



Eliminating Food Allergies

The Pure Foods Solution

Guest speaker: Amy Thurber

“Tell me what you eat and I will tell you what you are.”

- Anthelme Brillat-Savarin

Physiologie du Gout, ou Medetations de Gastronomie Transcendante

“I cannot remember the books I’ve read any more than the meals I have eaten; even so, they have made me.”

- Ralph Waldo Emerson

Healing through diet is a powerful tool.

Yet for those with allergies, what we eliminate can make healthy eating challenging and stressful. Let's go through our options, and come up with some possible solutions.



Types of Food Allergy Reactions

- GI - Stomach upset, cramps, bloating, diarrhea
- Skin conditions - rashes, hives, itching, swelling
- Respiratory - stuffy nose, difficulty breathing
- Swelling of face and mouth - Angioedema

How to determine what you are allergic to?

- Allergy Testing
- Functional Medicine
- Elimination Diet



Types of Testing

- Skin Prick Testing
- Skin Patch Testing
- ELISA Blood Testing
(enzyme-linked immunosorbent assay)
- Applied Kinesiology
- Lactose Hydrogen Breath Test
- SIBO testing



Gathering Resources from Specialists and Alternative Medicine

- Allergists
- Functional Medicine Practitioners
- Dieticians
- Homeopathic Practitioners
- Applied Kinesiology



Dietary Solutions

- Elimination Diet
- Anti-inflammatory Diet
- Specific Carbohydrate Diet
- Paleo Diet
- Keto Diet



My Dietary Journey



Principles of the Specific Carbohydrate Diet

Elaine Gottschall, *Breaking the Vicious
Cycle: Intestinal Health Through Diet*

Re-setting good gut bacteria by starving out
the bad gut bacteria.

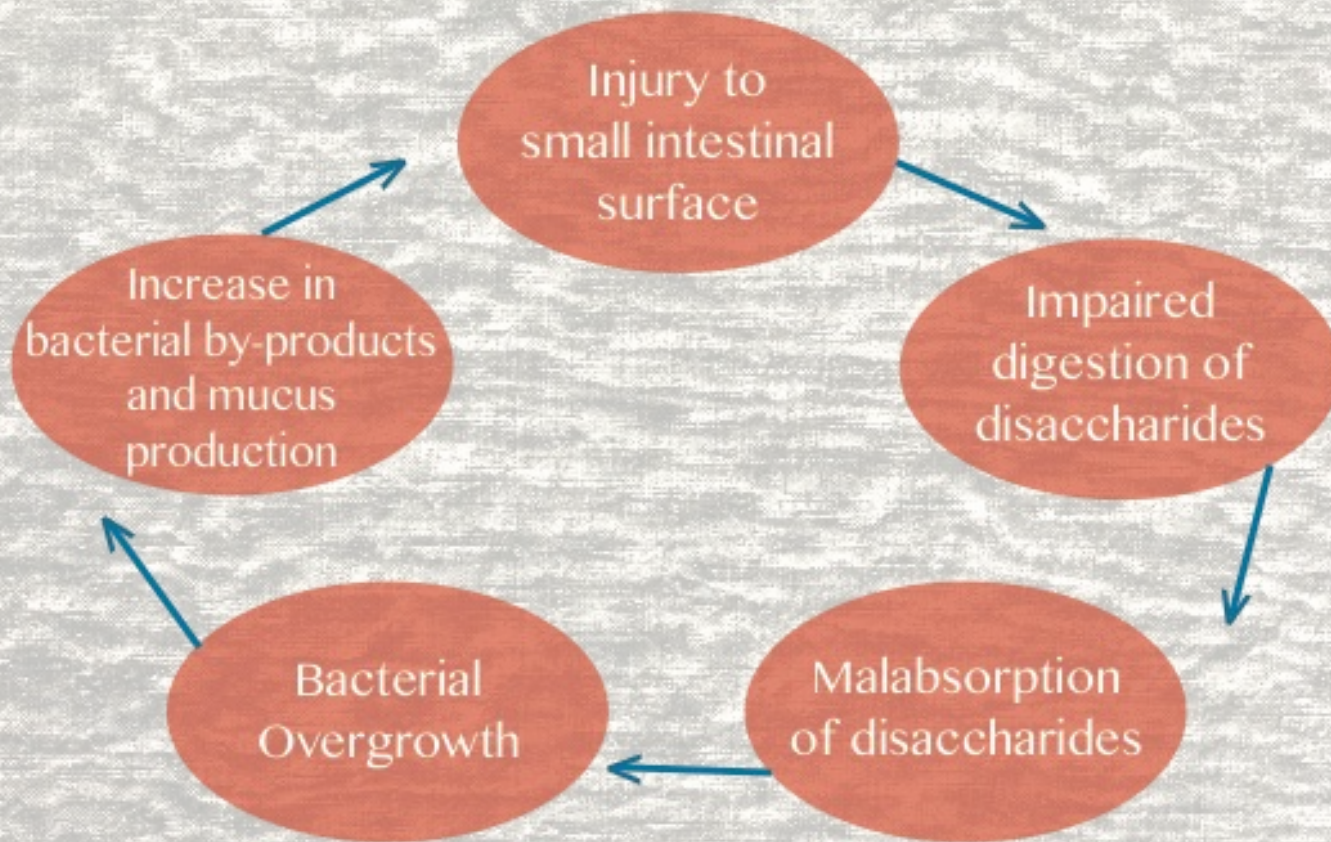
Reducing inflammation, healing the gut and
the immune system.

Types of Carbohydrates



- Monosaccharides
 - Disaccharides
 - Polysaccharides
-
- Why is honey different?

The Vicious Cycle



Extract from *Breaking the Vicious Cycle: Intestinal Health through Diet*, by Elaine Gottschall B.A., M.Sc.

What to Eat?

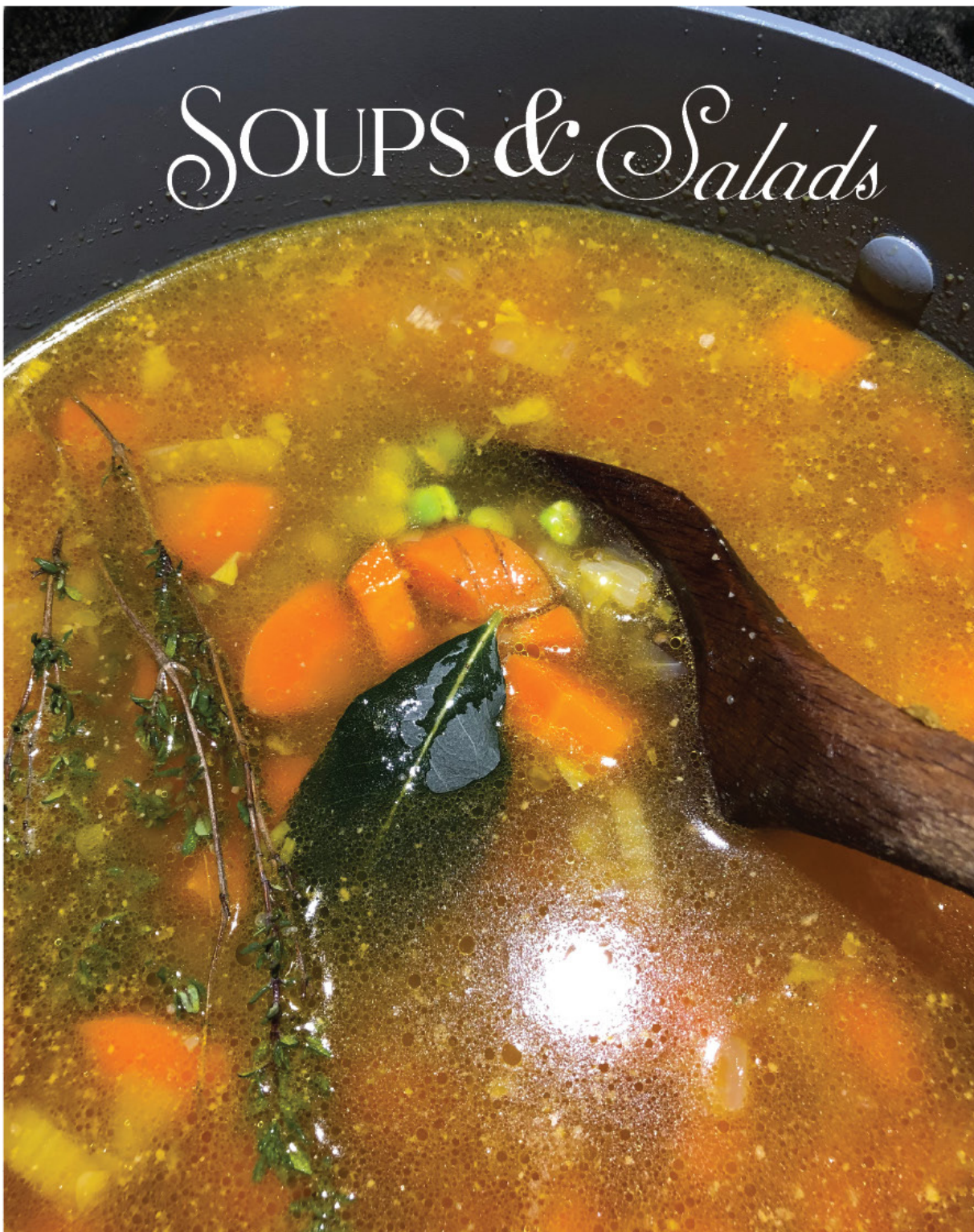
- Most Vegetables
- All Fruits
- All Seafoods
- All Meats and Eggs
- Nuts
- Naturally cultured Yogurt

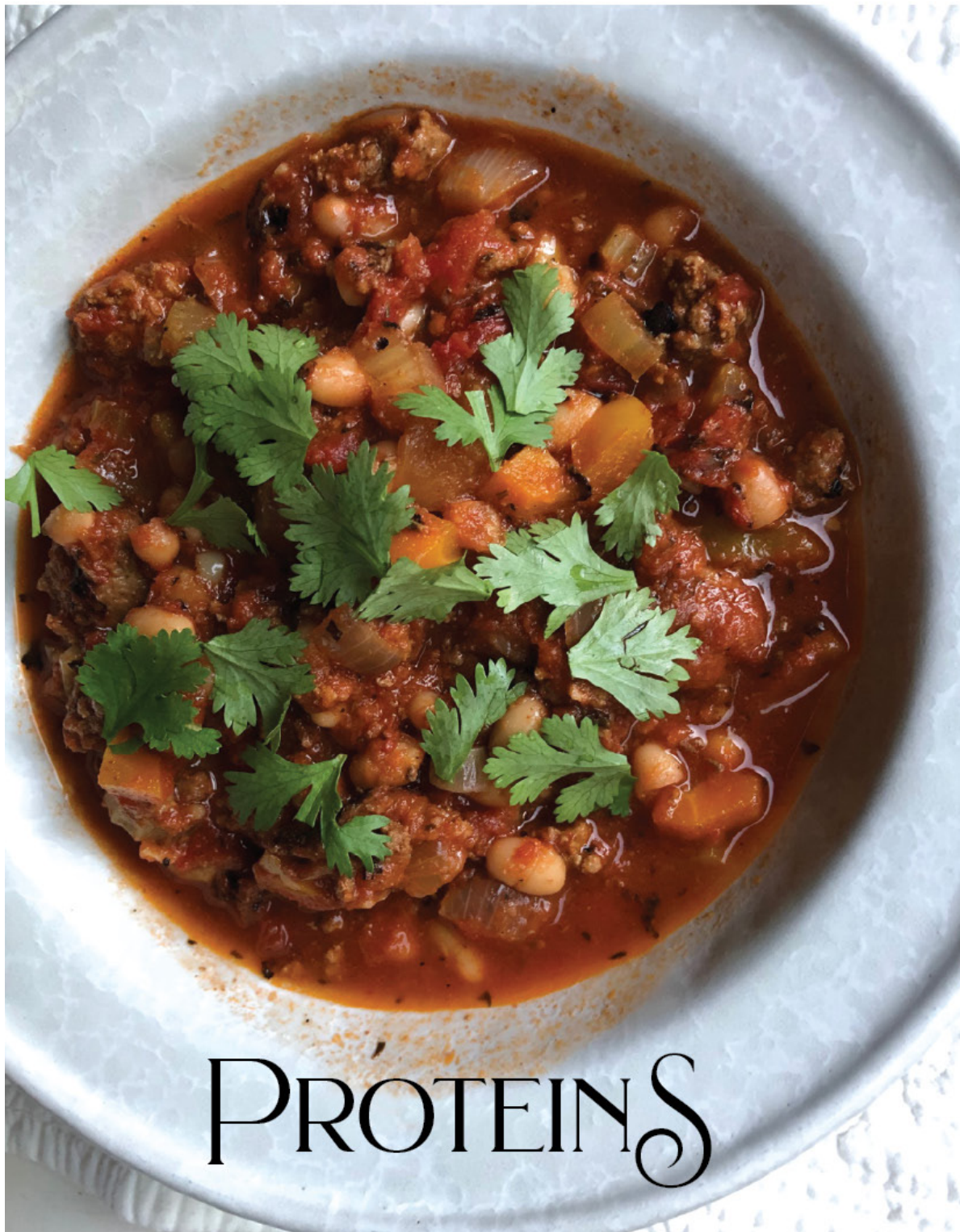


BREAKFASTS



SOUPS & Salads





PROTEINS



DESSERTS & Snacks



What to Avoid?



- Sugars except Honey and Fruits
- All Grains
- Starchy Vegetables – potatoes, corn, most dried beans except navy beans
- Dairy Products except yogurt and some cultured cheeses
- Processed Foods and thickeners



SCD's Similarities to the Paleo Diet

- Both avoid grains and most sugars
- Paleo Diet also avoids nightshades
- Paleo Diet allows some starchy vegetables like cassava, potato, and tapioca
- Paleo Diet allows maple syrup, date and coconut sugar
- Paleo Diet allows chocolate
- Paleo Diet avoids all dairy products

How to Navigate the Recipes

The **Margin** gives additional information like the number of servings, dietary key, Options and Notes.

Makes 4 to 6 servings

The **Margin Key** allows you to find recipes that fit your needs at a glance. The categories are discussed in the book's introduction.

SCD option
Paleo
GF
Nut Free
DF option
Vegetarian option*

The **Options** gives information on recipe ingredients and substitutions.

Options:

*substitute olive oil or plant based butter for butter, and
**vegetable broth or more cider for the chicken broth.

SCD option:
Omit curry powder

The **Notes** gives more information on cooking techniques and other helpful tips.

Note:

Years ago, I had an unmentionable finger injury while cutting up a winter squash. I've found a short roasting, adds flavor, while also making it safer to peel and chop.

Page Number
See the index for listings by recipe title, allergy and diet types or ingredients.

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The **Recipe Title** is followed by a tidbit about the recipe. Options for alternate ingredients are noted by an * with more details in the margin.

CURRIED BUTTERNUT SQUASH SOUP

I crave these warm, satisfying flavors come Autumn.

1 small or 1/2 large butternut squash peeled and cubed
1 1/2 Tbls butter or substitute* 2 apples peeled and diced
1 large onion chopped 1 to 2 Tbls. curry powder
1 stalk celery chopped 1 cup cider
2 large carrots chopped 3 cups chicken broth**
salt and pepper to taste 2 Tbls cilantro leaves
5 Tbls coconut milk

1. Preheat oven to 400 F. If using a whole butternut squash; wash and place in large glass or ceramic baking dish. Pierce skin on top with a knife. Bake squash for half an hour. Let cool, and cut in half, remove seeds, skin and cut into cubes. If using pre-peeled or cut squash, cube and proceed.

2. Place butter in a deep soup pot over medium heat. Add onion and saute for 5 minutes. Add celery, carrots, apples, squash and curry powder to taste, and saute until lightly browned and fragrant. Add cider and broth and bring to a simmer. Cook until all ingredients are very soft.

4. Using an immersion blender, or food processor, blend until smooth. Serve warm, garnished with 1 Tbls coconut milk and cilantro leaves.



What DO You Eat? Cooking & Sourcing Pure Foods

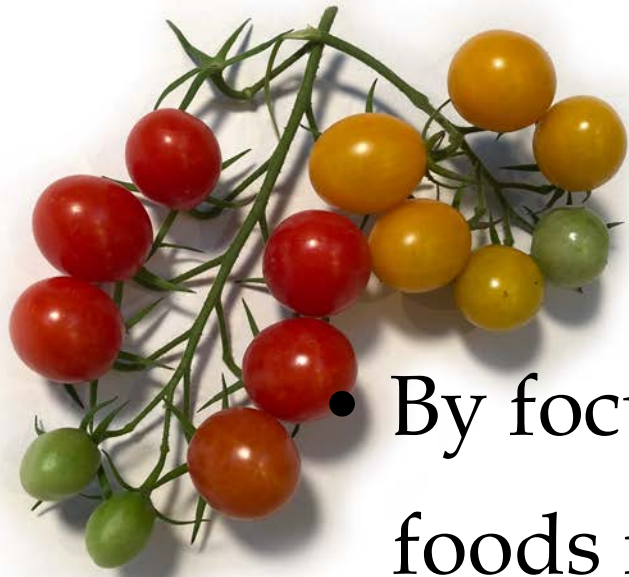


NO CHEATING...

There is no denying that reducing carbohydrate intake is beneficial. However, sticking to the Specific Carbohydrate Diet, or Paleo Diet is essential to achieving the desired results of healthy gut bacteria and reduced inflammation.

I have found that occasional cheating with a donut, or sugar sweetened food is really not an option for me. It can set me back a month while my body resets my gut, and replaces the bad bacteria with the good.

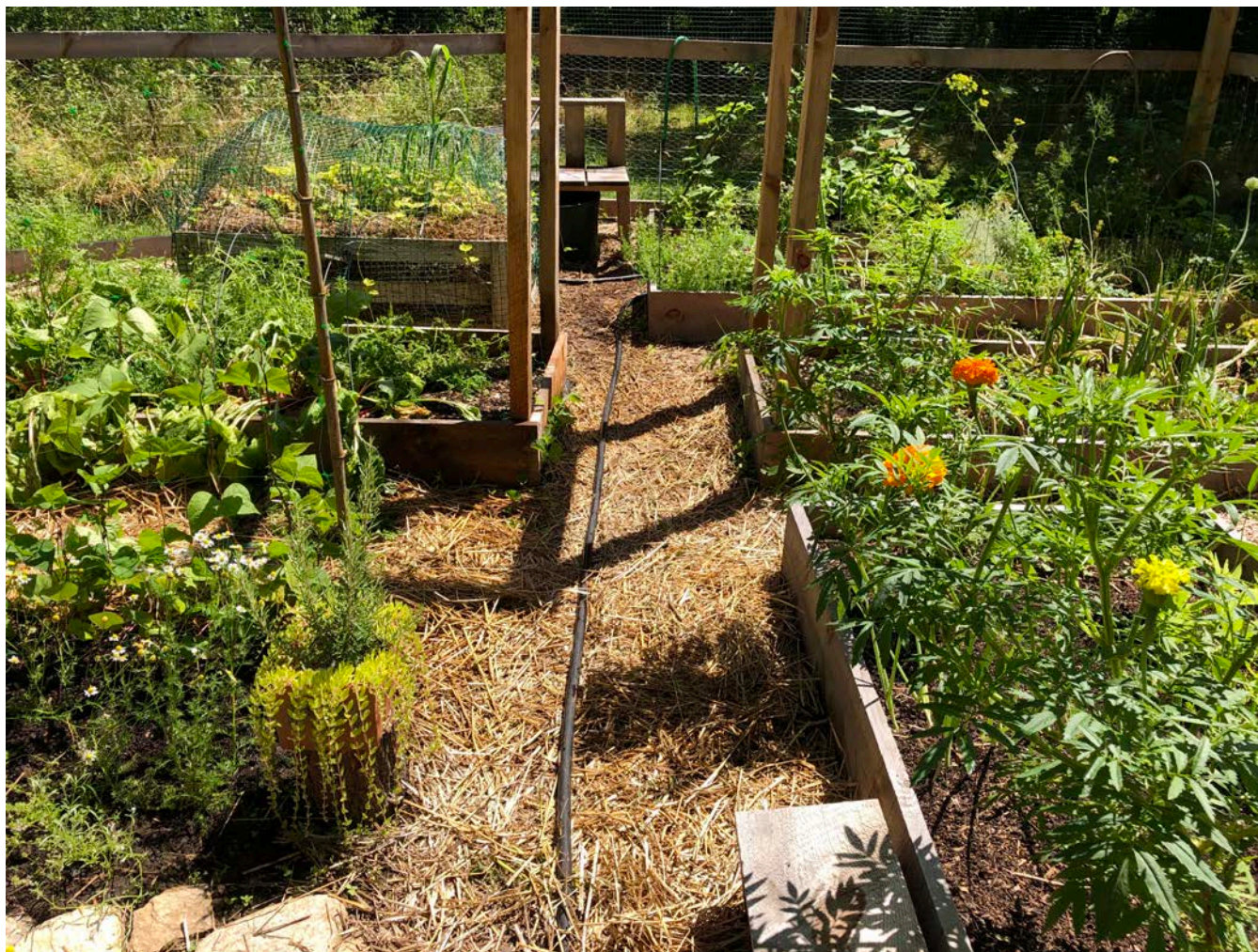
The same holds true with food allergies and intolerances. Sometimes the allergic reaction is instantaneous, while at other times it can take several hours or even days for your body to signal there is a problem. Being consistent, and vigilant pays off in the end.



Sourcing Pure Foods

- By focusing on single ingredient whole foods it is easier to control what we eat.
- Fresh Fruits, Vegetables, Fish & Meats
 - Grocery & Natural Foods Stores
 - Farmer's Markets
 - Farm Shares (CSAs and online orders)
- Food Cooperatives
- Growing your own

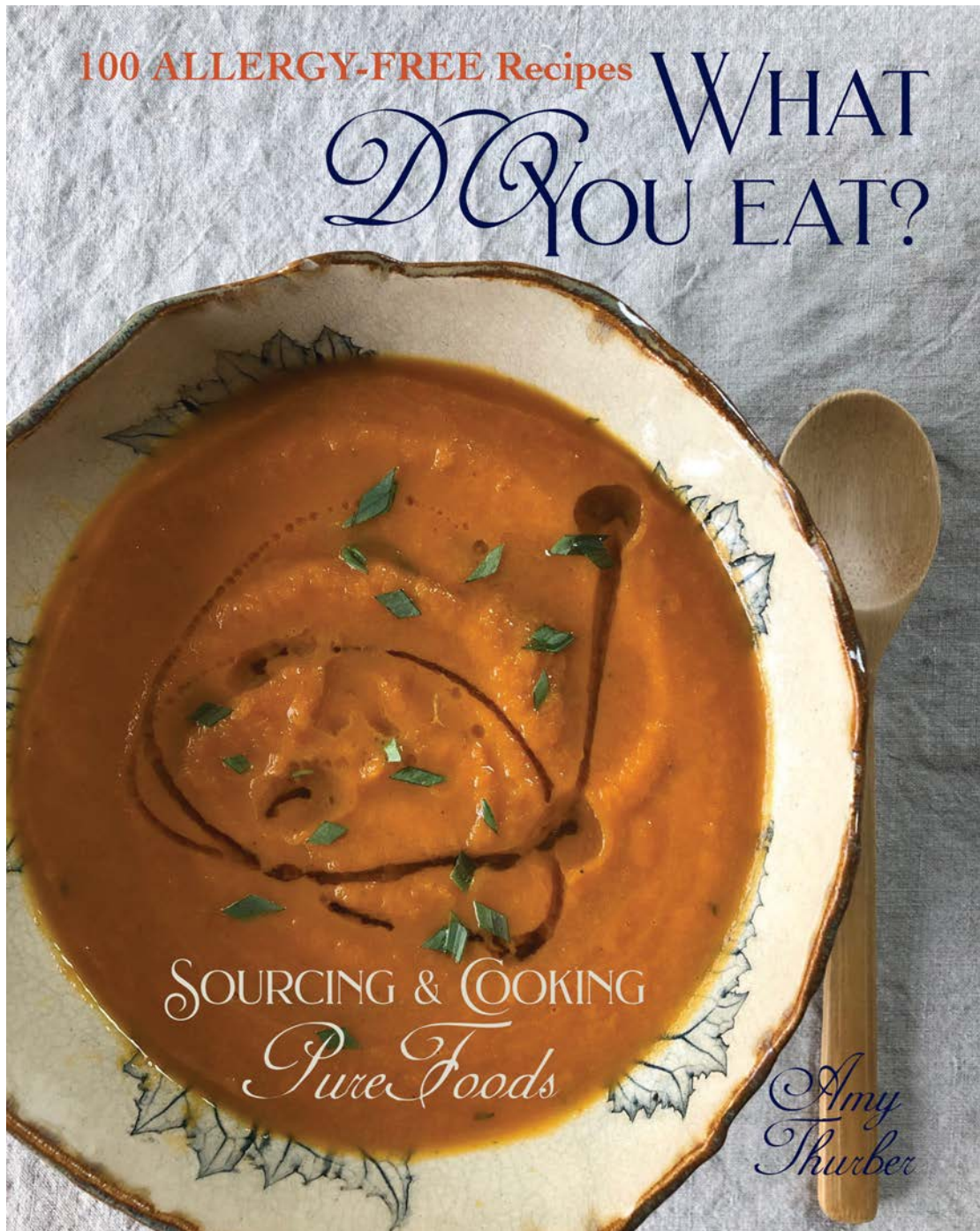
The Joys of Gardening



The Joys of Cooking



- Experimenting with new ingredients
- Trying new recipes
- Sharing the results



Managing Allergies using the principles of the Specific Carbohydrate and Paleo Diets.

NO: Sugars

NO: Gluten

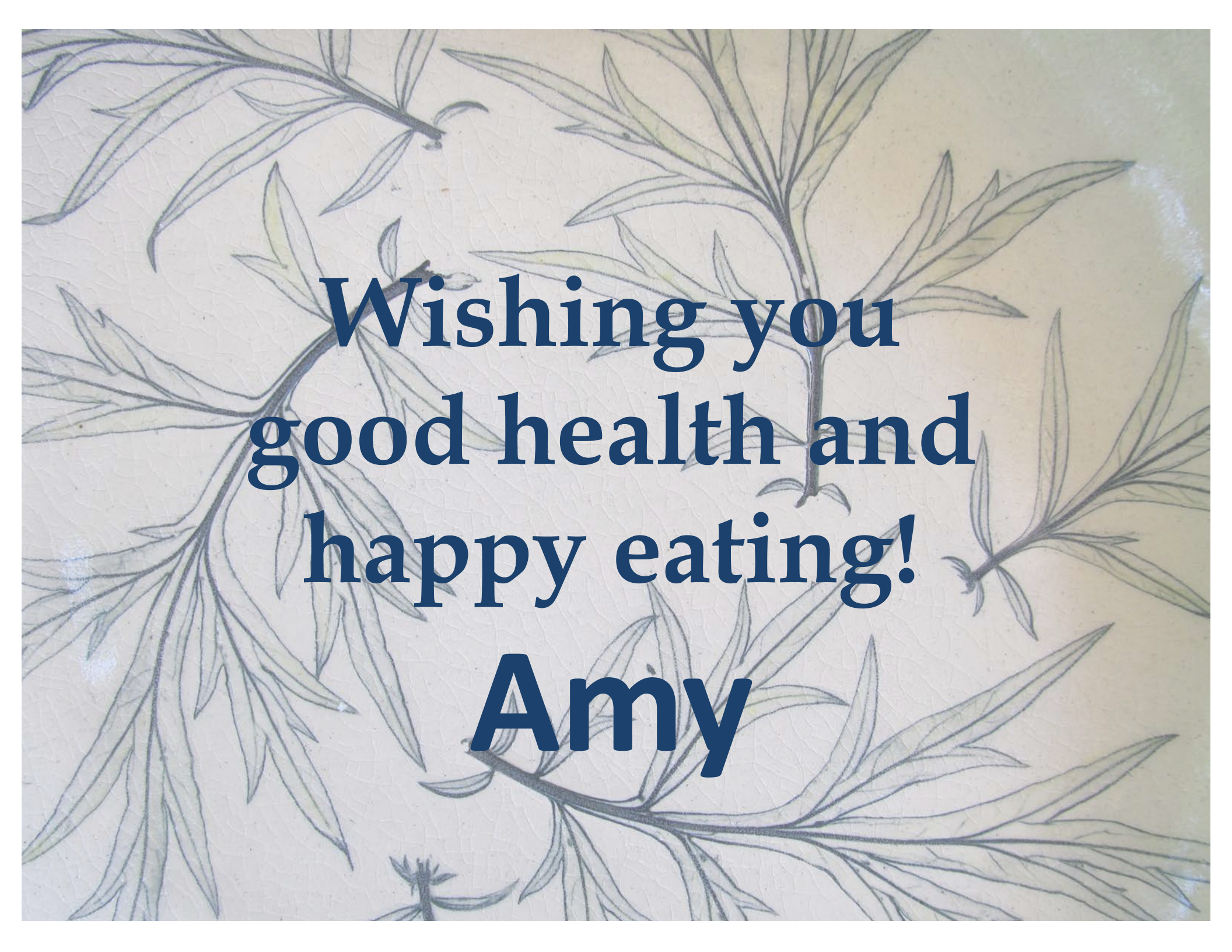
NO: Grains

NO: Nuts

NO: Dairy

NO: Starchy Vegetables

Cookbook available through Amazon, and local book stores.



**Wishing you
good health and
happy eating!**

Amy

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