

SPECIAL NOTES FOR RE-INTRODUCING GLUTEN AND DAIRY

The process for re-introducing gluten and dairy is done slowly and systematically. This is a unique chance to really see how your body tolerates these high-sensitivity foods. We want to add these foods in responsibly and without compromising all your hard work.

Here are the recommended steps:

1. Start with dairy.
2. Eat it at least 2-3 times a day for 3 days. Stick to plain milk or plain yogurt without anything added to see how you feel.
3. Track your reaction for the next 72 hours using the food log below (I'll explain more on what reactions to look for in a moment)
4. If you have a reaction, stop dairy immediately.
5. Wait 3 days.

Next, test gluten. Follow the same process as above for dairy (eat it 2-3 times a day for 3 days, track your reactions for 72 hours to notice if you have a reaction). Use only plain wheat without added ingredients. The best thing to try is pasta, as bread also contains yeast and sugar.

Tracking your symptoms and reactions is pretty simple and straightforward. You can use the food log below to track your symptoms and monitor your progress. You can print out as many copies as you need to keep track of all your reactions as you transition off the program.

Note: Common symptoms include postnasal drip; digestive problems such as bloating, gas, constipation, or diarrhea; acid reflux; headaches; joint pains; fluid retention; fatigue; brain fog; mood changes; changes in sleep pattern; rashes; and more.

Everybody is different, and everyone responds differently to food sensitivities. But here are some of the most common reactions to help you know what to be on the lookout for:

- Weight gain
- Resurgence of cravings
- Fluid retention
- Nasal congestion

- Headaches
- Brain fog
- Difficulty remembering things
- Mood problems (depression, anxiety, anger, etc.)
- Sleep problems
- Joint aches
- Muscle aches
- Pain
- Fatigue
- Changes in your skin (acne)
- Changes in digestion or bowel function (bloating, gas, diarrhea, constipation, reflux)

Gluten and dairy are by nature inflammatory (*dairy may increase insulin even if you are not sensitive or allergic, so I recommend eating it only occasionally if you have diabetes*). If you don't experience any reaction like the ones listed above within 72 hours, you should be safe and can feel free to incorporate the respective food. In general, if you tolerate gluten and dairy, it is OK to eat them from time to time but don't make them staples of your diet.

For dairy choices, be sure to stay away from industrial processed cheese. Modern forms of wheat (dwarf wheat) have much higher starch content and more gluten proteins making it more likely to cause inflammation. Try to find more "heirloom" sources such as grass fed, heirloom cows or locally sourced cheeses. They may be more expensive, but they taste better and less will satisfy you.

Or experiment with other grains such as spelt or rye. If you are not gluten sensitive, then whole kernel German rye bread can be a wonderful addition to your diet. Or try the "gluten free" varieties.

RE-INTRODUCING GLUTEN AND DAIRY caused 400 percent increase in celiac disease and caused 7 percent of the population to have gluten sensitivity. If you do experience a reaction, I recommend eliminating the offending food from your diet or see a physician, *dietitian, or nutritionist skilled in managing food allergies.