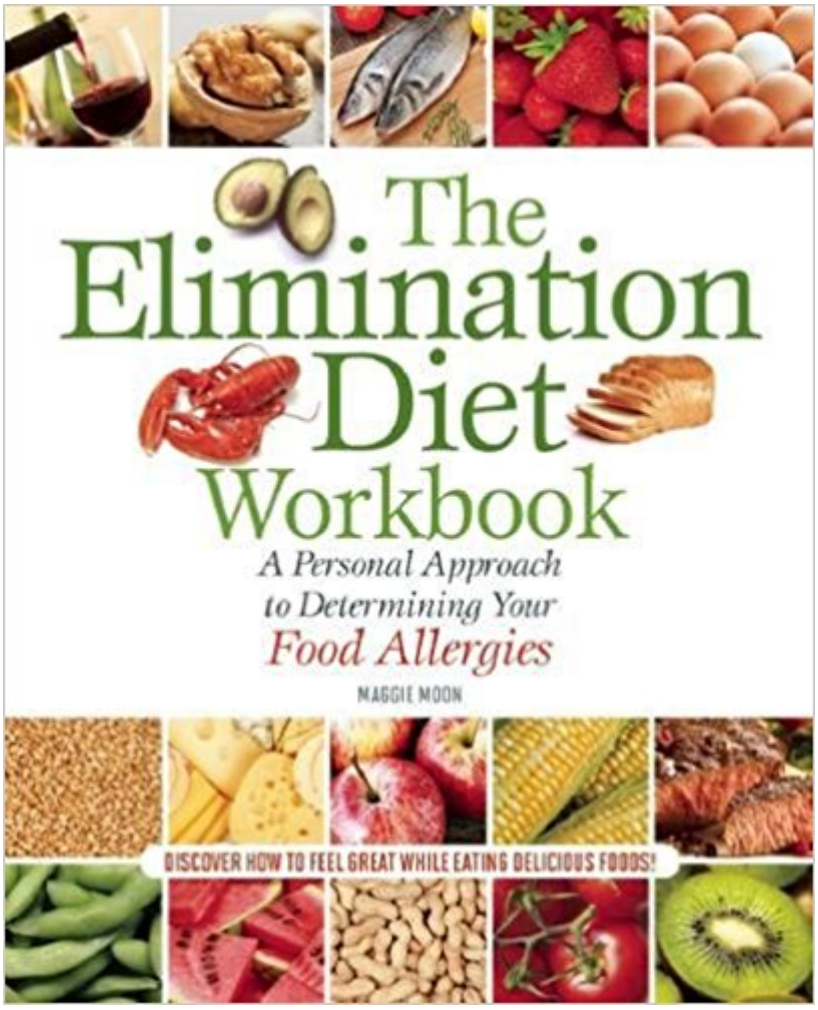
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The Elimination Diet Workbook: A Personal Approach To Determining Your Food Allergies



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Synopsis

EAT GREAT! FEEL GREAT! Do you forgo delicious foods out of fear theyÃ¢â ¬â„¢ll make you sick later? If so, The Elimination Diet Workbook is for you. The program in this hands-on guide pinpoints your exact food sensitivities no matter what they areÃ¢â ¬â ¢gluten, dairy, egg, soy, peanuts, seafood or anything else. It takes the guesswork out of your diet so you discover which foods you can enjoy and which to avoid. Follow the program in this book and youÃ¢â ¬â„¢re guaranteed to:Ã¢â ¬Â¢Identify Your Food IntolerancesÃ¢â ¬Â¢Discover Allergies Your Doctor CanÃ¢â ¬â„¢tÃ¢â ¬Â¢Eliminate Problem FoodsÃ¢â ¬Â¢End Pain and DiscomfortÃ¢â ¬Â¢Experience Trouble-Free Digestive Health Whether you suffer cramps, fatigue, diarrhea, migraines or any negative reaction to what you eat, The Elimination Diet Workbook offers an easy-to-follow, DIY approach to taking control of your diet, digestion and health once and for all.

Book Information

Paperback: 208 pages
Publisher: Ulysses Press; 1 edition (May 27, 2014)
Language: English
ISBN-10: 1612433006
ISBN-13: 978-1612433004
Product Dimensions: 7.4 x 0.6 x 9.1 inches
Shipping Weight: 15.2 ounces (View shipping rates and policies)
Average Customer Review: 3.9 out of 5 stars 16 customer reviews
Best Sellers Rank: #144,626 in Books (See Top 100 in Books) #34 inÃ Â Books > Health, Fitness & Dieting > Nutrition > Food Allergies #44 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies #177 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses

Customer Reviews

Maggie Moon is a registered dietitian who loves to write about food, nutrition, and health. She is a member of the Nutrition Blog Network. She lives in Los Angeles.

I purchased this book to guide me through an elimination diet to determine my food sensitivities. The author provides a lot of useful information about food allergies and sensitivities, the differences between them, what groups tend to be problematic and why, and understanding the difference between categories such as fish and shellfish. The author provides two types of elimination diets

and why you would use one versus another. I recommend reading the whole book before jumping in (I did not, and there were a couple areas that would have helped to read first).There are a few things that were a bit confusing for me, but may not be a problem for others. One had to do with how long to follow the elimination phase before the challenge phase. I believe I understand now that you should follow the elimination phase for 4 weeks for the Targeted Elimination Diet and 2 weeks for the Catchall Elimination Diet (because the catchall diet is very restrictive). Another confusing part for me, and I'm not sure how you could make this easier, is trying to calculate the testing quantities. I had created a spreadsheet for challenges, and had a separate sheet for each category, but what I would have done differently for myself is to have the spreadsheet calculate the quantities automatically. The last bit of confusion for me had to do with not having challenges for all the groups that I eliminated, such as citrus fruits or nightshades, for example. I may need to further break those down in a separate challenge.I really like the guidance provided in this workbook. There are a lot of elimination diets out there, but this book seemed to me to have the ease of use that I needed. The elimination diet does require commitment and dedication. Keep in mind the rewards that you will find at the end, and it will help you to stick to the plan. I was worried that I would crave foods, but I was able to follow through with it. I took the challenges seriously, but with an open mind. Some of the things that I have issues with surprised me, and some that I expected to have problems with, I did not. My own discovery was: allergic type reactions to all dairy (congestion, massive phlegm production), sensitivity to peanuts (terrible intestinal cramping), sensitivity to benzoates (sharp headache and brain fog), and intestinal cramping with MSG. The benzoate symptoms happened within a couple hours of the last dose and the MSG symptoms did not appear until the next morning. The dairy symptoms happened immediately on the first ingested dose, and the peanuts symptoms happened shortly after the second dose. The elimination diet allows these symptoms to show up pretty quickly during the challenge, since you have stopped your exposure to them. Another section of the book guides you in avoiding your problem foods, by giving examples of keywords to look for on the nutritional content (like casein and whey for dairy).If you're like me, where you know you have food sensitivities, but have not been successful finding out what they are, and an allergist is unable to help you, this is a great start. I did not consult my doctor first, since I'd already gone the allergy testing route and all the allergist could tell me was to keep a food diary (which is different from a targeted elimination diet). You may use the workbook alongside your physician's guidance.

Great Book alot of reading to do .

I think anyone with health problems needs to read this book.

As a certified health coach, I believe this should be the starting point for anyone who: wants to feel better, have a better sense of physical wellness, is experiencing gut problems, or experiencing symptoms of food allergies. Blood work and skin testing is expensive. Blood panels can be a crap shoot, and skin testing isn't always the most accurate indicator of food allergy.The Elimination Diet Workbook is an excellent tool and quick reference for individuals who want better understanding: food allergies v. intolerance, the process of an elimination diet, a maintenance diet, and tips for most common allergies and trigger foods.Note: consult with your physician before beginning any new diet or exercise program.

Very useful book. The early chapters provide accessible overviews of various types of allergies and intolerances, the state of current research, and the rationale behind elimination diets. The later sections contain how-to guides and a ton of helpful material for actually executing the diets. The particular plan that my doctor recommended is essentially a variant of Moon's "catchall diet," so her suggestions and worksheets are spot-on and quite helpful. For me, the strength of the book is in its nutritional advice, especially the "alternative nutritional sources" and "substitutions" tables, the "label smarts" and ingredient lists, and pretty much everything else in Part Four. A book can't replace an allergist's diagnosis, but since most allergists don't have a nutritionist on hand, this is an essential resource for ensuring a safe, healthy, and hopefully not-too-miserable elimination diet.

Excellent book with the right explanations.

I'd been frustrated for some time looking for information on the Elimination Diet that worked through all the steps of the elimination / challenge and gave a scientific basis for the protocol. This book is incredibly clear, detailed, and immediately usable. The author uses research and clinical studies to support her statements, and she makes you aware of potentially dangerous false information about food sensitivities. I don't have food sensitivities myself, but I work with people who do, and I have already given the book to two of them to find out which foods are giving them trouble. The last section of the book is devoted to tools for doing the diet. There are weeks of meal plans (which are key, because most people get confused three times a day about what they can and cannot eat and then they often scrap the diet and never get rid of their symptoms) and instructions for how to test if a food is problematic. I've found this book extremely valuable in helping people identify their food

sensitivities. I highly recommend it!

I like this book. It has a lot of good information, like if you are allergic to nickel there is a list of vegetables that tend to be high in nickel. I have used Lyn Genet’s "The Plan" before which I highly recommend. I bought this to have a "workbook" to use. I can totally attest to the fact that if you are not "allergic" to something you can still be "sensitive" to it and the best thing for your body and your health is to find out what those items are.

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