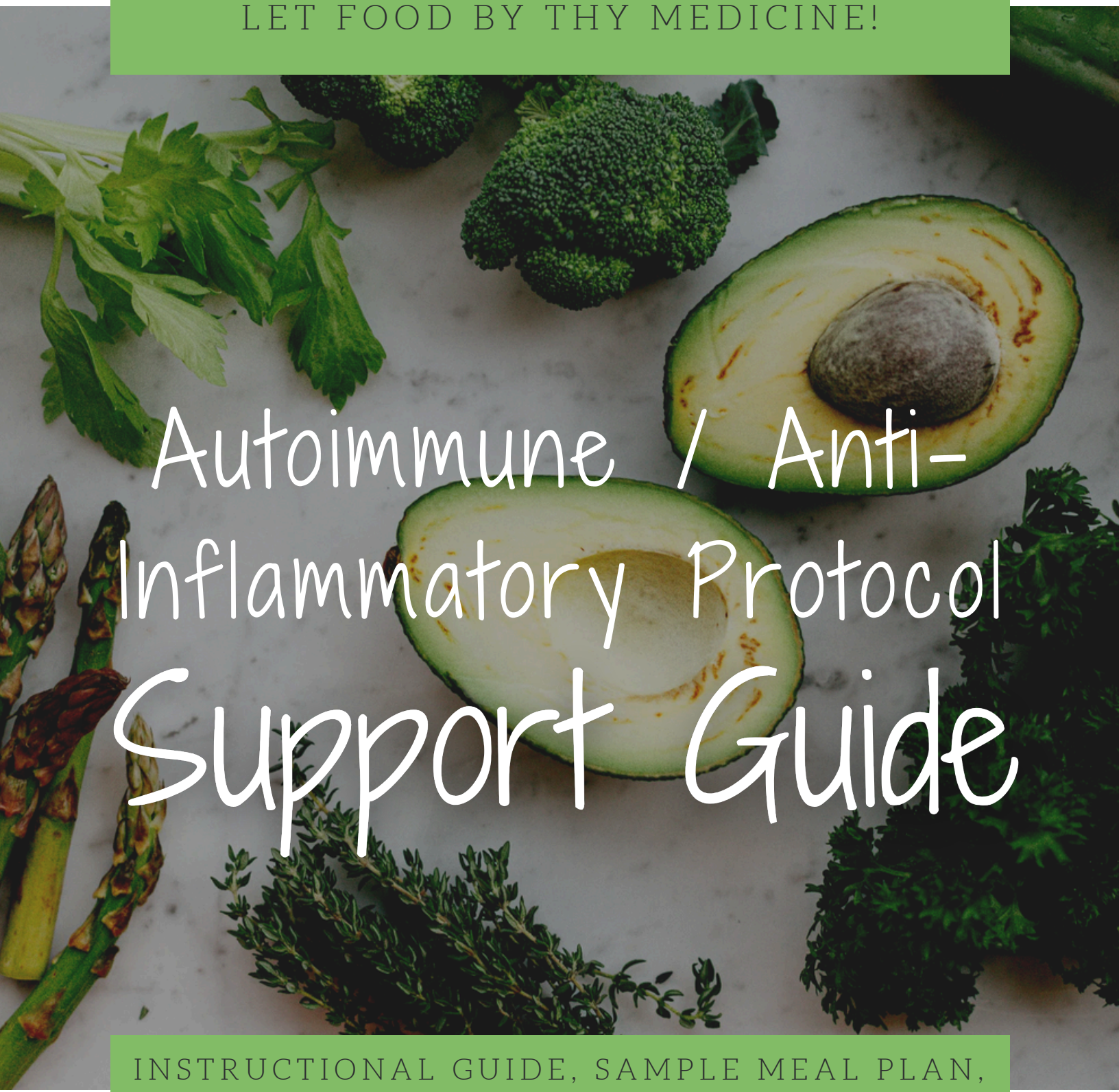
LET FOOD BY THY MEDICINE!



Autoimmune / Anti-Inflammatory Protocol Support Guide

INSTRUCTIONAL GUIDE, SAMPLE MEAL PLAN, ENCOURAGEMENT AND MORE!

VALEO
HEALTH AND WELLNESS CENTER

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WHAT IS THE AUTOIMMUNE PROTOCOL?

What is the Autoimmune Protocol?

To understand the Autoimmune Protocol, it's important to first understand a little bit about the gut. Your gut is very important to your overall health. A compromised gut (often referred to as "leaky gut") can affect not only digestion, but also inflammation throughout the body—even in your brain. The Autoimmune Protocol, also known as Autoimmune Paleo or "AIP", is a diet and lifestyle regimen used to heal the gut and decrease inflammation throughout the body. AIP typically includes 30-90 days of a dietary elimination phase, followed by a reintroduction phase that allows individuals to understand how their body reactions to certain foods. It is very important to follow the elimination phase closely, and to take food reintroductions slowly.

It's called the "autoimmune" protocol because many people who are prescribed this dietary regimen have been diagnosed with an autoimmune condition or are presenting symptoms of autoimmunity. What is commonly overlooked is that AIP is meant to include more than food: it encourages individuals to consider what else may be contributing to inflammation in their lives (e.g. stress, poor sleep, etc.) and to address the root cause.

Why do I need to eliminate certain "non-AIP" foods?

Foods can make or break our gut. Literally. There are "common culprits" when it comes to which foods "break down" the gut and lead to inflammation in the body, and these are the foods that are removed during the elimination phase of the AIP. They include processed foods, dairy, grains and legumes, nightshades, sugar (refined and artificial), and refined vegetable oils. You can click the linked foods to read more about why that food can contribute to poor gut health. Not all these foods will need to be eliminated permanently. There is a good chance that you'll be able to add several back into your diet once your gut has begun to heal.

How long does AIP take/When can I begin to reintroduce foods?

The elimination phase of the AIP usually lasts somewhere between 30-90 days but is highly individual. Factors that play into how long the elimination phase should last include the level of inflammation or severity of symptoms that led you to the AIP, how strictly you have adhered to the elimination phase foods, and whether you've also begun to eliminate lifestyle factors that contribute to inflammation, as well.

AN IMPORTANT NOTE ABOUT THE DETAILS

What TO Do

- Eat organic, pastured, grass fed animal protein and wild fish.
- Eat carbohydrates from fruits and vegetables.
- Eat fat from avocados, coconut, olive oil, and nuts (see allowed list on next page)
- Eat low glycemic fruits and non-starchy vegetables.
- Eat fermented foods like sauerkraut, coconut kefir, and coconut yogurt.
- Eat fiber from fruits and vegetables.
- Eat colorful veggies.
- Eat organic eggs.
- Drink half your body weight in ounces of water (including veggie or bone broth) daily.
- Exercise every day, preferably for 30 minutes.
- Pray for at least 5 minutes per day.
- Get 7-9 hours of sleep.
- Take digestive enzymes, hydrochloric acid, and apple cider vinegar – if Dr. recommended

What NOT To Do

- No grains at all.
- No dairy products.
- No genetically modified organism (GMO) foods.
- No processed foods.
- No refined sugars.
- No alcohol.
- No cereals or grain-like seeds.
- No smoked or salted foods.
- No ibuprofen, aspirin or acetaminophen, naproxen.
- No legumes (e.g. peanuts, beans, lentils, peas, and soybeans).
- No nightshade vegetables (see below for list)
- No fruit juices.
- No skipping meals.

IF YOU DO NOT SEE A FOOD LISTED IN THE FOODS TO INCLUDE, DO NOT EAT IT

WORDS OF ENCOURAGEMENT

It can be surprising to learn the power that food holds over us. This is your time to reclaim that power and regain your health.

The resources in this guide should help minimize frustration during this process, but there's a good chance you'll still find yourself wishing for a food that is on the "avoid" list, or rolling your eyes at having to make another meal, or even (briefly) experiencing an increase in symptoms as your body is detoxifying everything that has been accumulating over the past weeks, months, and years. After following AIP for several weeks, most people report more energy, better mental clarity, weight loss, and a reduction of the symptoms that led them to Valeo.

We encourage you to view this time as a time to challenge yourself to learn and grow your cooking skills, build your willpower, and learn how foods make you feel, both physically and emotionally. As you gain this knowledge and determination, you'll find it is empowering you to make and stick with the best decisions for your health.

In this guide, we've provided what we feel you need to get the most out of this protocol: encouragement, health and food trackers, meal ideas, and an opportunity to reflect on the program. We encourage you to use as much of this guide as possible!

As a reminder: eat according to your appetite. Do not overeat, and choose the most nutritional food available to you.

1 Corinthians 6:19-20

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

FOODS TO ENJOY

(EAT AS MUCH VARIETY AS POSSIBLE)

Fruits: Apple, apricot, banana, blackberry, blueberry, boysenberry, cherry, cranberry, fig, grapefruit, kiwi, lemon, lime, melon, nectarine, orange, peach, pear, persimmon, plantain, plum, pluot, pomegranate, raspberry, strawberry.
*Caution (see note on last page): watermelon, mango, pineapple, grapes, dried fruits, dehydrated fruits.

Vegetables: Asparagus, arugula, artichoke, avocado, basil, beet, beet greens, bok choy, broccoli, broccoli rabe, brussels sprouts, burdock, cabbage (Napa, red, and green), carrot, cauliflower, celery, chard, chicory, collards, cucumber, daikon radish, dandelion greens, fennel root, jicama, kale, kohlrabi, lambs quarters, leeks, lettuce, nettles, okra, onion, purslane, radish, scallion, shallot, spinach, summer squash, sunchoke (Jerusalem artichoke), turnip, water chestnut, watercress, zucchini.

Dense carbs: lotus root, plantain, sweet potato, taro, winter squashes, yams, yucca (cassava).

Fungi: Button mushrooms, chanterelle, crimini, oyster, portabella, puffball, etc.

Nuts and Seeds: almond, cashew, macadamia, pecan, walnut.

Eggs: organic only

Wild Fish: cod, hake, halibut, herring, flounder, mackerel, oysters, red snapper, salmon, sardines, shellfish, skate, tuna, trout, etc.

Meat: Beef (grass fed), chicken, quail, squab, duck, goose, turkey, Cornish game hen, lamb (pasture-raised), pork (pastured), buffalo/bison, goat, emu, ostrich, sausage (without fillers or nightshade spices), liver, kidney, heart, organic sliced meats (gluten, sugar free), uncured nitrate/nitrite-free deli meats and bacon from grass-fed/pastured beef/pork.

Milk & Yogurt: unsweetened almond milk, canned coconut milk, unsweetened coconut milk, unsweetened coconut yogurt.

FOODS TO ENJOY (CONTINUED)

Fats: avocado oil, coconut oil, extra virgin olive oil, flaxseed, hazelnut oil, red palm oil, sesame, walnut. Coconut: coconut aminos, coconut butter, coconut cream, unsweetened coconut flakes, coconut kefir, coconut milk, coconut oil, unsweetened coconut yogurt.

Beverages: filtered or distilled water, broths, green smoothies, herbal tea (see below), kefir water, kombucha, kefir (coconut), mineral water, veggie juices (fresh made).

- Teas: Herbal teas: cinnamon, chamomile, ginger, lavender, lemongrass, milk thistle , peppermint, rooibos, spearmint.

Fermented Foods: kefir water, kimchee, kombucha, pickled ginger, pickled cucumbers, sauerkraut, unsweetened coconut kefir (without corn or rice-based thickening agents), unsweetened coconut yogurt, pickles fermented with salt, beet kvass, lacto-fermented vegetables and fruits such as fermented beets, carrots, and green papaya.

- To Make Your Own Kombucha tea or Kefir Water go to: www.culturesforhealth.com

Condiments: avocado mayonnaise, coconut vinegar, coconut aminos, Red Boat fish sauce, vinegar (apple cider vinegar and balsamic vinegar only).

Herbs & Spices: basil, chamomile, chervil, chives, cilantro, cinnamon, cloves, bay leaves, dill, garlic, ginger, horseradish, lemongrass, marjoram, mace, oregano, parsley, peppermint, rosemary, saffron, sage, sea salt, spearmint, thyme, tarragon, turmeric.
Caution: allspice, black pepper, cardamom, white, green and pink peppercorns, juniper, star anise and vanilla bean.

Sugar substitutes: cinnamon, mint and ginger. Caution: honey, date sugar, maple syrup, molasses, unrefined cane sugar.

A Word About "Caution" Foods

Generally speaking, these foods are either immunogenic, hard to digest, likely to feed gut bacterial overgrowths/dysbiosis, and/or contribute to blood sugar imbalance. If your gut immunity is strong (no overgrowths, no dysbiosis, no food reactions, healthy gut lining), and your blood sugar is balanced, these items may be tolerated in moderation.

FOOD TO ELIMINATE

(TEST REINTRODUCIONS PER THE DOC)

Nightshade vegetables: ashwaganda, eggplant, goji berry, all peppers (anaheim, bell, red, green, chili, jalapeno, habanero, serrano, etc.) and pepper-derived spices (cayenne, chili pepper, curry powder, paprika, etc.), potato (not sweet potatoes), tomato, tomatillo, and sauces like hot sauces, Tabasco sauces, and salsas.

Fruit: avoid canned fruits.

Processed & canned meats: bacon, fatty cuts of beef, lamb, & pork; smoked/dried/salted meat and fish, deli meat. Sausages and deli meats with seed-based or nightshade spices.

Fish: Whale, shark, swordfish. Farmed tilapia and catfish quantities should be moderated.

Nuts and Seeds: Brazil nuts, chestnuts, hazelnuts, pine nuts, pistachios, pumpkin, and sunflower seeds and seed-based spices: anise, annatto, black cumin, celery, coriander, cumin, dill, fennel, fenugreek, mustard, nutmeg, poppy, sesame.

Dairy: cow and other animal (goat/sheep) butter, cheeses (including cottage), cream, ice cream, milks, whey, yogurt; non-dairy creamers; butter, milks, and cheeses made with soy; frozen desserts, mayonnaise made with canola or soybean oil.

Oils: butter, hydrogenated oils, margarine, mayonnaise (avocado oil-based mayonnaise may be OK), peanut oil, shortening.

Beans and Legumes: all beans, black-eyed peas, chickpeas, lentils, miso, peas, peanuts/peanut butter, soybean and soy products.

Fungi: avoid medicinal mushrooms e.g. Shiitake, Maitake and Reishi mushrooms (unless tested by one of the doctors and found to be acceptable).

Soy: edamame, soy milk, soy sauce, soy protein, tofu, tempeh, soy protein.

Drinks: alcohol, caffeinated beverages (all), coffee, fruit juice, green & black tea, sodas.

Condiments: baker's and brewer's yeast, BBQ sauce, chutney, ketchup, relish, soy sauce, other condiments (unless listed in "Foods to Include").

FOOD TO ELIMINATE (CONTINUED)

Sweeteners: artificial sweeteners (Equal, Nutrasweet, Splenda, Truvia), agave syrup, brown rice syrup, corn syrup, high fructose corn syrup, fruit sweeteners, maple syrup, sugar (white, brown, and powdered), stevia, raw green stevia, Xylitol.

Grains: amaranth, barley, buckwheat, corn (including cornmeal and popcorn), millet, oats/ oatmeal, quinoa, rice, rye, sorghum, teff, triticale, and wheat including varieties such as spelt, emmer, farro, einkorn, kamut, durum and other forms such as bulgur, cracked wheat and wheat berries.

- **Grain products:** breads, cakes, chips, cookies, corn tortillas, crackers, donuts, flatbread, muffins, noodles, pancakes, pasta, pita, pizza, rolls, starch, tortillas, waffles.
- **Grain like substances or pseudo-cereals:** amaranth, buckwheat, cattail, chia, cockscomb, kañiwa, pitseed, goosefoot, quinoa, and wattleseed (aka acacia seed)

Gluten containing foods: BBQ sauce, binders, bouillon, brewer's yeast, cold cuts, condiments, emulsifiers, fillers, gum, hot dogs, hydrolyzed plant & vegetable protein, ketchup, soy sauce, lunch meat, malt & malt flavoring, or vinegar, matzo, modified food starch, monosodium glutamate, non-dairy creamer, processed salad dressings, seitan, stabilizers, teriyaki sauce.

Legumes: including peas, beans, lentils, soy, and peanuts.

All processed food: cured meats, sugar, pre-mixed seasonings & sauces, mustard, canned food.

Seasoning and Spices:

- **Seed based:** anise, annatto, black cumin, celery, coriander, cumin, dill, fennel, fenugreek, mustard, nutmeg, poppy, sesame, cacao.
- **Berry & fruit based:** allspice, white, green and pink peppercorns, juniper, cardamom, star anise and vanilla bean.

Coffee: Remove coffee for 30 days (or longer if tested positive on the Gluten Cross Reactive Foods test), reintroduce and note reactions.

Tea: Remove caffeinated teas for 30 days, reintroduce and note reactions.

THIS IS BIG...

YOUR WHY IS BIGGER

You've set out on an important journey toward good health. Like any journey, there are sure to be some obstacles along the way. But knowing what you're looking forward to at your destination makes it easy to navigate and overcome those obstacles.

Take a moment to reflect on WHY you are investing in yourself with this protocol.

HELPFUL HINTS ON MODIFIED DIETS

A Note About Breakfast.

So often, we think of breakfast as a completely separate category of food from lunch and dinner. Pancakes, eggs, cereal… those are breakfast foods, right? But…lunch or dinner leftovers can be eaten for breakfast, too! So if you find a recipe that you enjoy from the lunch/dinner section, feel free to use that as a breakfast option, as well. However, if you think breakfast needs to stay in its own category, I've made sure to provide options just for you!

Meal Planning Is Your Friend.

Waiting until the last minute to figure out what's to eat creates chaos that makes it hard to stick to a modified diet. When hunger calls, you're driven to answer in an old, familiar way. I recommend a) creating a menu for the week ahead on whatever day you are most free, and b) making big batches of food that you can freeze or refrigerate for quick access whenever you're hungry (or, at least, doing some of the chopping of ingredients for meals later in the week).

Emergency Snacks.

Just like meal planning, carrying an "emergency snack" can be a life saver! While you're adjusting your diet, you may find yourself getting hungry when you didn't before. Be prepared by keeping something on hand. Having a container of carrots, celery, kale chips, or sweet potato chips, or having an apple or avocado on hand can be helpful. You can also minimize in-between meal hunger by increasing the healthy fats (olive/coconut/avocado oil, avocados) and protein in your regular meals.

Buying Organic.

More and more research shows the detriment of conventionally grown, pesticide-laden food. Eating organically grown produce can help minimize the amount of inflammation in your body, and is an important step in healing. If you'd like to financially prioritize which produce to choose organic, EWG's "Dirty Dozen" and "Clean Fifteen" lists are very helpful. There are a few foods on each list that are not compliant during AIP. However, I find these lists beneficial always, not just during a program or detox.

SAMPLE MEAL PLANNER

Week One

AIP Granola + Coconut Yogurt	Breakfast Smoothie	Sweet Potato Toast	Apple Cauliflower Porridge	AIP Granola + Coconut Yogurt	Sweet Potato Breakfast Hash	No-bake Blueberry Bites
Chicken Salad	Turkey Burgers & Roasted Asparagus	Lemony Salmon & Zoodles	Turkey Burgers & Roasted Broccoli	Chimichurri Rice Bowl	Moroccan Skillet	Grilled chicken & Roasted Sweet Potato
Turkey Burgers & Roasted Asparagus	Lemony Salmon & Zoodles	Chimichurri Rice Bowl	Grilled chicken & Roasted Sweet Potato	Moroccan Skillet	Chicken Salad	No Nightshade Ratatouille

Week Two

No-bake Blueberry Bites	Paleo Oatmeal	Breakfast Smoothie	Apple Cauliflower Porridge	Sweet Potato Toast	Paleo Oatmeal	Breakfast Smoothie
Stuffed Squash	No Nightshade Ratatouille	Chicken, Onion, Pineapple Kebob + Brussels Sprouts	Burgers & Parsnip Fries	Mulligatawny	Fennel, Leek & Onion Gratin	Mulligatawny
Burgers & Parsnip Fries	Chicken, Onion, Pineapple Kebob + Brussels Sprouts	Butternut Squash Tacos	Mulligatawny	Fennel, Leek & Onion Gratin	Grilled Portobello & Arugula	AIP Option @ Sassy Spoon in Mpls

Week Three

Paleo Oatmeal	Breakfast Smoothie	Sweet Potato Toast	No-bake Blueberry Bites	Paleo Oatmeal	Sweet Potato Breakfast Hash	Breakfast Smoothie
Chicken Salad	AIP Option @ Sassy Spoon Leftovers	Lemony Salmon & Zoodles	Turkey Burgers & Roasted Asparagus	Chimichurri Rice Bowl	Moroccan Skillet	Veg Tacos + Green Tortillas
Turkey Burgers & Roasted Asparagus	Lemony Salmon & Zoodles	Chimichurri Rice Bowl	Chicken Salad	Moroccan Skillet	Veg Tacos + Green Tortillas	No Nightshade Ratatouille

RECIPE & MEAL IDEA LIST

Items with an asterisk are used in the sample meal plan. Underlined items are linked to their recipe. Non-underlined item recipes are included in the following pages.

Omit cheese from any recipes below. Use honey and dried fruit minimally, or avoid completely if instructed to do so by your Valeo practitioner. If optional ingredients are listed, omit or ensure they are AIP-approved.

Breakfast

AIP Granola
Paleo Porridge (replace pepitas with AIP-approved nut)
Blueberry Mint Smoothie
Butternut Squash and Apple Hash with Sausage (omit red pepper flakes & nutmeg)
Faux-tmeal (Paleo Oatmeal)*
Moroccan Breakfast Skillet*
No-Bake Tiger Nut Energy Bites
Sweet Potato Avocado Toast with Cilantro Mayo*
Sweet Potato Breakfast Hash*

Lunch & Dinner

Butternut Squash Tacos (use butter lettuce for wrap, omit chili powder and replace beans with ground meat)
Cauliflower Pizza with Pesto
Chicken Salad with Grapes, Apple, and Celery*
Chicken Shawarma Salad
Chimichurri Rice Bowl*
Easy Vegetable Scramble
Grilled Portobello Mushrooms (Omit mustard, chili, pepper)
Leek, Fennel, & Onion Gratin (Omit mustard and pepper)
Mulligatawny
No Nightshade Ratatouille
Soft Veggie Tacos with Green Tortillas
Zoodles with Salmon, Blueberry, and Lemon Dressing* (see next page)

Snacks, Dressing/Marinades, and Dips

5-Minute Super Easy Guacamole
Crispy Kale Chips
Roasted Garlic Greek Dressing
Balsamic Vinaigrette
Cauliflower Dip
Creamy Avocado Cilantro Lime Dressing

Zoodles with Salmon, Blueberries, and Lemon Dressing

(Serves one. Adjust recipe according to servings desired.)

- 4 oz Salmon
- 1 small to medium zucchini, spiralized
- ¼ C fresh blueberries
- 1 C fresh basil
- ¼ C + 1 T olive oil, divided
- 2 Tbsp lemon juice
- 2 Tbsp apple cider vinegar
- Salt to taste

Prepare salmon with olive oil, minced garlic and rosemary. Grill or bake until salmon is flaky and reaches internal temperature of 145° F. Blend basil, olive oil, lemon juice, apple cider vinegar, and salt in a blender or food processor. Pour desired amount salad. Add fresh blueberries, or other favorite berry, to salad.

Rise and Shine Juice

- 1 bag (6 0z) Baby Spinach
- 2 stalks celery (cut in half)
- 2 carrots (cut in half – no need to peel)
- 2 apples (cut in half – no need to peel or core); Gala or Red (not green, too tart)
- ½ lemon (cut in half – with rind and all)
- 1 – 1 ½ inch piece of ginger (peeled)

Place each item in the juicer and juice individually into a common container. Drink over ice. Can make a container and
keep it in the refrigerator.

Creamy Zucchini + Coconut Milk Soup

- 1 Tbsp olive oil
- ½ medium yellow onion, finely chopped
- 2 cloves garlic,
- 3 cups (packed) grated zucchini
- 1 Tbsp minced fresh mint leaves
- ½ tsp kosher salt (plus more to taste)
- ½ tsp freshly ground black pepper (plus more to taste)
- 2 ¾ cups vegetable broth
- 1/3 cup coconut milk

1. Heat olive oil in a large sauce pan set over medium-low heat. Add the onion and sweat (cook without browning) until the onion is soft and translucent, 7 to 10 minutes.
2. Add the garlic and cook for additional 2 minutes.
3. Turn the heat to medium, add the grated zucchini and chopped mint leaves, and cook until the zucchini is starting to soften, about 4 to 5 minutes. Season with salt and pepper.
4. Add broth, bring to a boil, and then reduce heat to medium-low. Simmer for 10 minutes.
5. Remove soup from the heat and let cool for about 10 minutes. Trust me; you do not want to skip this step. That is, unless you enjoy wiping hot soup off your ceiling after your blender lid flies off.
6. Process the soup in a blender, in two batches, until the soup is almost smooth, but with a little bit of texture. Return to the saucepan, stir in coconut milk, reheat, and season to taste with salt and pepper. Serve.

This soup can also be served chilled – a nice treat on a hot day.

Tom Yum Soup with Coconut Milk ("Tom Khaa")

- 4-6 cups good-tasting chicken stock
- 1 stalk lemongrass, minced, or 4 Tbsp. frozen prepared lemongrass
- 3 kaffir lime leaves (available fresh or frozen at Asian stores)
- 3-4 cloves garlic, minced
- 3 Tbsp. fish sauce (available at all Asian/Chinese food stores and some supermarket chains)
- 12 medium raw shrimp, shells removed
- 1/2 can good-quality coconut milk, OR 1/2 can evaporated milk
- 1 Tbsp. freshly-squeezed lime juice
- 1/3 cup fresh coriander (cilantro), roughly chopped
- optional: extra vegetables of your choice (ie. broccoli)

1. Pour stock into a deep cooking pot and bring to a boil.
2. Add the lemongrass and boil for 1-2 minutes. If using fresh lemongrass, also add the upper stalk pieces for extra flavor.
3. Add garlic, lime, and leaves. Reduce heat to medium and simmer 1-2 minutes.
4. Add the shrimp (plus other vegetables such as broccoli, if using). Simmer 3-4 minutes, or until shrimp is pink and plump.
5. Reduce heat to medium-low and add the coconut milk plus fish sauce and lime juice. Stir well to combine and gently simmer until hot. Test the soup for salt and spice, adding more fish sauce instead of salt. If it's too sour, add 1/2 tsp. sugar. If too spicy for your taste or if you'd like it creamier, add more coconut milk. If too salty, add another squeeze of lime juice.
6. Serve in bowls with fresh coriander sprinkled over. ENJOY!

Coconut Butternut Squash Soup

- 1 large butternut squash, about 2 pounds
- 1 Tbsp olive oil
- ¼ cup onion, minced
- 1 Tbsp freshly grated ginger
- 2 cloves garlic
- 6 kaffir lime leaves, middle vein removed and torn into pieces
- 4 cups chicken broth
- 1 13-14 oz can unsweetened coconut milk
- 1 tsp kosher salt
- 2 Tbsp freshly squeezed lime juice
- Toasted coconut for garnish (optional)

1. Preheat over to 400°F. Cut the squash in half lengthwise and remove the seeds. Brush the cut sides of the squash with oil and place cut side down on a baking sheet.
2. Roast for 45 minutes to 1 hour or until very tender. The squash should have a creamy texture. Once the squash has cooled enough to handle, scoop the flesh out of the peel using a spoon.
3. In a heavy bottomed pot, heat the oil over medium heat. Add the onion, ginger and garlic and sauté until softened, about 3 minutes. Stir in the chicken broth, coconut milk, salt, squash and shredded lime leaves. Simmer for 15 minutes.
4. Remove from heat and stir in the lime juice. Puree soup with a hand mixer or in a blender. Serve garnished with unsweetened coconut toasted at 400°F for 2-3 minutes, or until golden brown.

HOW TO REINTRODUCE FOODS

How will I know that I'm ready to reintroduce foods?

A minimum of 30 days of strict elimination is highly encouraged. After the initial 30 days, individuals should do their best to be "in tune" with their body. If your symptoms have begun to improve, you can begin reintroducing foods. However, it is important that you understand how your symptoms look and feel prior to reintroducing foods, as you will need to be able to differentiate between your current "everyday normal" and an inflammation flare. Flares can reveal themselves as many different symptoms (e.g. fatigue, joint pain, headache, skin rashes, etc.), and for this reason, many people wait until they are almost, if not completely, symptom free to reintroduce foods.

The caveat to the elimination phase

A caveat: A diverse and nutritious diet is important to your long-term gut and overall health, and a restrictive diet is not feasible for extended periods of time. If your symptoms have not subsided after 3-6 months of strict elimination, discuss your healing with Dr. Aaron or Dr. Rob to determine which next steps may be best for you.
No matter when you begin to reintroduce foods, it's important to follow several guidelines, listed below.

Is there a proper way to reintroduce foods?

The goal of reintroductions is to determine which foods your body can tolerate, and which cause an inflammatory response. An inflammatory response is never fun, so introductions should be taken slowly, starting with a small amount in the morning and eating more throughout the day (if the previous amount did not cause a reaction). It's also important to spread out reintroductions so there is no confusion about which food is causing the response. Here is our guide of how to proceed with food reintroductions:

<u>Step 1:</u>
Set your "start date." Choose a day that is fitting for you, keeping in mind the types of symptoms you typically experienced prior to AIP. For example, if you used to experience a lot of digestive distress that impaired you from partaking in social events, try not to schedule reintroductions around a big occasion. The best time to schedule reintroductions is for a "normal" week, to try to minimize any variables in your life, in a best attempt to isolate food as one of the only or few things that are changing.
It is also helpful to understand your daily fluctuation of symptoms and what is "normal" for you. A reaction is considered anything that is outside of that "normal" range.

Step 2:
Create your list of foods in the order you'd like to reintroduce them. Again, you can choose most nutrient-dense first, those you miss first, or a combination of methods.

Step 3:
Before you begin, note that if you do experience a negative reaction at any point, stop the reintroduction of that food and move it to the bottom of your reintroduction list to try again in several weeks or months. For each food, on Day 1, start with ½ teaspoon of that food and wait 15 minutes. If no reaction, eat 1 teaspoon and wait 15 minutes. If no reaction, eat 1 ½ teaspoons and wait a few hours.** If you still do not experience a reaction, you can now eat a normal (serving) size portion of the food. You are now done for the day!

**This slow approach is recommended for people who have experienced severe symptoms in the past. If your symptoms have never been severe or life-threatening, you can instead try ½ serving of the reintroduced food in the morning, and ½ serving at lunch or with dinner.

Step 4:
Over the next 3 days, do not include the food you reintroduced in step 3. Monitor yourself for symptoms, as reactions can take up to 72 hours to occur.
>If you do experience any increase in symptoms, move this food to the bottom of your reintroduction list (to try again after your gut has healed further), wait for symptoms to subside so that you have a good baseline, and then begin Step 3 again with your next food choice.
> If you do not experience any reaction, move to step 5.

Step 5:
Eat a small amount (½ to 1 serving) of the food every day for a week, monitoring yourself for symptoms. If at any point your symptoms increase, stop the reintroduction process. This step of the process will help determine whether your symptoms are due to an accumulative effect of the food.

If you do not experience any symptoms during this week of steady consumption, then you are able to keep that food in your diet (but again, keep it in moderation), and can begin again with the next food on your list.

A note about mentality during food reintroductions:

Your mind is a powerful thing. You've probably heard of the "placebo effect": when you experience an improvement in symptoms even when the treatment is a placebo. Sometimes, just thinking something makes it so. Adjusting your diet can also be a very emotional, mental experience. Food is usually a big part of our lives. We literally can't live without it. It is natural for food to evoke an emotional response, with reintroductions especially evoking both hope and fear. Hope that you can reintroduce it successfully, and

fear that it may cause a reaction. An important part of the reintroduction phase is to manage these emotions, especially fear, to mitigate the effect it has on your body.

Several ways you can manage the stress or fear of reintroductions include:

- Getting support from friends and family
- Prayer and meditation
- Exercise
- Writing/journaling

Possible Symptoms/Reactions

Physical Symptoms

- Upset stomach, impaired digestion (diarrhea, constipation, undigested or partially digested food in stool)
- Heartburn or nausea
- Aches & pains (muscle, joint, connective tissue)
- Rash, eczema, acne, dryness
- Headaches or dizziness
- Sneezing, coughing, congestion
- Fatigue
- Difficulty falling or staying asleep

Mental/Emotional Symptoms

- Brain fog or feeling "fuzzy", unable to concentrate or focus
- Reduced mental energy (e.g. tiring quickly when doing tasks that require thinking/cognitive skills)
- Decreased mood/depression
- Increased anxiety
- Irritable

We highly recommend starting to keep a food and symptom journal one week prior to starting food reintroductions. This will help you visually distinguish your "baseline" or normal day-to-day symptoms from symptoms that may be caused with a food reintroduction.

You can track your food, lifestyle, and symptoms using a chart like the one here, or you can download an app like Foody or MySymptoms to track your diet and symptoms. If you do use an app, we also recommend tracking sleep and daily activity, as that can account for changes in mood, fatigue, mental clarity, etc. Here are ideas of what you should track:

- Sleep (duration and quality)
- Waking mood/sensation (e.g. rested, tired, happy, irritated)
- Pain intensity that day (including type of pain and time of day)
- Mental clarity
- Digestion (we recommend familiarizing yourself with the Bristol Scale, making note of your bowel movement frequency, quantity, and quality) and gastrointestinal symptoms (gas, bloating, etc.)
- Skin quality
- Emotions
- Any other symptoms you have experienced with your autoimmune condition, or that you believe may be related to consuming food
- Other variables, such as stressors, new medications or supplements, etc.
- The attempted food reintroduction

Where should I start with reintroductions?

Reintroductions can be approached in several ways, but the most common and encouraged are as follows:

1. Begin with foods to which you're least likely to react and which are most nutrient-dense, or
2. Begin with the foods you miss most

Introducing Foods Based on Nutrient Density & Likeliness of Reactions

Dr. Sarah Ballantyne (aka The Paleo Mom) created a 4-Phase chart of food reintroductions taking into consideration how nutritious the food is versus how likely it is to cause a reaction. Phase 1 foods are high in nutrition and low in likeliness to cause any issues. Phase 4 foods, on the other hand, are lower in nutrition and/or more likely to not be well-tolerated.

Phase 1	Phase 2	Phase 3	Phase 4
Egg yolks*	Seeds	Cashews*	Grass-fed Whole Milk
Fresh legumes (peas, green beans)	Nuts*	Pistachios	Grass-fed Cheese
Fruit-based spices^	Cocoa	Coffee	Chili Peppers
Seed-based spices^	Egg Whites*	Grass-fed Cream	Tomatoes
Seed oils	Grassfed Butter	Fermented Dairy	Potatoes
Nut oils	Alcohol (small quantity)	Eggplant	Nightshade spices^
Grass-fed Ghee*		Sweet Bell Peppers	White Rice
		Paprika	Alcohol in larger quantities
			Soaked/Sprouted Legumes

*if they were not previously approved for you by Dr. Rob or Dr. Aaron
^Types of spices:

- Fruit-based: allspice, star anise, caraway, cardamom, juniper, black pepper, white pepper, green peppercorns, pink peppercorns, sumac
- Seed-based: anise seed, annatto, celery seed, coriander, cumin, fennel, fenugreek, mustard, nutmeg, poppy seed, sesame seed
- Nightshade-based: cayenne, chili powder, red pepper, curry

Introducing the Food You Miss Most

It's likely that you'll miss several foods while following the Autoimmune Protocol. Although there are certain foods we don't recommend reintroducing (like sugar), you can mix and match the above stages to better accommodate the foods you are most wanting back in your diet. For example, your reintroduction plan may look more like this:

- Almonds
- Tomatoes
- Egg Yolks
- Seed-based spices
- White rice
- Grass-fed butter
- Etc.

If it is possible, try to space out reintroductions for foods that fall into Stages 3 or 4 of the above method with several from Stage 1 or 2 in between. This way, you can still attempt foods that you might be longing for, while also working to expand your nutritional intake.

FREQUENTLY ASKED QUESTIONS

Q: Can I exercise throughout the protocol?
A: Strenuous exercise should be put on hold during the protocol (exercise is a form of stress and intense exercise may cause too much stress) but light to moderate exercise is encouraged for 30-45 minutes/day for 4-5 days/week.

Q: Can I take my regular supplements/medication throughout the program?
A: Continue to take any medication recommended by your practitioner while doing AIP. If your goal is to eliminate your medications, talk to your medical doctor about a plan to do so. Most supplements such as Omega 3 fatty acids, multivitamins, calcium etc. are fine to take throughout the program. Other supplementations that are being taken to support a specific condition may not. Talk to Dr. Rob Lindsey if you are not sure if you should continue to take these supplements.

Q: How do I stick to the protocol when eating out?
A: Choose restaurants that have salad bars with a large variety of vegetables, gluten free menus, and good quality meats. Avoid sauces, dips, or dressings unless you know the source. You may have to bring your own dressing. Feel free to Google "AIP restaurant near me" to see if options come up. If you are near Minneapolis, Sassy Spoon typically has an AIP option.

Q: Will this protocol help me to lose weight?
A: Many people do notice weight loss, especially in the beginning, due to water loss caused by decrease in carbohydrates from grains and less inflammation. The ideal weight loss is not a quick fix but a long term commitment. The goal of the protocol is not weight loss, but reducing inflammation. Judging our health by weight alone is a poor measurement of health. Body composition testing is a much better tool as it lets you know the fat, muscle and bone composition of your body.

Q: What if I am allergic to certain foods on the list of foods to eat?
A If you suspect you are having a reaction to a specific food, refrain from eating it and utilize other foods on the list of foods to eat.

Q: What if I am struggling with the protocol?
A: Don't give up! Changing any habit can be difficult, especially food habits. Try not to be hard on yourself if you make a bad choice. We highly recommend working with a certified health coach who can help you to navigate these changes, hold you accountable, and celebrate with you in your success. If you purchased an initial Functional Medicine package through our office, health coaching is available to you free of charge for the duration of your plan.