

TOP 10 ELIMINATION DIET MISTAKES

Elimination diets remain the gold standard in confirming food intolerances. By removing foods that registered as triggers for a period of time, and then reintroducing certain foods, you can identify which foods your body can handle and also determine your unique "dose" tolerance.

- 1 Giving up and quitting the plan too soon!**

People think that they will instantly feel better when they eliminate their triggers. Remember, Rome wasn't built in a day. You didn't get to this place overnight, so it will take awhile for your body to overcome any type of withdrawal symptoms and begin to rebalance itself. On average, it takes about 2-3 weeks to accomplish this adjustment period.
- 2 Not following YOUR unique plan.**

There is no one size fits all plan. You are unique and need to follow your specific results plan. Make sure you do not consume foods you were not tested for during your elimination period.
- 3 Lacking nutrient dense foods.**

Try to balance out your proteins, fats, and carbs the best you can. Consuming more of one can lead to nutritional imbalances, hormone issues, and blood sugar problems.
- 4 Focusing on just elimination and not inclusion.**

Instead of focusing on what you can't eat, focus on the foods that you CAN eat! Changing your focus will change your attitude, and you will see that there is plenty of variety in the foods that you can consume.
- 5 Fail to plan ahead.**

Your elimination plan will take lots of planning. To ensure success, you should come up with at least 3-5 options for breakfast, lunch, and dinner. If you eat out, pick your restaurant that will best serve your dietary needs.
- 6 Skipping the re-introduction stage.**

The elimination process is only one part of the plan. This is not your forever diet. If you have done this part properly, you should feel improvement in your symptoms. This is the time you want to reintroduce foods and test for an intolerance. Please remember to add just ONE FOOD AT A TIME. Wait at least 48 hours after eating the food to notice if there are any noticeable symptoms.
- 7 Staying on the elimination diet too long.**

Once you have worked through the elimination process and the re-introduction phase, you want to make sure that you are consuming your foods in rotation and moderation. Over-consumption can contribute to new food sensitivities. Do not eat the same food every single day.
- 8 Assume that all problematic foods are forever unsafe.**

Intolerances are temporary, unlike true allergies. Just because you registered an intolerance to a food that you eliminated it from your diet, it doesn't mean you will have to eliminate it forever. Our bodies are constantly changing due to our diet, lifestyle, stress, hormones, and exercise. As your body heals and the inflammation subsides, you may gain the ability to consume a wider variety of foods. There may be certain foods that you choose to avoid long term due to having an autoimmune disorder.
- 9 Ignoring Dose Tolerance.**

Some food intolerances have a cumulative effect. This means that eating a lot of a certain food within a short period of time can trigger symptoms. So remember that eating a little bit of something can be fine, but a lot of it can cause symptoms. This dosing will vary from person to person. One person may be able to eat a certain food 4 times per week with no symptoms, whereas another person may only eat it 3 times and develop symptoms.
- 10 Not looking beyond your food.**

For most people, changing their diet will help alleviate many health issues. But for some, that may not always be the case. If you have diligently followed your food elimination plan and still see no significant changes, it may not be a food issue. There could be environmental factors or chemical sensitivities that are contributing to your symptoms. Always remember to start with what you can control, and that is your food. If your symptoms persist, begin to examine the personal care products, medications, supplements, and cleaning products you may be utilizing on a regular basis.