

Modified Elimination Diet

This dietary approach is very helpful for people with fatigue, recurrent gastrointestinal problems, diarrhea, food intolerance or sensitivity, environmental sensitivities and chronic headache, muscle and joint pain.

The diet is low fat; gluten free and usually well tolerated.

The primary goals are to;

1. Eliminate dairy(some people can cope with a little live yogurt)
2. Avoid meat likes beef, pork, and veal. White meats and fish are acceptable.
3. Eliminate gluten. Avoid any wheat, spelt kamut, oat, rye, barley, amaranth, quinoa or malt. This is the most difficult aspect of the diet. Products from rice, maize, millet, buckwheat, potato may be used.
4. Drink 2 liters of water a day.
5. Avoid all alcohol, caffeine containing products and fizzy.
6. Avoid yeast containing products, refined sugars, and cheeses.