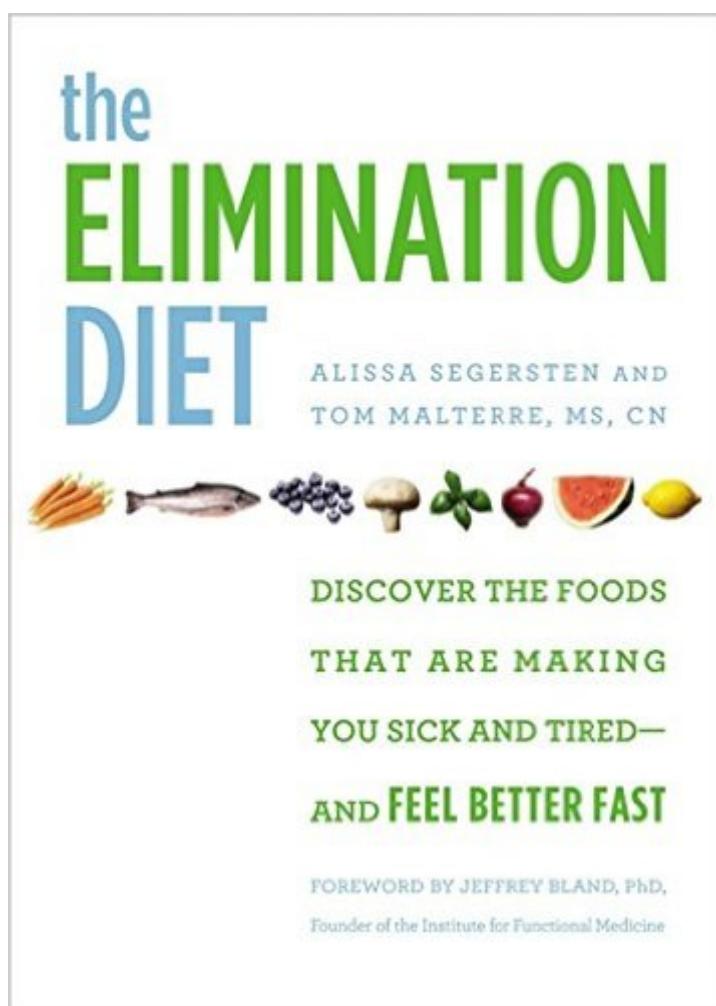


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# The Elimination Diet: Discover The Foods That Are Making You Sick And Tired--and Feel Better Fast



## Synopsis

The Diet Designed Just for You Could the toast you ate for breakfast bring on your afternoon headache? Could the milk in your coffee cause joint pain and brain fog? Could your healthy tofu stir-fry slow your metabolism? Yes-there is an age-old, powerful connection between what you eat and how you feel. Just as no two bodies are the same, no two diets work for everyone. The only way to discover your ideal diet is to follow an elimination diet that will help you link foods to symptoms and customize a diet that works for you. Known for their ability to radically improve overall health, elimination diets are growing in popularity. But there's no definitive book that explains how to follow one safely and effectively-until now. Written by two authors who are revered in the alternative health market and functional medicine community, **THE ELIMINATION DIET** guides you through a proven three-phase program that detoxifies the body and promotes fast healing:Phase 1: Detoxification--A 2-day liquid fast that includes broths, smoothies, and juices to calm the immune system and removes toxins from the body.Phase 2: Elimination--For 2 weeks, you will eliminate potentially inflammatory foods from your diet, which will ease symptoms quickly.Phase 3: Customization--For 2 months, you will test different foods to see what works for you and what doesn't, resulting in a tailored diet you can enjoy for life. Complete with over 100 delicious recipes, shopping lists, and meal plans, **THE ELIMINATION DIET** is a complete resource for you to improve your health and feel better, naturally.

## Book Information

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## Customer Reviews

This is a really great book filled with lots of very easy to read information. Tom goes into a lot of detail about exactly what's going on in all parts of your body when you eat certain types of food. It was actually more than I needed, but that's fine (I skimmed some of it), but it's perfect for someone who really wants to know all of the biology behind it. I decided to try the diet plan to see if it could get rid of (or at least reduce) the Seborrheic Dermatitis (a type of eczema) that I've been dealing with for years, as well as hopefully reduce or eliminate the need for blood pressure and thyroid medication. I have a friend who had done a similar diet last summer and saw amazing results, with his cholesterol dropping from consistently over 300 to down around 150 for the first time in his adult life. All of his other numbers came in better than ever also. So I figured I'd give it a try, and another good friend recommended this book. I've finished Phase 2 of the diet plan (the elimination portion), and while I could begin adding back in the eliminated foods at this point, I'm extending Phase 2 out another few weeks (I'm currently 3-1/2 weeks in). The eczema has been gone for 2-1/2 weeks, which is a record for me, but I want to make absolutely sure that it's really cleared up and not coming back before I add anything back in. I want to be clear for at least a month before adding possible reactive foods back in. I don't want to incorrectly think a particular food was the culprit when really it was only a coincidence. My blood pressure has dropped about ten points so I'm going to talk with my doctor about getting off of that medication.

The Elimination Diet is a must-read for every single person with a body...yes, everyone! If I could give this book more than 5 stars, I would. The Elimination Diet, written by Tom Malterre and Alissa Segersten, provides so much insight on how to get to a really healthy place in life and feel great. As a functional medicine nutritionist, Tom begins by explaining why food is likely behind symptoms such as fatigue, migraines, digestive problems, arthritis, and more. He describes the major food irritants (gluten, dairy, soy, corn, etc.) and why they may cause harm. Using case studies from his clinical practice throughout the book, he shows you the amazing transformations his clients have made under his care. Tom gives a thorough explanation of the complex mechanisms behind digestion, in a very approachable way. He really wants you to understand how your body works and what to do if something is out of balance. I learned so much about my stomach issues and even the little changes he suggests have helped me out a lot. We can't forget chemicals. Unfortunately, they are everywhere - in our homes, outdoors, computers, food, shampoo, etc - and we can't escape them. Tom explains how chemicals play a key role in disrupting our immune systems and hormones, and the best ways to detoxify our bodies. Did you know that broccoli sprouts can be

grown easily in your own kitchen and are the most detoxifying food you can eat? (Instructions are in the book!) I am a firm believer in the elimination diet as the best way to see whatâ™s causing problems in your body. I experienced a life change when I took dairy out of my diet four and a half years ago.

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