



# REINTRODUCTION

In the reintroduction or food challenge phase, you should add one food group at a time back into your diet every four days in the following order:

- iii Beef (If you choose to eat beef)
- !!! Eggs
- Nuts or seeds (You may eat any type of raw nut or seeds.)
- iii Beans/legumes (If you eat soy, challenge soy first.)
- ii Dairy
- iii Grains (Except wheat, unless tests show no gluten sensitivity.)

Eat food for one day, then leave it out of your diet for three days. Notice any symptoms such as gas, bloating, heartburn, stomach upset, brain fog, headache, sleepiness, etc. If you notice any symptoms, leave that food out of your diet for the time being. If you have no symptoms, then keep it in your diet. Most food reactions are delayed and may be experienced up to four days after eating the offending food. During this challenge, continue with the detoxification diet.

When reintroducing foods after this program, you need to be aware that there are certain foods which may not create symptoms or visible signs of distress, even though they may trigger immune reactions and intestinal inflammations. These are the hidden health destroyers, including foods such as gluten in wheat, dairy, coffee, and others.

The latest research indicates that gluten sensitivity may be present for a decade before noticeable symptoms emerge. This means that for a decade or more, the immune system may be triggered and cause intestinal inflammation, etc. Such chronic inflammation may cause leaky gut syndrome, which later may manifest in autoimmune conditions, neurodegeneration, digestive issues, thyroid disease (Hashimoto's), and a host of other disorders.

To ensure that your diet has no hidden health destroyers, specialized lab tests are recommended to identify reactive foods. One such test is the Wheat/Gluten Proteome Sensitivity and Autoimmunity, which tests for multiple parts of wheat. Another test is the Gluten-Associated Sensitivity and Cross-Reactive Foods, which may show foods that have molecular structures mimicking gluten and triggering the immune system. Ask your healthcare practitioner for these tests to ensure that you have detoxified your diet from such inflammatory foods. After you have added various food groups back into your diet, check with your healthcare practitioner for the best dietary approach to maintain the gains in your health and to further your health goals.