

The Discovery Diet



The *Discovery Diet* is an important first step in the *Eating for Vitality Diet* program. It's a 14-day meal plan that identifies foods that work for you and those that work against you.

Note: If you've already been tested for food allergies and sensitivities (Array 3 & 4), then you can go straight to the *Exclude & Include Foods* that apply to you.

Food intolerances, sensitivities, and allergies are very common, maybe even more so than allergies to environmental factors (dust, pollen, animal hair) and drug allergies. It's estimated that 30–90% of the U.S. population suffers from one or more food intolerances, sensitivities, or allergies. The sneaky thing about food intolerances, sensitivities, or allergies is that we rarely associate symptoms (hives, itching, fatigue, joint pain, etc.) with what we eat, because we think that our food is safe. Unless we have an extreme allergic reaction (anaphylaxis) to a food, we don't consider it a problem.

Given the volume of food additives and complex processes employed in the food industry today, allergies, intolerances, and sensitivities to foods are more prevalent than ever.

The *Discovery Diet* is important to you because it will help to determine if you have food intolerances and/or sensitivities. If it is discovered that you do, the offending foods can be eliminated from future meal planning.

The Discovery Diet has been beneficial for people who experience a wide variety of conditions and symptoms. Here are just a few:

- Acid-reflux
- ADD or ADHD
- Anemia (iron deficiency)
- Asthma
- Autism
- Autoimmune liver disease
- Autoimmune thyroid disease
- Celiac disease
- Chronic ear infections
- Crohn's disease or ulcerative colitis
- Diabetes
- Fatigue or depression
- Fibromyalgia
- Fluid retention
- Frequent diarrhea or constipation
- Gas, bloating or abdominal distention
- Headaches and migraines
- Irritable bowel syndrome (IBS)
- Joint pain and stiffness
- Muscular aches and pains
- Nausea or vomiting
- Osteoporosis
- Overweight or obesity
- Peripheral neuropathy
- Respiratory congestion
- Rheumatoid arthritis
- Sinus infections
- Skin disorders (acne, hives, psoriasis, eczema or dermatitis herpetiformis)
- Systemic lupus
- Women fertility problems, miscarriages, missed menstrual periods or low birth-weight babies

If you have health issues that involve chronic inflammation, you may find that certain foods such as **gluten** (*protein in wheat, barley, spelt, kamut and rye*), **dairy** (*lactose and casein*), **grains, corn, soy, peanuts, legumes/beans, nightshade vegetables** (*peppers, potatoes, tomatoes, eggplant and okra*), and **artificial sweeteners, flavors, or colors** can make your symptoms worse. Food sensitivities and intolerances may trigger a process involving inflammation that leads to the signs and symptoms previously listed.

Research suggests that many common inflammatory and gastrointestinal conditions are triggered by sensitivities or reactions to certain foods and that removing these offending foods may provide relief.

The *Discovery Diet* helps determine which foods in your diet may be influencing your condition.

The *Discovery Diet* is great for everyone because it will not only allow your body a chance to detoxify but will help identify which foods you may be sensitive or allergic to and, therefore, want to eliminate from your diet. For the “*Discovery Diet*” to work, you **MUST** follow your established dietary lifestyle path 100%—no exceptions!

See the “*Exclude Foods*” list and the “*Forbidden Lists*.”

Note: Don't be alarmed if you go through withdrawal symptoms. The first four days of detoxification may result in headaches, bad breath, skin outbreaks, and other symptoms that signal toxins are flushing out.

The 14-Day Discovery Diet Program—If assessment results were a gluten-free lifestyle

Follow the *Discovery Diet* very strictly for 14 days while keeping a daily symptom and diet diary. At the end of the test period, note any symptoms of ill health that have improved. If improvement occurred, you probably have food sensitivities.

Note: You may experience withdrawal symptoms and strong cravings during the first week or two. Ironically, withdrawal and cravings are also symptoms of a food sensitivity.

Re-Introduction Phase—previously eliminated foods

This is where you'll find out which specific foods are the triggers of your symptoms. You'll add back only one new food every 3 to 4 days in pure form, and eat that new food at least twice each day. Then remove it from your diet again for the next 3 to 4 days, so you can evaluate your results before you re-introduce another new food. Each week you'll test only one new food, keeping out all of the other previously eliminated foods. Food sensitivities are not always easy to detect. You may have symptoms immediately when re-introducing a food, or it may take up to 7 days for you to notice a symptom. That's why it's so important to re-introduce only one new food at a time and use your *Success Planner* to record any negative symptoms that may appear.

The 30-Day Discovery Diet Program—If assessment results were a grain-free lifestyle

People with chronic inflammation should follow the *Discovery Diet* very strictly for at least 30 days while keeping a daily symptom and diet diary. At the end of the test period, note any symptoms of ill health that have improved. If improvement occurred, you probably have food sensitivities and chemical sensitivities as well.

If you have IBS (*irritable bowel syndrome*) or IBD (*irritable bowel disease*), then also add the “Chronic Inflammation” FODMAP (*Fermentable Oligo-Di-Monosaccharides and Polyols*) foods list for 60 days before the re-introduction phase.

You may want to stay on the *Discovery Diet* program for several months until all your symptoms have improved before doing the re-introduction phase. This will give you

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immune system a chance to recover. Then you can try the re-introduction phase as previously advised to see if the eliminated foods still trigger a negative response. Then get retested for food sensitivities.

Note: If you are feeling great, you DO NOT need to ever re-introduce the eliminated foods that have given you negative symptoms—especially if you’ve already been diagnosed with any of these common food sensitivities!

Note: If you have gluten sensitivity or celiac disease, then you need to be totally gluten-free forever – no exceptions! Not even a bread crumb!

Read “Diagnosed with Gluten Sensitivity or Celiac Disease?” in the Resources section.

Candida Diet Plan

If your assessment results indicate you should go on the *Candida Diet*, you should follow it for a minimum of 3 to 6 months. If possible, it is a good idea to get retested before the re-introduction phase. Candida is associated with leaky gut syndrome and gluten sensitivity.

Note: Any food, if eaten repetitively, can cause food sensitivities in allergy-prone individuals and people with “leaky guts.” You may want to consider an “*Allergy Rotation Diet*”, that is also included in the *Discovery Diet* program.

An *Allergy Rotation Diet* is an eating plan in which you rotate the favorable food groups over a 4-day period. Then your body does not become sensitive to certain foods that are eaten too frequently.

Note: Any food that was previously eliminated, one that you may have had a very mild reaction to and can’t live without, should be rotated in every 4 days.

At first, changing the way you eat might not be easy. And there is a good chance you will experience some withdrawal symptoms and cravings especially the first few days. Ironically, withdrawal and cravings are also symptoms of a food sensitivity. But, it is very important to avoid these foods 100% with no cheating during your *Discovery Diet*.

So where do you start? It is easy. I have created simple lists for exactly what foods and beverages to include and exclude during your *Discovery Diet*.

Recommended reading:

- *Dangerous Grains* – by James Braly, MD and Ron Hoggan, MA
- *Wheat Belly* – by William Davis, MD
- *Ultra Metabolism or The Blood Sugar Solution* – by Mark Hyman, MD
- *Grain Brain* – by David Perlmutter, MD

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