1. Make a note of what you generally eat. Even down to the ingredients of packaged foods.

2. Start with a basic elimination diet. Eat very simple foods. Stick to mostly meats. The classic elimination diet is a whole food based diet. My Dr. said think “Whole 30”. You can look it up. Also, it is determined by Drs. that if you have regular none irritating or abnormal bowel movements and you don’t gave any uncomfortable digestive feeling, gas, swelling, the foods you’re eating are safe for you gut.

3. Make a note of how you feel. Mentally, physically emotionally, joint pain, energy levels, bowel movements, skin condition, temperature fluctuations, eyesight, cravings, menstrual cycles/symptoms ect. while you’re in the elimination phase.

4. Research the symptoms of a food you’re wanting to introduce, become familiar with the symptoms related to that food. Especially the weird symptoms (they are a lot easier to identify.)

5. Add a food in (dairy, veg, grain, ect.) Eat a lot! Try to eat it in it’s simplest form. For example, Eggs: Not eggs in a egg salad with mayo and other ingredients, just eggs and salt.

6. Track your symptoms again. How did you feel while eating it, immediately after and hours + up to 2 days after. Some foods take up to 3 days to show any irritation. It is your choice to eat the reintroduced food once or more than once. Just be sure to track your symptoms.

7. Determine if the new food is okay or not. And you can always re-experiment with that food if your unsure in the future.

Obscure and not, the foods I have found extremely aggravating to my system and leads me to go downhill pretty fast. These particular foods all caused very noticeable nerve pain (and poor eyesight), migraines, brain fog, vitamin deficiencies (my anemia) and chronic mental problems.

Soy: A lot of people have problems with soy. I think mostly because it’s so genetically modified now. although soy sauce, not a problem! I thinks it’s because its fermented.

Seed oils: Watch out! They are in everything! Paul Mason speaks a lot on this. They are extremely inflammatory on your whole system. They are, when harvested, oxidized (rancid). Seed oils are all extremely processed. They can not be found in nature so your gut basically cannot digest it.

Legumes: Beans, peanuts, peas. Most people just don’t have the ability to digest these well. Which is where the gas comes from.

Lecithin: This one is in basically everything now. Almost all milk alternatives and packaged foods contain lecithin. It is derived from plants mostly. But are similar to the seed oils, just more potent. They naturally occur in egg yolks too though, so not all forms of lecithin are harmful.

Gums: Guar gum, Carob Bean Gum, Locust Bean Gum, Acacia Gum, Gellan Gum, Arabic Gum ect. Used in place of gluten to thicken sauces, ice cream ect. and provide a thick creamy texture. Some are chemically derived and some and plant or sap derived

Grains: We talked about the lectins but there are many other side affects to grains. Rice seems to be the only one that does not cause a lot of irritation in the gut. But it still spikes your insulin and can cause other minor problems.

Oddly enough these are the top 6 things most people with these issues are sensitive to, so there must be something about them that generally cause problems.

I know its a lot of info and this is a lot more serious than what you were talking about doing, but its a crap ton of research and experience boiled down and condensed. So hopefully you find something helpful in there.