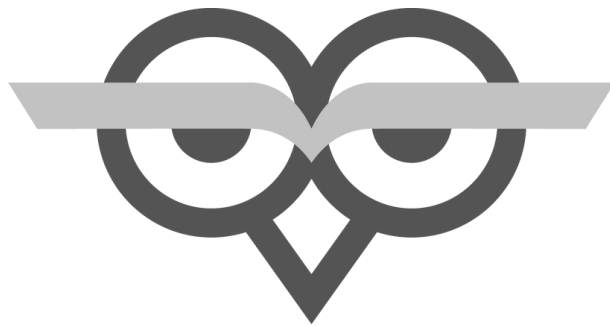


RESOURCES FOR AN ELIMINATION DIET



R.O.A.R

ROADMAP TO ATTENTION AND REGULATION

Module 4

This is an advanced dietary strategy. And something I only recommend if you have exhausted other options and still suspect Food Sensitivities.

While I will not lead you through an Elimination Diet in this course, here is a list of common foods that people eliminate. You don't have to eliminate all of these foods - they are listed in decreasing order of significance for a majority of the population. But you may choose to pick a short period where you do.

- Gluten
- Dairy
- Corn
- Citrus
- Eggs
- Soy
- Beef
- Pork
- Nightshades
- Tree Nuts
- Peanuts
- Sesame
- Sugar
- Yeast

If that sounds like a lot, choose a few to try out. Or you can use a food sensitivity test [IgG] to test for food sensitivities and eliminate highly reactive foods.

Resources:

Book: The Elimination Diet by Alissa Segesten and Tom Malterre
IgG tests from BioTek labs or Cyrex Labs or Genova



Disclaimer: The information provided in this module is for educational purposes only. Vaishnavi Sarathy, Ph.D. is an educator, not a doctor, specifically not your child's doctor. Please consult your physician before implementing any supplement or diet recommendations.