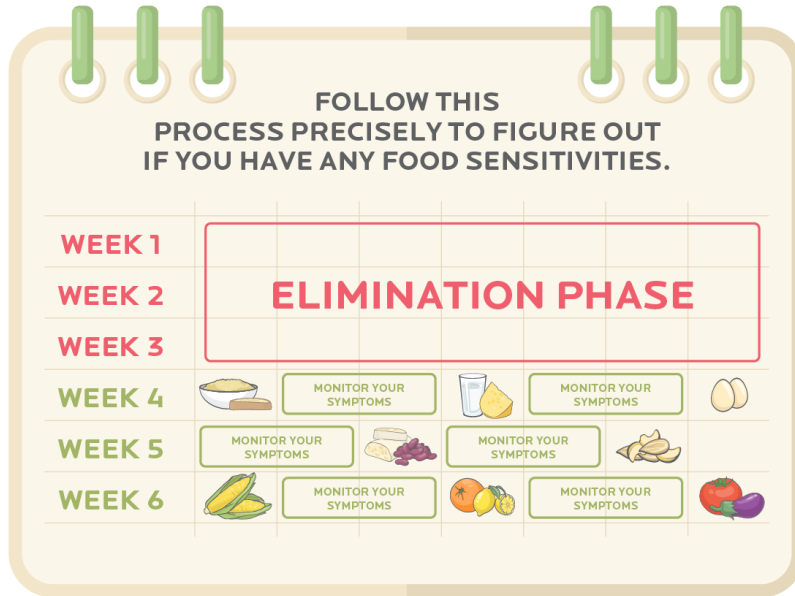


HOW TO REINTRODUCE THE FOODS

After the elimination period, reintroduce a single food group* for one day only, then monitor your symptoms for two days. Continue this process for a few weeks to determine what may be causing issues.



*The fewer foods you introduce in a given day, the more likely you are to pinpoint sensitivities (but the longer the process will take).

SYMPTOMS TO LOOK FOR



During reintroduction, pay attention to how you're feeling. Write down any changes you notice, whether positive or negative.

SIGNS OF FOOD SENSITIVITY INCLUDE:

- Insomnia
- Fatigue
- Joint pain
- Bloating
- Brain fog
- Skin breakouts or rashes
- Headaches
- Bowel changes or GI pain
- Sinus or other respiratory issues
- Marked increase in energy (this can actually be a physical sign of stress)

TIPS FOR SUCCESS



PREPARE:

People who spend the week prior to an elimination diet shopping for the right foods and looking up recipes do far better than those who jump right into it.

CLEAN OUT YOUR KITCHEN:

Get rid of foods that aren't part of your elimination phase.



KEEP A JOURNAL:

Writing down symptoms, energy and mood throughout the day can help you identify patterns related to the food you eat.