

ELIMINATION DIET

HOW-TO FOR BEGINNERS

Here's how...

- 1 Eliminate dairy from your diet ENTIRELY for 7 days.
- 2 On the eighth day, reintroduce some of the healthier dairy products I've suggested such as:
 - Organic Heavy Whipping Cream
 - Organic, Whole-Fat Cottage Cheese
 - Raw (Unpasteurized) Cheese

Be sure to introduce a fair share. Perhaps a 1/2 cup, rather than a tablespoon.

- 3 Wait 24-48 hours and document your digestion.
- 4 After a day or two try introducing some of your dairy go-to's. American cheese perhaps, skim milk, or Yoplait yogurt.
- 5 Again, wait 24-48 hours and document your digestion.

An elimination diet can help detect other sensitivities as well, such as gluten, nuts, and seafood.

