

Appendix 6: The Elimination, Reintroduction, and Your BYO Diet Phases

<i>Your BYO Diet</i>	<i>Elimination Phase</i>	<i>Reintroduction Phase</i>	<i>Your BYO Diet</i>
Description And Goal	The most restrictive phase in which you cut out all potentially problematic foods and ingredients to “reset” your digestive system (eliminate your symptoms).	This phase will help you start reintroducing foods and groups of foods you eliminated from your diet to determine the ones to which you are intolerant and increase your food variety. Go slowly be systematic.	Your BYO diet will help you manage your symptoms and allow your digestive system to heal to ultimately improve your health and food tolerance.
Rules	Follow this phase for a minimum of 3-4 weeks with at least 5 symptom-free days in a row.	Add a new food every 3-4 days. Add to your list of safe foods if tolerated or reset before trying another new food.	Focus on what you can eat and be creative with the food options that make you feel best.
How Long?	A minimum of 3-4 weeks; possibly 6-8 weeks in severe cases	You can reintroduce new foods every 3-4 days. If you experience symptoms, keep that food out of your diet for at least 2-3 symptom-free days to do a small “reset” before experimenting with another new food.	Forever! Your BYO diet can evolve over time, depending on your health, but you should always eat the foods that you tolerate and eliminate those you don't. Everyone should be on his or her own BYO diet!
Until What Point?	Until you're symptom free (or your symptoms are improved significantly) for at least 5 days in a row (don't wait for perfection).	Until you are happy with your food variety. You can switch to your BYO diet if you want to take a break from reintroducing new foods.	Until you feel better or feel like experimenting with a new food. You can switch between the reintroduction phase and your BYO diet.
What Might Happen?	Withdrawal, die-off, and detox symptoms or the low-carb flu.	You may react to some of the foods you reintroduce.	You will continue feeling good and your digestive system will continue healing.