

Casual Friday Series

Elimination Diet - Reboot

A BIOGENETIX CLINICAL PRESENTATION
biogenetix.com



The Previous Series

5 Most Commonly Recommended Tests

**Biogenetix
General
Screen**

**Genova Dx
GI Effects**

**DUTCH
Complete**

**Vibrant
Wellness
Total Tox**

**Infinite
Allergy Labs
FAST88**



NY Resolution: Elimination Diets 2025

Q: How do I use elimination diets?

Q: What's the strategy/purpose?

Q: Why not just stay on it?

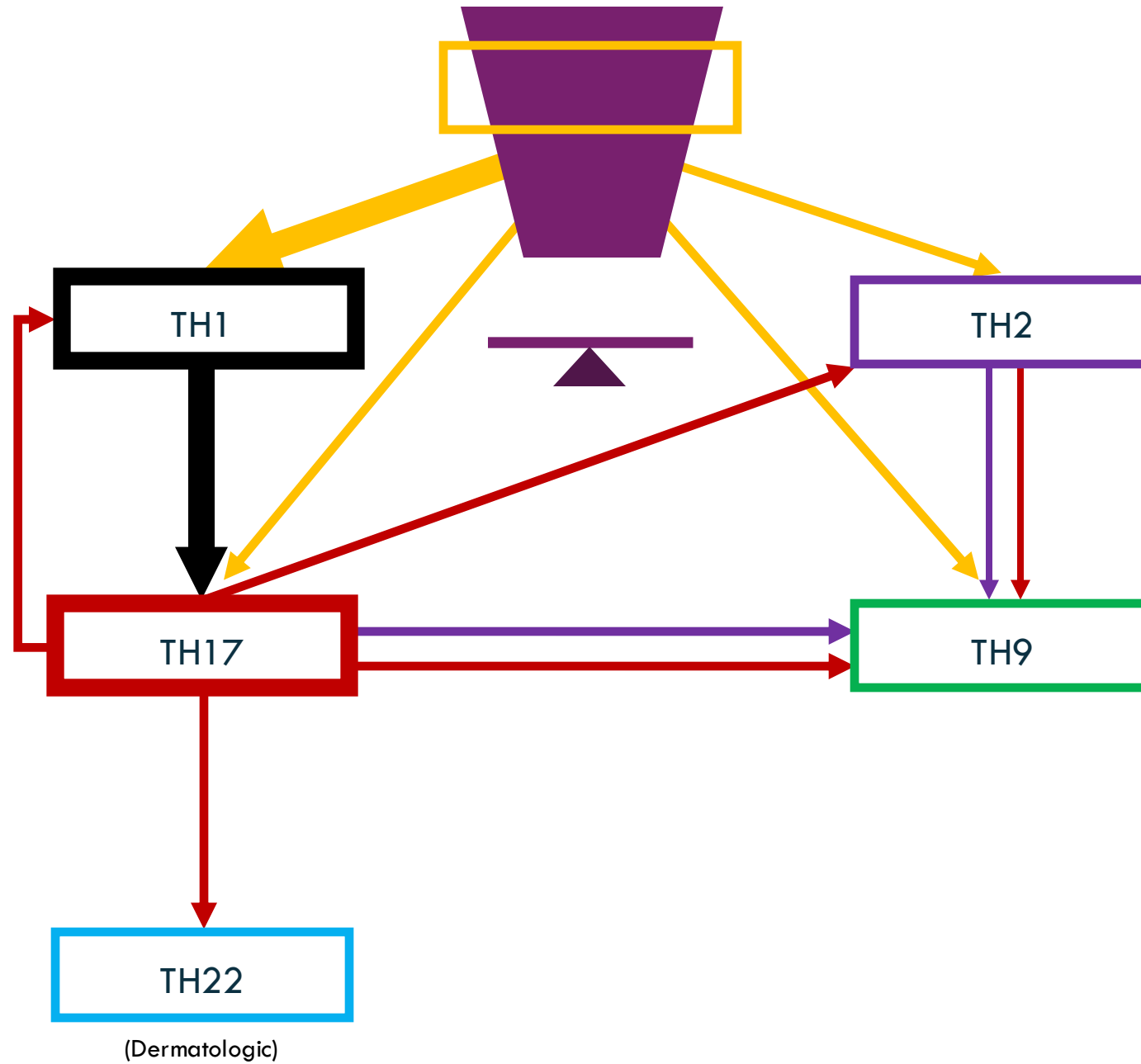


Common Elimination Diet:

Short term removal of various foods or food groups to identify if they cause adverse reactions.

During the reintroduction phase, look to see if it causes the same reaction.

- Use it when suspicious of sensitivity or allergy
- Use it to confirm positive test results
- Minimum time frame based on statistics is 3 weeks



3 Strategy Camps

Antigen Based Strategy:

- Gluten
- Dairy
- Soy
- Nuts and seeds
- Legumes
- Nightshades
- Alcohol
- Habitual use items
- Mold Smugglers
- Farming chemicals

Organ Specific Strategy:

- Stomach
- Pancreas
- Gallbladder
- Bowel
- Nervous system

Energy Specific Strategy:

- High fat
- Low fat
- High protein
- Low protein
- High Carb
- Low Carb

Sample Anti-inflammatory Recipes

Health improvement through lifestyle intervention often relies heavily upon the management of negative systemic inflammation. Anti-inflammatory diets, such as the Paleo diet or the Mediterranean diet can play a large part in progress.



This is a downloadable PDF resource of recipes that are just some examples of the many easy, wholesome meals that align with an anti-inflammatory diet. If you follow the recommended foods to eat and foods to avoid above, you can adapt many recipes you already know, discover in books or find online .

[DOWNLOAD PDF](#)



<https://biogenetix.com/patient-resources/sample-dietary-information/>



Foods to Eat ✓

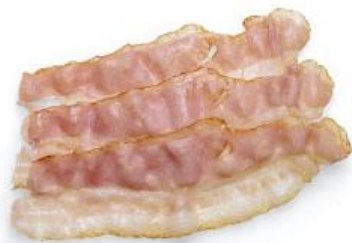
These are some nutritional suggestions for an anti-inflammatory diet that can support your journey to better health.



- Some fruits. Examples: blueberries, strawberries, blackberries, lemons, bananas, avocados and apples (avoid dried fruits or fruits high in fructose—consult your provider for specifics)
- Herbal teas
- Vegetables, including celery, carrots, zucchini, cucumbers, beets, eggplant, asparagus, onion, garlic, spinach, lettuce, butternut squash, cauliflower, broccoli, peppers, yams and sweet potatoes
- Beans, including pinto, black, navy, white and red kidney
- Peas (fresh, split or snap)
- Consume mainly fish (no shellfish)
- Moderate amounts of chicken, turkey and lamb
- Use mainly olive oil, coconut oil and avocado oil
- Seeds and nuts, with the exception of peanuts
- Almond butter & cashew butter
- Unsweetened almond or coconut milk
- Turkey bacon and/or sausage patties (nitrite and gluten free)
- Turkey or Chicken lunch meat without additives or preservatives
- Stevia
- Xylitol
- Organic Grade A maple syrup in moderation
- Coconut sugar



<https://biogenetix.com/patient-resources/sample-dietary-information/>



Foods to Avoid X



Here is a list of common foods that can hinder the benefits associated with an anti-inflammatory lifestyle intervention.

- Foods that produce any allergic reaction for you
- Fast food
- Dairy—milk, cheeses, yogurt and butter
- Eggs
- Margarine
- Shortening
- Foods prepared with gluten
- All grains including corn, rice and quinoa
- Tomatoes & tomato sauces
- Corn
- White potatoes
- Peanuts and peanut butter
- Soy
- Products made from soy including soy milk, meat substitutes and tofu
- Beef
- Pork
- Bacon
- Cured meats including cold cuts, hot dogs, canned meat and sausage
- Shellfish
- Honey
- Sugar
- Artificial sweeteners
- Alcohol
- Caffeine including coffee, decaf coffee, black tea and soda or diet soda
- Fruit juices



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The Master Cleanse (Lemonade Diet)

12 ounces water
2 tablespoons organic lemon juice
2 tablespoons organic maple syrup
1/10 teaspoon cayenne pepper
Salt to taste

Mix and drink.

- Coconut water
- Herbal tea

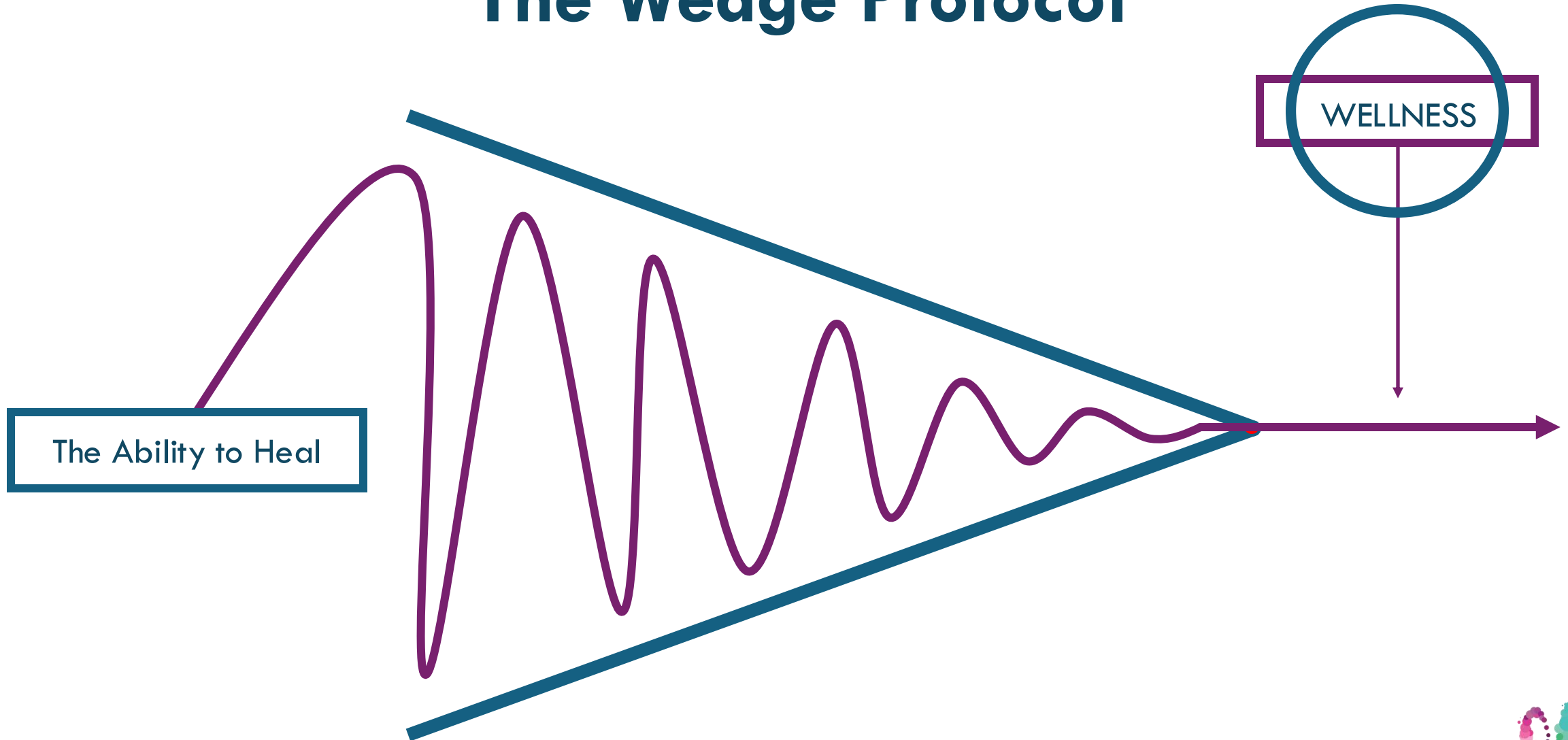
24-72 hour *reset*

Note:

- *Diabetes patients
- *Reactive hypoglycemia patients



The Wedge Protocol



Items to Note:

- Don't waste the data
- Track (weight, BP, glucose)
- Body Measures
 - Inches
 - Energy
 - Gas and bloating
 - Joint pain
 - Clarity of thought
 - Dreaming/vs not
 - Hours of restful sleep



