

Elimination/Provocation Diet

The GI system is one of the most important and most often mismanaged systems in healthcare today. A recent survey by *The American Gastroenterological Association* found that many symptoms of gastrointestinal tract dysfunction existed with no known structural, pathological, radiological, or laboratory findings and compromised **41% of members' practices**. This 41% are often the patients that are told that their symptoms are normal and yet continue to suffer from chronic health problems.

Hippocrates said "all disease begins in the gut." We find this to be true to a substantial degree. The GI system is a critical barrier to the outside world—keeping bad stuff out and letting good stuff in—and is where approximately 70% of your white blood cells are at any given point in time, significantly impacting the immune system. It is also one of your primary sources of eliminating detoxified substances and is directly involved in the function of every other system of your body as far reaching as your brain and your endocrine system—for example at least 20% of inactive thyroid hormone (T4) is converted into the active form (T3) in the gut.

Below is the first part of the general approach used in our clinic—the **4-R program for gut health—Remove, Reinoculate, Replace, Repair**.

REMOVE. The first step in repairing the GI tract is to identify and remove foods that are triggering chronic immune and inflammatory responses by using an elimination/provocation diet. Unfortunately, many of these foods are favorites like milk, cheese, bread, and pasta.

For at least 2, but ideally 3 or 4 weeks completely eliminate:

- All forms of gluten including wheat, barley and oats
- All dairy
- Eggs
- Corn
- Soy
- Yeast
- Artificial Sweeteners—aspartame, sucralose, acesulfame, etc.
- The elimination of additional foods may benefit some people. Talk to your doctor at Activa360 for additional information

Be strict with the elimination. Nearly all foods that come in a can, box, or packaging of any kind contain one or more of the foods above. A single exposure can cause days, weeks, or months of inflammatory or immune responses. Enlist the help of your friends, family and colleagues to help support you during this time.

Because your gut immune system has had an opportunity to rest for several weeks, it will now have the energy to alert you to an offending food. At the end of *at least* 2 weeks, reintroduce one of the foods that you eliminated. Consume this food for at least three days and observe yourself for symptoms. Symptoms can be as wide ranging as diarrhea, brain fog, skin irritation, insomnia, congestion, anxiety or joint aches. If, after three days, there are no symptoms, add in the next food on the list and so forth.

If you do have any reaction, remove this food immediately and resume the elimination part of the diet for one week before beginning reintroductions. Be sure to completely avoid the offending food for at least 3 months.

Continue adding eliminated foods until you have completed the list. After a strong gut repair program, you may be able to eat most or all of the foods you eliminated.

This is an excellent time to implement a gentle detoxification/cleansing program using our rice-based protein powder, **Clearvite**. Protein is required for your body to detoxify. **Clearvite** also contains herbs and nutrients clinically validated to support fat digestion, liver detoxification, and gallbladder clearance. Additionally, **Clearvite**, contains all the essential vitamins, minerals, enzymes, probiotics, antioxidants and amino acids that a good cleansing powder should contain.

Talk to you doctor at Activa360 for more information about **Clearvite**, the 4-R Program or any other health concerns you may have.