

Food Introduction – After Your Detox:

General rules:

- Introduce one new food each day.
- Eat each food 1 to 2 times on the one-day only. This means you will not try a food again until you have introduced all the other foods.
- Do not worry about introducing foods you were not eating prior to the diet.
- If you find you react to a food, it is up to you to decide if you would like to continue eating the food.
- The purpose of this process is to help you identify the connection between foods and how they make you feel.

The symptoms you should watch for are not just digestive. For example:

Introduced food	Typical symptoms associated	Notes:
Wheat (Try a bagel or whole wheat pasta). I recommend introducing Wheat LAST	Gas, bloating, constipation, fatigue immediately after eating the food, fatigue on waking the next day, or a gradual decline noticed in energy over the next week or so, irritability, anxiety, headaches, water retention (can't get your rings off, puffiness under the eyes the next day) dark circles under the eyes on waking the next day.	
Cheese (low fat pressed organic cottage cheese or ricotta or cottage cheese)	Gas, bloating, constipation, diarrhea, sinus congestion, post nasal drip, constant need to clear the throat, allergies (environmental) may worsen	
Yogurt (plain organic). Try yogurt before cheese.	Gas, bloating, constipation, diarrhea, sinus congestion, post nasal drip, constant need to clear the throat, allergies (environmental) may worsen	
Corn (blue corn chips)	Gas, bloating, headaches, constipation	
Rye	Similar to wheat	
Kamut (kamut bread or pasta)	Similar to wheat	
Citrus – try orange separate from grapefruit	Mucous, stomach upset	
Red meats (Do pork separate from beef)	Joint pain, constipation, indigestion	