

The Gut Fermentation Diet - Relaxing the diet

Once your health is stable, you can then begin to introduce foods back into your diet according to stages 1, 2 and 3. Please reintroduce foods back, one at a time as this diet will also provide you with the possibility of being able to see scientifically what you truly are 'allergic or sensitive' to. When the body has been free of 'allergic' foods for more than 7 days, the body's system becomes clean, and very much in tune as to what it 'likes and dislikes'. Therefore, you will have very valuable information about your body and how foods react.

Note any adverse reactions into a food diary, e.g. headaches, bloating, flatulence, nausea, diarrhoea, constipation, pain, skin rashes, etc. These are all adverse reactions to foods and therefore are better off avoiding. Leave 2 - 3 days in between introducing each food item.

You may find that with certain foods that your body also has a limit to the quantities it can tolerate. For example, some individuals can tolerate 2 slices of white wheat bread per week, if they take more than this quantity, it results in a skin rash.

STAGE 1

All the fruit
All the nuts
Dried herbs & spices
Vinegar
Honey
Wine
Mushrooms
Tea
Vegetable Oil
Yeast

STAGE 2

Oats
Rye

STAGE 3

Note: Stage 3 foods are most offending foods and generally try to avoid them at home as far as possible. If out visiting friends or family, then treat yourself. Once off reactions can be better tolerated by the body.

Dairy
Sugar
Wheat
Barley
Beer
Champagne