

Webinar hosted by Kirsty Terry - Equilibrium Health, March 2019

Please find the link to the original interview [here](#)



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Hello everyone and welcome to 'The Elimination Diet, Made Simple'. Now the elimination diet is not recommended for you if you are experiencing symptoms, but you haven't seen your GP, you cannot use this, you know, to create your own diagnosis and it's certainly not a magic pill. It's also not recommended for anybody who's diabetic or pregnant. Again, you would need the approval of your GP. However, the elimination diet is recommended for you. If you have symptoms, you've seen your GP and they've diagnosed your condition, probably your prescription is something like pain management for your symptoms. But we're particularly interested in that they have ruled out any pathology. But you're here because you really want to reduce the frequency, severity or lengths of any symptoms that you're having, whether their allergies or in the digestive tract. And the elimination diet doesn't work unless you do so.

You absolutely have to believe that you can achieve freedom from your current symptoms whether there are allergies or digestive issues and also understand that it's the lifestyle changes need to be made to lead you to that freedom. So, you haven't met me yet. My name is Kirsty Terry and I'm a practitioner of the following modalities. I work with functional medicine, which is all about getting to the root cause. And for functional medicine I've worked with a lot of digestive issues and anybody who comes to me with symptoms in the gut tract, you know, the elimination diet is the absolute first thing that I recommend that they do. So, I've got a lot of experience of how to do it and how not to do it as well. I'm also an ASYRA screening practitioner, I do all my own health screening with my ASYRA. I don't do the biomedical screening anymore.

And also, an RTT practitioner, Rapid Transformational Therapy. For the people who have the symptoms and we know what they are, that they might be stuck in their behaviours or their habits, then RTT is fantastic for moving people on.

My aim for you today is to understand how an elimination diet can be made simple so that you can get your health back on track. So, let's get into the content. Now. The word Diet has such negative connotations. You know, people think of it, oh its calorie restricting, we're cutting out food groups. When will I ever be able to eat whatever I want? And it's really seen as an unsustainable or a completely unenjoyable way of eating. However, when its administered correctly, you learn how your body reacts to certain foods. And the elimination diet is a short-term eating plan to eliminate the foods which are known to cause your body distress. And then you reintroduce them in a controlled way. And that helps you understand which foods are safe, right and good for you because you will understand how your body is reacting to them, and is one of the only ways to properly understand your body because you were different to everybody else, your friend, your partner etc. And your

built body is reacting in a different way and it is very, very unique. So, there is no broad-spectrum food list that you can and can't have. But what I'm going to present you today is, is the evidence base.

So, let's talk first about food allergies because there are food allergies, and these can require medical intervention. Some people suffer anaphylactic shock, which definitely needs emergency service. They might carry an Epi pen, but we also have food sensitivities and food intolerances and they are different.

So, a food allergy is defined as an unpleasant or dangerous immune reaction and it's normally very rapid after certain food is eaten and there are more than 170 foods which had been reported to cause allergic reactions. However, in contrast to that, food sensitivities and intolerances, they are not immune reactions, but they do have a wider range of repercussions in the body. So often people are walking around with symptoms and just not aware that the culprit might be on their plate and there's no way of knowing really without isolating the offender. And although I say it might be on your plate, it could be your personal care products as well. So have a look at these symptoms, digestive distress, respiratory issues, rashes, water retention, acne Migraines, congestion, fatigue, irritability, brain fog. The list goes on and on and on. Any of those can be because of the food allergy.

But take something like almonds for example. It might not actually be on your plate. It could be in your personal care products if you've got it in your skin cream or if you've got it in your hair products so just do bear that in mind as well. So, there are major groups of allergens which are recommended by the FDA, the MHRA etc. And they are milk, eggs, peanuts, wheat, soy beans, tree nuts, fish and shellfish, tree nuts, different to peanuts, peanuts are a legume tree. Nuts come in a hard shell on a tree. Now there are many of the foods that cause these adverse reactions, however it's these 8 groups, which account for 90% of the food that have allergic reactions. So how do we spot them? Well, the labelling is improving. You will certainly start to see things like this product contains wheat or this product contains gluten on the label.

However, it's not quite where we need it to be. So, a lot of people will suffer things like histamines and a product won't necessarily say this contains histamines. It's also very difficult because even looking at that, an apple, which is very simple, that is what I call a one item food. We know it's an apple. We haven't had to look at something and think, oh, I wonder what's in that. But even so, there are so many different chemical compounds in an apple. It just isn't always that simple. So, the labelling is getting better. Always check your labelling. But it is not absolutely complete yet. So, there are a whole list of foods to exclude during the elimination, diet, definitely the dairy and the gluten, the soy, the corn, the eggs, refined sugars, peanuts, red meats, alcohol, caffeine, hydrogenated oils and packaged and processed foods. Now that might look intimidating and I don't want it to be so we will focus more on what you can eat rather than that what you can't eat,

But it's really designed to help you understand how your body is supposed to feel. Because when you take these foods out of the diet, they could well be what has been sabotaging your health. And when you start to feel better, you're actually not going to want to reintroduce them. Some of them at all. So why these foods? Let me just run through quickly. The individuals.

Dairy. Okay. Let's focus on dairy now. Three and four. All people are unknowingly intolerant to dairy containing foods and some of the symptoms you've experience are headaches, persistent cough, asthma, frequent colds, sinus pains, skin problems, bloating, IBS type things. A lot of people get mucus on the back of their throat and there's two reasons that we have become intolerant to dairy. One is the sugar in the milk, which is the lactose.

Now since we started pasteurizing milk, pasteurization actually breaks down the enzyme, lactase which would normally break down the sugar, lactose and humans.

We don't make lactase in our body. We do up till about the age of seven and then it then, then it really dies off. So, we actually don't have the enzyme to break down the lactose. Now I was actually brought up on green top milk and that is raw milk and we're not allowed to buy it now on the high street. But you can buy online and it's the beauty of raw milk is it has the lactase in it. Okay. There are all other milks which have it added to. Okay. Um, but also inflammation increases the allergies, the asthmas, the acnes, and this is normally due to the protein in milk and this is found, this is the A1 casein, which is in our commercial cow's milk. Now I say our commercial cows because this protein's almost been engineered in.

If you go for an old breed like a Jersey cow, if you go for sheep or goats' milk, they are A2 casein and that is non-allergenic. So, you can have these types of milk and you won't have a problem with the casein. However, you may still have a problem with the lactose. Okay. Now the caveat with dairy is it excludes fermented dairy. I worked with Bravo yogurt and I put everybody on the Bravo yogurt who has allergies because when we are dealing with a fermented dairy product, the lactose, the sugar has been fermented out by the microbes. And the casein has been denatured when we boiled the milk prior to adding the culture. So, whether it's the Bravo yogurt, whether it's something like a Kefir, we do exclude fermented dairy. Again, this is a lot of things. People don't realize they cut out the fermented foods, when in actual fact they have a wonderful benefit and actually reintroducing microbes back into our body that we might have depleted.

So, the next one is gluten. Now I could probably talk, do a webinar just about gluten, but we have really departed from the old artisan ways of producing bread. And now we see people who are Celiac, but there's something more prevalent than Celiac disease and its non-celiac gluten sensitivity. And this is 30 times more prevalent than Celiac disease. And it's when the body is producing an abnormal immune response because we cannot digest Gluten. Again, we are missing the enzymes for those long protein chains. And there's a mixture of proteins that we can't digest, and they tend to be found in the wheats, the barleys and the rye in the baked goods, biscuits, cereals.

But gluten is hidden everywhere. It's in soy sauce, it's in canned soup instant coffee even. And you know, it really is something to watch out for. But the good thing is it is on the label. It was 2013 when doctor Tom O'Brien did The Gluten Summit and the information presented there was absolutely invaluable. However, if you are a bread lover, there are so many recipes out there now for breads and bread type products, which don't have gluten in, , a sour dough bread, sourdough bread, good quality artisan sourdough bread, celiac can tolerate. So, you don't have to be completely bread free, but you need to be very, very savvy in terms of what types of bread you're having. You know, my rule with this is if you try and buy gluten free products, I've got a real bee in my bonnet that they are four times the price, they crumble into bits, they taste disgusting, and they're full of additives. So if people are struggling to find a good bread, a simple way around this is replace your bread with potatoes, you know, replace your pastas with Rice, they're very simple without having the cost of the gluten free products, but do look out for some fantastic bread recipes. And I'll give you a tip on that a little bit later on as well.

And then we need to share the secrets of soy and corn. And these are being lumped together because 90% of our corn and soy products are now from GMO crops. And the evidence base is just not there to, inform us, you know, what adverse effects of GMOs having on human health. It's not just the GMOs, but it's the glyphosate as well that are harvested with its mass overproduction and soy and corn are among the largest farm commodities. They are sneaking into our food industry and into our foods at an alarming rate. Think about, something like

McDonald's chicken nugget is, is this is an absolute classic example. You've got battery fed hens brought up on soy and corn GMO type products, that, that then obviously is going into their meat that we put in chicken nuggets, which is then mixed up with batters, which are containing the corn products, the high fructose corn syrup - this is everywhere. By the time we get those products on our plate, we are just looking at really, really dead over processed food, which has just got too much stuff in that we just don't want to be consuming.

So, the next one is sugar and there is no nutritional value in sugar whatsoever. It produces inflammation in the body. It elevates the blood glucose levels and increases insulin production. And we've become, our bodies are now, you know, metabolizes sugar and we should be metabolizing fat, but again sugar is such a cheap ingredient, especially I've already mentioned the high fructose Corn Syrup it is found everywhere in Ketchup's, in salad dressings, all these protein bars, you know, billed as healthy snacks. They are laden with sugar. It's even peanut butter and, and you know, watch out for breakfast cereals are absolute classic one it causes a host of different health issues. We know about the diabetes, the heart disease and cancers, depression and the obesity. So, and yet there are natural sugars in the Diet, like, you know, the honeys, Stevia leaf products, which will give us that sweetness and we can get sweetness from dried fruits as well, which are also given us a lot, you know, packed full of a punch load of nutrients but not sugar as the white crystalline powder that you see there.

And then we get into the oils and this is a big topic as well because, hydrogenated oils, they are chemically altered to turn liquid oils into a solid form and they are added to foods to either increase the shelf life, add to the flavour or actually add to our satiety experience. So, for example, when I was working in ice cream many years ago, oils were put in to, to increase that flavour in the mouth or how it felt in the mouth. And again, they are leading to chronic inflammation. And then that onset of that leans towards disease. But again, they're found everywhere because it's another very, very cheap ingredient. So, we see them in coffee cream as we see them in vegetable products. You know, margarine is one molecule away from being plastic, fried foods, packaged snacks. So again, with the hydrogenated oil they've got the saturated fats as well.

So, you really need to look out for the label. And again, the labelling is quite good on this because we are now aware of the health risks of it. So do check the label for your hydrogenated oils and your saturated fats.

Coffee. Yes, I know coffee lovers out there that are some benefits in coffee, particularly the high-grade coffees. However, you know an eight-ounce cup of coffee is going to give you 95 milligrams of caffeine and then you need to metabolize it at least for an hour. So, you know, two cups of coffee a day, we've got an addiction going on. So, if you're having six or seven cups a day, wow, what is that doing? But caffeine does increase the sugar cravings and destabilize our blood sugar levels. So, you know, and it has an impact on your adrenals as well. So, we do know that caffeine has some benefits in small events. However, even the coffee shops are only using something like a grade three coffee, and nobody actually really pays the price for the grade one coffees. So, you know, you could think of your Bulletproof coffee, that's a much higher-grade coffee. So, for the elimination diet, it is also something that you have to eliminate, allow your body to detoxify.

Alcohol, cutting the booze out. Okay. Now, alcohol obviously disrupts the body's natural ability to detox it. You know, can cause inflammation. You can be intolerant to your alcohol, not just like your beer products because they mostly got gluten in it, but they can be high histamine contents as well. So again, that's going to have a massive impact on the body processes such as an immune systems and nervous systems and the digestive system. So yeah, alcohol is out as well. Okay.

The thing is it's three weeks, it's just for three weeks. This isn't a lifetime isn't forever. It is a three-week body reset. So now I really want to focus instead of what you can't have, or what you can have. Now three weeks is the optimal time during that three weeks. It's very likely that all the antibodies role, any food related immune reactions you had been dissipated. Okay? And also 21 to 23 days. That is the ideal time as well to create new habits. It takes the body a while to change your habits and create new habits, but you will find that that three-week period is absolutely perfect, okay? If you cheat, or if you introduce foods too soon, you are not going to see the benefit. So, what I would say to people is if you're going to do it half-heartedly, then don't do it. You know, you've absolutely got to pick a point in time and say for the next three weeks, this is what I'm going to do. Because if you don't give your body enough time to detox from what was harming it, you're not going to notice a difference when you start re-introducing the foods. So, three weeks, that's the magic number. Okay?

Let's just stop for a minute and have a look at how gorgeous does that look. How colourful does it look? How alive do those strawberries look? And there was blueberries and you know; I could just sit and eat that. Now I think it looks gorgeous. I would actually take it a step further and I would pour dark chocolate all over it. I just think that looks gorgeous. And the biggest problem we have is we are shown unhealthy foods instead of healthy foods. When you go to the supermarket at the point of sale, you're shown a chocolate bar, you're not shown fresh strawberries or fresh blueberries or lovely high-quality dark chocolates.

And, and that's part of it. We are programmed at the point of sale to, you know, to take the cheaper high value-added products and not eat beautiful foods like this. So, the biggest common mistake if you're going to do an elimination diet is focusing on what you have to eliminate rather than celebrating what you are able to eat. And when you focus on the foods that are included, it just doesn't seem quite as challenging. So, the foods to include in your diet when you're going through this phase, anything gluten free.

So, you can still have rice, you can have quinoa, amaranth, tapioca buckwheat, there's lots of different grain type products that you can still include. Lots of dairy substitutes, substitutes as well. Almond milk, coconut milk, hemp and rice milk. I actually have the Bravo yogurt in a smoothie in the morning. That's a fermented dairy product. And that, that's fantastic for me. You can have vegetables except for the corns, whole fruits. Now it doesn't have to be a fresh fruit. You can have it frozen. You can fill your freezer with all sorts of, you know, soft berries and just, you know, a lot of people or if you go into a restaurant now and they make a smoothie, they will pull out a frozen pack of fruit and make up those smoothies So that's a great tip for when you're preparing and wondering what you're going to have for breakfast.

Lean and clean animal proteins are fine. So, we're looking at the wild game, the organic chicken. The, fresh fish, etc. And yes, unfortunately it does make it more expensive, but it will be worth it. Nuts and seeds are on the list, beans and most legumes except the soybeans and the peanuts. And then the high-quality oils, coconut, avocado, cold press olive oil Just need to think about the temperature that you're cooking with that. But this is what gives us our satiety. This is what makes us feel full. Herbal teas are fine, and they're are sweetener alternatives. You know, honey, we're not going to count calories on this, but you just have to sort of think there are high content, but your honey is a great, great sweetener. There are different rice syrups, molasses, I've already mentioned Stevia. And then you can spice everything up as well.

So, you follow that for three weeks and I'm going to go onto more and more tips about it. And during that three weeks, your body has a detox. And then we have a quite controlled reintroduction phase. And this is really important for you to understand how foods are making you feel. So, after the three weeks you transition to reintroduce foods back into your diet. And we do it a very, very specific way you introduce the food one at a

time for 48 hours at a time. And I know some people say to me, Oh Kirsty this is going to take forever. But in actual fact you've already got a huge repertoire of foods that you can eat and you're going to pick one. So, what I say to people is pick the one you'd miss the most or pick your favourites within a week. You could have screened them all.

So, you choose one food and you bring it back into to die and you notice how that makes you feel for the next two days. And we have a food symptoms tracker for that. So, if you don't have any symptoms, then you're okay to then include that food in your diet going forward. You, you've done your work, you know, and then you can move on to the next one. So, look into notice any changes over two days. So, it's not necessarily what you had for lunch. Food sensitivities, food intolerances, they can't take a couple of days to work through. That's why I'm doing it for 48 hours. So, if you don't notice any issue, you can then add that to your list of things.

So, let me just go through some extra chips. And again, I'm showing you some gorgeous foods here to sort of inspire to do this and inspire myself as well, because I need to do this. The summer's coming and, it's, I like to do it this time of year, um, just to give my body a boost. Although it's not technically a weight loss diet. A lot of our weight is inflammation and when our body gets healthy, you know, the weight is lost because weight is a symptom.

So, avoiding the pitfalls. Well, hunger that, that's the biggest fear factor. Am I going to be hungry? I might go to be starving. You eat until you're full and if you're hungry you have a bag of snacks. So, you know, Veggie snacks, I make up what I call a little, no bake bites. So, I have a bit of a sweet tooth, so I'll use nuts and seeds and various dried fruit to make up little products and I'll keep them in the fridge. It's really about preparation.

But the six human hungers, you're not always hungry for food. Yes, there is nutritional hunger and you are missing some ingredient, but you can be hungry because you're thirsty. But you can be hungry because your body's lacking variety. So, the body needs a variety of foods to access all the different nutrient groups. You could have low blood sugars. Or the biggie for me is emotional hunger. Are you eating because you're bored because you're fed up because you had a bust up with your partner and you need to go and get some comfort foods? And there is something called empty stomach hunger. And this sort of stems back to our ancestors. You know the hunter gatherers, we were designed to have an empty stomach hunger because it made us go out and collect seeds and, and go hunting, etc. And it was all the sorts of famine and feast. So, it isn't bad. It isn't going to kill us, but it's just stimulating us into taking action. But you don't necessarily have to eat something. So, when you're hungry, just ask yourself, am I actually hungry? Am I hungry because I haven't eaten for a couple of hours or am I hungry for one of these other reasons? And if you just stop and ask yourself that, you might find that don't drink when actually hungry at all. You were thirsty.

So, to set you up for success, you have to plan ahead. You know, you can't just start this now. It takes planning. You need to sit down with the foods list, work out what you're going to eat, go shopping clear out your cupboards from all the temptation. Do a little bit of work to have things prepped for breakfast, lunches, etc. So, planning ahead is absolutely key. And then when you do go shopping, read the labels. It would be awful if you picked up the wrong food just because you hadn't read the label. Stay well hydrated and journal. I would say journal through it. And I know when we did the elimination diet, the IFM, we provide the, you know, the one day, three-day, seven-day journal, how you are feeling. It helps you understand when you're actually hungry or what symptoms are happening.

Now, there are some common mistakes that people make. You can feel worse in the first couple of days, especially if your body has been in a high state of inflammation. But what I say to people is, your body has this blueprint it wants to be healthy. So, when you take out the inflammatory foods and start giving your body the good nutrition and the healing foods, your body suddenly thinking, well, I feel a little bit stronger now. I've suddenly got all the building blocks I need. I can now sort this body out and stop getting healthy. And sometimes that can feel a little bit worse before it gets better. But that's not the point to quit, your body is doing what you need it to do. It just might be a little bit uncomfortable in the first day or two. So, don't quit in the beginning. Psych yourself up for the three weeks. Um, you, you know, if you're not fully embracing the full spectrum with foods that can make things a little bit bad, if you don't plan ahead, you can fall off the wagon because you're going to eat something that you shouldn't. And then really, you're back to square one. So, and then the other thing is don't skimp on the reintroduction phase. If you've put all the hard work in and done the three weeks, don't go start eating everything or three weeks and one day because you will not learn what the body was reacting to and that would be such a waste.

Okay. So, let me give you some tips about recipes, there is a fantastic recipe simulator and it's from the food wise people out in Australia. And what you basically do is you go to this website, you put in your ingredients and it comes up with all different sorts of recipes. How fantastic is that? I absolutely love it. And for somebody who's a real heat and serve person, I need quick, easy tools So I just find that one fabulous.

So, a couple more clinical pearls. And this is what I see in clinical practice, we know all disease begins in the gut. Hippocrates told us that many, many years ago. And in function medicine we have something called the 5R approach. But before I even get to the 5R approach, I see something called phenolic sensitivity. So, I'm going to mention those. And a lot of the things that we learn in doing this is by journaling and writing it out because it's the awareness that really, really helps people. People get those light bulb moments and go, do you know, I never realized that it was that product that I was eating for breakfast every day, which was generating this symptom, and that information is invaluable because you don't want to introduce that product again. So, these are real important points here.

So, Hippocrates *'all diseases begin in the gut'* and *'let food be your medicine'*.

You know, we, we are a bit of a society who goes to the doctor and was looking for a magic pill. And in actual fact it's nature that gives us everything that we need. People just don't appreciate sometimes how medicinal foods and herbs are the Diet. Okay.

Now I just want to touch on this. I do a separate webinar on leaky gut, but the reason I did this about allergies is because for me, this is the start. You know, I deal with some complex situations, people with Crohn's, colitis, Lyme disease, ME, etc. And when I look back over the whole of life health history, what happens is it's a progression called leaky gut and referred to as intestinal permeability. And what basically happens is we have a digestive tract all the way from my mouth to our bum for want of a better word expression. And it's like a small hose pipe very small net. When something gets into the digestive tract, which causes inflammation, I think of inflammation as a small fire. These tight junctions are inflamed, and they are swollen, and they pull apart and we get these openings in the intestinal alignments. And this is what allows proteins from gluten, infections, bugs, parasites, environmental toxicants. They then get into the bloodstream and this is what's triggering these allergies. So, it starts with the gut track being compromised. And when that's compromised, that's our internal barrier. That's our defence mechanism. So, the first sign is we see the food intolerances, but if it progresses, it will turn into an autoimmune abnormality. And then you've got an autoimmune condition and then you, you're

into the sort of serious diagnosis. So, I will say to people, don't ignore allergies, deal with them now, because when you take everything out of the Diet, you are removing the inflammation, you're removing the causes of inflammation, the gut tract.

And this is only one cell thick. It can repair itself very, very quickly. We're talking days, not weeks or months, three days. And then the gut lining will repair itself. So, this is why, if you think we can do three days, what happens over that three-week period? So, this is why this is important. Nip it in the bud now.

So, in functional medicine we have the 5R framework, which is 'remove'. So, this is what we do with the elimination phase. We are removing anything from the Diet, which is causing inflammation. Then we will 'replace' the nutrition, because these are the building blocks. But the biggest mistake I see people make, I will see people come in and they are on loads of supplements. So, they're trying to replace the nutrition in their body, but they haven't done enough work at remove stage. So, you have to remove the inflammation first, then you can look to supplements to replace your nutritionals or look at your diet.

In actual fact, if you follow the elimination diet, you will get most of your nutrient content. Then we 'reinoculate'. The microbiome may well have been compromised, especially if you've got a history of antibiotic use or medications or you know, why can't everything clean, sterilize and everything. So would then reinoculate then the body can 'repair'. And then we 'rebalance' we look at sleep patterns, stress levels, etc. And this is a, you know, really well-defined framework that we use in functional medicine.

Now I want to mention Histamines, because a lot of people talk about histamine intolerance and you know, it can be in a red wine, it can be in many foods that can, but there's not just histamines the nightshade family and being a bio resonance practitioner. I see all these sensitivities come up. They are slightly different to food sensitivities, so histamine is just one of them. There are many, many others and the whole list there, I can't even pronounce some of them, but I see them come up on my bio resonance equipment all the time and some people are so sensitive that they can't eat anything. They can't use any personal care products and they can't take their supplements or that or products that they've been recommended by their practitioners. Those are the sorts of people I'm talking to. And in this sense, you cannot do the work to repair histamine intolerance or deal with histamine intolerances with a physical product. The immune system is out of whack. It's not, it's not operated on the right information. So, in actual fact, what I, what I see here is I call them the phenolics sensitivities. There not just in food or in personal care products as well, but they will produce, again, all these symptoms similar to what you see with the food sensitivities, but a phenolic is a compound, a chemical compound which gives foods either their flavour, their colour or their smell and not just foods, like I said, personal care products as well, one phenolic can be and as many as 200 foods.

And the interesting thing is, and I see these phenolics in very, very healthy foods like an apple, like celery, like blueberries, so all the things you would want to eat as part of an elimination diet, you're still reacting. So, for any of these people, I do have a solution for you. It is an energetic solution and we do this because the body's immune system has got so out of whack. You've got the blueprint over here, which is saying this is how I want to be, but the information the body is using is out of date. It's like running out of date software on your computer. And what we do with energy medicine is we update the information and then the body will stop responding to these phenolics very, very successful, very, very easy to do but not very well known. And that's a real clinical pearl that I've just learned from doing thousands and thousands of bio resonance screenings.

Another thing to be aware of is, you know, antibiotics, medications, they, it's particularly antibiotics, particularly sterilize and clean and everything. It's not just destroying the bad bacteria; it's destroying our good bacteria. You know, we've got an increase in to caesarean births. We're not breastfeeding as easily as we used to do. So, we all white canal on that true community, which is our micro biome. So, the re-inoculation phase is really, really important. Again, this is where the Bravo yogurt comes in, you know, reinoculate and the gut tract and the beauty of the Bravo. It's the same microbial mix very similar to mother's breast milk, initial inoculation and the colostrum that we get from the first milk as well. So be very, very aware that if you've got a history of antibiotics and medications, they will have wreaked havoc on the gut tract as well, you know, Ibuprofen completely disrupts the gut tract as well.

That doesn't mean you can't have it obviously you have to be under the advice of your GP. But hopefully by doing an elimination diet, you take away some of the symptoms that you will need to use these things for in the first place. And that will be the aim.

Okay. So, we have to treat our food as our medicine, let food be our medicine. And I want to say with this, there are products here, you know, like the Bravo Yogurt, like the apple cider vinegars, like the honey bee products. They cannot be replicated in science. You know, we, we, we cannot replicate what the bees do their magic. So, using these foods, they're just a replaceable and the need to be incorporated into the diet. I've got a whole eBook on apple cider vinegar, which is available to download and it's absolutely wonderful, the different health conditions that it's been used for And I do recommend something called detox juice first thing in the morning, which uses this. So, I'll post the link for that as well.

Now I just want to go on to quickly cover off the rules of the mind because I learned this through my RTT training. You know, our mind is responding to two things and its pictures we put in our head and it's the words that we say to ourselves and our mind does what we think it wants to do. Okay? So, we have to learn to control our mind or it will control us. So, for example, if you're going to approach the elimination diet, 'I don't want to do this', 'I don't know what I'm going to eat' or my goodness, what the foods are going to be.

Your body, your mind is going to find ways to avoid you doing something that it thinks you don't want to do. So, you have to change your thought process and you have to say, "for three weeks, I am so looking forward to give my body a reset". "I am so looking forward to eat, eating healthy, health given foods". "I am looking forward to my body achieving its best health" and it really, really makes a difference and it's very easy when we are experiencing a lot of symptoms to go into a fear state. Um, you know, I, I'm worried my IBS is going to kick off again, I'm worried I won't be able to go there because of my allergies. I'd be sneezing and everything. And actually, that can be a real trigger for those things to actually happen. And what we need to be saying to our brain is heal me, 'right? I'm doing this elimination diet. I want to see the best version of me that I can be'. So be aware of the rules of the mind.

Okay, now this chart I've put up because we are all different, we are all individual and we need to consider how would I get through that three weeks? What's going to make it successful and make it work? Because there are advantages and disadvantages to doing an elimination diet and to make it right for you. What I would say to people is start here. So don't look at the recipes Don't look at the food list, start here , and work through the pros or the advantages in terms of good things that will happen if I do this, if I make this change and then offset that with all your fears, all your concerns. You know, what will I not be able to do? What's this going to prevent me from doing what we want is more advantages versus disadvantages because that's what will keep you going through the three weeks. Okay.

Some of them will be really common good things that'll happen. I'm going to feel better. I'm going to look better. I'm going to feel healthier; I'm going to lose weight. I'm going to understand what's hurting my body, things that I won't be able to do. I might not be able to go to that restaurant with those friends on that evening. Okay, I might have to take a little bit more time in my day and plan it. Those would be good examples. Okay. But what we really want to do is list all the disadvantages, not be fearful of them. You know, just work through them, is it really a disadvantage. Is it something that I can work around?

And then also the other thing that will get you through this is how important is this to you? Because right now there might be other things going on in your life. You know, if you're moving to a new house or you're get married or your kids are changing story, you're going to have a baby or you know, my goodness, if there's more important life events going on, this might not be important to you. So, it needs to be high up there on the scale. So again, just, just, just think about scale, is it important right now? Okay. So I can tell you the top benefits of the elimination diet, but you need to feel that they are right for you and right at this time, and this is sort of Stages of Change Theory, you might be thinking about it, you might just be collecting more information and you might take this information today and go, yeah, that's really interesting right now. No, maybe next month or next year, etc. And that's okay. It's about what is safe, right and good for you right now.

Okay? So now that you know, where do you go now, I will send this out as a recording to everybody and we always send out the transcript as well. So, you can stop and go back to the list of foods you can have, list of foods you can't have, really go from that. And then I'll give you some of the cool tips as well. In terms of the recipe, finder. Oh, one more. I just mentioned Paleo hacks. I'll post a link on Paleo hacks because I bought a £10-pound book from them. And then I got so many resources for free, different recipes, different inspiration. I think they're fantastic. So, I will post a link for that. Right? So now that you know, where do you go?

Okay. I do have a bigger version of the elimination diet on teachable, and that is all the resources for the Institute of Functional Medicine. So, it gives you the shopping list, the food plan, a week's worth of recipes all planned out and the instructions of, you know, what you need, how to cook it, etc. So that's available on Teachable. You can, if you've got questions, book a discovery call with me through my website and you know, I can help you through, is it right for you? Is there something else going on, or you've got a particular health concern, can help you understand if it might be right for you or not. You can book a consultation with me. If you, if you're particularly sensitive, for example, of like what I said about the, you know, the phenolics, you've actually might need a consultation. All I will say with that is that is highly likely from people who do have a consultation with me that as well as doing the health screening, my advice is normally doing the elimination diet.

Okay. If you're somebody who wants to do it, has gone through the pros and cons and just doesn't think they've got the willpower or the determination or really, really can't change their habits, then an RTT session might be good for you because that's where I will go into the subconscious mind. We would regress back to why you think you might not be able to do this. And we would change some of those behaviours and limiting beliefs, habitual patterns which are preventing you from being the best version of you. So that's something to look at as well. And if you found the content interesting but it didn't quite hit the mark for your particular health challenges, then keep an eye on our equilibrium events page because there are other events that we're running. I mentioned I run the leaky gut one, we run one on migraines using CBD oil, anxiety. I work a lot with autism. So that event's page has the events that I'm doing, but it also has the online health events which are screened out with all the top doctors from around the world. So, keep an eye on that page as well.

I will post the readiness tool. So that's the little questionnaires of, you know, should I do this now, the pros and cons, how important is it to you? So, they'll be available.

Or you can visit how store, you'll find there the Bravo yogurt for the people who are highly sensitive, the EH PHEN product, which is the energy medicine products. We've got CBD oil in the store as well for people who are in a lot of pain.

And then lastly, if you want to book a call, but if you just want to ask a couple of questions or be part of group, I've got a Facebook group called Cleanse, Nourish and Heal, just a small group. But if you asked to join that and post any questions in there then I can help out. So, I hope you found that useful.

And how does that leave you feeling? Are you ready to feel great or is it like, yes, but not now, you should know by now what's, what sort of feelings are coming up for you or restrictions or blockages as I like to call them? So just leaves me to say thank you so much for listening. If you do know anyone else who can benefit from this information, then do feel free to share the page that you signed up with. And then share it amongst your friends. It will be available as a recording and we'll do a transcript as well and, and, and a soundbite. So yes, please do share. Thank you very, very much for listening. Thank you again, and that's it for me. So goodbye and good night.