

To The Point Acupuncture



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Elimination Diet

An elimination diet is the most accurate way of determining sensitivities to food. Other methods such as saliva and blood tests are not always accurate as to which foods will actually cause symptoms. If you rid your diet of a certain food and your symptoms go away, what more proof do you need?

For the first 1-4 weeks (until your symptoms disappear) you will eat the following diet:

- Foods to Eat:
- Rice
 - Turkey
 - Vegetables (except those in the Foods to Avoid list)
 - Blueberries
 - Pears
- Foods to Avoid:
- Nightshades (Potatoes, tomatoes, bell peppers, hot peppers, eggplant)
 - Gluten (Wheat, Barley, Oats, Rye, Spelt, Buckwheat, Kamut)
 - Dairy (Cheese, milk, yogurt)
 - Eggs
 - Soy
 - Corn
 - Fruits
 - Sugar
 - Preservatives
 - Dyes

After this initial avoidance period, you may pick a food to test (pick your favorite!). For example, you really love bread products, so you want to test wheat.

On the morning of the day you're going to test wheat, eat whole-wheat toast, whole-wheat crackers and shredded wheat cereal; anything and everything that is made of wheat (but not including anything from the above list of foods to avoid!). After you've had your fill after lunch, stop eating wheat and go back to the avoidance diet. For the next week, observe your body: are any of your symptoms returning? The symptoms may not be to their full strength as before the diet, but they will be there if you're sensitive to the food you're testing. If you had no symptoms after one week, test the next food on your list in the same manner. If you had symptoms, you have your answer! However, don't stop here! Continue on the avoidance diet until your symptoms again disappear (may take up to 4 weeks again!). Test the next food on your list in the same manner. It is possible for a person to have multiple food sensitivities, each of which can cause its own set of symptoms.

Now comes the time for you to make a decision. Are the symptoms for each food sensitivity uncomfortable enough to avoid the food completely? Will you simply reduce the amount you eat? Will you eat it for special occasions and just know that you may have some symptoms for a couple of days? The information you gained from the elimination diet will allow you to make these decisions yourself. How empowering to finally have some control over your health!