

3 WEEK CLEANSE PROGRAM

FOOD REINTRODUCTION GUIDE



*It is health that is real wealth and
not pieces of gold and silver--Mahatma Gandhi*

How to Use This Guide

1

Fill out the Questionnaire Below

2

Read the Reintroduction Guidelines

3

Eat Foods from Provided Food Guide

4

Fill out the Food Journal (Attached)

Questionnaire After Cleanse

1. Please describe how your primary health concerns have changed.

2. Are you having regular bowel movements?

- 1-3 times per day?
- Well-formed?
- Easily eliminated?

3. How would you rate your energy level?

excellent good mediocre poor

4. How is your sleep?

- Fall asleep easily?
- Stay asleep throughout the night?
- Wake feeling refreshed?

5. Did you accomplish what you had hoped to with this program?

The ReIntroduction Guidelines

Well done, you've reached the reintroduction phase--arguably, the most important part of the cleanse! In this phase, your goal is to reintroduce--*one at a time*--foods that you've avoided now for three weeks. Reintroduction should follow an *orderly pattern* to optimize your knowledge of what foods may have been causing your symptoms. We have created a **Food Category Guide** and **Food Journal** to help with that.

The provided Food Category Guide contains 11 groups of foods/ingredients that you've been avoiding during the anti-inflammatory diet. To begin your reintroduction make a selection from **one category at a time**, i.e. gluten, and eat a moderate amount of that food at **every meal for one day**. If you begin to notice symptoms (any that you had before beginning the cleanse or any from the **list of reactions to watch for**), stop eating that food immediately.

For example, you eat shredded wheat for breakfast on Day One, it contains **gluten**. You notice by 10 AM you are feeling sluggish and irritable, and your abdomen is bloated and distended. These are symptoms you hadn't felt for three weeks on the cleanse. This would be considered a food reaction. **Write down these reactions** in your Food Journal, noting the time and day of week you felt the symptoms, then STOP eating all gluten containing grains, don't have another serving for lunch or dinner. Instead, for lunch and dinner on day one, resume eating the **anti-inflammatory diet**. Continue eating the anti-inflammatory diet until the symptoms resolve. Then resume reintroductions, this time with foods from a *different* category, i.e. dairy.

If, by lunchtime on Day One, you are still feeling symptom-free, continue eating a moderate amount of your chosen food (i.e. gluten) for lunch. Then again for dinner, assuming you don't have a reaction between lunch and dinner.

Day Two and Three are anti-inflammatory diet days.

Immediate responses to foods are caused by IgE immune-globulins and occur from one to 15 minutes after eating. This is considered a **food allergy**. Other responses to foods are caused by IgG and IgA immune-globulins and can take from three to 72 hours. This is considered a **food sensitivity**. Either one requires more investigation and treatment by your doctor. And the nature of such a delayed response (as much as 72 hours after eating a food), is why after you reintroduce a food one day, it is important you wait 3 days before starting a new food reintroduction.

Don't start reintroduction of a new food if you are continuing to experience a reaction from a previous food reintroduction, i.e. bloating/gas. Return to eating anti-inflammatory foods until the symptom subsides, then start reintroduction again. And be mindful not to reintroduce two or more foods at the same time. Like eating pizza that contains gluten and dairy. Because if you develop a reaction after eating pizza it will be hard to determine what ingredient (gluten or dairy) caused the reaction.

Pay attention to notations besides certain foods in the Food Category Guide that indicate an extra ingredient(s) you may wish to avoid. Also, the list of foods under each category are by no means all-inclusive of the foods you can eat in that category. They are only suggestions. If you find other foods that may fit into a category, please feel free to email the clinic with your discovery so that we may add it to future editions of this list.

Lastly, use the provided food journal. Mark what specific food you eat on what day and **note what day/time** you notice symptoms (if any).

Watching out for Reactions to Foods/Ingredients

Headache

Runny Nose

Flushing/Hot Flash

Skin Rash

Itching

Swollen Tongue

Scratchy Throat

Constipation/Straining

Diarrhea

Abdominal Pain

Abdominal Distention/Bloating

Increased, Foul-Smelling Gas

Fatigue

Mind Fog

Joint Pain

Nasal Congestion

Irritability for No Apparent Reason

Glossary of Abbreviations

G.F. --Gluten-Free

A.I. Diet --Anti-inflammatory Diet

A.I. Diet + --eat the Anti-inflammatory Diet, plus any food you have already reintroduced and not felt symptomatic after eating

UOI --Unless Otherwise Indicated

Food Category Guide

GLUTEN GRAINS (^contains yeast)

Shredded Wheat Cereal (Arrowhead Mills, Barbara's Bakery)

Pasta (semolina, spelt, whole wheat)

Cous Cous

Bulgar Wheat

Water Crackers (Carr's)

Light Rye Crackers (Wasa)

^Crackers (Barbara's Bakery Wheatines, Wasa

Whole Grain)

^Bread

^Pretzels

^Pizza Crust

DAIRY (*cultured)

Milk

Butter

Cream (light and heavy)

Half & Half

Ice Cream

*Cottage Cheese

*Cheese

*Kefir

*Plain Yogurt (fat-free and whole milk)

CORN

Baked Corn Chips

Popcorn

T H E G O L G I C L I N I C

You're Gonna Feel Better

CORN

Puffed Corn Cereal (Arrowhead Mills)
Puffins Cinnamon Cereal (Barbara's Bakery)
Corn Flakes (Nature's Path)
Corn on the Cob

SOY (*cultured, +contains gluten UOI)

Edamame (soy beans)
Tofu
Plain Soy Milk
Plain Soy Yogurt
Soy Cheese
*Miso Soup
*Tempeh
*+Soy Sauce
*+Tamari

PEANUTS

Peanuts
Sugar-Free Peanut Butter (Adams, Santa Cruz, Maranatha)

POTATO/TOMATO

Fresh, Canned or Frozen without additives/
preservatives

CAFFEINE

Full caffeine espresso, Americano, or french press
Caffeinated Black, White or Green Tea
Yerba Maté

CITRUS (-less inflammatory)

Orange
Grapefruit
Tangerine
Tangelo
Satsuma
Clementine
Kumquat
Mandarin
Minneola
-Lemon
-Lime

ALCOHOL (^contains yeast, +contains gluten)

^+Beer
^Organic Wine
Distilled Spirits
Liqueur

SUGAR (-less inflammatory, +contains gluten)

White Sugar (cane, corn or beet derived)
Brown Sugar
High Fructose Corn Syrup
Confectioners Sugar
Fruit Juice Concentrate
Caramel
Carob Syrup
Other Forms (glucose, sucrose, fructose, maltose, maltodextrin, dextrose, sorbitol)
-Sugar Alcohol (xylitol, sorbitol)
-Honey
-Maple Syrup
-Agave
-Date Sugar
-Brown Rice Syrup
-Molasses
-Natural Cane Sugar (turbinado, demerara, sucanat, muscovado)
-+Barley Malt

You may wish to reintroduce

SULFITES

(Also labeled as sodium sulfite, sodium bisulfite, sodium metabisulfite, potassium bisulfite and potassium metabisulfite)

Fermented Foods
Alcohol (all except distilled spirits)
Dried Fruit & Vegetables (UOI)
Juices--flat and sparkling (UOI)
Molasses
Packaged Foods (check labels)
Certain Pharmaceutical Medications (check labels)

T H E G O L G I C L I N I C

You're Gonna Feel Better

	BREAKFAST		LUNCH		DINNER
day	gluten		gluten		gluten
1	NOTES		NOTES		NOTES
	a.i. diet		a.i. diet		a.i. diet
2	NOTES		NOTES		NOTES
	a.i. diet		a.i. diet		a.i. diet
3	NOTES		NOTES		NOTES
	dairy +		dairy +		dairy +
4	NOTES		NOTES		NOTES
	a.i. diet +		a.i. diet +		a.i. diet +
5	NOTES		NOTES		NOTES
	a.i. diet +		a.i. diet +		a.i. diet +
6	NOTES		NOTES		NOTES
	eggs +		eggs +		eggs +
7	NOTES		NOTES		NOTES

T H E G O L G I C L I N I C

You're Gonna Feel Better

	BREAKFAST		LUNCH		DINNER
day	a.i. diet +		a.i. diet +		a.i. diet +
8	NOTES		NOTES		NOTES
	a.i. diet +		a.i. diet +		a.i. diet +
9	NOTES		NOTES		NOTES
	corn +		corn +		corn +
10	NOTES		NOTES		NOTES
	a.i. diet +		a.i. diet +		a.i. diet +
11	NOTES		NOTES		NOTES
	a.i. diet +		a.i. diet +		a.i. diet +
12	NOTES		NOTES		NOTES
	soy +		soy +		soy +
13	NOTES		NOTES		NOTES
	a.i. diet +		a.i. diet +		a.i. diet +
14	NOTES		NOTES		NOTES

T H E G O L G I C L I N I C

You're Gonna Feel Better

	BREAKFAST		LUNCH		DINNER
day	a.i. diet +		a.i. diet +		a.i. diet +
15	NOTES		NOTES		NOTES
	peanut +		peanut +		peanut +
16	NOTES		NOTES		NOTES
	a.i. diet +		a.i. diet +		a.i. diet +
17	NOTES		NOTES		NOTES
	a.i. diet +		a.i. diet +		a.i. diet +
18	NOTES		NOTES		NOTES
	sugar +		sugar +		sugar +
19	NOTES		NOTES		NOTES
	a.i. diet +		a.i. diet +		a.i. diet +
20	NOTES		NOTES		NOTES
	a.i. diet +		a.i. diet +		a.i. diet +
21	NOTES		NOTES		NOTES

T H E G O L G I C L I N I C

You're Gonna Feel Better

	BREAKFAST	LUNCH	DINNER
day	citrus +	citrus +	citrus +
22	NOTES	NOTES	NOTES
	a.i. diet +	a.i. diet +	a.i. diet +
23	NOTES	NOTES	NOTES
	a.i. diet +	a.i. diet +	a.i. diet +
24	NOTES	NOTES	NOTES
	potato +	potato +	potato +
25	NOTES	NOTES	NOTES
	a.i. diet +	a.i. diet +	a.i. diet +
26	NOTES	NOTES	NOTES
	a.i. diet +	a.i. diet +	a.i. diet +
27	NOTES	NOTES	NOTES
	tomato +	tomato +	tomato +
28	NOTES	NOTES	NOTES

T H E G O L G I C L I N I C

You're Gonna Feel Better

	BREAKFAST	LUNCH	DINNER
day	a.i. diet +	a.i. diet +	a.i. diet +
29	NOTES	NOTES	NOTES
	a.i. diet +	a.i. diet +	a.i. diet +
30	NOTES	NOTES	NOTES
	caffeine +	caffeine +	caffeine +
31	NOTES	NOTES	NOTES
	a.i. diet +	a.i. diet +	a.i. diet +
32	NOTES	NOTES	NOTES
	a.i. diet +	a.i. diet +	a.i. diet +
33	NOTES	NOTES	NOTES
	alcohol +	alcohol +	alcohol +
34	NOTES	NOTES	NOTES
	a.i. diet +	a.i. diet +	a.i. diet +
35	NOTES	NOTES	NOTES