

# MIDTOWN WEST MEDICAL

AT KING PLOW ARTS CENTER

## Anti-Inflammatory & Food Elimination Diet K. Johnson, MD



### PRIOR TO BEGINNING:

- Shop, Be prepared, Eat or throw out indulgences you can't resist.
- "Clean out" with a mild laxative.
- Commit 100% -- it's only one week!

### 9 DAYS = ONE WEEK AND 2 WEEKENDS

#### TOTAL ELIMINATION:

- No sugar  
Nothing sweet
- No fruit
- No artificial sweeteners
- Nothing that tastes sweet
- No dairy (milk, cheese, eggs)
- No MEAT
- No added salt
- No caffeine
- No corn
- No alcohol
- No soy
- No peanuts/peanut butter
- No salad dressings
- No carrots
- No potatoes
- No bread

#### MAY HAVE UNLIMITED (IDEALLY ORGANIC):

- Beans (red, black, pinto) - if these cause gas, soak for 48 hours and use a crock pot.
- Long grain brown rice
- Steel-cut gluten-free oatmeal with raw nuts

#### SALADS:

- Greens, all lettuce, sprouts, sprouted beans, arugula, beans
- Avocados
- Peppers, cucumbers, nuts, anything green

#### KEY TO AVOID CRAVINGS:

- UNLIMITED olive oil
- Raw walnuts, almonds, pumpkin seeds, Brazil nuts
- Limited sunflower seeds, macadamia nuts, few pecans
- Snack on nuts every 2-3 hours
- Lemon/lime on salad with olive oil
- Lemon/lime in tea or water OK
- Hot decaf tea
- Hot water with lemon
- Low sodium V-8 juice

#### STRONGLY RECOMMENDED SUPPLEMENTS:

- Probiotic, 50-100 billion cfu/day
- Omega 3 fatty acids (EPA/DHA), 6 grams/day
- Rx Lovaza, 4-6 pills/day
- OR Nordic Naturals, 3-4 tsp/day (available at health food stores, Sevanda or online)
- Vitamin D3, 6000-10,000 IU/day

#### RECOMMENDED SUPPLEMENTS:

- GAIA "Adrenal Support"
- GI repair w/ glutamine
- Digestive enzymes w/ Bromelain

#### IF CONSTIPATED:

- Aloe-V (Atrium), 2-4 pills at night with water
- Guar Gum in water
- If diabetic or have yeast issues, ask about Diflucan prescription

#### RECHALLENGE PHASE:

- When coming off, note how you feel and reintroduce food groups (i.e. wheat, dairy, eggs, soy, alcohol, meats) every 48 hours.
- Eat one full day of **one** isolated food and return to basic diet. Record how you felt that day and the next day.
- Go through each item every 48 hrs.
- Follow how hungry you are or cravings as well as symptoms of bloating, constipation, headache, "brain fuzz," achiness, insomnia, energy, libido, skin, joints, heartburn, how clothes feel, etc.

#### NO ONE NEEDS TO GO BACK ON THESE (AVOID OR KEEP TO A MINIMUM !!):

- Added sugar / simple starches
- Processed / packaged foods
- Hydrolysed anything
- HFCS = high fructose corn syrup; READ LABELS!!
- MSG
- Trans-fats (margarine)

#### ASK DR. JOHNSON ABOUT TESTING:

- Thyroid
- Diabetic markers
- Inflammation markers
- Reflux options
- Food allergies / sensitivities
- Metabolic testing (insurance generally does not cover this)