

Anti-Inflammatory and Elimination Diet – Strict Version

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You can find several versions of Anti-Inflammatory and Elimination diets in books and online. This is a strict version that can be followed fully or partially. For best results, follow the diet in its strictest form.

1) An Anti-Inflammatory Diet is for those with pain from any cause, as well as obviously inflammatory conditions such as arthritis. Reducing inflammation will make almost any degenerative condition better, including osteoporosis, diabetes and coronary artery disease.

2) An Elimination Diet is a diet designed to detect an individual's food allergies. It restricts all of the top food allergens. When followed strictly for at least 28 days and followed by the Allergy Challenge (see later page) for reintroducing foods in a controlled manner, it's highly reliable.

3) This diet also serves as a healing diet for anyone with fatigue, arthritis, overweight, chronic digestive system and bowel problems, headaches, or reactions to chemicals or other environmental substances.

To follow a softer version of the diet, reduce your intake of one or more of the Avoid/Eliminate foods rather than eliminating them altogether.

The diet is usually well-tolerated. People often report improvement in sleep, energy, mental clarity, mood stability, muscle recovery, weight and skin appearance. However, some people experience headaches, irritability, achiness, fatigue and foggy thinking, especially in the first several days. There are two main reasons for this:

1) The carbohydrate level is too low. As glutenous grains, legumes and milk are eliminated, be sure to replace them with non-glutenous grains, non-grain starches and perhaps fruits to get enough carbohydrate for normal energy and blood sugar, and to prevent unwanted weight loss. Even a small portion of a balanced mix of carbohydrate, protein and healthy fat every 2½ to 3 hours will help stabilize blood sugar.

2) You're having detoxification reactions. This diet causes faster-than-usual cleansing. Toxins can be moved into the bloodstream and lymph faster than the skin, liver, kidneys and lungs can process and release them. And suddenly-reduced sugar intake can cause massive die-off of any parasites, yeast or bacteria, leading to even more toxins released into the system for clearing. To slow detox, limit foods gradually. To speed removal of wastes, drink extra water and get slightly or moderately extra salt. If negative symptoms persist or at any time your symptoms exceed reasonable tolerance, discontinue the diet and contact me.

Components of the Diet – Strict Version

1. Eliminate all dairy except ghee (clarified butter) or grass-fed butter. Avoid milk, buttermilk, cream, all cheeses, yogurt, ice cream and regular butter. Avoid casein (a milk protein) in ingredient lists. Don't use margarine or store-bought mayonnaise. On a less-strict version of the diet, a good compromise would be to use whey, a dairy product that's very low in casein.
2. Eliminate grain-fed red meats: beef, pork and veal. Select grass-fed or grass-finished meats only. Free-range chicken and turkey, lamb and coldwater fish such as salmon, mackerel and halibut are acceptable (if you're not allergic or intolerant). Choose wild seafood whenever possible.
3. For discovering allergies, avoid all eggs. For reducing inflammation, avoid egg yolks. Egg yolks contain arachidonic acid, which is inflammatory. Egg whites do not.
4. Eliminate gluten. Avoid any foods that contain gluten. See page 4 for Glutenous and Non-glutenous Grains. Note that corn is a non-glutenous grain, but it's not allowed on this diet since it's one of the top 7 food allergens. For an even stricter version, eliminate all grains and focus on non-grain starches.
5. Eliminate all soy including soy oil, soy milk and all soy-based dairy substitutes, tofu, soynuts and soynut butter, soy protein isolates and powders, tempeh, miso, soy sauce and edamame. Avoid soy of any kind as an ingredient.
6. Avoid alcoholic beverages and all sodas. Drink only organic coffees, teas and herbal teas. Limit caffeinated beverages to 1-2 cups a day. Avoid coffee substitutes made from glutenous grains and herbal teas with citrus.
7. Avoid all nuts and seeds and “butters” from these. Avoid peanuts, which are actually a legume.
8. Avoid foods containing yeast (yeasted breads) and the sugar that promotes yeast overgrowth: white or brown sugar, raw sugar, honey, agave, corn syrup, maple syrup, fruit or other syrups, and molasses. Avoid all sugar substitutes. Small amounts of plain stevia (no added ingredients) are okay.
9. Avoid partially hydrogenated/trans fats as much as possible. Read ingredient labels. Avoid all non-canned shelf foods that contain *any* fat, since these contain hydrogenated fats even when the label says they don't (this is legal). Examples are crackers, chips, breads, tortillas, etc. This applies to organic foods, too.
10. If you have any joint or spinal pain, avoid foods and ingredients from the Nightshade family: tomatoes, all potatoes except sweet potatoes and American yams, eggplant, all sweet peppers (green, red, yellow, etc.), and hot peppers (chili, cayenne), paprika and pimento. Cayenne pepper is a Nightshade; black pepper isn't. Turmeric is an exception; it's the only nightshade that is *anti-inflammatory*, so it's okay to use. Tobacco is also a nightshade. If you're smoking or chewing and can't quit now, do the rest of the diet. You'll still receive great benefit.
11. If bowels are inflamed or you have excessive bowel gas or bloating, avoid all gas-producing vegetables (iceberg and romaine lettuces, sweet peppers, broccoli, cauliflower, Brussels sprouts, cabbage, peas, cucumbers, onions, artichokes) and all raw vegetables of any kind. Eat cooked vegetables but not undercooked and crunchy or overcooked and mushy.
12. Drink 6 to 10 cups of water daily, preferably filtered. The amount depends on your height and weight, how much you sweat and how much salt you eat. Drink most of it between meals, beginning before breakfast.
13. This diet can lead to lowered blood sodium, not always a good thing. Unless you know that salt raises your blood pressure above normal (this isn't true for everyone), salt your foods regularly to taste with a healthy sea salt.

Food Category	Allowed	Avoid
Meat, Fish, Poultry	Free-range chicken & turkey, lamb Grass-fed beef & pork Cold-water fish such as salmon, halibut, mackerel, trout	Grain-fed beef & pork, bacon, caged chicken & turkey, jerky, lunch meats Shellfish, lake/stream fish except trout
Legumes	Green peas	Soy & all other legumes except green peas
Eggs	Egg whites if using the diet only to reduce inflammation	Egg yolks; egg whites if allergic
Dairy Products & Substitutes	Milk substitutes such as rice, hemp, and coconut, grass-fed butter	Animal milks, soy milk, nut milks, cheese, cottage cheese, yogurt, cream, ice cream regular butter, non-dairy creamers
Grains, Breads & Cereals	All non-glutenous grains,† oats if gluten-free and you're not allergic (see comments on oats, page 4)	All glutenous grains, corn, corn starch, oats if not gluten-free (see comments on oats, page 4)
Non-Grain Starches	Sweet potatoes, yams, all winter squashes, peas, other root veggies	Potatoes (Russet, white, yellow, etc.)*
Vegetables	All vegetables, preferably fresh, frozen or freshly juiced; herbs	Creamed or made with prohibited ingredients, eggplant*, peppers*
Fruits	Unsweetened, fresh, freshly juiced, or water-pack canned, excluding citrus & strawberries	Fruit drinks, ades, cocktails, citrus, strawberries, dried fruits preserved with sulfur, tomatoes*
Soups	Vegetable- or chicken-based broths and homemade soups, any made with allowed ingredients only	Canned or creamed soups, any with glutenous flours
Beverages	Freshly prepared or unsweetened fruit or vegetable juice, pure water, non-citrus herbal teas, one cup organic coffee or tea per day	Milk, dairy-based products, all other coffee and tea, Postum, cocoa, sodas, alcoholic beverages, citrus juice or sweetened beverages
Fats & Oils	Cold- or expeller-pressed oils, preferably organic, such as: olive, coconut, safflower, sunflower, sesame, cod liver, & flax	Soy oil, canola unless organic, or salad dressings made with these All hydrogenated, partially hydrogenated and heat-damaged oils
Nuts, Seeds & Nut or Seed Butters	None	Peanuts, cashews, all tree nuts Sunflower seeds, sesame seeds All nut and seed butters
Sweeteners	Raw honey in small amounts Stevia in small amounts	White, brown or raw sugars, syrups, pasteurized honey, molasses, all sugar alcohols and non-caloric sweeteners
Condiments	Low-temp-dried or sun-dried sea salts Apple cider vinegar, homemade mayonnaise, mustard	All other salts, soy sauce, commercial mayonnaises, ketchup
Tobacco	None*	All smoking and chewing tobacco

† Try different flavors of Udi's brand gluten-free breads and bagels to find the ones you like.

* See # 10 on page 2.

Glutenous and Gluten-Free Grains

GLUTEN-FREE GRAINS/SEEDS/STARCHES

Amaranth ¹
Arrowroot (a high-starch tuber) ²
Barley Grass ³
Buckwheat (grain-like seed crop) ¹
Corn, corn starch, corn meal, corn flour
Flax seed
Flours made from nuts, beans or seeds
Millet (ancient seed grass) ¹
Oats ¹
Potato, potato flour, potato starch
Quinoa (ancient seed grass) ¹
Rice, rice bran, rice flour
Sago or sago flour (a palm stem starch)
Sorghum (group of grain-like grasses)
Tapioca (starch taken from cassavas)
Taro Root (group of roots and tubers) ²
Teff, teff flour (ancient seed grass)
Wild rice, wild rice flour
Wheat grass ³

GLUTENOUS GRAINS

(other than the rye, these are all various forms of wheat)

Barley, barley malt, barley flour
Bulgur (cracked wheat)
Cous Cous (cracked wheat pasta)
Durum (a hardy wheat often used for making pasta)
Einkorn (an ancient variety of wheat) ⁴
Emmer (ancient wheat, also known as farro) ⁴
Farina (fine wheat meal used to make cooked cereal)
Farro (an ancient wheat, also known as emmer) ⁴
Graham flour (coarsely ground whole wheat flour)
Kamut (a hybridized wheat, trademarked by Kamut Intl.)
Matzo, Matza (unleavened bread made from white flour)
Orzo (a type of wheat pasta cut in the shape of rice)
Panko (fine-grained wheat breadcrumbs)
Rye or rye flour
Seitan (pure gluten, cooked and eaten)
Semolina (a hardy wheat used for making pasta)
Spelt (an ancient variety of wheat) ⁴
Triticale (a hybrid of wheat and rye)
Udon (thick wheat flour noodles, Japanese)
Wheat, wheat flour, wheat germ, wheat starch, wheat bran

A person may have an allergy or sensitivity to any of these grains, quite apart from any allergy or sensitivity to gluten.

¹ Amaranth, buckwheat, millet, oats and quinoa are gluten-free grains, but they may have trace contamination of gluten by: 1) introduction of wind-borne seeds from a nearby field of a glutenous grain, or 2) being milled in the same mill as a glutenous grain. Most people with gluten allergy tolerate these grains since the contamination level is low. 100% gluten-free oats are now available, If you can't find them in a local store, you can purchase them at vitacost.com. Usually, only those who have Celiac Sprue may need to avoid these grains. Celiac Sprue – also known as celiac disease, gluten enteropathy or gluten intolerance – is a digestive disorder rather than an allergy. With Celiac Sprue, exposure to gluten causes damage and scarring in the gut.

² Arrow root and taro root are good substitutes for corn starch. Use as a thickener if you're allergic to corn.

³ Barley grass and wheat grass are tender shoots that have not yet developed gluten (or gliadin or hordein, the proteins from which gluten develops). They're often used in health drinks, because they're rich in vitamins, minerals and chlorophyll.

⁴ Einkorn, emmer and spelt are ancient varieties of wheat that are making a comeback because they have not been over-hybridized or genetically modified, and they contain less gluten than modern wheat. Because of these factors, many people find they tolerate these wheat varieties much better than modern wheat varieties, especially what grown in the U.S.

Allergy Challenge

The Allergy Challenge is a process of eliminating a food from your diet for a period of time and then re-introducing it in order to see if you tolerate it. If you want to identify all of your food allergens, use the full, strict version of the Anti-Inflammatory and Elimination Diet. You'll be avoiding 99% of likely allergenic foods. Or you might eliminate only one or a few foods and then use the Allergy Challenge. However, if you have multiple allergies, it may be difficult to determine your reaction to only one food while still eating others you don't tolerate. One full cycle of the allergy challenge takes 4 days.

- 1) Avoid one or more suspected foods for 3 to 4 weeks, including other mixed or processed foods containing any form of the avoided foods. Then, reintroduce as follows.
- 2) Choose one food to challenge, such as eggs, cheese or wheat. Be sure to read #7 below and choose as narrowly as possible. On Day 1, eat a moderate serving of this food with each of your 3 meals.
- 3) For the next 3 days, avoid this food entirely again. This is to make sure you aren't having a delayed reaction, which is common. Keep avoiding all other previously-eliminated foods.
- 4) Watch for any new negative symptoms, or the return or increase of old ones. Common symptoms include fatigue, irritability, foggy brain, depression, headache, stomach ache, abdominal bloating, water retention, sudden overnight weight gain, sinus congestion and itching.
- 5) If you DO NOT notice negative symptoms showing up or increasing in these 4 days, you can add the food back into your diet once every 3+ days. This is called a 3-Day Rotation, and it helps insure you'll continue to tolerate that food during the rest of the challenge process. Allergies can be sneaky - you can have a low-grade sensitivity to a food that passes the allergy challenge test but surfaces days or weeks later if you're eating it frequently again. If you start building antibodies against it again, this will interfere with your ability to accurately assess the results of the next food challenges. For a more strictly controlled challenge, take that food out of your diet until all subsequent challenges are done.
- 6) If you DO notice negative symptoms showing up or increasing in these 3 days, eliminate the food again for 2 – 3 days or until all symptoms are gone. At this time, you can challenge another food or you might choose to re-challenge the same food, eating it only *once* on the re-introduction day. This is because some food reactions are dependent upon amount and frequency, and this would tell you if you can tolerate a smaller amount of that food eaten once a day or even twice a week. After challenging a food once (or twice), if you have even a mild reaction to it, eliminate it from your diet completely until all of your planned food challenges are done.
- 7) One food within a food category may affect you quite differently than another. Dairy is an example. Many people react much worse to milk than cheese or yogurt; others, because of the molds used in cheese making, will react worse to cheeses. So instead of challenging for dairy by eating yogurt, cheese and milk on the challenge day, choose one of these and have it at all 3 meals. The same idea applies to wheat products. You may react differently to bread products than to pasta, bulgur or Cream of Wheat. For example, muffins would be an especially poor way to re-introduce wheat, since you could react to the sugar, dough conditioners, preservatives, extra gluten or other ingredients. Even bread is not a great choice for testing wheat. Choose clean, simple forms of a food to do the challenge so that other ingredients aren't causing reactions of their own.

Cooking Brown Rice, Millet and Quinoa

For all of these, the method is described as "cook like rice." This means:

- use twice the amount of water as dry grain (2 cups water to 1 cup dry grain)
- use about 1/8 to 1/4 tsp. salt per cup of dry grain
- put water, grain and salt into a pan and bring it to a rolling boil
- turn the heat down to low or medium-low and put the lid on the pan
- in a minute, be sure the water is simmering, not boiling or motionless
- cook for the recommended time or until liquid has evaporated
- let it sit uncovered for 5 minutes, fluff with a fork, and serve or store

Grains are high in carbohydrate and low in protein. They contain only traces of fat. To slow down the uptake of the carbohydrate and keep blood sugar more stable, add fats and fibers. Nuts or vegetables are some of the best foods to combine or serve with grains for fiber. Butter, coconut oil or olive oil are delicious fats to add. I suggest you add the fat and a little more salt just before serving.

Brown Rice: Brown rice is a grain wherein the starch breaks down to sugar rather quickly. Its glycemic index (how fast the starch turns to sugar and hits your bloodstream) is close to that of white rice, but it has more nutrients and some good fiber. It has a sweet flavor and goes well with almost any other food. Use short- or medium-grain brown rice. Cook for 50-60 minutes.

Millet: Millet is a hearty seed grain with a nutty flavor that goes well with nuts, meats and vegetables. Many online recipes and even cookbooks call for cooking millet 40-50 minutes. This turns the grain to mush. The correct cooking time leaves the grain cooked but firm and chewy, just like properly cooked brown rice. Its faster cooking time and lower glycemic index are big advantages over rice. Cook for 20-25 minutes.

Quinoa: (Pronounced KEEN-wah) Quinoa is a soft, light seed grain, so it's noticeably less filling than rice or millet. It has a unique flavor that grows on you but may taste a little bitter at first. It goes especially well with nuts and well-browned meats. Cook 15 minutes.

For a firmer, chewier texture, use only 1-1/2 cups water to 1 cup of dry grain and cook 12 minutes.

Healthy and Delicious Mayonnaise

- 2 large eggs
- 2 Tbsps. apple cider vinegar (preferably organic, such as Bragg's Organic Apple Cider Vinegar)
- 1 tsp. prepared/wet mustard (optional, can also try specialty mustards)
- 1 tsp. salt (may need a little more if you use sea salt)
- 3/4 cup oil (any healthy oil will work except coconut; try light or extra light olive oil or safflower oil)

- 1/3 to 1/2 cup more oil (add to taste)

Blend all ingredients except the 2nd amount of oil in a blender until smooth. *Slowly* add the second amount of oil in a thin stream until blended smooth. If the last oil is added too fast, the emulsion will break and the oil will separate from the other ingredients. If this happens, add an extra egg yolk and blend again. Between adding 1/3 cup and 1/2 cup, stop a few times to taste. If it's too tart, add more oil. If it gets too thick to easily blend in all of the remaining oil, that's okay. Return remaining oil to its bottle. Pour mayonnaise into a glass jar and refrigerate. In 1-2 hours, it's thick enough to spread with a knife.

Making your own mayonnaise is easy! This is a nearly-foolproof recipe. My partners and I fine-tuned it in 1973 when I was co-owner of the West Bank Café, the first natural foods restaurant in Corvallis, Oregon. More good mayonnaise recipes can be found online or in a wonderful cookbook titled *Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats* by Sally Fallon, a great natural foods cookbook.

Consistency of the suspension requires only two essential ingredients: oil and egg yolk. All other ingredients are for flavor. So, after tasting the first batch, you may adjust the recipe with more or less of certain ingredients to suit your taste. The less oil you add, the more tangy the flavor, and the more oil you add, the more dull the flavor, since the oil dilutes the bold flavors of the condiments. But the mayonnaise will be runny if you get too little oil. The size of the eggs makes a difference, too. This recipe works best with standard "large" size eggs, but "large" organic or free-range eggs can be extra-large, so you may need just a little more of the other ingredients besides eggs and oil. You can also make a mildly sweet mayonnaise by adding raw honey (start with about a teaspoon). Blend the honey with the vinegar first so the honey is dissolved before adding the other ingredients.

If you're allergic to egg white and not egg yolk, make the recipe with yolks only. If you're allergic to egg yolk, this recipe won't work for you, since the yolks are essential as the emulsifier needed for mayonnaise's consistency.

This mayonnaise will keep for 3-4 weeks, maybe longer, before it starts to lose flavor. It will deteriorate faster if you substitute lemon juice for the vinegar, but some people prefer the flavor with lemon juice.

Special notes: 1) Mayonnaise is not a cause of foodborne illness as was thought in the past. Vinegar is highly antibacterial, so bacteria can't grow in mayonnaise made with vinegar. Protein ingredients, not mayonnaise, are the source of pathogenic bacteria in tuna salad, egg salad, chicken salad, ham salad, and potato or macaroni salads that contain hard-boiled eggs, ham or bacon bits. Don't leave these foods at room temperature more than two hours, even less in the warm sun at a picnic. These dishes aren't always good choices at a potluck, since you don't know how long the cook left the protein ingredient out of refrigeration. 2) Nearly all commercial mayonnaises contain hydrogenated, trans or damaged fats. You can't tell this from the label. If the mgs. of trans fats per serving is under the legal limit for all foods (0.5 g. trans fat per listed serving), it's illegal to list it. And, the package may have "no trans fats" right on the front. This includes organic foods! This legal amount, eaten daily in many foods, is still enough to negatively affect your liver, digestion, skin, arteries and more. 3) Avoid oils sold in plastic bottles, as the toxins from plastic move easily into fats. If you have to purchase oil in plastic, transfer it to a glass jar or bottle at home. Refrigeration is a must for all oils except coconut and olive, and even olive oil may need refrigeration if you aren't going to use it up within a couple of months. Keep unrefrigerated oils a few feet away from stovetops, as exposure to heat causes oils to deteriorate much faster.