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THE HYPOALLERGENIC DIET

The Hypoallergenic Diet, aka Elimination or Brown Rice Diet, is a diagnostic and therapeutic diet based on research and clinical successes by many Naturopathic and Medical Doctors. The diet is easy to follow and will help you identify foods to which your body is sensitive or allergic. In addition you will become more aware and discover foods that optimize your individual health and functioning of your body.

The purpose of following a Hypoallergenic Diet is to determine if there are any foods in your diet that may be aggravate or be the cause of your specific symptoms. Symptoms to food allergies / sensitivities may vary amongst individuals. Some reactions may include:

- Headaches (Migraines)
- Asthma
- Eczema and other skin eruptions (acne, rosacea, psoriasis)
- Nausea
- Heartburn (GERD)
- Sinusitis
- Chronic rhinitis (runny nose / stuffy nose)
- Diarrhea
- Constipation
- Abdominal pain / bloating / gas (IBS)
- Crohn's / Ulcerative colitis
- Recurrent ear infections
- Chronic muscle pain
- PMS
- Chronic fatigue
- High blood pressure (Hypertension)
- Mood disorders (depression, bipolar...)
- ADD/ADHD
- more...

What is a food allergy?

Food allergies, just like other allergies, are controlled by your immune system. The immune system uses antibodies (protein complexes used by the immune system) to attack any foreign material in your body. It is unknown as to why you may be allergic to one thing and someone else may have no reaction to the same thing but may have an allergy to something entirely different.

What is a food sensitivity/intolerance?

Sensitivity to food is much more subtle and more difficult to determine than a frank allergy. Food sensitivities do not involve responses from the immune system (that we know of). Rather they are mediated by physiological responses to the offending foods and are undetectable by blood tests or skin scratch tests. These physiological responses include slow digestion, capillary and vessel contractions and lymphatic congestion. Food sensitivities are a common trigger for a wide range of physical and emotional disorders.

Note:

When following the diet you are advised to be under the supervision of a trained Naturopathic or Medical Doctor. Your doctor can modify the length of the diet and restrict or expand the eliminated food lists to reflect your specific needs and condition. Also many doctors may also use other methods to test for foods to which you are either allergic or sensitive such as IgG/IgE blood tests. Adjunct therapies and supplements may also be used to facilitate the healing of the GI tract which may be necessary in your specific case.



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HYPOALLERGENIC DIETARY GUIDELINES

It takes approximately **6 to 12 weeks** to properly complete a Hypoallergenic (Elimination) Diet. For some conditions it may take longer. The diet is divided into two phases: **The Food Elimination Phase**, and **The Food Challenge Phase**.

Elimination Phase

The Elimination Phase is usually for 3 weeks. For some individuals with extensive gastrointestinal (GI) symptoms or long history of chronic symptoms it may be necessary to continue on this phase for an extra 2 - 3 weeks (total of 6 weeks) before the GI system gets a chance to heal and the allergens are cleared from the body. During this phase you will follow a diet excluding the most common foods that have been shown to cause intolerance. These are foods that in general are harder to digest and/or have a high allergenic potential.

Food Challenge Phase

Once the symptoms have been reduced and GI system has had enough time to repair the eliminated foods are reintroduced into the diet one item at the time. This reintroduction will reveal the foods that were the cause of allergy or sensitivity in your specific case.

How to Reintroduce Foods:

1. Introduce foods one at a time.
2. Each introduced food items should be consumed at least 2 out of 3 meals per day for 3 consecutive days.
3. Monitor symptoms (rashes, GI upset, headaches etc.).
4. At any point when you start to react to a food stop eating it. No need to consume it for another 2 or 3 days.
5. When you react to an introduced food wait until your symptoms resolve before challenging the next food item. Do not continue to eat the offending food.
6. If you have had no reactions to a food after the third day of an introduction simply introduce another food.

Here is a list of food groups that need to be reintroduced into your diet. Please note that the following order may be altered depending on your specific situation and what your doctor may prefer.

- Dairy (milk, cream, cheeses, butter, yogurt, ice-cream)
- Red meats (beef, pork)
- All gluten-containing grains (what, spelt, rye, barley) i.e. breads, pasta, pastries...
- Corn, tomatoes, mushrooms, peppers, potatoes
- Eggs
- Caffeinated beverages (coffee, black tea, sodapop)
- Shellfish, catfish
- Soy products (soy beans, tofu, soy milk, soya sauce, miso, tempeh, TVP, frozen vegetarian schnitzel)
- Peanuts, pistachios, cashews
- Bananas, strawberries, citrus (oranges, grapefruit), melons, mangoes
- Dried fruits
- All sweeteners (corn, maple syrups, honey, molasses, brown/white sugar, etc..)
- All fruit drinks high in refined sugars

Once you have reintroduced all the various foods into your diet, you need to go back and try eating those foods that you were sensitive to during the Challenge Phase. See how you react to them again. If you have any adverse reactions to that food or food group, then you know that you may need to avoid that food or eat it sparingly.



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HYPOALLERGENIC FOOD GUIDELINES

1. **Eat Organic** fruits, vegetables & meats wherever possible.
2. **Wash produce** thoroughly with soap or hydrogen peroxide to remove pesticides and contaminants
3. **Read labels** thoroughly to find added ingredients and avoid anything with sugar, glucose, fructose, EDTA, MSG, flavoring, color, or other additives or preservatives (see handout: Food Additives).

Vegetables

Foods to Eat	Foods to Avoid
<ul style="list-style-type: none"> o All fresh vegetables (onions, garlic, carrots, beets, leeks, celery, cauliflowers, Brussels sprouts, cabbage, green beans, broccoli, asparagus, leafy greens – kale, mustard greens, turnip & beet greens, bok choy, swiss chard...) o Sweet potatoes, yams o Sprouts – mung bean, alfalfa, red clover, broccoli 	<ul style="list-style-type: none"> o Tomatoes, corn, mushrooms, peppers, potatoes (<i>most common vegetable allergens</i>) o Frozen, canned or jarred vegetables <p>Note: <i>If ragweed allergy then eliminate artichokes, iceberg lettuce, sunflower seeds and oil, safflower oil, dandelion, chamomile and chicory.</i></p>

Eat vegetables raw, steamed or baked. No frying.

Fruits

Foods to Eat	Foods to Avoid
<ul style="list-style-type: none"> o All fresh fruits o Fruit sauces (applesauces) with no sugar added 	<ul style="list-style-type: none"> o Bananas o Citrus (oranges, grapefruit) o Melons o Strawberries o Dried fruits

Eat fruit by itself: ½ hour before or 2 hours after a meal, unless in fruit smoothie.

Grains

Foods to Eat	Foods to Avoid
<ul style="list-style-type: none"> o Brown rice, millet, buckwheat (kasha), quinoa, teff, amaranth (& whole cereals from these grains) o Brown rice or wild rice pasta o Check labels before buying breads or baked goods (it may say Quinoa bread, but actually it contains wheat!) 	<ul style="list-style-type: none"> o All gluten containing grains (wheat, spelt, rye, oats, barley, kamut) o Breads, pastas, pastries etc..

Legumes

Foods to Eat	Foods to Avoid
<ul style="list-style-type: none"> o All legumes (adzuki, navy, black, turtle beans etc...) o All peas (split, fresh, snap) o Lentils (any variety) 	<ul style="list-style-type: none"> o Soy beans & soy products (tofu, soy milk, soya sauce, miso, tempeh, TVP, veggie schnitzel) (<i>Soy is another common allergen</i>)

Nuts & Seeds

Foods to Eat	Foods to Avoid
<ul style="list-style-type: none"> o Almonds, brazil nuts, hazelnuts, pecans, pumpkin seeds, sunflower seeds, walnuts all in their raw form 	<ul style="list-style-type: none"> o Peanuts, pistachios, cashews, sesame seeds (in some cases) o Any nuts or seeds that are salted or flavored

Animal products



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Foods to Eat	Foods to Avoid
<ul style="list-style-type: none"> o Free-range chicken & turkey(hormone-free, grain fed or organic) o Organic lamb, wild game o Wild deep water fish (salmon, halibut, cod, sardines (see handout: Safe Fish Consumption)) 	<ul style="list-style-type: none"> o Red meats (beef, pork), sandwich meats, hotdogs, sausage, canned meats, smoked meats, shellfish, catfish o Dairy (milk, cream, cheeses, butter, yogurt...) o Eggs

Eat meats boiled, baked, poached or steamed. Do not broil, fry or overcook.

Condiments

Foods to Eat	Foods to Avoid
<ul style="list-style-type: none"> o Oils: olive, flax & fish o All herbs (parsley, coriander, basil, oregano...) o All spices (turmeric, cayenne, cinnamon, clove...) o Sea salt (celtic or grey are best) o Spreads (tahina, nut butters, apple butter, bean dips – hummus) o Sauces: pesto, tapenade, mustard w/o additives o Apple cider / brown rice vinegar, fresh lemon juice o Sweetener: stevia, brown rice syrup, agave syrup 	<ul style="list-style-type: none"> o Regular table salt o Refined oils, margarines, shortening o All sweeteners: corn syrup, fructose, glucose, sucrose, maltose, malitol, maltodextrose, MSG, splenda, saccharine, aspartame, etc...) <p><i>This includes all desserts & processed foods high in sugars.</i></p>

Do not heat unrefined oils or they will oxidize. Mix into grains, over salad, steamed vegetables etc...

Beverages

Foods to Eat	Foods to Avoid
<ul style="list-style-type: none"> o Filtered water – at least 8 – 9 glasses/d (1.5 – 3L) o 100% fruit & vegetable juices – fresh preferred o Herbal teas: rooibos, peppermint, chamomile, licorice root, lemongrass, luisa, lemon geranium, dandelion, nettle, milk thistle, passionflower etc... o Green tea o Rice milk & nut milk w/o carageenan 	<ul style="list-style-type: none"> o Caffeinated beverages (coffee, black tea, sodapop) o Alcohol o Dairy (milk & other dairy products) o Soy milk o All fruit drinks with added sugar, color etc.. o All vegetable drinks high in sodium (salt)

Drink hot water & ½ squeezed lemon in the morning or before meals to aid digestion and detoxification.

Drink liquids ½ hour before or 1 hour after eating or it will dilute the enzymes in the stomach needed to properly digest the food.

MEAL SUGGESTIONS:

Breakfast

1. Buckwheat / millet / brown rice / quinoa porridge add in cinnamon, apples, pears, almonds, walnuts, rice milk.
2. Fruit smoothie – blend the following together:
 - 1 c rice milk
 - 1 c fresh fruit (berries, pear, avocado, etc...)
 - 1 tsp fish oil
 - ½ tsp brown tahina

Lunch & Dinner

Lunch and dinner may include approved meats, fish, cooked or raw vegetables, soups, salads and grains

Snacks

- o Brown rice crackers,/cakes with nut butter, avocado, unsweetened apple butter, brown tahina with vegetable
- o Cut up raw vegetables with bean dip (hummus)
- o Fruits (especially seasonal fruits)
- o Handful of nuts or seeds