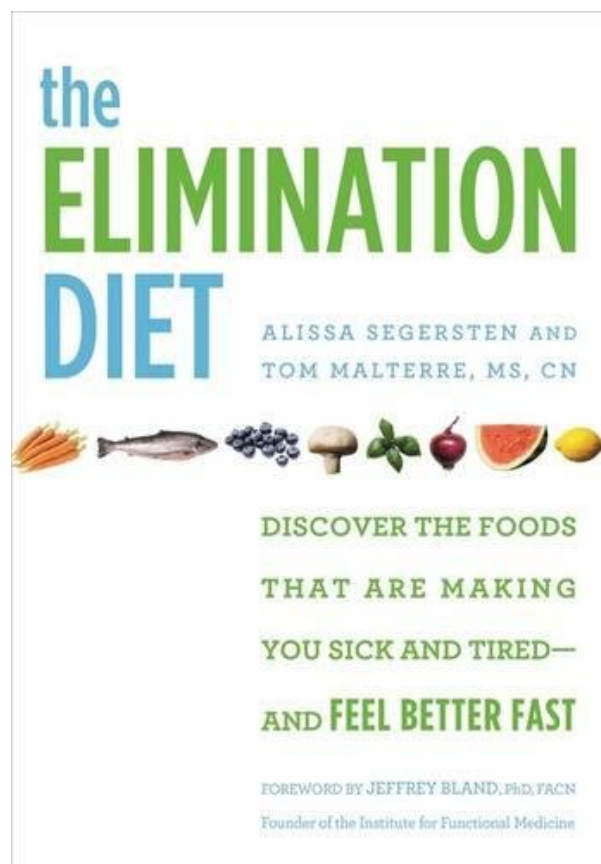


THE ELIMINATION DIET: DISCOVER THE FOODS THAT ARE MAKING YOU SICK AND TIRED--AND FEEL BETTER FAST BY TOM MALTERRE, ALISSA SEGERSTEN



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the
ELIMINATION
DIET

ALISSA SEGERSTEN AND
TOM MALTERRE, MS, CN



DISCOVER THE FOODS
THAT ARE MAKING
YOU SICK AND TIRED—
AND **FEEL BETTER FAST**

FOREWORD BY JEFFREY BLAND, PhD, FACN
Founder of the Institute for Functional Medicine

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Review

"I've seen time and time again how eating the wrong foods can cause weight gain and fatigue. **THE ELIMINATION DIET** makes it easy to pinpoint what foods work best for you - this book a life changer!"-JJ Virgin, CNS, CHFS, New York Times bestselling author of *The Virgin Diet* and *JJ Virgin's Sugar Impact Diet*

"I would highly recommend **The Elimination Diet** for anyone struggling with unexplained symptoms of anxiety, chronic pain, or poor digestion."-Alan Christianson, NMD, New York Times bestselling author of *The Adrenal Reset Diet* and founder of *Integrative Health*.

About the Author

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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.

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Features

- GRAND CENTRAL LIFE STYLE

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Diet

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Most helpful customer reviews

81 of 81 people found the following review helpful.

I'm pretty amazed at the results

By Nick

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. I won't know about the thyroid until I get it checked which will be in a few months, but I have high hopes given the results I've seen in the other areas. In addition to those terrific results, I feel great, I have tons of energy, and I've lost a few pounds.

Phase 1 was definitely a little tough as I'm not a huge fan of liquid-only eating. I was very low on energy about halfway through the second day, and I'm guessing it was due to either the much lower calorie count than I'm used to (I know I could have gotten more calories, but I pretty much burnt out quickly on soup, juices and smoothies) or it could have been the lower protein content than I'm used to. Of course, it could have been a combination of both, and it could have been due to the de-toxing that my body was going through. It was only two days so it was easy enough to get through. In any event, my energy level came back very quickly on day 3 and has stayed high since.

I've tried quite a few recipes from the book, and I've liked just about all of them. The ones I didn't like were just due to them not being my cup of tea (for example, I'm not a big mint fan, but I tried the strawberry-mint-kale smoothie and, not surprisingly, didn't like it. If you like mint it would probably be great).

I'm now totally addicted to the Quinoa-Black Bean Dosas (had never heard of them before, now I eat two or three a day) and the Chicken-apple-sage sausage is quickly becoming a staple in our house. I also loved several of the soups which are also going to become regular menu items. There are plenty of delicious recipes to get you through the program, and I'm sure even the pickiest eaters could find something they like. The recipes make following the plan very easy with delicious food (which is important to me – I can't follow an eating plan if I don't enjoy the food).

If you have any troubling health issues at all in your life then I think this is a great diet plan to follow, and this book is an excellent and easy way to try it out.

Update 7-7-15: The eczema is still gone, and it turns out I have two triggers (neither of which I would have guessed before starting the program): eggs (bummer!) and almonds. Both make sense to me now, looking back on it (gotta love 20/20 hindsight!), because while I've eaten eggs most of my life, it was usually sporadic (mostly weekends) up until about 8 years ago when my first born turned 2 and we started eating eggs almost daily. That's also around when my wife started keeping lots of almonds on hand as a snack, which we also started eating daily (I didn't eat them much before). Individually the eggs are more of a trigger than the almonds - I've tested the eggs a couple of times after finishing the program about a month and a half ago, mainly because I "buckled" and ate either something with eggs in them (i.e. cake, muffins, bread etc.) or directly when we went out for breakfast (I really miss my fried eggs!). But the two together (eggs and almonds) really trigger the reaction. Within a day or two of eating eggs for breakfast I saw the beginning stages of red and flaky skin, and it went away after about 5 days of no eggs.

Another side benefit is that the dandruff that I've dealt with most of my life (which has also gotten much worse in the last 6 or 8 years) has pretty much gone away also. Doing some research, it turns out that dandruff and seborrheic dermatitis are closely related (possibly even the same thing, just one is on the scalp and the other on the face). Yay!

I also lost about 10 pounds during the program without really trying - my guess is that cutting out the dairy (I used to eat a lot of cheese and drink a lot of milk) and other high-fat go-to foods like peanut butter and almond butter, along with refined sugar was the main reason. I added back about 2 pounds since finishing the program, again probably because I added dairy and PB back in (although I'm still trying to eat a lot less of those).

My blood pressure has stayed lower - I have an appointment to see my doc later this month so I'll update on that and the thyroid later.

23 of 23 people found the following review helpful.

She decided that she was ready to try anything to feel better and get off the medicine

By Kindle Customer

We are only about a month into this, and I think of it more as an experiment than a diet. It is difficult but worth the effort. We started this because one of our children was diagnosed with arthritis. We have watched her pain increase over the last few years. The medications have become increasingly harder on her immune system. Her first year of college was spent in pain and frequently ill. She decided that she was ready to try anything to feel better and get off the medicine. Within a week of starting this, her pain was gone and has not returned. She was even able to go on an all day hike in the mountains. We are still testing foods but are very

encouraged.

10 of 10 people found the following review helpful.

Advanced elimination diet

By Ali

I read a few elimination diet books and ended up following J.J. Virgin's book because it was the easiest to follow and it was my first time eliminating gluten, corn, dairy, and soy. And it was motivating, I felt empowered to do it. This book was overwhelming for me to follow without any live support. I think it is best for people who maybe already have a nutrition background, are working with a nutritionist partner and/or are conscious eaters already. Or have very severe symptoms and are ready to make some big changes (My symptoms were minor and improved with eliminating gluten). Too advanced for me to follow this time. However I will keep it as I may want to try following in the future.

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