

the ELIMINATION DIET



7 TIPS

Preparing for your Elimination Diet



ALISSA SEGERSTEN AND
TOM MALTERRE, MS, CN



whole life nutrition
www.wholelifenutrition.net



7 TIPS FOR PREPARING FOR YOUR ELIMINATION DIET

After years of recommending the **Elimination Diet** we have compiled some very useful tips for success. Remember, the secret to renewed health and vitality is in your hands—all through the power of food.

- 1.** Pick a start date that falls on a Saturday. This way you will be following the 2-day detox over the weekend where you can relax and have an easier time sticking with it.
- 2.** Begin weaning yourself from caffeine. Depending on how much you drink per day, this could take a full month to wean slowly. Reduce your coffee or caffeinated beverage intake by $\frac{1}{4}$ cup per day until you reach zero. If you are a heavy coffee drinker we suggest you switch to organic green tea at some point during the weaning process. The supplement Meriva (available though our website) will help take the away the pain from the caffeine withdrawal headaches that you may experience.
- 3.** On the weekend before your start date, begin making 2 to 3 batches of lacto-fermented vegetables; 1 batch of broccoli sprouts; and at least 2 large pots of stock (chicken, turkey, lamb, or vegetable-seaweed).
- 4.** During the weekend before your start date we also suggest making two different pureed soup recipes with your homemade stock, and freezing portion sizes to use during your detox.
- 5.** Order an Elimination Diet Supplement Package to assist you in healing and detoxing. You can find these on our website: www.WholeLifeNutrition.net.
- 6.** On the day before your start date, shop for all of your Phase 1 meals and the first 2 to 3 days of Phase 2. You are going to be hungry and ready to eat solid foods on day 3 of the diet so it's very important to be prepared. We suggest some kind of meat and cooked vegetable meal for breakfast on day 3.
- 7.** Follow the detailed information in the Quick Start Guide for more of what to do during the 30 days before you begin your Elimination Diet.