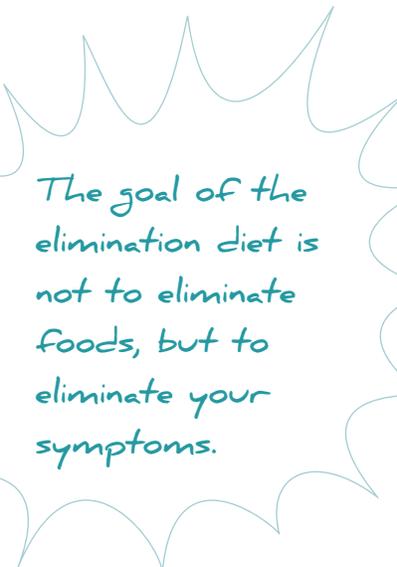


A properly designed elimination diet can work very well at eliminating your symptoms. And it doesn't have to be difficult if you understand how it works and are prepared for it. It might be scary to have to say goodbye to some of your favorite foods during the elimination phase, and only you can weigh the pros and cons of that versus dealing with your digestive issues. You now have the power to do something about your digestive health. What do you have to lose other than a few weeks of not eating some your favorite foods? What would you do with your life if your digestive problems simply vanished? Give yourself a chance to find out. You're worth it!

There's no doubt that you'll need to eliminate many foods from your diet at first, but try to think positively. Don't focus so much on all the foods you'll have to eschew. Focus on the ones you will be able to eat and reintroduce as the weeks go by. The elimination diet isn't forever—just for a few weeks, long enough to reset your digestive system.

Since the term "elimination diet" may be depressing, let's tweak it to what it really is: a build-your-own (BYO) diet. You will be eliminating foods just long enough to push the reset button of your digestive system and eliminate your symptoms. Once you start feeling better, the real fun will begin and you will be able to start building your own optimal diet based on easy-to-digest, anti-inflammatory, low-irritant, low-allergen and unprocessed foods. See below for a reminder of the seven important factors for building your optimal diet. Let's start building!



*The goal of the elimination diet is not to eliminate foods, but to eliminate your symptoms.*

## Seven Factors of the BYO Diet

- 1 REAL, Unprocessed Food**
- 2 Easy to Digest**
- 3 Low in Irritants and Allergens**
- 4 Anti-Inflammatory**
- 5 Nutrient-Dense**
- 6 Carb Appropriate**
- 7 Customized**

## THE ELIMINATION PHASE

Some people might tell you that milk, bread, or onions is your problem, but beware of simplistic answers. Instead of drawing a straw to see if you should try a low-FODMAP diet, take a no-dairy approach, or go gluten free, why not try to adopt a more holistic approach that helps you lower inflammation, support your digestion, and maximize your nutrient intake all at once?

Chapter 3 described in detail the many food groups, ingredients, and food components that could be problematic for you. Table 55 gives you a quick refresher on what to avoid and why during the elimination phase of your BYO diet. Remember that this is not about labeling food as being good or bad. It's not about food being healthy or unhealthy. It's simply about identifying some of the foods that are more or less likely to contribute to your digestive symptoms until you heal your gut.