

30-DAY ELIMINATION DIET

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food

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The 30-Day Elimination Diet

An elimination diet is an eating plan that omits a food or group of foods believed to cause an adverse food reaction, often referred to as a “food intolerance.” By removing certain foods for a period and then reintroducing them during a “challenge” period, you can learn which foods are causing symptoms or making them worse. We often think of reactions to food as being a rapid allergic reaction, such as when a person has an anaphylactic reaction to eating peanuts and their throat swells up.

However, there are other ways our bodies can react to foods that may not be so immediate, and may or may not be tied to an immune system response. Food intolerances may be triggered by various natural compounds found in foods (natural sugars or proteins) or common food additives (such as natural and artificial colors, preservatives, antioxidants, and flavor enhancers) that can cause reactions through various mechanisms in the body. There is currently dispute about the specific mechanisms involved in different reactions to foods, and many tests to identify the suspected culprit(s) can be unreliable. Experience has shown that a combination of this Quantum Response test and an elimination diet is one of the best tools for identifying food culprits and is very safe, as long a variety of foods are still eaten supplying all the essential nutrients.

Symptoms

Symptoms of food intolerance can vary widely. They can include stomach and bowel irritation, headaches, hives, itching, and even vague feelings of being unwell, such as flu-like aches and pains, unusual tiredness, or concentration problems. Certain foods and food groups are also known to exacerbate symptoms in people with specific conditions such as autoimmune disorders, migraines, Irritable Bowel Syndrome, gastroesophageal reflux (GERD) and others.

Symptoms and their severity are unique to the individual. They are influenced by specific compounds in the food, a person’s sensitivity level, and how much of certain foods are eaten. If the same food is eaten repeatedly, or different foods with the same compound are eaten together or often, the body may reach a threshold, or a tipping point where symptoms begin to occur.**

Natural Food Substances

Even “healthy” foods contain many different naturally occurring chemicals that can be a problem for some people. Substances common to many different foods, such as salicylates, amines, and glutamate, may cause symptoms for different individuals. It is beyond the scope of this report to provide detail about the different categories of natural substances that may cause symptoms, but this can be explored with a practitioner who is comfortable working with elimination diets (not all practitioners are).

Individual Variation

Individual result varies. Because people are unique genetically, and because we each have different eating patterns, elimination diets must be based on each unique individual. Eliminating the most offending food or multiple foods and substances all at one time is the most reliable way to find out which foods may be contributing to symptoms. A healthcare practitioner may recommend a specific plan to follow based on symptoms, typical dietary choices, and food cravings.

The Key Indicators Chart

This report contains key indicators that are depicted as a number within a circle (see chart below). In the chart when the number indicated is within the top 20% (e.g. 80-100) then the higher the signature wave resonance intensity, means the item is more of a High Priority for you to address or Eliminate. For the first week you are to Eliminate all High Priority (i.e. 90-100) in the Red Color. In the following week you will Eliminate all Moderate Priority (i.e. 81-89) in the Orange Color. Medium numbered items between 66-80 are depicted with a Yellow Color is considered as a food to Avoid or optionally Eliminate but in general, indicates that you should reduce or eat very little of those items. The numbers between 0-65 indicated in the Green Color means low relevance for the purposes of elimination of the diet (e.g. they may have been already eliminated, or there is no reaction at this time).

Reaction	Weak	Medium	Moderate	High
Score	0-65	66-80	81-89	90-100
Color Key				
Plan	N/A	Week 3-4 Avoid	Week 2 Eliminate	Week 1 Eliminate

Table 1. These are indicators of underlying issues, which you should consider addressing using the suggested Elimination diet report.

Subsequent Reports

If you change your Diet immediately and follow the key indicators on this report, you can safely assume that the report will be valid for 30-day of its acceptance. Subsequently, after 30 days of elimination of Moderate-to-High Indicators from the diet, you may run a new report.



The Elimination Diet Steps

There are four main steps to an elimination diet:

Step 1 – Planning

Work with your health care practitioner to learn which foods might be causing problems. You may be asked to record a diet journal for a week, (on biostaroffice.com) listing the foods you eat and keeping track of the symptoms you have throughout the day. See the last page of this handout for a Food Diary Chart you can use to keep notes. It is helpful to ask yourself a few key questions:

- What foods do I eat most often?
- What foods do I crave?
- What foods do I eat to “feel better”?
- What foods would I have trouble giving up?

Often, these seem to be the foods that are most important to try not to eat. Also, see Table 2 for a list of the most common problem foods.

Make a list of potential problem foods.

The elimination diet can vary in intensity depending on how many suspected food culprits are being avoided. Three different “levels” of food elimination can be followed depending on suspected food culprits and likelihood of adhering to the diet. The three levels are described below in the Elimination Diet Strategies. It is helpful to think about choosing the strategy that is the least restrictive first to maximize successful adherence to the restrictions. However, the more restrictive strategies are more effective at identifying cases where there are multiple food culprits.

Are You Ready?

Before starting an elimination diet, it is important to consider whether this is a good time to undertake these potentially large changes in diet. Do you have any upcoming stressful life events or travel? Do you have the resources, willingness, and energy to create new grocery lists and menus to cook new recipes? Do you have support from family and friends for eating at home, at work, or out at restaurants and other events? It will be important to completely eliminate the foods on your list for 2-4 weeks, so if you accidentally eat one of the foods, you will need to start again. It will be quicker and easier if you are successful the first time.

Step 2 – Eliminating, Avoiding

In week 1-2, if you find it hard to Eliminate the foods in Red, then try to Avoid the Whole Foods (vs. ingredients) by first eating less of them or skipping them every other day. Make a list of foods to avoid based on your planning and be sure of how to avoid possible “hidden foods” (See Table 2 Hidden Foods). Next, don’t eat the eliminated foods whole or as ingredients in other foods. For example, if you are avoiding all dairy products, you need to check labels for whey, casein, and lactose so you can avoid them as well.

This step takes a lot of discipline. You must pay close attention to food labels. Be particularly careful if you are eating out, since you have less control over what goes into the food you eat. If you make a mistake and eat something on the list, you should wait 1 additional week before running the next report.

Many people notice that in the first week, especially in the first few days, their symptoms will become worse before they start to improve. If your symptoms become severe or increase for more than a day or two, consult your health care practitioner.

Table 2 - Common Culprits for Food Allergy and Intolerance

Common Food and Food Component Culprits	
Foods	Additives and Natural Compounds
Citrus	Antioxidants (butylated hydroxyanisole and hydroxytoluene)
Dairy Products	Aspartame (NutraSweet, an artificial sweetener)
Gluten (barley, oats, rye, and wheat)	Artificial Food Colors (tartrazine and other Food Dye and Coloring Act (FD&C) dyes, which are derived from coal tar)
Soy	Lactose and other disaccharides
Peanuts	Nitrate and nitrites (found in preserved meats)
Shellfish	Preservatives (sulfites, benzoates, and sorbates)
Tree Nuts	Thickeners/stabilizers (tragacanth, agar-agar)
Beef products	Biogenic amines (histamine, tyramine, octopamine, and phenylethylamine)
Corn	Salicylates – naturally occurring compounds found in many fruits, vegetables, some cheeses, herbs, spices, nuts, and medications such as aspirin
Sugar	Refined sugars (depends on source of sugar)

Step 3 – Challenging

- If your symptoms have not improved in two weeks, continue for up to four weeks. If your symptoms have not improved by the end of four weeks, stop the diet, and explore whether or not to try this process again with a new food elimination report.
- You should be symptom-free for at least 5 days before beginning your food challenges. If your symptoms have improved, start “challenging” your body with the eliminated foods, one Food at a time. As you do this, use the Food Diary at the end of this document to keep a written record of your symptoms, and later upload in www.BiostarOffice.com to share with your practitioner.

NOTE: If a food causes you to have an immediate allergic reaction, such as throat swelling, a severe rash, or other severe allergy symptoms, seek medical care and avoid food challenges unless you are directly supervised by a physician.

Step 4 – Creating A New, Long-Term Diet

Based on your results, your health care practitioner can help you plan a way of eating to prevent your symptoms. Ask your Practitioner about the Blood Type Science, also available in www.BiostarOffice.com.

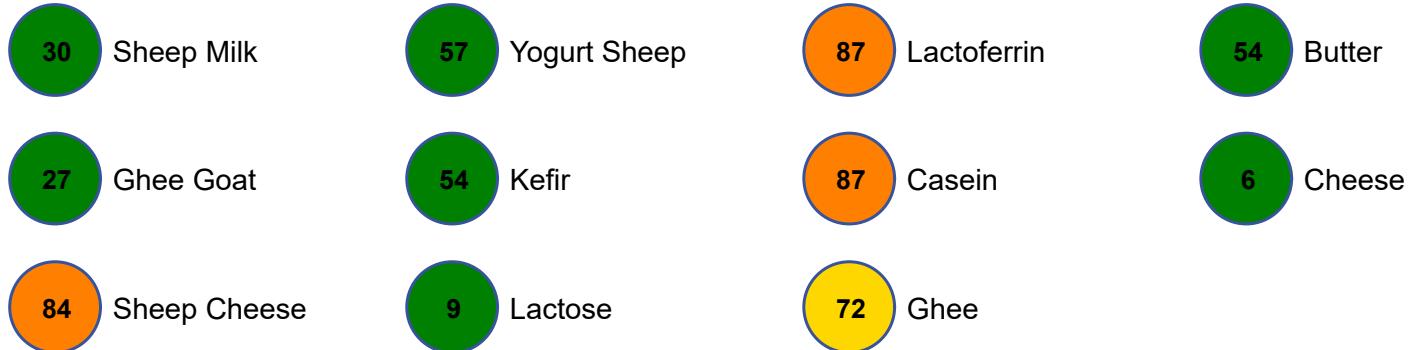
Some things to keep in mind:

- This test involves results from Quantum entanglement that measure in real time. It can be confusing to tell for certain if a specific food is the cause. A lot of other factors (such as a stressful day at work, or memories associated with a particular food) could be picked up in the results. Try to keep things as practical as possible while you are on the diet.
- Some people have problems with more than one food.
- Be sure that you are getting adequate water and nutrition during the elimination diet and as you change your diet for the long-term. For example, if you give up dairy, you must supplement your calcium from other sources like green leafy vegetables. We recommend drinking only Distilled water 80-100% of the time.
- You may need to try several different elimination diets reports before you identify the problem foods.
- Most people tolerate this diet well, but if you cycle through several reports in a short period of time, in an effort to narrow in on the food culprits, your list of allowable foods may become increasingly small. If this happens and you find that you are becoming increasingly intolerant of, or losing enjoyment of eating, please consult a healthcare professional.
- You may be able to have some foods you are reactive to on an infrequent or rotational basis. Work with a knowledgeable healthcare practitioner, if possible, to understand how to plan for this.

Foods



Dairy



There are Total of 4 Reaction(s) in the category of Dairy.

- 3 Moderate Reaction(s) to Dairy. Consider the whole Dairy Category as priority to eliminate.



Eggs

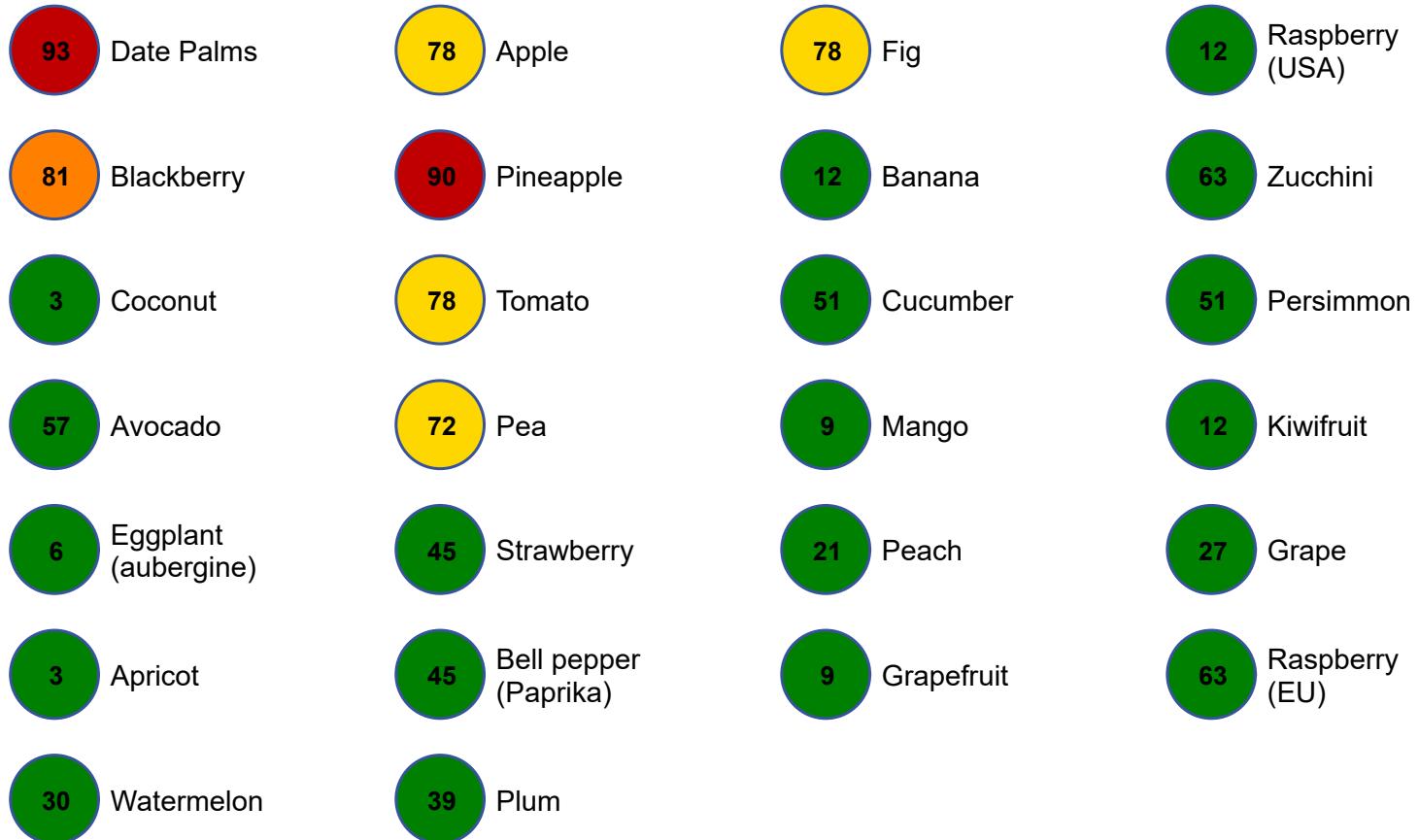


There are Total of 2 Reaction(s) in the category of Eggs.

- 1 Moderate Reaction(s) to Eggs.



Fruits

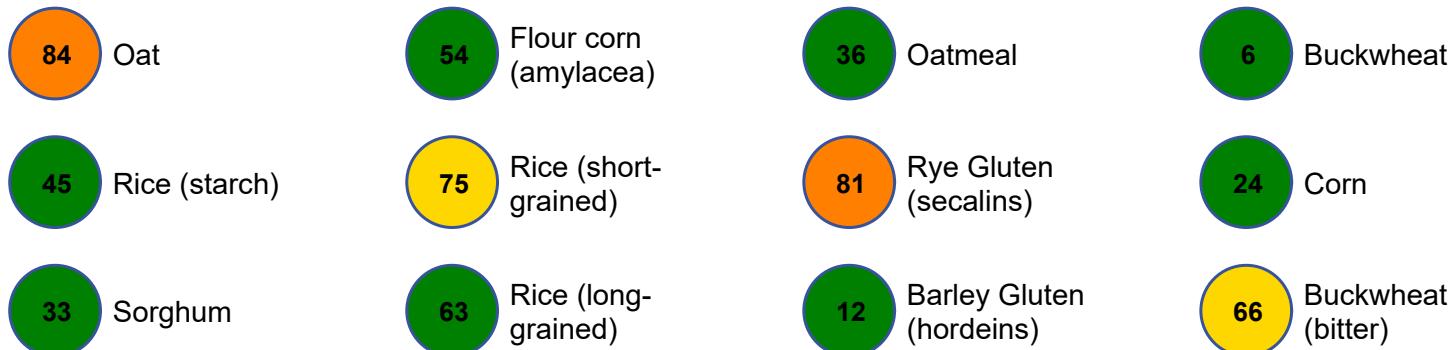


There are Total of 7 Reaction(s) in the category of Fruits.

- 4 Medium Reactions to Fruits. Consider these 4 Fruits as Important to avoid.
- 1 Moderate Reaction(s) to Fruits.
- 2 High Reaction(s) to Fruits. Consider these 2 Fruits as urgent to eliminate.



Grains

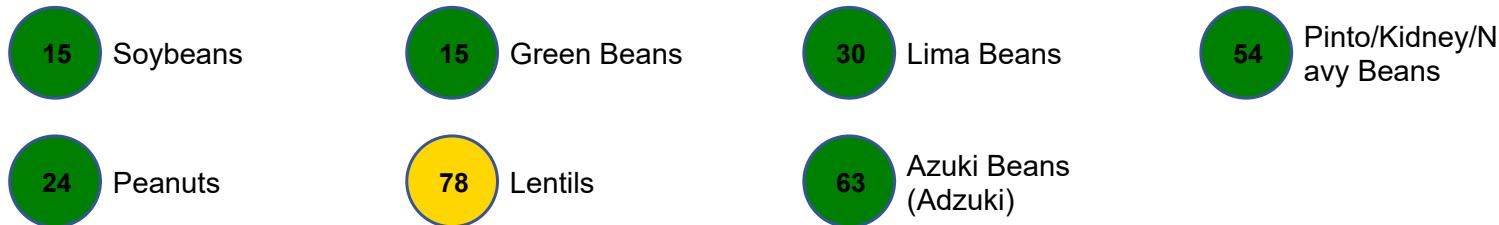


There are Total of 4 Reaction(s) in the category of Grains.

- 2 Medium Reactions to Grains.
- 2 Moderate Reaction(s) to Grains. Consider these 2 Grains as priority to eliminate.



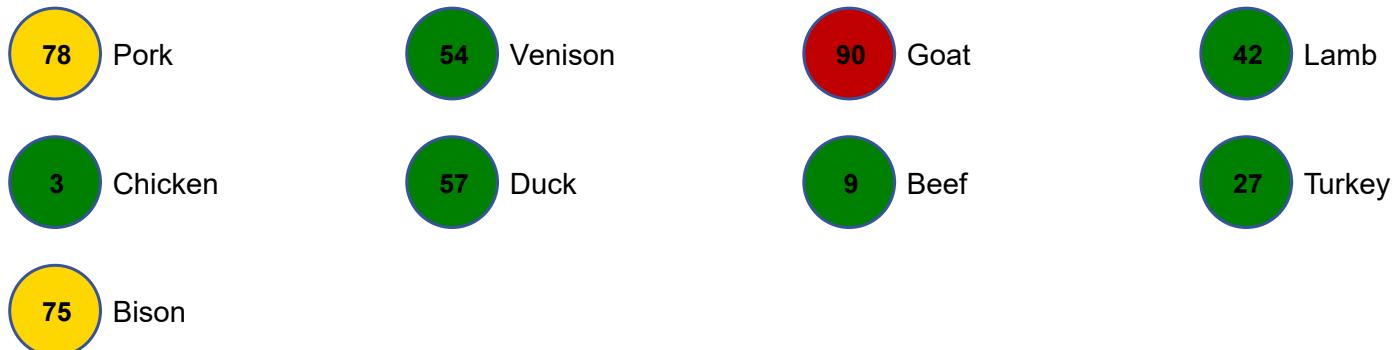
Legumes



There are Total of 1 Reaction(s) in the category of Legumes.



Meats

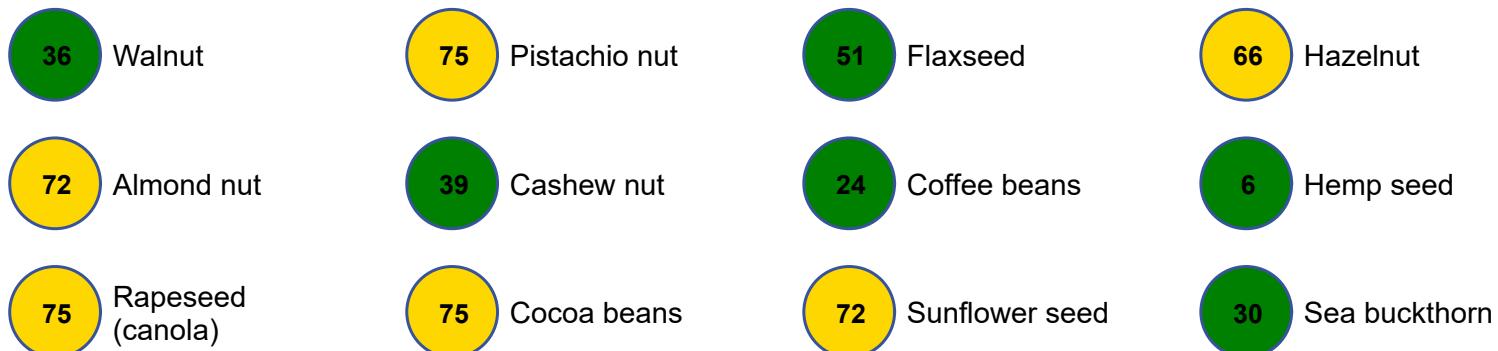


There are Total of 3 Reaction(s) in the category of Meats.

- 2 Medium Reactions to Meats.
- 1 High Reaction(s) to Meats.



NutsSeeds

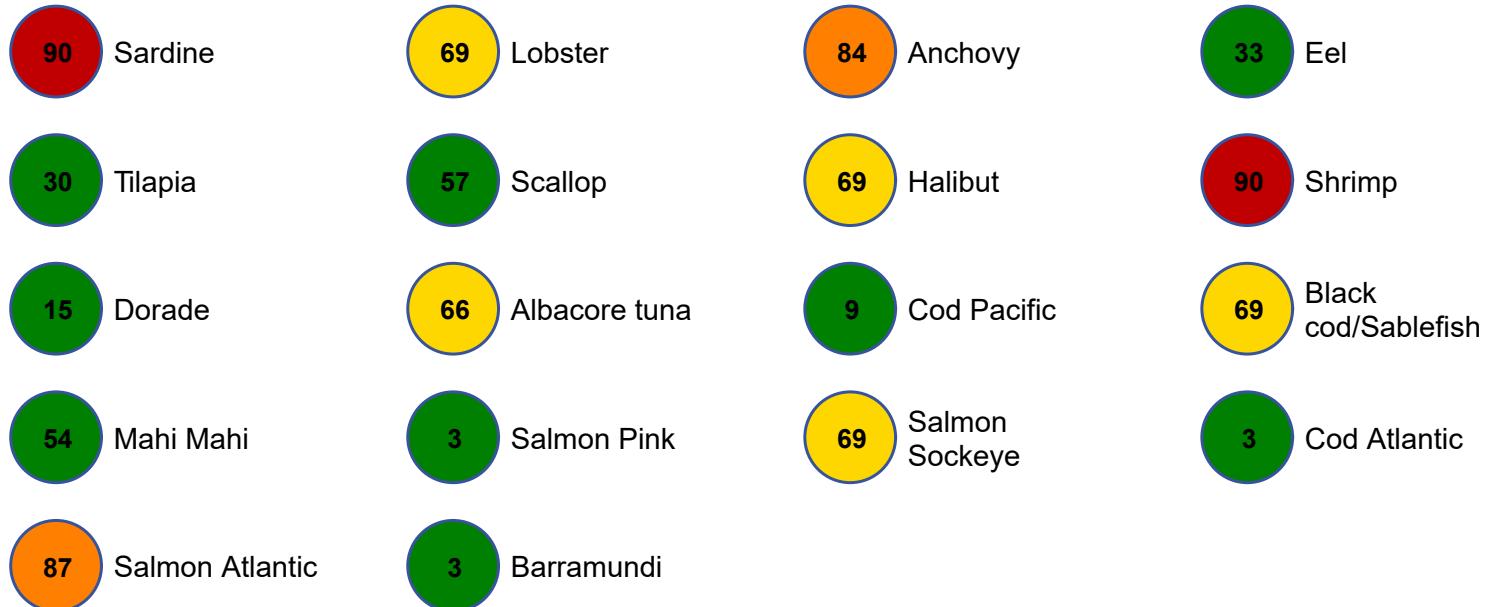


There are Total of 6 Reaction(s) in the category of NutsSeeds.

- 6 Medium Reactions to NutsSeeds. Consider the whole NutsSeeds Category as Important to avoid.



Seafood

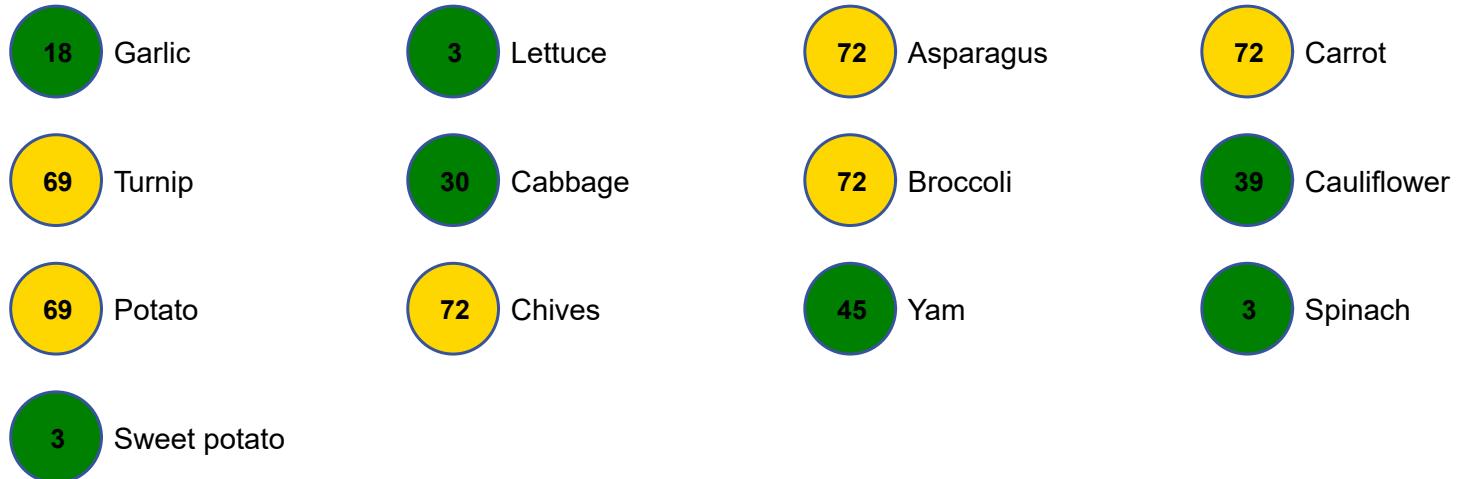


There are Total of 9 Reaction(s) in the category of Seafood.

- 5 Medium Reactions to Seafood. Consider the whole Seafood Category as Important to avoid.
- 2 Moderate Reaction(s) to Seafood. Consider these 2 Seafood as priority to eliminate.
- 2 High Reaction(s) to Seafood. Consider these 2 Seafood as urgent to eliminate.



Vegetables



There are Total of 6 Reaction(s) in the category of Vegetables.

- 6 Medium Reactions to Vegetables. Consider the whole Vegetables Category as Important to avoid.



Wheat



There are Total of 2 Reaction(s) in the category of Wheat.

- 2 Medium Reactions to Wheat.

Toxins

HeavyMetals



There are Total of 1 Reaction(s) in the category of HeavyMetals.



Lectins



There are Total of 3 Reaction(s) in the category of Lectins.

- 2 Medium Reactions to Lectins.
- 1 High Reaction(s) to Lectins.

Some Helpful Tips

A number of foods can be ‘disguised’ when you look at food labels. See Table 3 below. If you are allergic to latex, you may also react to: apple, apricot, avocado, banana, carrot, celery, cherry, chestnut, coconut, fig, fish, grape, hazelnut, kiwi, mango, melon, nectarine, papaya, passion fruit, peach, pear, pineapple, plum, potato, rye, shellfish, strawberry, tomato, wheat.

Table 3 - Hidden Foods

Common Food and Food Component Culprits	
If you are avoiding	Also avoid
Dairy	Caramel candy, carob candies, casein and caseinates, custard, curds, lactalbumin, goats milk, milk chocolate, nougat, protein hydrolysate, semisweet chocolate, yogurt, pudding, whey. Also beware of brown sugar flavoring, butter flavoring, caramel flavoring, coconut cream flavoring, “natural flavoring,” Simplesse.
Peanuts	Egg rolls, “high-protein food,” hydrolyzed plant protein, hydrolyzed vegetable protein, marzipan, nougat, candy, cheesecake crusts, chili, chocolates, pet food, sauces.
Egg	Albumin, apovitellin, avidin, béarnaise sauce, eggnog, egg whites, flavoprotein, globulin, hollandaise sauce, imitation egg products, livetin, lysozyme, mayonnaise, meringe, ovalbuman, ovogycoprotin, ovomucin, ovomucoid, ovomuxoid, Simplesse.
Soy	Chee-fan, ketjap, metiauza, miso, natto, soy flour, soy protein concentrates, soy protein shakes, soy sauce, soybean hydrolysates, soy sprouts, sufu, tao-cho, tao-si, taotjo, tempeh, textured soy protein, textured vegetable protein, tofu, whey-soy drink. Also beware of hydrolyzed plant protein, hydrolyzed soy protein, hydrolyzed vegetable protein, natural flavoring, vegetable broth, vegetable gum, vegetable starch.
Wheat	Atta, bal ahar, bread flour, bulgar, cake flour, cereal extract, couscous, cracked wheat, durum flour, farina, gluten, graham flour, high-gluten flour, high-protein flour, kamut flour, laubina, leche alim, malted cereals, minchin, multi-grain products, puffed wheat, red wheat flakes, rolled wheat, semolina, shredded wheat, soft wheat flour, spelt, superamine, triticale, vital gluten, vitalia macaroni, wheat protein powder, wheat starch, wheat tempeh, white flour, whole-wheat berries. Also beware of gelatinized starch, hydrolyzed vegetable protein, modified food starch, starch, vegetable gum, vegetable starch.

Modified from Mahan LK and Escott-Stump S, Krause's Food Nutrition and Diet Therapy, 11th ed. Philadelphia: Saunders. 2004.)

The information in this report is for general education. It is not meant to be used by a person alone. Please work with your health care practitioner to use the information in the best way possible to promote your health.

References

1. Anne Swaine VS, Robert Loblay. RPAH Elimination Diet Handbook with Food & Shopping Guide. In: Allergy Unit RPAH, ed: Royal Prince Alfred Hospital; 2009.
2. Rakel D. Chapter 86, “The Elimination Diet” Integrative Medicine. 4th ed: Elsevier, Inc.; 2018.
3. Sara A. Arscott, PhD, Education and Research Coordinator of the Integrative Health Program, Dept. of Family Medicine and Community Health
4. Adam Rindfleisch MPhil., MD, Asst Prof, Medical Director of UW Integrative Health and David Rakel, MD, former Medical Director of Integrative Health Program, Dept. of Family Medicine, University of Wisconsin-Madison.

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A ONE WEEK FOOD DIARY CHART

(LOG IN ALL FOODS, SUPPLEMENTS, ALCOHOL USE, AND MEDICATIONS TAKEN AND TIMES. NOTE THE SYMPTOMS YOU HAVE AND WHAT TIMES AS WELL)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MORNING FOODS							
MORNING SYMPTOMS							
AFTERNOON FOODS							
AFTERNOON SYMPTOMS							
EVENING FOODS							
EVENING SYMPTOMS							

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4.2 If you have any specific questions about any medical matter, you should consult your doctor or other professional healthcare provider.

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4.4 You should never delay seeking medical advice, disregard medical advice or discontinue medical treatment because of information on this report.