

# WHY CAN'T I EAT GLUTEN, DAIRY, CORN, SOY, PEANUTS OR SUGARS & ARTIFICIAL SWEETENERS?

The removal of offending foods from the diet can deliver a number of health benefits: weight loss, better energy, improvements in sleep, clear complexion, and much more. To make this happen, the primary organs of detoxification (the GI system, skin, and liver) need to function at full capacity.

Over the years, we have discovered with our private clients that certain foods can be problematic and interfere with efficient detoxification and, ultimately, weight loss and health gains. As such they have been removed from the program. Here's more detail on those that trigger the most questions from our program participants.



## EGGS

### WHAT THEY DO

Eggs are a fairly common food sensitivity item; most of our clients who discover this issue through our functional lab testing aren't even aware they have the problem. People who have this issue often notice gas, bloating and heartburn up to 2 days after eating eggs or egg-containing foods. They also have been linked with eczema and psoriasis.

### WHERE THEY HIDE

Obviously, in omelets and quiches and other breakfast dishes. But, remember that eggs are ubiquitous in baked goods, pancakes, breads, and salads (like tuna and potato), and are often hidden in meatloaves, crab cakes, soups (think egg drop and matzo ball), crepes, zucchini fritters, stuffings, noodles, and meatballs. Avoid all these foods.

- Always read ingredient lists on food labels. You'd be surprised how many foods contain egg.
- Be aware that most egg replacers do not equal the nutrient quality of real eggs. They only replace the structural quality of eggs. There are other good quality protein foods to choose from such as fish, chicken and grass fed beef.
- Liquid egg replacers, such as "Egg Beaters," are made of egg whites, and, therefore, should not be used as alternatives to egg.

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|---------------------|-------------------|-------------------|-----------------|
| • Baked goods       | • Macaroons       | • Batter mixes    | • Malted drinks |
| • Bavarian cream    | • Marshmallows    | • Boiled dressing | • Mayonnaise    |
| • Bouillon          | • Meat loaf       | • Breaded foods   | • Meringues     |
| • Breads            | • Noodles         | • Cake flours     | • Pancakes      |
| • Creamy fillings   | • Puddings        | • Custards        | • Quiche        |
| • Egg drop soup     | • Salad dressings | • Flan            | • Sauces        |
| • French toast      | • Sausages        | • Fritters        | • Soufflé       |
| • Frosting          | • Tartar sauce    | • Waffles         | • Ice cream     |
| • Hollandaise sauce |                   |                   |                 |



## GLUTEN

### WHAT IT DOES

Gluten-containing grains – wheat, barley, rye and some oatmeal, has become a well-known food allergen for many people. The symptoms are typically the same as those for eggs – and can be quite severe for some people, i.e. known as celiac disease. It too, is EVERYWHERE, so read your labels carefully.

### WHERE IT HIDES

- Bread and bread rolls
- Pretzels
- Pastry or pie crust
- Crispbreads
- Crumble toppings
- Scones
- Muesli
- Farina
- Blue cheeses
- Pates
- Baked beans
- Some chocolate
- Soups
- Instant coffee
- Hydrolyzed vegetable protein (HVP)
- Rye bread
- Cakes
- Pancakes
- Bulgar wheat
- Couscous
- All Bran
- Matzo flour/meal
- Meat and fish pastes
- Gravy powders
- Brown rice syrup
- Imitation crab meat
- Beer, ale, lager
- Chutneys & pickles
- Potato crisps/chips
- Pumpernickel
- Stuffings
- Waffles
- Pasta
- Pizza
- Malted drinks
- Sausages
- Stock cubes (like OXO)
- Shredded suet
- Sauces
- Self basting turkeys
- Soy sauce
- Dry mustard
- Curry powder
- Yorkshire pudding
- Muffins
- Biscuits or cookies
- Durham
- Semolina
- Anything in breadcrumbs
- Luncheon meat
- Some breakfast cereals
- Seitan (it IS gluten!)
- Malt vinegar
- White pepper
- Licorice
- Salad dressings
- Some spice blends



## SOY

### WHAT IT DOES

Contrary to popular advertising, soy isn't a miracle health food. Soy has been implicated in a number of health problems including thyroid dysfunction, reproductive disorders, cognitive decline, digestive problems and decreased sperm counts. It is relatively new to our food supply (less than 1000 years old) and because of this has a higher rate of potential allergenicity. It contains phytates which can bind to minerals and lead to deficiencies. Non-organic sources may contain high amounts of pesticides and soy is often processed in aluminum casks that leach aluminum into the end product. You will need to read labels carefully to make sure that you are not consuming products with soy added to them.

### WHERE IT HIDES

- Soy sauce
- Asian foods
- Prepared foods
- Teriyaki sauce
- Tempeh
- Energy bars
- Tofu
- Miso
- Energy shakes
- Veggie burgers
- Soy protein powders



## PEANUTS

### WHAT THEY DO

Well, to begin with, peanuts aren't actually nuts, they're legumes. As such, their fatty acid profile is inferior to other nuts they we LOVE, including almonds, walnuts, cashews and hazelnuts. The other problem with peanuts is their high allergenicity profile.

### WERE THEY HIDE

- Peanut butter
- Cookies
- Peanut oil
- Snacks
- Candy
- Food toppings



## DAIRY

### WHAT IT DOES

Another fairly common food allergy and/or sensitivity, dairy products have been touted as the answer to all our calcium needs. The fact is, there are many other products – sardines, salmon, broccoli, leafy green veggies – that are a whole lot healthier without any of the potential allergenicity (or GI distress issues)!

### WHERE IT HIDES

- Cow's milk yogurts
- Sheep's milk yogurts
- Whey protein powder
- Chocolate
- Hot chocolate mixes
- Whipped topping
- Cow's milk cheeses
- Sheep's milk cheeses
- Macaroni and cheese
- Ice cream
- Many baked goods
- Mashed potatoes
- Goat's milk yogurts
- Goat's milk cheeses
- Desserts
- Butter
- Canned foods
- Baking mixes
- Sauces
- Goat's milk cheeses
- Creamy soups
- Many margarines
- Shakes
- Coffee creamers
- Many salad dressings

*Dairy may be listed on food labels as...*

- Milk
- Kefir
- Half & half
- Cheese
- Artificial butter flavor
- Buttermilk
- Milk solids
- Whey
- Whipped cream
- Cream cheese
- Casein
- Buttermilk solids
- Non-fat milk solids
- Cream
- Lactose
- Cottage cheese
- Caseinate
- Yogurt
- Sour cream
- Lactalbumin
- Butter
- Sodium caseinate

### WHY NO WHEY?

Whey can be potentially allergenic and contribute to a toxic effect in the body. Since we aren't testing for food sensitivities, we remove it from our program as we have found that a good percentage of our clients do not tolerate the casein fraction – nor potentially the whey - in dairy products.



## CORN

### WHAT IT DOES

Symptoms of corn allergies are similar to other food sensitivity reactions including rashes & hives, migraines, joint pain, mood disorders, temporary depression, insomnia, eczema, fatigue, hyperactivity in children, night sweats, dark circles around the eyes, repeated ear infections and urinary tract infections and chronic sinus problems.

Read more: Signs and Symptoms of a Corn Allergy | eHow.com

[http://www.ehow.com/list\\_6393206\\_signs-symptoms-corn-allergy.html#ixzz0woNPqvC7](http://www.ehow.com/list_6393206_signs-symptoms-corn-allergy.html#ixzz0woNPqvC7)

And finally, remember that corn is one of the most genetically modified crops around. The genetic modification may create it own set of health risks. For more on this subject see Jeffrey Smith's *Seeds of Deception*.

### WHERE IT HIDES

- |                 |                 |                     |                       |
|-----------------|-----------------|---------------------|-----------------------|
| • Corn syrup    | • Corn oil      | • Corn meal         | • Cornstarch          |
| • Vegetable oil | • Maize         | • Popcorn           | • Grits               |
| • Hominy        | • Corn sugars*  | • Margarine         | • Corn/tortilla chips |
| • Fritos        | • Corn fritters | • Breakfast cereals | • Corn tortillas      |

\*Some corn sugars: dextrose, Dyno, Cerelease, Puretose, Sweetose, glucose

Also many processed foods may include sources of corn from various products, such as cornstarch, corn syrup and corn oil.



## SUGAR

### WHAT IT DOES

Processed sugary carbs are the culprit in obesity and insulin resistance. They spike your blood sugar and accelerate fat storage. And artificial sweeteners are hardly the free pass you might consider. Studies show they can also contribute to insulin resistance and trigger cravings just like the real stuff, plus they mess with your gut flora. Just say no to added sugar and artificial sweeteners in all their disguises!

### THE MANY NAMES FOR SUGAR

- |                            |                           |                       |                         |
|----------------------------|---------------------------|-----------------------|-------------------------|
| • Barley Malt              | • Beet sugar              | • Blackstrap molasses | • Brown sugar           |
| • Cane sugar               | • Cane juice crystals     | • Caramel             | • Carob syrup           |
| • Castor sugar             | • Corn sweeteners         | • Corn Syrup          | • Confectioner's sugar  |
| • Date sugar               | • Demerara sugar          | • Dextrin             | • Dextrose              |
| • Diastatic malt           | • Diatase                 | • D-mannose           | • Evaporated cane juice |
| • Fructose                 | • Fruit juice concentrate | • Galactose           | • Glucose               |
| • High-fructose corn syrup | • Honey                   | • Invert sugar        | • Lactose               |
| • Malt syrup               | • Maltodextrin            | • Maltose             | • Maple syrup           |
| • Molasses                 | • Raw sugar               | • Rice syrup          | • Sucrose               |
| • Syrup                    | • Table sugar             | • Treacle             | • Turbinado sugar       |

### OTHER NAMES FOR ARTIFICIAL SWEETENERS

- |                                  |           |                        |             |
|----------------------------------|-----------|------------------------|-------------|
| • NutraSweet                     | • Splenda | • Acesulfame potassium | • Aspartame |
| • Cyclamate                      | • Isomalt | • Saccharin            | • Sucralose |
| • Neohesperidine dihydrochalcone |           | • Aspartame            | • Alitame   |