

ELIMINATION DIET INSTRUCTIONS



- This information in this is not intended to treat, diagnose, cure or prevent any disease.
- This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes.
- The material provided in this document is for educational purposes only.

**BIG 7 -
START ELIMINATING THESE**

Eggs
Nightshades: tomatoes, potatoes,
eggplants, peppers, chili, goji berries
Gluten
Dairy
Soy
Peanuts
Corn

OTHER CULPRITS

Nuts
Seeds
Sugar
Beef
Coffee
Bananas
Chocolate

**Start by eliminating the Big 7 for 2
Weeks**

**longer if still having symptoms or
try eliminating the other possible
problem foods. Once GI issues have
resolved, start adding foods back in.
One food at a time ideally every 3
days. Intolerance symptoms
usually present between 30 minutes
- 3 Days after eating them.**

**Eliminate foods that cause your
symptoms to return.**

**Symptoms of intolerance can
include Nausea, Stomach Pain Gas,
Cramps or Bloating, Vomiting,
Heartburn, Diarrhea, Headaches,
Irritability or Nervousness**