

## **Jade Mountain Elimination Diet**

### **Common Allergens/Sensitivities**

Wheat  
Soy  
Corn  
Dairy  
Nuts/Seeds  
Popcorn  
Eggs

### **Other foods to avoid during elimination period**

Caffeine  
Alcohol  
Sugar  
Fried, rich or very spicy foods  
Nightshades – Solanacea family  
    ~potato  
    ~eggplant  
    ~tomato  
    ~peppers

Processed/prepared foods such as pasta or canned soup

### **Good food choices during elimination period**

Lots of vegetables! Lightly steamed is best, soups and stews are excellent.  
Organic meats and wild fish  
Wild rice  
Quinoa  
Millet  
Amaranth  
Avocado  
Seaweed  
Berries  
Coconut, Sesame or Olive oil  
Herbal Teas  
Lemon or Basil Water  
Spices are ok but keep food simple, lightly cooked and mildly spiced – olive oil, sea salt and fresh herbs are optimal choices during this time.

After 3 weeks, add in one item from the forbidden list and eat a lot of it that day! Wait 24 hrs from the last time you have eaten the food in question, if no reaction, that food is ok and you can then introduce a new food. If you do experience a reaction [fatigue, insomnia, nausea, headache, mental fogginess, diarrhea, constipation, gas, etc.] go back to the elimination diet for three days, then try the next forbidden food for one day, then three more days of elimination diet, then another forbidden item for one day, etc, until you have tried them all. If there are any other foods you feel might be questionable for you personally, this is a great time to experiment and see how they affect your body!

Your basic diet consists of lots of vegetables, the “good” grains, good fats (avocado, coconut, olive), and high quality protein (no tempeh for elimination period) which includes free-range/organic chicken, turkey, fish, and bone broths.