

# The 21-Day Elimination Diet

Do you experience digestive issues or skin flare-ups like eczema, wondering if you may have a food allergy? Struggling to find the right solution to make them go away? Common food sensitivities and allergies can go undiagnosed for an entire lifetime and can be the root cause of many diseases and illnesses. In the United States, millions of people suffer from food allergies, not counting intolerances. Most of your immune system (approximately 70-80%) lies in the gut, so let us tackle this by starting with the food we consume and important supplements.

Dr. Nuzum has found over years of practice how digestive enzymes and low pH fulvic acid is extremely helpful for those with food sensitivities. When one's digestive function is poor (i.e. low stomach acid and low digestive enzyme production, low probiotic growth in the gut, and slow or sometimes fast motility) foods don't break down properly and become an irritant to the gut themselves. When this happens "leaky gut" or gut hyperpermeability can arise leading to food sensitivities.

Nuzum's Digest, Gut Health, and Equalizer concentrate all have a very calming effect on the "irritation" and it gives the gut time to heal by digesting the food that is being consumed. Along with this, an elimination diet is crucial for pinpointing what foods are causing an issue.

## **The Elimination Diet:**

- A. An eating plan where you eliminate certain foods that you think are causing digestive upset or an intolerance, sensitivity, or allergic reaction to them.
- B. Then you reintroduce foods one at a time to determine which foods are, or are not, causing you issues. Trigger foods, if you know what these are for you, should be removed during a 3-week (or even longer for up to 3 months) elimination diet. It takes 3-6 weeks for the antibodies to dissipate from your system.
- C. To reduce inflammation and give the immune system time to heal and restore itself.

## **The Most Common Culprits (if other food allergies run in your family history, you may want to avoid those as well):**

1. Dairy
2. Refined/added sugar
3. Gluten
4. Soy
5. Corn
6. Tree nuts/peanuts
7. Eggs
8. Caffeine
9. Alcohol
10. Processed, packaged, and fast foods

## **Symptoms the Elimination Diet can Usually Help:**

1. Adrenal fatigue
2. Asthma
3. Atherosclerosis (hardening of the arteries, a precursor to heart disease)
4. Autoimmune disorders
5. Chronic fatigue syndrome
6. Cognitive impairment such as Parkinson's and dementia
7. Kidney and gallbladder problems
8. Migraine headaches
9. Mood disorders such as depression and anxiety
10. Muscle and joint pain such as arthritis conditions
11. Nutrient deficiencies
12. Skin issues like eczema, hives, and acne
13. Sleep trouble or insomnia
14. Weight gain and obesity

## **Health Benefits of Doing an Elimination Diet:**

1. Unknown food allergies come to light
2. IBS (irritable bowel syndrome) symptoms can be greatly reduced
3. Helps to prevent and manage ADHD/ADD and Autism
4. Encourages healing of leaky gut syndrome
5. Improves/heals skin conditions like eczema

## **5 Steps for Completing an Elimination Diet:**

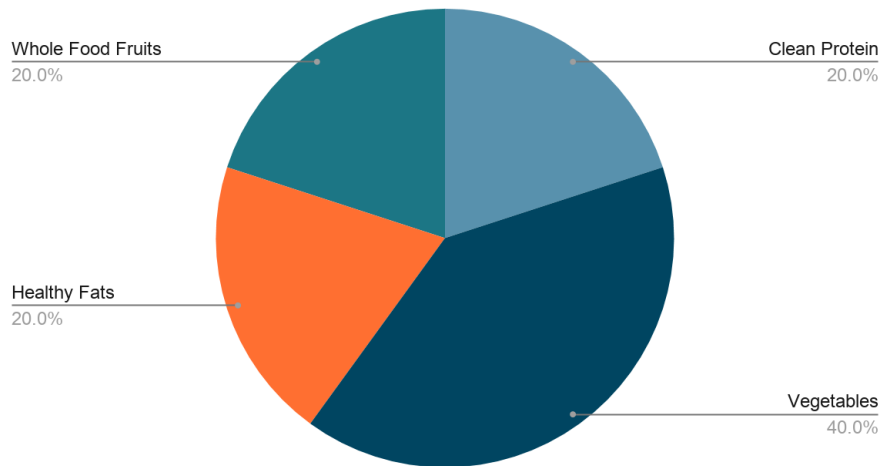
1. Remove a certain food(s) from your diet entirely for at least 3 weeks and see how you feel from avoiding that/those food(s).
2. For foods that cause you a lot of problems, you may need to eliminate them from your diet for a much longer time such as 3 months to a few years. There are certain foods such as corn and soy, that are not for everyone to eat. Some people may never be able to eat these without having issues with them.
3. Add Dr. Nuzum's gut support supplements daily to help calm the gut "irritation"-[Nuzum's Digest](#), [Gut Health](#), and [Equalizer](#).
4. In an elimination diet, it is important to completely eliminate that which you are trying to avoid such as gluten, not just found in bread or grain products, but also found in MSG and other taste enhancers. Reading food labels is critical!
5. **AFTER AT LEAST 3 WEEKS:** reintroduce food items one at a time, every 3 days to test their effect on your body. The elimination-reintroduction of trigger foods will help you pinpoint which ones you should keep out of your diet (for some people, there may be foods that must be avoided indefinitely).

FOODS to ELIMINATE

FOODS to INCLUDE

Gluten	Bone broth
Dairy	Cultured dairy
Soy	Probiotics and fermented foods
Corn	Coconut products
Peanuts	All leafy greens
Citrus fruits	Cruciferous vegetables
Hydrogenated oils	High-quality proteins
Added sugars	Healthy sources of fats
Possibly alcohol and caffeine	Small amount of fresh fruits

What Should be on Your Plate at Each Meal



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