

Phase III Maintenance Food Sensitivity Testing

Week 1

- **Increase portions**
- **Vegetables: unlimited but aim for 6 cups per day, minimum**
- **Oils: 2-4 Tbsp. per day**
- **Protein: 1 serving breakfast, lunch, and dinner; 4 oz. land protein and 6 oz. for sea foods.**

Start to cook with other oils such as avocado oil, sesame oil, coconut oil, and replace your MCT oil in salad dressings with olive oil or avocado oil. Do not cook with olive oil at high temperatures since it can break down and become carcinogenic. However, you can lightly sauté with olive oil.

Primal Kitchen salad dressings and condiments would be acceptable to add in at this time. You will also begin your food sensitivity testing with the vegetable list. Please only add one new vegetable/new food each day to help you know if your body possibly has a “food stressor”. Perhaps you test each vegetable 2xs in that day. Example: Add bell peppers in your egg omelet and also on your salad. See below for the list of sensitivities to be aware of as you are doing phase III.

Week 2

- **Nuts: to 2 servings of nuts per day**

Start testing nuts, nut butters and nut milks. Please test one type of nut at a time to determine if there is a sensitivity to that specific nut. The nuts that we would recommend testing would be macadamia nuts, walnuts, pecans, pistachios, Brazilian nuts, barukas nuts, almonds, and cashews (sparingly since they are a fruit). Once you have tested nuts, you can test the nut butters. Blind Spot Nut Butters has created 3 new nut butters for us that is made with Monk Fruit sweetener called Coconut Macaroon, Short Bread and Almond butter. Please go to www.blindspotnutbutters.com When ordering, please put in the notes “BeBalanced client - make with Monk Fruit”.

Week 3

- **Dairy: Please limit dairy to 1 serving per day.**

Start testing Dairy such as non-processed, organic, grass-fed, and good cheeses with “cultures” in the first three ingredients. Perhaps try Artisanal cheeses, Raw Milk Cheese, goat cheeses, buffalo milk mozzarella, or cheeses that are NOT made with “Sweet Cream”. You can also test full fat cottage cheese and plain Greek yogurt such as Fage or Sigi.

IMPORTANT: Please observe if you are feeling sluggish, bloated, gassy, thirsty, or have your heart race after reintroducing dairy.

Symptoms of Food Sensitivities:

1. **Weight Gain:** Foods such as dairy, starches, nuts, and gluten can cause unhealthy bacteria to overgrow and produce toxins that cause systemic inflammation. In addition, you could have weight gain due to nutrient deficiencies so make sure to eat fruits and veggies high in Pre-Biotics. If you are up the next day 2 or more pounds, you will need to do the Correction Day.
2. **Stomach Cramps:** This is the most common symptoms of food sensitivities. This typically occurs after eating. When your digestive system is not able to properly process the food, this will lead to pain and cramping.
3. **Constipation:** Constipation usually goes along with bloating and gas. It occurs because of a breakdown in the digestion of food. The body is unable to process the particular food, so instead of absorbing the nutrients and eliminating the waste, the digestive system allows waste to build up in the body.
4. **Bloating and Gas**
5. **Diarrhea:** This means that your body is unable to digest the food properly.
6. **Brain Fog:** Foods such as gluten, sugar, and dairy, contain substances that metabolize in the body and cause addiction-like reactions in the brain.
7. **Headaches:** Inflammation can trigger pain in the muscles, causing a headache. Other symptoms such as diarrhea, also have the potential to trigger headaches because of dehydration. Finally, the same withdrawal-like symptoms that cause brain fog and confusion can lead to head pain.
8. **Fatigue:** Eating certain foods that you have a sensitivity towards can cause fatigue and tiredness during the day. If your body is struggling to digest the food that you have eaten, it may not be able to absorb the proper amount of nutrients and process the wastes from it correctly. In addition, the food is creating inflammation, which can trigger a response from your immune system, causing you to feel tired and run down.
9. **Heart Burn:** Heartburn is from when stomach acid levels are too low to properly break down foods, causing the food and acid mix. It then travels into your esophagus and cause a burning sensation. To avoid this symptom of food sensitivity, try not to eat foods that trigger your heartburn, especially before bedtime. You can also limit beverage intake during meals so that the beverage does not dilute the natural digestive juices.
10. **Acne or skin issues:** Skin issues such as acne, eczema, rosacea, itching, and rashes are often signs of a food intolerance, especially one to dairy, gluten or sugar.
11. **Joint Pain:** When food is difficult to digest, you may experience inflammation throughout your whole body, but the joints are typically one of the most painful areas. This is because inflammation can cause bones to rub against each other, causing friction.