



ALKALINE FOR LIFE® ELIMINATION DIET



Remove the common allergens listed below from your diet.

After one week, begin adding back the food groups, one at a time. Wait 3-4 days to introduce a new group.



Keep track of your digestive and allergic reactions both when you eliminate the food groups and after reintroducing it.

FOODS TO AVOID IN TRIAL ELIMINATION DIET

- All dairy
- Wheat products (flour, breads, pasta, crackers, pastries)
- All gluten (rye, barley, wheat, triticale, bulgur, beet)
- Soy
- Sugar (cane, sugar, beet sugar, etc.)
- Corn
- Food additives

