

Can What You're Eating Be What's Bothering You?

For those of us who were Y2K compliant, and managed to remain in one piece, congratulations and welcome to the new millennium. To learn what foods may be causing some of your physical (fatigue, pain, indigestion, etc.) and/or mental (depression, anxiety, moodiness, etc.) symptoms try an elimination diet. This will help determine your food allergies and sensitivities and be a guide those of you who resolved to eat better or live healthier this year.

In Phase 1 of the elimination diet, eliminate dairy (milk, cheese, yogurt, etc.), chicken, eggs and wheat flour products (breads, pasta, cereals, crackers, cookies, etc.). Stay off these for 4 weeks or until you feel better for 2 weeks. Then, add back one food at a time every 2-3 days. Watch for symptoms to reappear or flare-up. If symptoms occur, then you've found a food sensitivity. Make note of the food and remove it from your diet for at least a month. Some of you will want to keep this food out of your diet forever and others will just need to eat it on a very limited basis. If no symptoms crop up in the 3 days, then these foods are probably not a problem for you.

You could use the elimination diet for other foods that may be a problem. Common foods that cause sensitivities are animal, oats, corn, millet, tomatoes, corn syrup butter, margarine, oils, chocolate, coffee tea, cornstarch, berries, citrus, or nightshades. After doing this myself and discovering wheat and peanuts were problem foods, I lost 15 pounds and got rid of my indigestion.

Yours in health,

Dr. Rick

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