

Question: I stopped eating the foods you recommended and my pain decreased significantly. What now?

That is terrific news! So glad you are ready for the next step in the process. The ultimate goal is to determine what food or combination of foods may have been contributing to your pain. To make this determination, we need to test your body by reintroducing the eliminated foods. While you continue to eat your modified meal plan, select only one of the following to add back into your diet: wheat, milk/cheese or sugar. **It is critical to add only one food back into your diet at a time.** Let's assume you pick wheat; test it by eating some form of wheat with every meal for 1-2 days and notice how you feel. Has any of your original pain returned? If so, wheat is contributing to the pain you are experiencing. Return to avoiding all of the foods I recommended and wait 2-4 weeks until your pain subsides. Next you could choose milk/cheese products to add back into your diet. Follow the same protocol you did for the wheat to see if that is contributing to your pain. Repeat this cycle until you have "tested" all the foods and/or combinations of foods you initially removed from your diet. This will allow you to make knowledgeable choices about the foods you should avoid altogether to feel healthy and pain free.