

The Elimination Diet

The Elimination Diet is a treatment in which the patient must identify and then eliminate specified foods and food groups from their diet. This is followed by reintroduction of some of the foods, which must then be maintained.

1. Elimination phase

During the elimination phase, you may consume all the foods without raised levels of IgG antibodies in a 4-day rotation cycle. This helps to prevent the development of new delayed food allergies and malnutrition. During this phase, all foods with high levels of IgG-antibodies have to be avoided. This way, inflammatory processes can be reduced or even stopped.

2. Provocation phase

After the elimination phase, you start a provocation diet by gradually including the avoided foods one by one. The provocation phase helps you to find your personal trigger foods. Only one new food at a time should be reintroduced, in order to find out whether it might be responsible for your complaints.

3. Stabilisation phase

During the stabilisation phase, the trigger foods which have been identified in the provocation phase must be avoided for at least one year. Thus the IgG antibodies can degrade and your body can recover. Then you may start another provocation phase. You may find that there are one

Let food be thy medicine

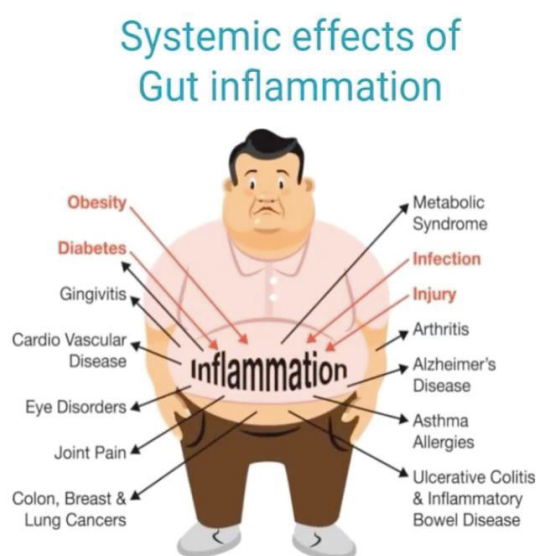
We are what we eat. Our gut is the entry point and the engine for everything that we eat. Therefore, we must invest in it and keep it in the best possible condition. When you revitalise your gut your foods becomes your medicine.



Many of us have undetected food sensitivities, and the Elimination Diet can help with their diagnosis and treatment (intolerances). We are what we eat, and what we consume has the potential to make us sick. Inflammation and the risk of sickness can be reduced by eating the correct meals. The Elimination Diet is an effective treatment for intestinal inflammation, sometimes known as "leaky gut." Many diseases are caused by inflammation. Many chronic and disabling illnesses can be cured by removing the source of inflammation.

Even modest amounts of allergenic meals or foods to which you are allergic can cause intestinal irritation. This inflammation puts us at risk for a slew of diseases and crippling ailments.

It then makes sense to rule out gut inflammation as the core cause of migraines, chronic fatigue, burnout, and obesity, which are all symptoms of leaky gut. Polycystic ovarian syndrome (PCOS), metabolic syndrome and other disorders may be caused by intestinal inflammation. The following are some of the associated conditions.



Food allergies and food sensitivities are not the same thing. Approximately 5% of the population suffers from a food allergy of some kind. Food sensitivities are far more prevalent, with a prevalence rate of 15-20%. Enzyme deficiencies (such as lactose intolerance), nutrient malabsorption, and reactivity to additives like sulphites or food colourings are all examples of food reactions.

The diagnosis of food allergies is notoriously challenging. The elimination diet is the only reliable method of identifying them. The diet is intended to rid the body of foods and chemicals to which the patient may be allergic or sensitive to.

Live your best health

Invest in your gut to live your best health. The 'gut microbiome,' which is unique to you, is your gut engine. The microbiome in your stomach is as unique as your DNA. It's made up of trillions of microbes that dwell in your intestine. These microorganisms, which are mostly bacteria, play an important role in your health and well-being. The elimination diet heals the leaks in your gut and reduces inflammation. The diet ensures that your engine is in good working order. A healthy gut revitalises every system in your body.

Why not just take vitamins and supplements



An inflamed gut leaks. Patients with 'leaky gut' were the subjects of one study. Despite taking vitamins and dietary supplements on a daily basis, these individuals had significant levels of iron, calcium, vitamin B12, and vitamin D deficiency, as well as a high risk of malnutrition. In their pursuit for wellbeing, it is typical for people to 'let medicine be their meal.' Vitamin and nutrient supplements, on the other hand, may not be beneficial to you. You may be taking additional nutrients, but an unhealthy stomach will not be able to properly digest and absorb them. The Elimination Diet eliminates all dietary triggers, allowing you to create a diet that is unique to your body. 'Food becomes your medicine' when you follow this diet.

Irritable bowel syndrome and migraine sufferers benefit from an elimination diet with the correct probiotics (IBS). One-third of individuals with diarrhoea-dominant or mixed-type IBS benefited from a gluten-free diet, according to one study.

The diet has also been shown to help people lose weight and reduce their reliance on medicine for a variety of chronic diseases. Atopic dermatitis is a type of allergic dermatitis that affects people (eczema). After the diet, patients with diabetes, PCOS, Lupus, Crohn's disease, ulcerative colitis, rheumatoid arthritis, and metabolic syndrome reduced their medication use and improved their quality of life.



Costs

A baseline risk assessment will be required, which will be carried out our functional medicine consultation rates. We do not accept medical aid as payment for our services. Fees must be paid immediately following each consultation.

We will also give you a cost estimate for any additional functional laboratory costs, genomics tests, injections and IV therapies required. The costs for conventional laboratory tests are payable directly to the laboratory. All products are available on a cash-on-delivery basis.

Our Partners



Our functional medicine diagnostic tests get done at accredited laboratories like Lancet, Ampath, Fagron Genomics, Geneway, Biometrix and MDS laboratories.

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