

HERITAGE HAVENS

NUTRITION & PEPTIDE WELLNESS COHORT

Elimination Diet Protocol

A structured 4-week framework to identify your personal inflammatory food triggers

Nutrition & Peptide Wellness Cohort · Month 3

An elimination diet is one of the most powerful diagnostic tools in functional medicine. By removing the most common inflammatory foods for 28 days and then systematically reintroducing them, you can identify with precision which specific foods are driving your symptoms.

This is not a diet for weight loss. It is a diagnostic protocol — a 4-week investigation into how your individual body responds to specific foods. The information you gain is worth more than any lab test.

OVERVIEW

The 4-Phase Protocol

Phase 1 — Preparation (Days 1–3)

Gradual removal of elimination foods. Begin food and symptom journal. Stock the kitchen with compliant foods. Reduce coffee slowly if daily drinker to prevent withdrawal.

Phase 2 — Elimination (Days 4–28)

Strictly avoid all foods on the elimination list. Eat freely from the compliant foods list. Log all foods and symptoms daily. Expect Days 3–7 to be the hardest as withdrawal symptoms peak.

Phase 3 — Reintroduction (Days 29–60)

Reintroduce one food group at a time, every 3 days. Follow the exact reintroduction protocol. Monitor for 72 hours before introducing the next food. Do not rush this phase — it is the most important.

Phase 4 — Personalized Diet Design

Based on your reintroduction results, design your long-term eating pattern. Some eliminated foods may return fully; others may be permanently reduced or removed. This is now your evidence-based personal food blueprint.

PHASE 2

The Elimination List — Remove These for 28 Days

These are the most common food groups associated with gut inflammation, intestinal permeability, and immune reactivity. Removing them simultaneously allows the gut to heal and creates a clean baseline for reintroduction.

Food Group	Remove	Why	Replace With
Gluten	Wheat, barley, rye, spelt, kamut, triticale, most oats	Intestinal permeability, immune activation, villous atrophy in sensitive individuals	Gluten-free grains: rice, quinoa, buckwheat, millet, certified GF oats

Food Group	Remove	Why	Replace With
Dairy	All cow dairy: milk, cheese, yogurt, butter, cream, whey	A1 casein + lactose are common gut irritants; IGF-1 elevation; inflammatory in many	Coconut milk/yogurt, almond milk, nutritional yeast, sheep/goat dairy (reintroduce separately)
Eggs	Whole eggs, egg whites, any product containing egg	Common food sensitivity — often gut-related or autoimmune-mediated	Additional lean proteins: chicken, fish, turkey, legumes
Soy	Edamame, tofu, tempeh, soy sauce, soy milk, soy lecithin	Phytoestrogens, thyroid interference, highly processed soy = inflammatory	Coconut aminos instead of soy sauce; legumes as alternative
Corn	Corn, cornstarch, corn syrup, popcorn, polenta	Inflammatory omega-6 ratio; common sensitivity; frequently contaminated	Other starchy vegetables: sweet potato, butternut squash, beets
Nightshades	Tomato, pepper, eggplant, potato (not sweet potato), paprika	Alkaloids (solanine, capsaicin) can increase gut permeability in sensitive individuals	Other vegetables from compliant list; eliminate only if suspected trigger
Processed Sugar	Added sugar, HFCS, agave, honey, maple syrup, artificial sweeteners	Feeds pathogenic bacteria, increases intestinal permeability, systemic inflammation	Whole fruits in moderation; cinnamon, vanilla for flavor
Alcohol	All alcoholic beverages	Directly increases intestinal permeability; disrupts microbiome; liver burden	None — complete elimination required for accurate protocol
Industrial Seed Oils	Canola, corn, sunflower, safflower, soybean, cottonseed, vegetable	Highly inflammatory omega-6 ratio; oxidized fats toxic to gut lining	Olive oil, avocado oil, coconut oil, ghee, lard from quality sources
Caffeine	Coffee, black tea, energy drinks (caffeine portion)	Cortisol elevation, gut motility disruption, some sensitivity responses	Herbal tea: ginger, chamomile, peppermint, dandelion root (liver support)

PHASE 3

Reintroduction Protocol — The Exact Process

Rushing reintroduction invalidates the entire protocol. Follow this process exactly for each food group:

Day 1 Morning	Eat a normal serving of the reintroduction food at breakfast — a full portion, not a taste
Day 1 Evening	Second serving at dinner if no immediate reaction

Date	Foods Eaten	Bloating	Fatigue	Brain Fog	Skin	Bowel	Mood	Joints	Notes

What to Expect

- Days 1–3: Preparation. May feel anxious or overwhelmed — this is normal. Focus on what you CAN eat.
- Days 4–7: Hardest phase. Caffeine/sugar withdrawal, cravings, possible irritability and fatigue.
- Days 8–14: Symptoms typically begin clearing. Energy often improves noticeably by Day 10.
- Days 15–28: The 'baseline.' Feeling significantly better is the signal that food was driving your symptoms.
- Reintroduction: Some reactions will surprise you. Common surprises: gluten, dairy, eggs, corn.
- The outcome is information — even a 'bad' reaction is a valuable discovery, not a failure.