Include**” list and **avoid** those foods shown under “**Foods to Exclude**” list in the Comprehensive Elimination Diet Food List (page 8).
- If you’re **unsure** about a particular food, check to see if it is on the food list.
- **Avoid** any listed foods to which you know you are intolerant or allergic.
- You also may **change** some of these guidelines based upon your personal health condition and history.

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## How is it Different from the Whole 30 Program?

- With the Whole 30 Program you only eliminate **five food groups** – dairy, sugar, grains, legumes and alcohol.
- But there are also a few other **not-so-well-known foods** that trigger **food induced chronic inflammation** i.e. eggs, soy, nuts, nightshades (potatoes, eggplant, peppers, tomatoes), citrus (grapefruit, orange, lemon, lime), shellfish, and yeast (baker’s yeast and fermented foods).
- These foods don’t cause issues for everyone, but they **DO** cause issues for more than **50%** of the population, so it’s important to take them out of your diet and **test** your reaction to each food to see how you respond to them.
- If you **only** remove dairy, sugar, grains, legumes and alcohol from your diet and you **don’t** remove the other common, but **hidden** allergens, then you’re missing some pieces of your “nutrition puzzle.”
- You’re **not** likely to experience the **best** results.

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## Long-term Benefits

- Addressing hidden food sensitivities and improving your nutrition habits, in general, is an incredibly **powerful** tool to **prevent** and even **reverse** hundreds of diseases that conventional medicine fails to address.
- Eliminating foods that you're sensitive to often leads to **remarkable** results like:
  - Losing weight
  - Building bone density
  - Eliminating joint pain
  - Balancing hormones
  - Lowering cholesterol and blood pressure
  - Healing digestive disorders
  - Balancing mood disorders like anxiety and depression

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## Long-term Benefits

- People often notice **dramatic** relief from all the chronic symptoms they thought they had to live with the rest of their lives.
- It's all happening because they're eliminating the foods that are **triggering** the chronic inflammation that's making them **sick** in the first place.

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## Modified Elimination Diet

- If taking out all the foods in the Comprehensive Elimination Diet feels overwhelming, start with a **modified elimination** diet by taking out these foods:
  - **Gluten:** wheat, rye, spelt, bulgur, barley, semolina, couscous, triticale, durum flour, modified food starch, dextrin, flavorings and extracts, hydrolyzed vegetable protein, imitation seafood, and creamed products such as soups, stews, and sauces.
  - **Soy:** soy milk and creamer, tofu, tempeh, soy protein powders, bars, soy sauce, and whole soybeans.
  - **Dairy:** pasteurized milk, cheeses, yogurt, kefir, butter, yogurt, cottage cheese. (You can eat clarified butter or ghee if it's organic and made from grass fed cow's milk.)
  - **Sugar:** all sugar substitutes, maple syrup, honey, brown rice sugar, date sugar, and agave. You can have stevia.

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## 5 Steps to Get Started

- **Step 1:** Read the **Comprehensive 30-Day Elimination Diet Guide** and choose your start date.
- **Step 2:** Choose **4 to 5 recipes** to make for the week and rotate over the course of 30 days – (See the Sample Meal Plan and Recipes).
- **Step 3:** Make a **grocery list** of the ingredients you need for the week (See Grocery Shopping List).
- **Step 4:** Go **grocery shopping** (choose one day each week).
- **Step 5:** **Prep your meals** (choose one day each week).

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## After the 30-Day Elimination...

- Once you've completed your 30 days on the elimination diet, you'll begin to **reintroduce** foods back into your diet to **"test"** your reaction.
- You can **choose** whichever foods you want to start with.
- If any of these foods cause a reaction, you'll eliminate them for at least **6 months** before reintroducing them again.

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## A Word About Grains & Legumes

- If you have a goal of weight loss or if you suffer from digestive concerns such as heartburn, IBS, colitis, Crohn's, constipation, diarrhea, or frequent bloating...
- I recommend that you **don't** reintroduce grains and legumes to your diet due to their **inflammatory** effects on the digestive tract.

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## Carb Tolerance

- If you choose to include grains and legumes in your diet, you can determine your **carb tolerance** by adding in a small amount at a time.
- Start with a **half cup or less** at meals and taking note of how you **feel** afterward - similar to the food allergy/sensitivity reintroduction.
- If you feel fatigued/lethargic or bloated after meals, it's an indication you've had **too many** carbs.

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## Carb Tolerance

- Whatever amount causes **fatigue** (if any) is the amount you should **stay under**.
- For example, if you feel **energized** eating a meal with 1/2 cup legumes but feel **fatigued** after eating 1 cup of legumes, stick to 1/2 cup.
- Your meals should leave you feeling **energized** and not overly full.
- You can do this with **starchy vegetables** too.

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## General Rules for Testing Foods

- Make sure to add foods **one at a time** and wait **72 hours** between foods.
- Eat the test food at least **twice a day** and in a fairly large amount.
- Eat that food in its **purest** form on an empty stomach.
- For example, test milk or cheese or wheat, but not macaroni and cheese that contains milk, cheese and wheat.
- It is very **IMPORTANT** that you **do not mix foods** from the elimination and that you wait **72 hours** in between foods so you'll have a clear indication which food you're reacting to.

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## General Rules

- Often an offending food can provoke symptoms quickly (within **10 minutes**) or it can take **a few hours** or even up to a **couple of days**.
  - Many food sensitivity responses can take up to **48 hours** to manifest.
- If you don't immediately react, notice how you feel the following day and the day after that.

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## Signs to Look for...

- Skin issues (i.e. acne, rashes, itching)
- Headaches
- Bloating & gas
- Nausea
- Dizziness
- Fatigue
- Diarrhea
- Constipation
- Indigestion
- Anal itching
- Feeling sleepy 30 minutes after a meal
- Flushing
- Rapid heartbeat
- Disrupted sleep etc.

\* Pay attention to **any negative or abnormal response.**

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## Re-Testing Foods

- If you're **unsure** you had a reaction to a particular food, take the food back out of your diet for at least **one week** and try it again.
- If you **DO** notice a negative response, I also recommend re-testing the food.
- I like to test foods that elicit a negative response at least **three times** to confirm the same response.
  - Negative symptoms can be related to **something else.**
- See the **30-Day Comprehensive Elimination Diet Guide** for detailed instructions on how to test individual foods.

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## Food/Symptom Diary

You'll want to keep a food/symptom diary to:

1. Track all of the foods you're testing in a given day.
2. Track any negative body signals you experience.

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**Food/Symptom Diary**

Instructions: Note any special activities, weather, illness, and other observations below the chart.

Date & Time Ate Food	Food Being Tested	Food Amount/Description	Date & Time Noticed Symptoms	Symptoms? What and how severe (1-10)? Use as many lines as needed for details in each category.

Notes:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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## Completing Your Food/Symptom Diary

- **Date/Time:**
  - Be sure to note the day of the week, the date and the time of day you **ate** the food.
  - You also want to note the day of the week, the date and the time of day you **notice** any **symptoms**.
- **Food Being Tested:**
  - Write down the food you ate.
  - Again, make sure you eat the food in its **purest** form.

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## Completing Your Food/Symptom Diary

- **Food Amount/Description:**
  - Describe the food you've eaten in as much **detail** as possible.
  - For example, if you drank milk, indicate whether you had whole, skim or 2%.
  - Indicate the **amount** (i.e. in inches, cups, tablespoons, ounces, or number of items.)
  - Add any **details** such as fresh, frozen, or canned, how it was prepared (i.e. raw, baked, boiled, steamed etc.), brand name, whole, organic etc.
  - Use as many sections as needed, rather than crowding information into one box.

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## Completing Your Food/Symptom Diary

- **Symptoms:**
  - Record all physical **symptoms**.
  - For some items you may want to **rate** the symptom on a scale of 1-10. (1 being barely noticeable and 10 being severe.)
  - To make record keeping easier, for some common symptoms you may want to create **abbreviations**, like "D" for diarrhea, "C" for constipation, "M" for migraine.

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## Completing Your Food/Symptom Diary

- **Symptoms:**
  - For example, D-1 might be **minimal** diarrhea, M-10 would be a **severe** migraine.
  - Note what the abbreviations stand for someplace on the page or when first listed.
  - You can also note how you were feeling **while** you were eating (for example, sad, happy, depressed etc.) Also note if you feel great and had no symptoms.

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## Tips for Completing Your Food/Symptom Diary

- 1. When completing your food/symptom diary, pretend that you're a **scientist** and your job is to **objectively** collect data.
  - Write as many **details** as possible about what you ate and how you responded after.
  - Keep in mind, this diary is **only useful** if completely and accurately filled out every day.
- 2. Keep your diary with you all day.
  - Write down the information **as soon as you finish eating**, since symptoms can be difficult to recall in detail after time has passed.

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## Tips for Completing Your Food/Symptom Diary

- 3. Feel free to make **as many copies** of the diary as you need.
- 4. If possible, stop all **non-prescribed** supplements or herbs you're taking.
  - You may want to **test each** of these separately as well to assess your reaction to them.
  - Many people respond **poorly** to supplements, but they're not aware of it because they take so many at once.

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## Next Up...

**Module 2 – Part 3:**  
**What Are Healthy Proteins, Fats and Carbs?**

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