

# HAMPTONS NATUROPATHIC

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[www.hamptonsnaturopathic.com](http://www.hamptonsnaturopathic.com)

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## Elimination/Challenge Diet

**Purpose:** to determine which foods, if any, are contributing to your symptoms through a process of elimination and reintroduction

**Procedure:** for 4 weeks eliminate suspect foods - the most common suspects include gluten, dairy, soy, corn, nuts (especially walnuts and peanuts), nightshades and citrus fruits. Also eliminate processed foods. It is easiest to think of this in terms of what you CAN have: most vegetables (except nightshades); all meat (organic, high quality; no "lunch meats"); most fruit (except citrus). For grains, rice and quinoa are the best choices. If a cheesy flavor/texture is desired, there are recipes with cashews that are acceptable substitutes.

After four weeks, choose one food, reintroduce it at one meal - watch your physical, mental and mood symptoms for 3 days. If no change, eat that food at several meals in one day, and again observe for 3 days. If no change, this food is probably fine for you. If there are symptoms, remove the food and wait a week before challenging the next one (You don't want to do this again! Be patient!). It may be useful to keep a calendar or journal of symptoms and foods.

Remember: you are ELIMINATING, not just reducing, the foods in question. The stricter you are, the better your information will be.

### **For ideas and recipes:**

websites: gluten free goddess; gluten free girl; any paleo diet sites;

books: The Anti-Inflammatory Diet & Recipes by Jessica Black, ND

**Rationale:** although there are lab tests for food sensitivities, they are expensive and of only moderate accuracy. Although a diet change of this magnitude can be difficult, it is considered the gold standard for evaluating food sensitivities. Many patients feel the results are more than worth the trouble, especially when they experience relief from problems that have been plaguing them for years.