



NATURAL
MED DOC

ELIMINATION DIET PROTOCOL

THE NATURAL MED DOC NUTRITION PLAN

Why Elimination Diets are Necessary

The modern American diet, and lifestyle as a general rule is not conducive for optimal health. The standard American diet filled with high amounts of grains, dairy, sugars, inflammatory oils, and preservatives in conjunction with increasingly stress filled lifestyles is detrimental to not only our GI health but our overall health.

Over time, Stressful events, medications, and eating “food intolerances” or foods that cause adverse reactions, will disrupt the healthy gut flora and cause chronic systemic inflammation. Over time, this inflammation and GI damage just gets worse, unless the food intolerances are removed from the diet.

An elimination diet will omit common food intolerances from the diet for a set period of time to allow for healing of the GI tract and resolution of inflammation.



Symptoms that May be Due to Food Sensitivities:

● General:

Fatigue, anxiety, depression, insomnia, food cravings, obesity

● Infection:

Recurrent colds, urinary tract infections, sore throats, ear infections, yeast infections

● Ear, Nose & Throat:

Chronic nasal congestion, postnasal drip, fluid in the ears, Meniere's syndrome

● Gastrointestinal:

Irritable bowel syndrome, constipation, diarrhea, abdominal cramping, ulcerative colitis, Crohn's disease, gallbladder disease

● Miscellaneous:

Asthma, frequent urination, teeth grinding, bedwetting, infantile colic

● Dermatologic:

Acne, eczema, psoriasis, canker sores (aphthous ulcers), hives

● Rheumatologic:

Muscle aches, osteoarthritis, rheumatoid arthritis.

● Neurologic:

Migraines and other headaches, numbness, brain fog

● Cardiovascular:

·High blood pressure, arrhythmia, angina





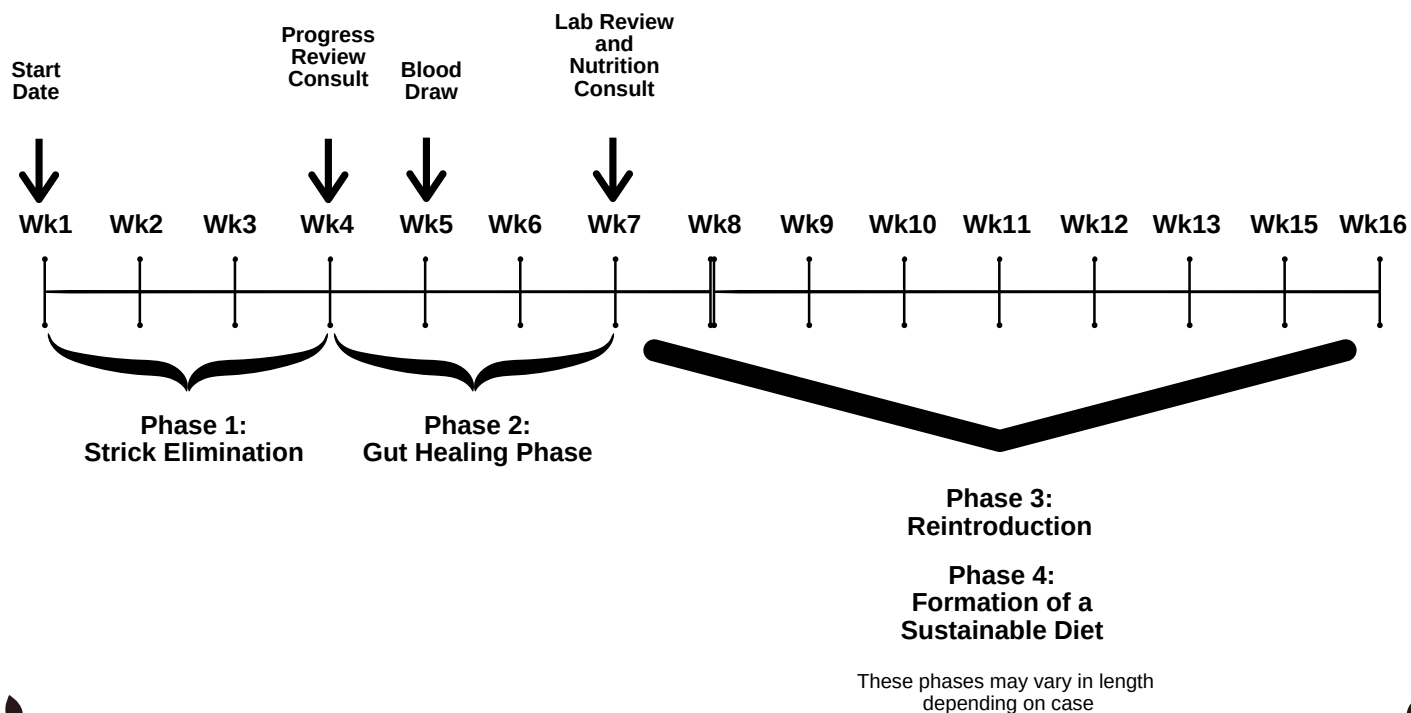
Benefits of an Elimination Diet:

- Improvement in Above Symptoms
- Weight loss
- Allergy resolution
- Decreased antibody levels and disease activity in autoimmune conditions
- Improved mental clarity and concentration
- Improved mood
- Elevated Energy



The Natural Med Doc Protocol

Elimination Diet Protocol



Four Phases of The Natural Med Doc Elimination Diet Protocol

1 Strict Avoidance of Possible Food Intolerances

- Strictly avoid the below list of foods for 3 weeks.
- Be sure to do a Pantry Purge! Throw out all foods that are not allowed while on the elimination diet to avoid temptation.
- Be sure to read labels on all processed food before eating as gluten, dairy, soy and other ingredients are often snuck into products.
- Be careful when eating out. I often see symptom recurrence in patients after eating out even when they are careful with ingredients.
- Symptoms may become worse before they get better! This is a typical detox reaction that usually will subside in 3-9 days.

2 The Gut Healing Phase

- We will meet in 3 weeks to determine if you are ready for this phase.
- A 3 week gut healing protocol will be developed for your specific case.
- You will continue to avoid the suspected foods during this phase.

3 The Reintroduction Phase

- We will meet again before this phase for full instruction on the reintroduction protocol.
- Make sure to take this part slow! You have now done all the work and want your best results.

4 Formation of a New Sustainable Diet Phase

- After the full reintroduction is complete we will meet to discuss your sustainable new diet.



Elimination Diet Foods List

Food Groups	Allowed	Not Allowed
Meat	lean, free range, all natural, antibiotic free, growth hormone free proteins, game, chicken, liver, poultry, turkey, lamb, lean beef, fish (2-3 servings per week, including), shellfish	processed meats! Large and farm raised fish: tuna, swordfish, atlantic salmon, bottom dwellers like catfish
Dairy	(Hemp milk, almond milk, and coconut milk are wonderful milk alternatives)	All Dairy Products! milk, butter, ice cream, sour cream, cheese, yogurt, ghee, kefir
Grains	Limited white rice, quinoa, gluten free steel cut oats.	Wheat, Rye, Barley, Non gluten free oats, Spelt, Sprouted grains, Brown Rice
Legumes		All Soy products! Peanuts (LIMITED: (If consumed cook in pressure cooker to decrease lectin content) lentils, beans of all kinds, kidney beans, navy, pinto, black beans, chickpeas (hummus), black eyed peas, peanuts))

Eggs

Eggs and Egg
Substitutes

Nuts/ Seeds

sunflower, pumpkin,
sesame butter, walnuts,
macadamia, Brazils,
filberts, pecans,
almonds, also almond
milk

Peanuts, cashews,

Fruit

apples, pomegranate,
melons, kiwi, plums,
pears, pineapple,
mango, figs, dates,
raisins, cranberries,
prunes, grapes and
bananas, berries, citrus

Wheat, Rye, Barley, Non
gluten free oats, Spelt,
Sprouted grains, Brown
Rice

Vegetables

Quinoa, Yams, Sweet
potatoes, leafy greens,
collards, broccoli, green
beans, Brussels, onion,
sprouts, cabbage,
lettuce, chard, kale, bok
choy, avocados,
zucchini

Corn, Canned
Vegetables

(LIMITED: (If consumed
cook in pressure cooker
to decrease lectin
content) Night Shades:
tomato, peppers,
eggplant, tamatillos,
red pepper flakes,
seasonings that contain
peppers)

Beverages

WATER!, unsweetened
tea, Black Coffee,
sparkling water

Soda, alcohol, juice
from concentrate,
gatorade, power aide,
energy drinks, sweet
coffees, sweetened
coffee creamers (Limit)
fresh juice



Oils

Coconut, Olive,
Avocado, sesame, Ghee,

Butter, Margarine,
peanut, vegetable,
canola

Sweeteners

Stevia, monk fruit





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LIVE YOUR BEST LIFE