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### Why Eating Clean?

Eating clean offers your body an opportunity to be free of potential allergens and irritants from food sources. Much of our food includes numerous additives. Exposures to pesticides, genetic modification (many bred from molds), antibiotic drugs, hormones and numerous other foreign objects abound in our food sources whether packaged or farm raised.

Overtime, these build up as toxins in the body and can create food sensitivities and allergies. We experience such events with symptoms. Headaches, joint pain, digestive upset progressing on to long-term inability to utilize the foods we eat as damage now pervades our cells and

they cease to function optimally.

Good news is you can identify pretty quickly which components of your daily food groups could be leaving you sleepless, irregular, and achy. That constant drippy nose, nagging cough, eczema, the headache or worse yet migraine cycle, could all be as simple as something you eat that doesn't like you anymore. (notice I said anymore..you used to eat it an it didn't bother you...)

### How to identify the irritant

By removing some of the common offenders for 14 to 30 days you can begin to determine which ones could be reacting in your body. In order to do so, you have to eat clean. The next two pages show you which foods to pick from. The selection provides a good nutrient variety and many choices. If you eat a lot of packaged items, you must re-introduce yourself to chewing and tasting.

### The quick check

Here's how it works for a minimum of 14 days, you will eliminate the common irritants column. At the end of that period, you add them back, one at a time, waiting at least 3 days between groups. Hopefully some of your symptoms have subsided and you are feeling better. Now is your chance to see what was causing you grief.

### What about allergy testing?

Allergy testing with blood tests can be very valuable information. These tests will measure food related invaders that have achieved true allergy status meaning you have produced an antibody, now present in your blood, that attacks this food/chemical each time you consume it.

What many don't measure is sensitivity reactions. Most tests are based on those invaders that have a protein component our body reacts to AND has made an antibody in response. What about those irritants that haven't achieved such status, but have caused disruption that now is aggravated each time we consume the substance?

Try it against your most annoying symptoms as a starting point.

**Eating Without the Package** represents a wide selection of whole foods that should be part of a balanced eating plan. Think in multiple colors to guide your daily choices.

**Eating Clean** is the more limited selection intended as part of a detoxification and sensitivity/allergy discovery plan. It is also the list to choose from when *Eating Clean* to begin to uncover foods that don't agree with you and may be offering you "chronic symptoms". (i.e. headaches, etc)

This is the overview version of information. If you truly want to enhance your overall health beyond your awareness of sensitivities, there are additional elements that add to how, what, and when you eat that can offer tremendous benefit. Contact me directly for more information.

## GRAINS

### Gluten Free:

brown rice  
quinoa  
oats  
millet  
amaranth  
buckwheat

### Gluten Containing:

whole wheat  
spelt  
kamut  
drumun  
bulgar  
semolina  
barley

## FRUITS

apples  
pears  
berries - all  
grapes  
avocado  
bananas  
oranges  
pineapple  
mango  
papaya  
apricots  
coconut  
melons  
peaches

## SWEETENERS

honey  
molasses  
maple syrup  
(grade B)

## VEGETABLE

spinach  
kale  
romaine  
red/green lettuce  
chard  
celery  
asparagus  
onions  
endive  
arugula  
beet greens  
cauliflower  
broccoli  
Brussels sprouts  
beans  
peas  
peppers - r,y,g  
carrots  
eggplant  
squash  
tomatoes  
sweet potatoes  
yams

## MEAT

salmon  
shrimp  
white fish  
beef  
lamb  
chicken  
turkey  
wild game

## OILS

coconut oil  
olive oil  
walnut oil  
peanut oil  
sesame oil  
palm oil  
ghee (clarified butter)

## DAIRY

whole milk  
cheese  
raw cheese  
eggs  
kefir  
Greek plain yogurt  
whole plain yogurt

## SPICES

garlic  
ginger  
cumin  
cinnamon  
turmeric  
basil  
oregano  
parsley  
rosemary

## NUTS & SEEDS

almonds  
walnuts  
pecans  
brazil  
pumpkin seeds  
flax seed  
sunflower seeds  
sesame seeds

## BEVERAGES

water  
green tea  
decaf coffee  
juice - fruit only  
coconut milk  
almond milk  
hemp milk

The list is shorter as you have now eliminated entire categories of food. Those eliminated are the “common” allergens. You will notice your longest lists are fruits and vegetables. See additional guidelines at the bottom.

GRAINS	FRUITS	VEGETABLE	*MEAT	SPICES	*NUTS & SEEDS	BEVERAGES
<b>Gluten Free:</b>	apples	spinach	salmon	garlic	almonds	water
	pears	kale	shrimp	ginger	walnuts	green tea
brown rice	berries - all	romaine	white fish	cumin	pecans	decaf coffee
quinoa	grapes	red/green lettuce	beef	cinnamon	brazil	juice - fruit only
oats	avocado	chard	lamb	turmeric	hazelnuts	coconut milk
millet	bananas	celery	chicken	basil	pumpkin seeds	almond milk
amaranth	oranges	asparagus	turkey	oregano	flax seed	hemp milk
buckwheat	pineapple	onions	wild game	parsley	sunflower seeds	
	mango	endive		rosemary	sesame seeds	
	papaya	arugula				
	apricots	beet greens	<b>OILS</b>			
	coconut	cauliflower	coconut oil			
	melons	broccoli	olive oil			
	peaches	Brussels sprouts	walnut oil			
		beans	peanut oil			
		peas	sesame oil			
		peppers - r,y,g	palm oil			
		carrots	ghee (clarified butter)			
		eggplant				
		squash				
		tomatoes				
		sweet potatoes				
		yams				

### Eliminated Categories:

- Dairy** - especially low fat/fat free
- Gluten** containing grains
- Corn** - avoid as much as possible
- Soy** - often GMO, often a hidden allergen
- Nuts** - if you think you might be sensitive
- Seafood** - if you think you might be sensitive
- Sugar** - nothing with added sugar
- Sweeteners** - avoid in this phase

## Guidelines

- All meats are organic and grass fed - minus the antibiotics, hormones and potential allergens in grains fed to livestock in confined farming operations. **\*NOTE:** Eliminate seafood if you think you may be sensitive.
- All fresh fruits and vegetables are organic to avoid pesticide residues.
- Nuts are soaked and dried or sprouted to break the phytic acid that often is the allergen, not the nut itself. No cashews or peanuts as they are the highest potential for molds. **\*NOTE:** Eliminate this category if you think you might be sensitive.
- LOTs of water from a clean source ideally filtered to help any toxins that decide to leave to find an appropriate exit. (half your body weight in ounces daily - not to exceed 100 ounces)
- Oils for cooking include the saturates that are heat stable: coconut, peanut/sesame for low heat, ghee.
- Add more spices to your world freely. These are the options that are known to be anti-inflammatory, digestive aids etc...
- NO ARTIFICIAL sweeteners. Stevia has been deemed a reasonable sweetener. Cave in here if need be.
- No soda, carbonated drinks, and don't even consider “energy drinks”.

Note: Eating clean can allow your body to naturally detoxify which may be accompanied by symptoms. Talk with your Nutritional Therapist prior to exploring changes to diet if you have concerns. If you are currently under the care of a physician and on medication, you are always encouraged to check with your provider prior to any changes to lifestyle and diet.