

GUIDE TO GETTING YOUR HEALTH ON TRACK

Elimination Diets 101: Getting it right the first time



Dr. Michael Pierce

*Solving elimination diet problems for
more than 30 years*



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Lifestyle Tools- Elimination Diets and Metabolic Tests

This short guide is intended to be an introduction where you can find many resources all in one place to help you figure out what your problems are with the lowest cost and highest efficiency. I have never seen a guide with all this in one place yet. You may wish to collect more blood work or other labs or imaging, have a doctor order specialty labs, or do a chiropractic neurologic exam as you desire. Remember that 90% of diagnosis comes from history taking first.

There are a number of pitfalls that one can run into when changing lifestyle choices. The first lesson is that the same factor may cause different problems in different people due to genetic individuality and sometimes concussions. For example, insulin resistance and a high carb diet may cause one person to gain weight, another to develop heart disease, and another to have anxiety or bipolar, and another to have atopic dermatitis. Likewise, brain wave scans like QEEG do not correlate exactly with the same nutritional deficits or with toxic exposures.

There are several mechanisms to look at when one chooses to eat more naturally. Just giving up all processed food will take you a long way. However, once you try foods that are raw or cooked, green or sprouted, fermented or fresh, you will discover that these largely wholesome plant-based foods carry problems for some people but not all.

Such problem compounds are oxalates, histamine, salicylates, lectins, and more. To make this more difficult, the list of avoid foods for each of these sometimes overlap such that you eliminate a lot of foods and have severely limited choices. Going through this bottleneck of restricted eating is important for sensitive people to remove the offending compounds and usually results in awareness of trigger foods, and a gradual increase in tolerance of many foods, but not an unlimited tolerance.

A small number of people have autoimmune disease and may be required to strictly remove all sources of an antigen or pay the price for months after a single exposure. There are ways to address this we will cover another time.

Your family history and genetics is not impossible to work with but know that the inherited tendencies can make us more vulnerable to certain diseases than other people, and it is not fair, but there are ways to compensate for most of these inherited biochemical or immune or detox vulnerabilities.

Insulin resistance drives weight gain through inflammation and the leptin-ghrelin pathway. This can be measured using GGT, homocysteine, HGA1C, CRP, insulin and c-peptide, triglycerides, lipid panel, calmodulin for gut, and is caused by having too high a ratio of carbs to protein and fat. These diets are not high protein, they are high fat. The US military has studied ketogenic and low carb diets and they are highly safe and have been used for over 100 years in children with seizures to replace medication in many cases. YOUR exercise endurance and physical training should increase greatly!

Lectins can cause arthritis, see lectin research on organ adherence from Peter D'Adamo and Arpad Pusztai. Inflammation from insulin resistance from too many carbs can also contribute. Glucosamine sulfate is helpful in arthritis because it can rebuild cartilage. However, it also helps people feel better by binding to some food lectins and that may relieve arthritis pain aggravated by lectins, but the healing would be limited to the cartilage if the glucosamine binds to lectins in food and carries them out in stool. Reducing lectins and taking glucosamine can really help a lot more. The most common cause of loss of night vision is deficit of vitamin A and insulin resistance.

You can also screen for heart and plaque problems with a calcium score CT scan. Also, visceral fat can only be found with imaging- there is no lab test although triglycerides are the closest. Visceral fat is dangerous while subcutaneous fat is not.

Diets work well to help reduce medication with the help of your prescriber. We see lots of conditions melt away after months on these diets. Gallbladder and bile is not always up to the fat and may need a few weeks of slow transition and bile support to tolerate the fats and oils. The brain prefers fat burning and can become much more efficient when you make these changes. Constipation, diverticulitis and hemorrhoids are usually responsive to these diets with less plant fiber and lectin which sounds counterintuitive so see below in the resources for Zoe Harcombe about the myths of healthy fiber. This was a surprise to me but explained a lot in my patients.

Weight and ketones are hard to get right at first-mostly because of these reasons:

1. Carbs ratio too high, and protein too high.

Below 100G carbs daily usually works for weight loss, and ketones may require below 25G daily carbs. You will need to measure these in whole foods and look them up or read labels carefully for carbs not calories.



2. Mineral deficient or heavy metal toxic



3. Medications mess up cholesterol metabolism, see Dr. Ken Berry MD on this on YouTube.

4. Omega 3 fat deficit or too much omega 6 oils from plant oils or factory fed grain fed meats.



5. Zero calorie sweeteners can raise insulin leading to insulin resistance, and weight gain or failure to lose past a plateau. This seems impossible but the craving for sweet tastes indicates a need for either minerals, saturated fats, or omega 3 fats generally, and these can relieve cravings in a few weeks.



Please enjoy the resources below and let me know if you have questions.

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These trainings do not establish, constitute, replace, substitute or qualify as medical advice or as a doctor patient relationship.

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We are an educational, social, literary and historical resource on all things related to science-based alternative medicine.

While we do not provide medical, financial or legal advice, we do aim to help those who desire to learn more about self-care and self-healing through courses, membership and communities, live events, handy links, workshops, coaching and more.

Please enjoy.

Lifestyle and diet design

Welcome to Our Tribe!

Getting healthy and balanced is easier than ever these days with all the resources we have. The problem is putting it all together. This guide pulls together many resources needed to start a personalized diet plan and reassure your concerned family members and even your skeptical doctor. Please work with your orthodox medical doctor before making any changes offered below.

Thank you for meeting with me to go over your household diet. This handbook is intended as a guide to lifestyle and meal planning and not a treatment or diagnosis of disease. If you have medications or conditions or make a change in your diet, you should consult with your doctor before trying a new diet as medication levels and requirements are likely to change and need adjustment from the prescriber.

Choose a Diet

Only you can choose a food approach that fits you- Let us help interpret your results!

Some popular and well-researched diets are briefly explained below. There are new promising studies on these diets and how they affect blood values and risk of disease processes. Most people with chronic symptoms end up combining aspects of more than one diet, find their trigger foods and eliminate and control them.

We look here at the most practical and rapid plans for controlling brain, sleep, mood, hormone, heart, cholesterol, and digestive imbalances. They are:

- Keto;
- Carnivore;
- LCHF low-carb high-fat, and

Several other smaller elimination diets: blood type diet, lectin reduced diet, low oxalate, low histamine, low sulfur, low salicylate, autoimmune/thyroid, and gout control diets.

Why use LCHF, keto and carnivore diets?

High fat diets with low carbs and normal protein are ancestral and safe for most people, and they help brain problems by burning fat more efficiently and reducing plant lectins that irritate intestines, organs and brain.

You can:

- a. Educate yourself with YouTube and books and websites here and ask me for more
- b. Pick what you think you can handle
- c. Try eliminating some foods for 2 or 3 weeks and see if your symptoms or performance change
- d. Tell me how it goes via email or a live or remote appointment so I can help interpret your symptoms. There will be speed bumps along the way. I have seen everything and can save you time and suffering.
- e. Symptoms reduce and you get more energy and better sleep usually soon after a little adaptation to the new diet and supplements.
- f. Some people can add back a little bit of eliminated foods that were triggers and find a tolerance they can live with. Others are devastated if they add back trigger foods they eliminated.

Lab testing options

For many issues there are lab tests, but for other issues there are no lab tests, such as lectins in food that cause irritation, and fatty liver requires imaging to confirm.

Food antibody tests, while very helpful, can be confounded by low total antibodies or false negative tests. Some people with an acute flare will see a broad positive across many foods on a food antibody test. Further, there are 4 antibody types that behave differently: Immunoglobulin A, M, G and E.

Most labs can be obtained without a doctor from retail businesses like Any Lab Test Now. Some labs are blood you must go to a collection site such as LabCorp or Quest, and others are kits I can order and have sent to your home for hair, urine, saliva, stool, or other needs. Some other tests of body and brain chemistry you may consider are:

1. Basic blood tests such as ordered by your GP general practice doctor or nurse:
 - a. Complete blood count CBC and
 - b. Biochemistry profile that measures enzymes and other markers, and this usually goes with
 - c. Basic urine analysis UA screening test that measures basic pH, bacteria, debris called casts, white cells, specific gravity, blood, and glucose among others.
2. These are less often needed blood tests:
 - a. I may need to test PSA total and free PSA in blood for men
 - b. Ferritin, homocysteine, CRP are often missed in a blood panel
 - c. Full lipid panel may be needed
 - d. Clotting panel may be needed
 - e. Food antibody test for allergy or sensitivity
 - f. Allergy testing can be ordered
 - g. Autoimmune panel may be needed
 - h. Complete Thyroid panel may be useful
 - i. Full iron panel in some cases with ferritin
 - j. APO-E is really helpful for families with heart or brain problems
 - k. Walsh panel for kids with behavior or learning problems to check for histamine, copper and zinc with other brain tests–blood and urine.
3. Special tests such as urine organic acids–OAT–this measures many health and wellness factors and tells us a lot. We use this for most people and children, and it gives the most information about metabolism. Please check out the free videos that explain the lab tests on <https://www.greatplainslaboratory.com/webinar-library>.
4. Hair heavy metals test–this test measures chronic heavy metal burden and general mineral imbalances, *Blood tests for heavy metals only help with recent high exposures, but most people take on heavy metals slowly and deposit them in their organs, so the blood heavy metals test is mostly always negative.
5. Urine kit for sex and adrenal hormone testing from Dutch labs or Great Plains
6. Stool testing for gut flora and for parasites can be done if indicated.



Imaging and testing options

We have access to several imaging services for common problems:

- a. Motion x-rays for spine ligament damage
- b. CT scan of heart for calcium score for heart/cholesterol risk
- c. Ultrasound or MRI or DEXA scan for fatty liver–visceral fat.
- d. DEXA scan for bone density for females
- e. Medical EEG is different than QEEG. Medical EEG is for seizure or sleep disorder definitive diagnosis.
- f. SPECT brain scan can help uncover serious brain problems and other patterns that were not seen before, especially when treatment is not working.
- g. ERP event related potentials are helpful to order for dementias and traumatic brain injury–concussion.

Root Causes:

Insulin Resistance, Cholesterol, Fat, and Inflammation

The foundation of the root causes of most of our imbalances are insulin resistance caused by high carb ratios and plant lectins, in my opinion. The best sources of learning for this is **Low Carb Down Under**, a YouTube channel. We also went over **The Carnivore Code** book by Paul Saladino, MD who is also a Youtuber as **Carnivore MD**, as well as my YouTube channel below. When you do a carnivore-ish diet, you need to eat:

1. Not more than 40–50%protein by calories;
2. More minerals, especially sodium and magnesium to avoid constipation.
3. And trace minerals like trace minerals research brand **Concentrace** tablets, but I prefer Organ meats-freeze dried capsules are sometimes better, as they have trace minerals, omega 3 fats and lots of vitamins.
4. Animal based diets need less vitamin C in the diet because of the low carbs.
5. Animal and high fat diets sometimes require more bile support at first for a few weeks. Gas, bloating, nausea, indigestion can occur. Ox bile, lecithin, blood tests for triglycerides and GGT and even an ultrasound of the abdomen can help us figure out what the bile system needs to be optimal.
6. Most people need to double their sodium intake on a lower carb diet due to potassium and sodium spillage from the kidneys—this is normal if BP stays normal.

7. Collagen powder will be needed when you eat skeletal muscle meat such as steak and ground beef.

8. And plenty of clean, humane, grass-fed animal saturated fat, or vegetable saturated fat like avocado and coconut oils. Dairy is fine for many, but some cannot have much dairy due to skin reactions, mucus buildup in the ears and sinuses and throat, or thyroid autoimmunity. Omega 6 fats are a real problem, and they are in seed oils. Look for grass fed or omega 3 fish oil that is mercury free.

9. Carbs are restricted to berries and honey, although I'm fine with having salads—see below to pick your best veggies.

- a. No grains
- b. No rice.
- c. Beans should be rare, small servings and pressure cooked, and
- d. Whole and roasted nuts should be low
- e. I would avoid seeds and seed oils like sunflower and safflower oil
- f. Carbs are usually 25 to 100 grams per day, 50 mg is typical

Detoxing

We often need to detox these:

1. Heavy metals
2. Toxic bile
3. Mold
4. Sticky lectins
5. Environmental estrogens, manmade solvents and pesticides and other toxins.

The mildest and most economical is 2–3 capsules of activated charcoal taken last thing at night before bed on empty stomach, hopefully 2–3 hours after our last meal or food. There are many other targeted detoxes, but this is very common and easy and works for most intestinal toxins with little side effects.

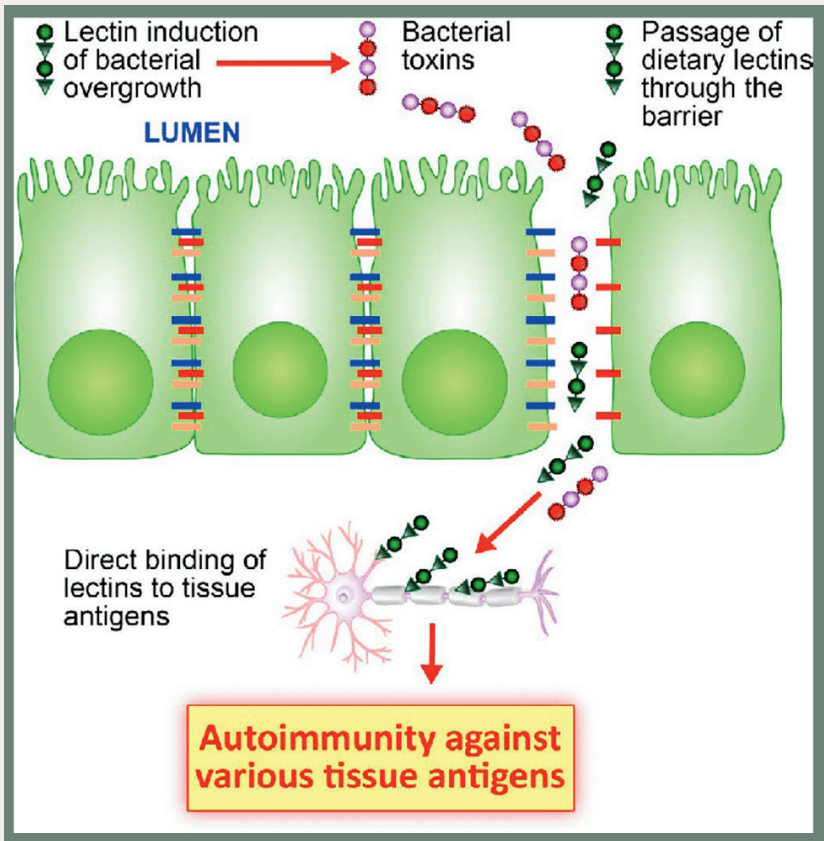
Food Lists to avoid if you are sensitive

You may combine these "avoid" food lists for faster results

There are several lists of foods to avoid for certain people that have sensitivities. There are no lab tests for lectins and so an elimination diet is the only way to reveal if you have a problem, and it does not happen in a few days. Lectin and other elimination diets take 2–3 weeks off a food or types of foods to discover a link, and then you can try to add a little of it back and see if eating the food after 3 weeks off triggers a response over the next few days. If not, increase the amount and see if it is dose dependent. Then you have found your limit of that food and can move on to another.

Hopefully you can see that if you are not sure what is your general category of sensitivity, you may need to try eliminating one group or more than one group of foods at a time to see if your symptoms reduce. For really sensitive people, you can see that there is so much crossover in the avoid lists below for plant foods that some people just go right to carnivore.

Autoimmune patients tend to suffer longer from food triggers, and a typical elimination diet may require many more weeks of strict elimination-not just reduction of food triggers, for the immune system to calm back down. An autoimmune flare caused by foods could raise autoantibodies for 6 months!



https://www.researchgate.net/figure/Mechanism-of-Lectin-Agglutinin-Binding-to-Human-tissue-Lectins-Agglutinins-have-an_fig1_320881560

8 CAUSES OF LEAKY GUT



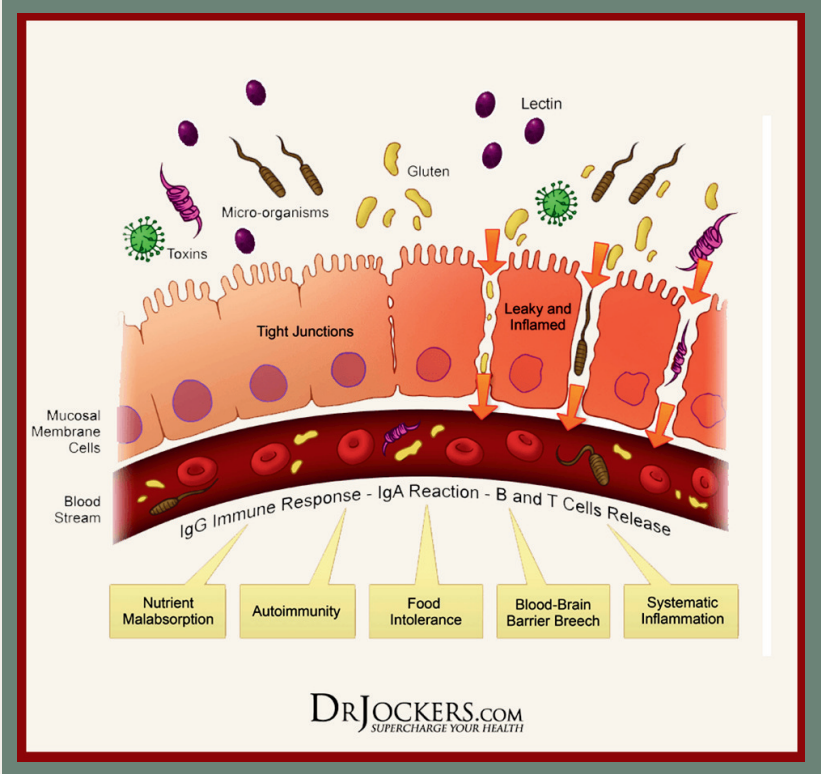
ingredientologist

<https://shawnwells.com/2020/07/your-guide-to-lectins-phytates-oxalates>

Symptoms of Lectin-Related Food Intolerances

- Headaches, brain fog, lack of concentration
- Skin problems such as acne, eczema, itchy skin
- Water retention (edema) and puffiness in face, extremities, under the eyes
- Bloating- a very common reaction
- Easy weight gain and stubborn weight loss
- Post-meal fatigue and chronic fatigue in general
- Excess mucous, chronic clearing of the throat
- Respiratory problems (asthma, chronic, non-infectious coughing)
- Joint stiffness and pain (especially in the morning)
- Urinary weaknesses, chronic urinary tract infection or cystitis
- Abdominal pain and gas with meals, excessive belching (lectins have also been shown to reduce HCL levels)
- Gastric reflux and stomach upset
- IBS, spastic colon, other intestinal irritation
- Hyperactivity especially in children
- Sinus problems, itchy nose (hayfever-like reactions), congestion and post-nasal drip
- Insulin shifts in blood sugar control

<https://selfhack.com/blog/are-you-lectin-sensitive-using-genes-symptoms-and-blood-tests/>



<https://www.pinterest.com/pin/137289488628893635/>

High Lectin Foods

HIGH-LECTIN FOODS TO AVOID

The infographic is titled "HIGH-LECTIN FOODS TO AVOID" and is divided into three main categories: NIGHTSHADES, Dairy, and Grains & Grain Food. Each category contains illustrations of various foods with their names written below them.

- NIGHTSHADES**
 - VEGETABLES**
 - CHILI & BELL PEPPER
 - WHITE POTATOES
 - SORREL
 - OKRA
 - tomatoes & tomatillos
 - EGGPLANT
 - BERRIES & FRUITS**
 - GOOSE BERRIES
 - PEPINO MELONS
 - GOJI BERRIES
 - SPICES**
 - CAYENNE PEPPER, CHILI & PAPRIKA
 - CURRY
- Dairy**
 - Illustrations of a glass of milk, a bowl of ice cream, and slices of cheese.
- Grains & Grain Food**
 - Illustrations of wheat stalks, peas, and beans.
 - Wheat
 - Peas
 - Beans

<https://www.doctorkiltz.com/lectin-free-diet/>

Here below are food lists to avoid **lectins that bind to tissues** and often drive insulin resistance and arthritis, inflammation, autoimmune infertility, and other problems. There are no lab tests for lectins, although some offer antibodies to lectins, a negative test simply means no antibodies to lectins are present, but lectins do not need antibodies to stick to cells and irritate and inflame them:

High-Lectin Foods			
Grains & Animal Foods	Legumes	Nut, Seeds & Oils	Fruits & Vegetables
 <p>Grains & Grain Products Barley / Bulgur Buckwheat / Millet / Quinoa Kamut / Rye / Spelt / Wheat Oats Rice, Brown & White</p> <p>Grain-Fed Animal Foods Milk / Kefir / Sour Cream Frozen Yogurt / Ice Cream Cheese / Cottage Cheese Fish / Poultry / Meat</p>	 <p>Legumes Beans Cacao Beans Chickpeas Kidney Beans Lentils Mung Peas Peanuts Soy</p>	 <p>Nuts Almonds Cashews / Pine Nuts Hazelnuts</p> <p>Seeds Chia Seeds Pumpkin Seeds Sunflower Seeds</p> <p>Oils Canola / Corn Cottonseed / Grapeseed Peanut Safflower Sunflower</p>	 <p>Melons (Any Kind) Fruits & Nightshades Corn Cucumbers Eggplant Peppers Pumpkin Squash (Any Kind) / Zucchini Tomatoes</p> <p>Sweeteners Agave Artificial Sweeteners Sugar Sucralose</p>
Low-Lectin Foods			
Grains & Animal Foods	Legumes	Nut, Seeds & Oils	Fruits & Vegetables
 <p>Grains & Grain Products Amaranth Wild Rice</p> <p>Grass-Fed Animal Foods Grass-Fed Dairy Grass-Fed Meat</p> <p>Wild-Caught Seafood</p> <p>Poultry Chicken (Pastured) Egg Yolk (Omega-rich) Ostrich Turkey (Kosher) Water Fowl</p>	 <p>There Are NO Low-Lectin Legumes</p> <p>The hard lectin in legumes is impervious to soaking, sprouting and cooking.</p>	 <p>Nuts Coconut / Chestnut Macadamia Pecans / Pistachios / Walnuts</p> <p>Seeds Flax Hemp Sesame</p> <p>Oils Coconut / Olive / Sesame Avocado Macadamia Nut Red Palm Rice Bran Walnut</p>	 <p>Limit these Fruits Apples Blueberries / Cherries Citrus Kiwi Nectarines / Peaches Plums Pomegranates Raspberries / Strawberries</p> <p>Unlimited Other Fruits</p> <p>Unlimited Vegetables</p> <p>Sweeteners Monk Fruit (Nutresse) Jerusalem Artichoke Syrup Stevia / Xylitol / Erythritol Yacon</p>

<https://www.wildculture.com/article/understanding-lectin-free-diet/1763>

High Histamine Foods

High histamine foods are another problem some people need to avoid—they produce classical allergy and IgE antibody tests and respond to epi pens in emergency. Some people get hives and call this MCAS—mast cell activation syndrome. Below are histamine foods and triggers to avoid if this is suspected or tested for:

HISTAMINE RICH FOODS

				
PRESERVED MEATS	ALCOHOL	FERMENTED FOODS (yogurt, kefir, kimchi, sauerkraut, etc.)	DRIED FRUITS	AVOCADO
				
EGGPLANT	SPINACH	SHELLFISH	CHEESE (especially aged)	

HISTAMINE RELEASING FOODS

					
ALCOHOL	BANANAS	TOMATOES	WHEAT GERM	BEANS	CHOCOLATE
					
CITRUS FRUITS	STRAWBERRIES	PINEAPPLE	MUSHROOMS	NUTS (esp. walnuts, cashews, & peanuts)	ADDITIVES (esp. glutamate, benzoate, artificial colorings, sulfites & nitrites)

FOODS THAT INHIBIT DAO

			
ALCOHOL	FERMENTED DRINKS	TEAS	ENERGY DRINKS


















<https://www.glutenfreesociety.org/histamine-intolerance-and-gluten/>

High Oxalate Foods

The next list is oxalate foods to avoid, as oxalic acid causes pseudogout-painful tissues everywhere (uric acid causes true gout):











HIGH OXALATE FOODS

- TO AVOID -

				
Potatoes & Yams	Legumes & Beans	Seeds & Nuts	Wheat Bran	Soy, Tofu & Miso
				
Raspberries	Spinach	Swiss Chard	Rhubarb	Beets
				
Chocolate & Cocoa	Processed Meats	Pumpkin	Eggplant	Grapefruit & Juice

LOW OXALATE FOODS

- TO ENJOY -

				
Coffee	Low Fat Dairy	Bananas	Cantalopes	Papaya
				
Water with Lemon	Broccoli	Iceberg Lettuce	Bok Choy	Peppers


<https://kidneycop.com/helpful-tips/how-to-combat-kidney-calcium-oxalate-crystals/reduction-diet-for-kidney-calcium-oxalate-crystals/>

Sulfur Foods


While sulfur is in most foods, and can be good for detoxing, it can be a problem for some people with SNPs for sulfur. If these help you detox and make more glutathione, that's good, but if these produce gas, bloating, indigestion, or even mood changes, consider a lower sulfur diet:

Top Sulfur Rich Foods


Human health can be adversely affected by exposure to radiation. This can come in the form of simple sunlight, to x-Ray exposure, to radiation fall-out. Tissue damage, whether resulting in a sunburn or in thyroid cancer is caused by "ionizing" radiation. Raising glutathione levels protects cells from damage by the most dangerous of free radicals released when ionizing radiation hits us.
 Jimmy Gutman, MD




Kale




Cabbage




Cauliflower




Asparagus




Mustard Greens




Brussels Sprouts




Onions




Garlic




Tomatoes




Broccoli




Avocado




Bok Choy




Sweet Potatoes



Turnips & Greens



Watermelon



Nuts

**Glutathione :
The Master of All
Antioxidants**

It's the most important molecule we need to stay healthy & to prevent disease. It's the secret to prevent aging, cancer, heart disease, dementia & more, & necessary to treat everything from autism to Alzheimer's disease. The secret of its power is the SULFUR (SH) chemical groups it contains.

Sulfur is a sticky, smelly molecule. It acts like fly paper & all the bad things in the body stick onto it, including free radicals & toxins like mercury & other heavy metals. Normally glutathione is recycled in the body -- except when the toxic load becomes too great. This explains why we are in such health trouble & should consume more sulfur rich foods to support the body in healing & repair.

Mark Hyman, MD

OAWHealth
Optimal Antioxidant Wellness

<https://www.women.com/laurawagner/lists/the-complete-list-of-foods-high-in-sulfur>

SULFUR IN FOODS

High Sulfur Foods



Broccoli, Brussels sprouts, cabbage, cauliflower, kale, collard greens, bok choy, spinach, asparagus, peas, & green beans



Any kind of beans, lentils, peanuts, bean curd, bean sprouts, soy products (including tofu, tempeh, soy milk, & soy cheeses)



Turnips & rutabagas



Onions, shallots, chives, garlic, radishes, & mustard



Eggs & dairy products



Quinoa, whey, buckwheat, & yeast extract



Energy boosters (coffee, chocolate, carb, etc)



Papaya & pineapple



Alpha lipoic acid, glutathione, MSM, DMSO, N-Acetyl Cysteine, L-methionine, L-cysteine, L-taurine, glucosamine, L-glycine, SAMe, methylcobalamin, methyl folate, Betaine, HCL, choline and B-complex. Epim salt baths should be avoided as well.

Low Sulfur Foods



Beef, duck, fish, chicken, shellfish, veal, pork, goose, game, hen, rabbit, lamb, & turkey



Squash, artichokes, eggplant, beets, celery, corn, carrots, peppers, mushrooms, lettuce, & cucumbers



Sunflower, linseeds, pumpkin seeds, & flax



Potatoes, yams, sweet potatoes, butternut squash, barley, oats, rice, & semolina



Any fruit or melon, including figs, dates, & coconut



Brown sugar, honey, butter, cinnamon, & fresh ginger root



Fresh herbs like basil, thyme, & rosemary




Olive & sesame oils

DrLam Body-Mind-Nutrition[®]

<https://www.drlamcoaching.com/blog/foods-high-in-sulfur-unhealthy/>

Notice that for many of the plant food lists, the foods acceptable to one list are on the avoid list for the others. Animal foods have some of these compounds to avoid too, but in reality, they are well tolerated in the absence of carbs and lectins generally.

LOW SULFUR FOODS

Apples		Kiwi	
Beets		Lemon	
Bell Peppers		Lettuce	
Berries		Mangoes	
Butter		Oats	
Carrots		Parsnips	
Celery		Pea Protein	
Chicken (dark meat)		Pumpkin Seeds	
Cinnamon		Rice Protein	
Citrus Fruits		Squash	
Corn		Sunflower Seeds	
Cucumbers		Sweet Potatoes	
Fennel		Turkey (dark meat)	
Flax seeds		White Rice	
Grapefruit		Yams	
Honey		Zucchini	

AGUTSYGIRL.COM | @AGUTSYGIRL

<https://agutsgirl.com/2019/05/02/do-you-smell-like-rotten-eggs/do-you-smell-like-rotten-eggs-high-sulfur-foods-agutsgirl-com-sulfur-lowsulfur-sibo/>

Salicylate Sensitivity

Some children and adults have brain and gut symptoms and skin problems from salicylates in food, cosmetics, artificial preservatives, artificial colors, and drugs:

High Salicylate foods			
Fruits	Vegetables	Nuts, seeds, snacks	Other
<p>Very High</p> <ul style="list-style-type: none"> • Apricots • All Berries • Dates • Orange • Pineapple • Grapes • Raisins • Sultanas • Prunes <p>High</p> <ul style="list-style-type: none"> • Avocado • Mandarins • grapefruit 	<p>Very High</p> <ul style="list-style-type: none"> • Capsicum • Red chilli • Zucchini • Olives green • Radish • Chicory <p>High</p> <ul style="list-style-type: none"> • Broccoli • Cucumber • Eggplant • Spinach • Tomato (canned) 	<ul style="list-style-type: none"> • Almonds • Peanuts • Pinenuts • Macadamias • Pistachios • Crisps 	<ul style="list-style-type: none"> • Spices – pretty much all except coriander • Herbs – most except parsley, chives and coriander • Ginger, honey, jam, Worcestershire sauce, liquorice, mints

Myelancosmetics.com

<https://www.pinterest.com/LauritaBonita2020/low-salicylates/>

Salicylate Diet
NON-FOOD SOURCES OF SALICYLATES

HEALTH & BEAUTY PRODUCTS	MEDICATION & CHEMICALS	OTHER SOURCES
<ul style="list-style-type: none"> Perfumes Shampoos Conditioners Herbal Remedies Lipsticks Lotions Skin Cleansers Mouthwashes Mint-Flavored Toothpastes Shaving Creams Sunscreens Tanning Lotions Muscle Pain Creams 	<ul style="list-style-type: none"> Alka-Seltzers Aspirin 5-ASA Compounds (compounds similar to aspirin) Non-Steroidal Inflammatory Drugs (NSAIDS) 	<ul style="list-style-type: none"> Aloe Vera Azo Dyes Benzoates Benzyl Salicylate BHA BHT Disalaid Eucalyptus oil Oil of wintergreen Red Dye #40 Salicylaldehyde Salicylamide Yellow Dyes #5, #6

<https://www.pinterest.com/LauritaBonita2020/low-salicylates/>

The Nightshades

The Solanaceae family are foods that have lectins, alpha solanine and/or levels of other glycoalkaloids which are plant defenses that may cause food intolerances. Belladonna has a poison level of solanine. These include:

- Tomato Potato
- Green potato
- Peppers
- Eggplant
- Goji berries

And the spices:

- Curry powder
- Chili powder
- Ground red pepper
- Cayenne pepper
- Paprika

These irritant foods can cause:

- digestive disturbances, indigestion, gas, bloating, colitis, GERD
- skin itching and rashes
- brain symptoms

arthritic type joint pain and swelling



<https://www.amymyersmd.com/article/nightshade-sensitivity/>

Lectin Binders

Some people have discovered that when they eliminate certain foods, they still retain debris from those foods in their intestinal lining that continues to irritate and trigger their immune reactions, skin reactions, joint pain, or other symptoms. Others find themselves eating unwanted lectins when they get stuck traveling or out socially and need to eliminate them. When they take binders that could adhere to these food antigens and carry them out of the stool, they sometimes feel better. The main binders are typically sold in dried capsules or pills below:

1. Activated charcoal—a universal detoxing agent
2. Glucosamine sulfate–chondroitin sulfate – a good binder of gluten and dairy and other lectins
3. Bladderwrack kelp (*Fucus vesiculosus* – helps bind O blood type food lectins)
4. Clay—many types of active fresh clay can detox but Hippocrates wrote 450 years before Christ about clay forming cement in the colon and requiring hydrotherapy/colonics to get the bound clay out. Be careful with powdered clays.

Sex Hormones and Cardiovascular Balancing

Sex hormones are formed from cholesterol. We get cholesterol plaques in our arteries from dietary carbs, especially from high fructose corn sweeteners, not from cholesterol in food. Trans fats are toxic though. Seed oils like sunflower and safflower and other veg oils, and grain fed meats are too high in omega 6 fats without omega 3, and drive insulin resistance. Grass fed organ meats have omega 3 fats and minerals.

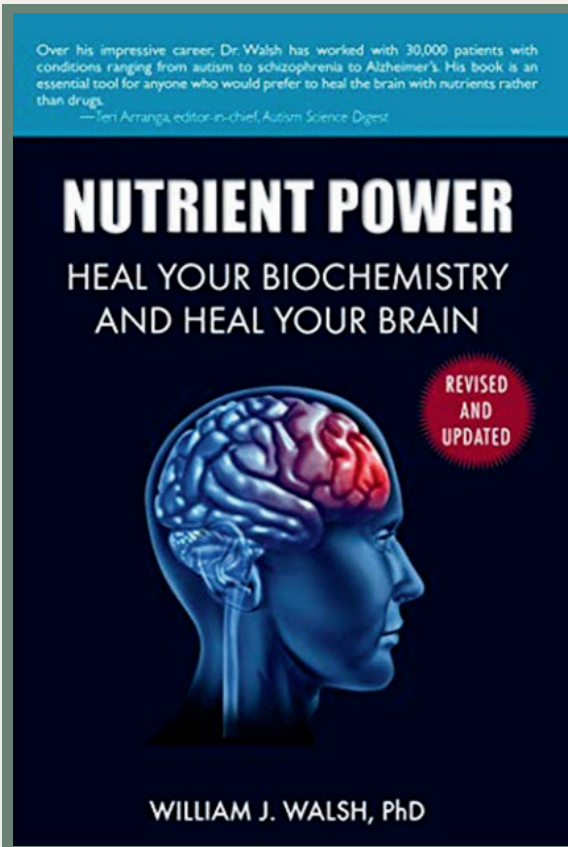
Even zero calorie sweeteners cause insulin spikes. If someone craves sweets or starches, that is a signal of endocrine imbalance. When we get toxins reduced, minerals in, carbs lower, fat burning, and have omega 3 fats, these cravings melt away.

The sex hormones and prostate do well with vitamin A about 10,000 mg until pregnancy, then drop to lower dose, and zinc lozenges about 25 mg daily. Zinc should help with reflux, and so will the diet although you can expect about 3 weeks of adjustment to bowel movements, gall bladder tolerance and constipation. Sleep should improve too, and cravings should be reduced by the lower carbs, higher fat, better quality of protein, more saturated fat, and trace minerals. The animal diet should lead to far less need for supplements and sensitivity to everything. Glucosamine sulfate may help with binding to bad plant lectins in your colon.

The diet will help reduce aromatization of testosterone to estrogen in men, (we talked about man-boobs and prostate) and balance progesterone in women which is needed for pregnancy.

Mental health and Biochemistry

William Walsh, a PhD biochemist has written **Nutrient Power**, a short, easy book describing his 40,000 cases of mental health related to biochemistry testing and rebalancing. This book fills many gaps in psychology and psychiatry for those who seem to not get better or follow the typical course of response to medication:



Some people also have a problem with excess kryptopyrroles in urine that make them feel like they are hallucinating or separate from reality. We can test for this in urine easily in children and adults. It is a problem with the metabolism of Zinc and B6.

Adrenal Support

I would consider vitamin B5 and magnesium for adrenal support—B5 is 1000 mg 2 times daily for about 3–4 weeks. This helps sleep and the flank pain of inflamed adrenal glands as they sit on top of the kidneys. Ashwagandha helps adrenals too. Magnesium, vitamin C and Omega 3 fats help too.

Brainwave Maps –QEEG

We can take pictures of brainwave activity with QEEG – quantitative electroencephalography. This is a noninvasive, no radiation, no electrical stimulation way to measure brainwaves and see if they fit your appropriate age and gender group, and to see where problems may lie in the brain.



<https://www.youtube.com/watch?v=MSDlz8B8Fjs&t=3s>

My Lecture on Proper Customized Brain Rehab

<https://www.youtube.com/watch?v=PRZgOMw3zQY>

In some cases, we want to see and support exceptional brainwaves such as in an Olympic or pro athlete but generally we look for outlier signals as the source of problems.

Once we go over your QEEG maps with you, we will likely do neurofeedback at some interval if your maps correlate with your symptoms. We can determine which of several advanced types when we see your brainwave patterns. Here are some videos on what some of these quantitative brainwave measurements can tell you, and you will see in your report:

<https://www.youtube.com/channel/UC6aRBgWqHftuFg9BVmMIBJw/videos>

Mouth and Dental Issues

We are looking for a good holistic or biologic dentist in your area because that is so important. Please let us know if you know a good one. Check your dental record for pocket depth of 3mm or less in your gums. This is vital for healthy living long term and most people need to water pic and floss. Caps, crowns, root canals, gingivitis, amalgam fillings, and other mouth issues can cause problems with the other organs. Oral galvanism is electrical currents from metals in the mouth and some can affect the brainstem—your biologic dentist can check for these issues.

Resources on Special Topics

The trouble with fiber: Dr. Zoe Harcombe:

https://www.youtube.com/watch?v=4KrmPK_Lckg&t=30s

Food lectins and the problems they cause:

<https://www.youtube.com/watch?v=mjQZCCiV6iA&t=33s>

Statins and LDL and cholesterol Dr. Nadir Ali

https://www.youtube.com/watch?v=o_QdNX9etCg

Statin Wars–Maryanne Demasi:

<https://www.youtube.com/watch?v=BzTjPuikhQE>

Cholesterol and statin con: Dr. Aseem Malhotra

<https://www.youtube.com/watch?v=AuhW4e-YchO>

Heart disease myths Ivor Cummins

<https://www.youtube.com/watch?v=emsMlIXJu9I>

How to start Keto Dr. Ken Berry

<https://www.youtube.com/watch?v=p5N7x8TQrt8>

Ken Berry MD–combining keto and carnivore EASY:

https://www.youtube.com/watch?v=R8K87_6PjR0

Great Plains Lab testing free videos explain the tests:

<https://www.greatplainslaboratory.com/webinar-library>

The Human Condition Dr. Pierce:

<https://www.youtube.com/channel/UCbHBKdghzAzOvnW4TX6wZQ>

Understanding your QEEG maps on QEEGPro database:

<https://www.youtube.com/channel/UC6aRBGwqHftuFg9BVmMIBJw/videos>

Oxalate can cause pain, brain problems and symptoms and kidney stones:

<https://www.youtube.com/watch?v=wkbYIbJluY8>

SNPs and mental health–Dr. Amy Yasko free gene reports from 23&me and her free book Genetic Bypass:

<https://knowyourgenetics.com/>

Freeze dried organ meat pills so you don't have to eat organs:

Heart & Soil:

www.heartandsoil.com

Usage of raw milk Dr Sam Bailey:

<https://www.youtube.com/watch?v=y1hDNcvH8D4>

Vegan Keto cookbook:

https://www.google.com/search?rlz=1C1CHBF_enUS948US948&tbm=shop&q=ke+to+vegan+cookbooks&tbs=mr:1,avg_rating:400&sa=X&ved=0ahUKEwiE6q-cx7n2AhUZJkQIHTSkASIQz9OGCOMOKAA&biw=1266&bih=553&dpr=1.5#spd=7007532640280024922

Follow Up Next Steps:

1. Pick a LCHF, keto or carnivore-ish diet and begin (vegans and vegetarians can do keto too!). Read and study and talk with your doctor.
2. Watch YouTube sources and
3. Get cookbooks you resonate with
4. Book A Call on Calendly (www.humanconditionlab.com) to schedule a one-on-one education session with me. Feel free to take photos of food, ingredients lists and menus to discuss if you wish. You can share documents and articles you want to discuss as well. (These will not be doctor-patient relationships or offer diagnosis or treatment, but we can discuss any mechanism of physiology and health that you want to understand my view on).
5. Get a trace mineral supplement or better, freeze dried organ meat pills
6. Consider L-Carnitine supplement for fat burning
7. Consider sodium needs will increase on these diets-watch your blood pressure as you transition from carbs to fats and animal products.
8. Magnesium may be needed for cramps or constipation at the start of a low carb diet high in meat.
9. You may need to weigh some foods to calculate carbs and macros
10. We can do a video coaching call for 55 minutes as needed.
11. Visit our website for helpful courses, groups and live events on lab testing. You can go as simple or as deep as you need with these resources.

*Michael Pierce, DC, DACNB
Diplomate of the American Chiropractic Neurology Board*