

The Auto-immune, Anti-inflammatory, Paleo Diet

Great for reducing full body inflammation, improving overall health, energy and weight loss

This diet document contains excerpts from three great books from the Functional Medicine field's leading researchers and practitioners, including:

The Paleo Cure: Prevent and Reverse Disease, Lose Weight Effortlessly, and Look and Feel Better than Ever by Chris Kresser

The Immune System Recovery Plan: A Doctor's 4-Step Program to Treat Autoimmune Disease by Susan Blum, MD MPH

Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health by Mark Hyman, M.D

Any of these three books are highly recommended to supplement what is below, for much greater detail.

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Overview and Context:

The framework of this diet is centered in Functional Medicine, which is based on understanding the body as a dynamic system where all parts of the body is connected, where there is a web of interaction between the systems of the body. In each of these systems, imbalances can occur that contribute to disorders from disease, to weight regulation & metabolism and much more.

This diet information is all based on the most leading edge science that is now becoming standard for nutrition and diet. It takes many years for the leading-edge research and practices to become mainstream. What is out in the mainstream right now has not caught up yet.

This particular diet plan all starts with a 30-day reset diet, from which you'll likely feel a lot better (and lose some weight if that's an issue). However, even if you do not want to do the reset diet, the principles below are still offer a lot of wisdom for a very sound way to eat regularly. This diet helps the vast majority of people with weight loss if any needed, though some do have more resistant reactions. There may be other underlying health issues that also need to be addressed (you can talk to Matt if the weight doesn't seem to be shifting). This diet

will help tremendously with your energy levels, mood, levels of inflammation in the body, likely lower bad cholesterol and raise good – it will get your body running in peak condition. **The good news is you can and should eat plenty of food. You should not be hungry!** If your body is craving nutrition, it will not function properly, and in fact, will make you retain extra weight as it senses itself malnourished and wants to retain fat to help store energy. The old thinking that lowering calories and exercising are the way to manage weight are, thankfully, false!

Background:

From Cave to Chronic Illness Consider the following:

- Diabetes and obesity combined affect more than a billion people worldwide, including one hundred million Americans.
- More than half of Americans are overweight; a full third are clinically obese.
- Heart disease causes four out of every ten deaths in the United States.
- One-third of Americans have high blood pressure, which contributes to almost eight hundred thousand strokes every year— the leading cause of serious, long-term disability. Annually, there are 12.7 million strokes worldwide.
- More than thirty-six million people are now living with dementia.
- Depression is now the leading cause of disability, affecting more than 120 million people worldwide. I could go on, but I think you get the point. We're getting fatter and sicker every year.

Now imagine, for a moment, a world where:

- Modern, chronic diseases, like diabetes, obesity, some cancers, autoimmune disorders, and heart disease, are rare or nonexistent.
- The world population is naturally lean and fit.
- We all age gracefully with strong bones, sharp vision, and normal blood pressure.

While this might sound like pure fantasy today, anthropological evidence suggests that this is exactly how human beings lived for the vast majority of our species' evolutionary history.

Today, most people accept disorders like obesity, diabetes, and heart disease as normal. But while these problems may be common now, they're anything but normal. Our species evolved roughly two million years ago, and **for more than sixty-six thousand generations, humans were free of the modern diseases that today kill millions of people each year and make countless others miserable.** In fact, the world I asked you to imagine above was the natural state for humans' history on this planet up until the agricultural revolution occurred, about eleven thousand years (366 generations) ago— less than 0.5 percent of the time recognizably human beings have been here. It's a tiny blip on the evolutionary time scale.

Modern studies of contemporary hunter-gatherers— people who have had minimal exposure to industrial civilization and follow a traditional diet and lifestyle— suggest they are largely free of the chronic inflammatory diseases that have become epidemic in the industrialized world. Anthropological and medical reports of these contemporary hunter-gatherers show they have

far fewer modern illnesses, such as metabolic syndrome, cardiovascular disease, obesity, some cancers, and autoimmune disorders, than Westernized populations. In their study “The Western Diet and Lifestyle and Diseases of Civilization,” nutrition researcher Pedro Carrera-Bastos and his colleagues compared the health of traditional populations with the health of people living in industrialized societies. The contemporary hunter-gatherers were superior in every measure of health and physical fitness. They had:

- Lower blood pressure
- Excellent insulin sensitivity and lower fasting insulin levels (meaning they were less likely to develop type 2 diabetes)
- Lower fasting leptin levels (leptin is a hormone that regulates body fat)
- Lower body mass indexes and waist-to-height ratios (one way of measuring optimal weight)
- Greater maximum oxygen consumption (a measure of physical fitness)
- Better vision
- Stronger bones

Modern disease is an all new, modern phenomena. Our ancestors did not face this level of disease. Our biggest threats and causes of death were during childbirth, physical accidents, viruses, and other communicable diseases.

The food introduced on a large scale by the Industrial Revolution (and grown with newly invented pesticides containing toxins) may be cheaper for us, but it isn't better. A hundred grams of sweet potato (about half a potato) contains only about 90 calories, and a hundred grams (one small serving) of wild-game meat contains about 150 calories, but both of these foods contain a wide spectrum of beneficial micronutrients. **By contrast, a hundred grams (less than a cup) of refined wheat flour contains 361 calories, the same amount of sugar contains 387 calories, and both have virtually no beneficial nutrients. A hundred grams of corn oil (about seven tablespoons), a staple of modern diets, contains a whopping 881 calories and has essentially no nutritional value.**

“I’M SO GLAD I STUCK WITH IT”

The Thirty-Day Reset Diet can be a big adjustment, but it offers big rewards! Reports from people who took the plunge:

- “My acid reflux went away after one week and my knee stopped swelling after two weeks. Imagine jumping into a time machine and traveling back in time twenty years! Imagine fitting into the clothes you wore when you were twenty-five years old! Imagine shocking your doctor and watching his double take when he reviews your new blood work! I am fifty-one years old and I feel as if I was thirty years old again.”
- “No more hemorrhoids, no more pimples, no more dry skin, no more acidity in my mouth, no more farting, more energy. No post-lunch fatigue, better sleep, less sugar cravings.”

- “After about a week, I started noticing moles that were raised were now flat as a pancake and starting to disappear. I stayed with it for forty-five days just because I was feeling so much better. Also dropped twelve pounds with no effort. What a difference. Leg cramping, that ‘heavy’ feeling, lethargic issues are all gone. Fingernails started to grow faster and stronger.”
- “On the fifth night, I started sleeping deeply for the first time in my life, I lost weight for the first time since being diagnosed with hypothyroidism three years ago and have maintained a thirty-pound weight loss. I have more energy than I have ever had before. Also my digestion is solid.”
- “Energy levels more even, tennis elbow inflammation disappeared, asthma improved, waistline shrunk. Definitely glad I stuck with it.”
- “There were a couple of days with the flu-ish feeling as my body adjusted to the lack of sugar and salt. Within days, though, my digestion was improved. Dropped twenty-five points on both sides of my blood pressure and dropped cholesterol from a starting 280 to 147 about six months later. I avoided statins and dropped my blood pressure meds that I’d been on for five years.”
- “I feel the best ever. No insulin anymore and no three big drugs for blood pressure.”
- “My blood chemistry improved greatly, especially my triglyceride count (from 378 to 45 in thirty days). I lost about fifteen pounds in the first month. I got my health back, and my family’s health back. Once you learn the truth about anything, diet included, you can never go back.”
- “After thirty days, my IBS was gone and acne cleared up. I had tons of energy at the gym and slept great.”
- “I kept wondering when the magic was going to happen, then digestion, sleep, energy, hunger, skin tone and weight all seemed to improve as quickly as if I had passed through a doorway. I am so glad I stuck with it. My mental and physical health have improved ten-fold. It is amazing how much your body can heal in only thirty days.”

These kinds of results aren’t happening with all so quickly, but almost everyone will feel benefit. The first week or two can be hard, it will get better as your body adjusts.

Step 1: 30-day reset - Remove Gluten, Dairy, Corn, and Soy from Your Diet for (minimum) Three Weeks, 30 days best.

A lot of times my patients ask me why we are removing all four foods at once and whether it would be better or just as good to remove one at a time. The way the experiment works, first you remove the foods and feel better, then reintroduce each food one at a time to see if you feel worse. If you remove only one food, you might not feel better because you are still eating another problem food. Then you might not notice you feel worse when you reintroduce the food, because you never felt better in the first place. Therefore, it is best to remove all four foods at once, because this increases the likelihood that you will actually improve your symptoms from the diet change, and then you will be able to tell if you feel worse when you eat the food again. But if removing four foods feels too overwhelming, I suggest you start with eliminating just two: gluten and dairy, which are the hardest because these are the foods that

most people live on every day as part of the standard American diet. **Also important keep sugar to a bare minimum.**

Step 2: Eat a Low-Sugar Diet

In the medical world, a low-sugar diet is also called a low-glycemic diet, and it is the first step to lowering the amount of sugar floating around in your blood. When your blood sugar is high, it causes inflammation and damages your immune system. There is something called a glycemic index for each food, which is determined by how quickly and severely that food raises your blood sugar level. A high-glycemic diet raises your blood sugar rapidly and puts you at risk for diabetes, high blood pressure, and cardiovascular disease. It also makes you feel tired and depressed and is **one of the greatest contributors to weight gain.**

Most important for our purposes, sugar in the blood stimulates your immune cells to actively release inflammatory molecules that travel throughout your body, causing damage and irritation. Instead of eating foods that make your blood sugar skyrocket, eat a low-glycemic diet. The first step in doing so is to eliminate all white flour and processed sugar from your diet. This is one of the most important steps that you can take toward good health (and something you may have done already when following other diet plans).

Step 3: Watch Out for the White Stuff

White flour, from which most of the fiber, vitamins, and minerals have been removed, is found in all white bread, cakes, cookies, and most other baked goods, which is why all of these have a very high glycemic index. When I talk about eating too much sugar in your diet, I am also talking about white flour products, since white flour is converted into sugar in your blood. Read food labels and look for grain products that have at least 3 grams of fiber per serving, because fiber slows down the absorption of the sugar and reduces the food's glycemic index.

How do you know what kind of flour is in the food you are eating? Read the ingredient list and look for the word "whole" when the flour is listed (non-wheat or gluten). For example, look for whole quinoa, or whole buckwheat. When choosing grains, either in bread or crackers or to make as a side dish, move away from wheat (which contains gluten) and corn and try other options such as quinoa, buckwheat, and millet, ancient grains that are delicious and good for you.

In addition to cutting white flour out of your diet, don't forget about sugar itself. Many people up their sugar intake by consuming it in coffee, soda, juices, cookies, cakes, candy, or other sweets. And you may not have known that alcohol is a high-sugar drink. Sugar in Your Blood Sugar-laden foods dump a big dose of glucose into your bloodstream. While you might feel good for thirty minutes when your blood sugar rises, inevitably you feel a crash or energy low when it plummets, which sends you running for more sugar to perk yourself up again. This up-and-down cycle is one of the biggest reasons for fatigue (and weight gain), and simply

correcting it gives many of my patients a lot more energy and improves their mood (and often helps them lose a few pounds).

The other thing to keep in mind is that high blood sugar causes inflammation and an emergency release of insulin. Insulin is the hormone that brings down your blood sugar by telling the cells of your body to open up and absorb the sugar to convert it to energy. Usually this is a good thing because this is how your cells get fed. However, **when there is too much glucose and insulin at once, your body stores the excess glucose as fat.** And what happens if you're stressed out on top of this? **Your stress hormones direct your body to make belly fat,** a metabolically different kind of fat that causes a lot of inflammation (and is hardest to get rid of). Remember, inflammation involves your immune system, so if you have an autoimmune disease or an immune problem, sugar will only make matters worse.

Today is the day to stop eating sweets and foods made with white flour. One word of caution: if you have been consuming lots of sugar or having bread, pasta, white potatoes, or white rice with every meal, you might experience sugar withdrawal. "Withdrawal" may sound like a strange word when talking about food, but for some people sugar truly is a drug and they are addicted. If you are one of them, your body may have a strong reaction when you eliminate sugar from your diet. I've had patients get headaches and even intense emotional experiences in the first few days of going off sugar. But don't worry, any symptoms and reactions will pass (usually in one to three days), leaving you clearer and more emotionally and energetically stable than you have felt in a long time.

Here are some suggestions and tips for getting started and sticking with this step of the program:

- Make a list of all the changes you want to make. Decide if you want to remove all your sugar and white flour products at once or do it more slowly over time. For some people, it is easier to cut back gradually; for others, quitting cold turkey works best. Either way is fine.
- Choose substitutions from the list above so that you have other choices to satisfy your sweet tooth or snacking needs. Look at some of the dessert recipes in this book.
- Set a start date to begin.
- Plan menus and shop for and prepare foods ahead of time. For example, on Sunday, cut up fruits and vegetables and cook things such as big batches of brown rice and quinoa for the week ahead. Make extra food for dinner every night so that you have leftovers for the next day.
- Make sure you are never hungry, which means planning your meals and snacks ahead of time. Bring snacks to work or anytime you're out of the house for long periods of time, such as when you're running errands or driving long distances.
- If you decide to make gradual changes rather than going cold turkey, make a list and have a plan. Set small manageable goals for yourself. For example, "This week I will stop drinking soda, and if I'm ready, next week I will switch the sugar in my coffee to stevia."

- Perhaps choose a deadline for when you want to have all the sugar out of your diet. And when you get there, give yourself a big pat on the back— you deserve it! Removing sugar and white flour carbs from your diet is one of the hardest things to do for people eating a standard American diet.

Step 4: Eat Lots of Healthy Fat

It is critical for your immune system to increase the amount of good fats in your diet. These include essential fatty acids, which are fats that our bodies can't produce even though we need them to stay healthy, so we must eat them. These are the omega-3 and omega-6 fats that you always hear about. Good food sources of healthy fats include **fish, nuts, seeds, grass-fed and/or pasture-raised meats, and even leafy greens**— foods typically missing in the standard American diet. The other healthy fats are saturated vegetable fats such as those found in **avocado, coconuts and palm oil**. A more robust list is later in this document. Good fat not only helps stabilize weight and metabolism, but also should be the main source of fuel and energy for our bodies. This is how we evolved, and it is critical. Our brains are made up of 60% fat, and we must get enough to be as productive, energetic and healthy as possible.

In addition to eating healthy fat, you must eliminate the bad fats, too. You should completely avoid trans fats (found in partially hydrogenated vegetable oils). Trans fats, which are produced when vegetable oils are partially hydrogenated, are most often found in processed foods. Read the labels on all boxes, cans, and packages and look for the words “trans fat” or “partially hydrogenated.” If you find them, put the package down and step away from the shelf!

In human experiments, those who ate the high-fat diets had a much faster metabolism. The low-fat, high-carb diets forced all the food energy into the cells (because of insulin spikes), and this slowed metabolism. The group that ate the higher-fat diet had a faster metabolism, even on the same number of calories. ¹⁵ That means they burned more calories even when watching TV or sleeping.

The science shows us a clear pattern of evidence that carbs make you fat, while fat makes you thin. Foods like white rice, potatoes, and sugary beverages promote obesity and related diseases. Fat- (and calorie-) rich foods, like nuts, oily fish, and olive oil, and even foods high in saturated fats, promote weight loss and reduce risk of these diseases when you cut out the sugar and refined carbs.

Where many people, including scientists, get confused is that we think that the saturated fats you eat become the saturated fats in your blood, but the shocking counterintuitive fact is that **dietary saturated fats don't raise blood saturated fats** or cholesterol. It is carbs and sugar (and to some degree excess protein) that cause your liver to produce the saturated fats found in your blood. Higher levels in the blood of stearate and palmitate are associated with increased cardiac risk. But these are produced mostly from eating carbs or sugar, not fat. In fact, eating foods with these types of fat— like meat or palm oil— has very little impact on your blood level of saturated fat; as it turns out, they are not associated with increased risk of heart disease.

Saturated fats are key fats that provide stiffness and structure to our cell membranes and tissues; they kind of keep the contents of our cells together.

We evolved to have a good ratio of omega-6 to omega-3 fatty acids of about 1: 1 to 4: 1. But our modern diet now provides far too many omega-6s (found in processed food, corn and safflower oils) and not enough omega-3s (found in wild-caught fatty fish, fish oil, and grass-fed meats). When there are too many omega-6s and not enough omega-3s in the cell, things can start to go terribly wrong. An imbalance has been shown to depress immune system function, contribute to weight gain, and cause inflammation. Dr. Artemis Simopoulos, one of the world's leading researchers on omega-3 fats, explains that "excessive amounts of omega-6 polyunsaturated fatty acids (PUFA) and a very high omega-6/ omega-3 ratio, as is found in today's Western diets, promote the pathogenesis of many diseases, including cardiovascular disease, cancer, and inflammatory and autoimmune diseases, whereas increased levels of omega-3 PUFA (a low omega-6/ omega-3 ratio) exert suppressive effects."

Saturated fats cause inflammation only in the context of two things: **low levels of omega-3 fats and high levels of carbohydrates**. Take out the high-carb foods and add omega-3-rich foods or supplements, and saturated fat is not a problem.

The biggest source of **abnormal cholesterol** is not fat at all— it's sugar. The sugar you consume converts to fat in your body. And the worst culprit of all is high-fructose corn syrup. Consumption of high-fructose corn syrup, which is present in sodas, juices, and processed foods, is the primary nutritional cause of most of the cholesterol issues we doctors see in our patients. Fructose is a problem because when ingested in high amounts (without the associated fiber found in whole fruit) it turns on the cholesterol production factory in your liver, called lipogenesis.

The best dietary sources of omega-3 fats are wild-caught cold-water fatty fish and seafood, high-quality fish oils, and grass-fed meat and dairy.

Strictly avoid all fats from refined vegetable oils, like soy, canola, corn, sunflower, etc. Read labels, these cheap and toxic fats are used in most processed foods, crackers, etc. Don't eat fried foods out at restaurants either, they use these cheap and toxic oils. You can gently (and occasionally) fry food at home in coconut oil or animal lard or tallow.

Avoid eating fats with carbs. This can cause weight gain and is not good for your body.

Tips for getting plenty of fat in your daily diet:

- Eat a tablespoon at a time, several times a day, of coconut oil in your coffee, or on some apple or carrot slices. Be creative.
- Add Ghee (clarified butter) to your coffee.
- Add avocado oil, coconut oil or palm oil to a smoothie.
- Once you are back to a bit of carbs, put coconut oil and a light sprinkling of a good sea salt on a rice cracker.

- Just eat a tablespoon of fat straight up. It's a great alternative to breakfast. Fat keeps your body in fasting mode, which can be very good for overall health.
- Spread it out throughout the day! Roughly speaking, you get about 15 grams of good fat per tablespoon of the oil, and we want between 100 and 120 grams per day, so do the math! You need to take plenty of tablespoons to supplement.

Here is a summary of what kinds of fat to eat and not to eat:

Good to Eat

- Avocado, coconut oil and milk, palm oil, butter (grassfed is best).
- Grassfed Animal fats: Fish,* fish oil supplements, grass-fed beef, if conventional meat (particularly the portions like chuck roast and brisket cuts that have more omega 3's) egg yolks (up to 4/ week), ghee (clarified butter), butter.
- All cold pressed oils: Olive oil (extra virgin only), flax, safflower, sesame, almond, sunflower, walnut, pumpkin. (cold pressed only, most veggie oils are processed by heating and become omega 6 oils after heating and oxidize).
- Nuts, seeds.

Best to Avoid

- Cheese, milk fat, shortening, (Some hard, aged cheeses can be ok, especially goat, but see how your body reacts after the 30-day reset.)
- Vegetable fats, (other than above)
- Margarine, salad dressings, mayonnaise or other products made with trans fats, hydrogenated or partially hydrogenated oils.

* Beware of the high mercury in some fish. You can find the Seafood Selector list of the fish that are best at the Environmental Defense Fund website, www.edf.org.

You can use the following ranges as a starting point during the Reset:

- **Fats:** 40 to 70 percent of your total daily calories (that's 115 to 200 grams for a moderately active male eating 2,600 calories per day, and 100 to 155 grams for a moderately active female eating 2,000 calories per day)
- **Carbohydrates:** 15 to 30 percent of your total daily calories (that's 100 to 200 grams for a moderately active male eating 2,600 calories per day, and 75 to 150 grams for a moderately active female eating 2,000 calories per day)
- **Proteins:** 10 to 20 percent of your total daily calories (that's 65 to 130 grams for a moderately active male eating 2,600 calories per day, and 50 to 100 grams for a moderately active female eating 2,000 calories per day) Don't overanalyze what you're eating. Enjoy your food. Make cooking fun and leave time to savor your creations. You'll find recipes and meal plans in chapter 21. There are also more recipes on the website. You've got real, delicious, nutrient-dense foods to choose from.

Eating out at Restaurants: Make your own salad dressing and bring with you. Or just bring a small bottle of olive oil and balsamic vinegar. Ask for steamed veggies and add butter or olive oil yourself. If you're dining out, choose a place that can accommodate your needs. Call ahead and ask if there are gluten-free items on the menu. Pick a restaurant that offers meat and vegetable dishes, and order a side salad. (Skip the dressing, since it may have sugar, and ask for vinegar and olive oil on the side instead.) If you don't plan in advance, you could find yourself in a situation where you're starving, and then you might end up eating a big plate of pasta because that's all that's available. The same rules apply when you're traveling, and make sure you stock up on friendly snacks, such as nuts and veggies. Diet when you're eating out or on the road. Advance planning makes it possible!

Avoid sauces. Sauces are likely to contain sugar, gluten, soy, and other ingredients you're trying to avoid. That's why eating out at Thai and Chinese places can be a bit of a challenge. **Soy Sauce almost always contains gluten!** It's best to stick with grilled, steamed, or roasted meats, steamed or baked vegetables, and simple starches like potatoes or white rice. They're less likely to have sauces— and you can ask for them on the side. Ask for the dressing on the side. Salad dressings, like sauces, often have a lot of undesirable ingredients in them. In particular, they tend to contain industrial seed oils. If you order a salad, which is otherwise a safe choice, ask for some olive oil and balsamic vinegar instead of the dressing that comes with it.

Food Lists: (Some of this can be adjusted after the 30-day reset)

Eat Liberally!:

- **Meat and poultry.** Emphasize grassfed beef, lamb, and mutton, as well as pork, chicken, turkey, duck, goat, and wild game (like venison and ostrich). Organic and free-range meat is preferable, but it is especially important during this part of the program, when you're trying to minimize all toxins in your diet. However, if those options are not available, don't let that get in the way of your Reset.
- **Organ meats** (especially liver). Liver is the most nutrient-dense food on the planet, rich in vitamin A, iron, and all the essential amino acids. If you don't like its taste, chop fresh liver into half-inch cubes, freeze them in an ice-cube tray, then pop out the liver cubes and store them in a freezer bag. When you're making any meat dish, defrost a cube, chop it finely, and mix it in. You won't notice the taste but you'll get all the nutrients. If you're adventurous, try heart, kidneys, spleen, tongue, and brains. (Note: If you have iron overload, a condition of excess iron storage in the body, you should not eat organ meats.)
- **Bone-broth soups.** It's essential to balance your intake of muscle meats and organ meats with homemade bone broths. Bone broths differ from stocks in that they're simmered for a long time— up to forty-eight hours— to get the maximum nutrition

from the bones. The broths are not only delicious but rich in glycine, an amino acid found in collagen, which is a protein important in maintaining a healthy gut lining.

- **Fish.** Especially fatty fish, like salmon, sardines, mackerel, anchovies, and herring. Wild is preferable. Eat three six-ounce servings of fatty fish per week to get enough of the omega-3 fats EPA and DHA, which I'll discuss in chapter 5.
- **Eggs.** Preferably pasture-raised and organic. And, yes, yolks are encouraged, because they're an excellent source of vitamin D, selenium, and other important nutrients.
- **Starchy plants.** Yams, sweet potatoes, tapioca, yuca (also sold as cassava or manioc), taro, lotus root, plantains (ripe and unripe), and breadfruit. (Boil the yuca first for thirty minutes, then roast or mash it before eating to remove toxic goitrogens, compounds that can impair thyroid function in susceptible individuals.) No white potatoes allowed during Reset, but don't worry, you can see whether they belong back on your plate during Step 2.
- **Nonstarchy vegetables.** Cooked or raw. These include artichoke, asparagus, beets, broccoli, broccoli rabe, Brussels sprouts, cabbage, carrots, cauliflower, celery, chilies, cucumber, eggplant, garlic, green onions, greens (beet, collard, dandelion, kale, mustard, turnip), jicama, leeks, lettuce (endive, escarole, iceberg, leafy varieties, radicchio, romaine), mushrooms, okra, onions, parsley, parsnips, peppers, pumpkin, radishes, rutabaga, scallions, spinach, summer squash, Swiss chard, tomato, turnips, and zucchini.
- **Fermented vegetables and fruits.** Sauerkraut (fermented at Health Food stores, not the shelf types, they have no probiotics left because they are heated), kimchi, curtido, beet kvass, coconut kefir, and so on. Loaded with good bacteria, fermented foods are excellent for gut health.
- **Traditional fats.** Coconut oil, ghee, red palm oil, palm kernel oil, macadamia oil, lard (rendered from free-range pigs if possible), duck fat, beef tallow (from free-range cows if possible), and olive oil (extra virgin).
- **Olives, avocados, and coconuts** (including coconut milk).
- **Sea salt and spices.** Avoid sugar and artificial flavorings. **Sea Salt important, a good quality, best brands are Celtic, Real Salt, and Himalayan pink version. These salts have all minerals still intact and balance out the sodium.**
- Sesame oil should be used only sparingly, since it contains relatively high levels of omega-6 linoleic acid, which is not good.
- **Green beans, sugar peas, and snap peas.** Though technically legumes, they are usually well tolerated. You may eat four to six servings of these per week.
- **Coffee and black tea.** All teas and coffee are permitted; you can drink them black or with coconut milk. Limit these caffeinated beverages to one eight-ounce cup a day (not one triple espresso— one cup of brewed coffee or tea), and only before noon. However, if you experience fatigue, insomnia, anxiety, hypoglycemia, mood swings, or depression, you should eliminate all caffeine entirely. (Check labels; you'll find caffeine lurking in many headache and cold preparations.) Caffeine stimulates the adrenals and can worsen all of these conditions. Once your adrenal issues have been addressed— see chapter 20— you may be able to add caffeine back, in moderation.

- **Vinegar.** Apple cider, balsamic, red wine, and other varieties. Apple cider vinegar is especially well tolerated. Vinegar may be used in small amounts every day as part of a salad dressing or sauce.

Avoid:

- **Restaurant food.** Restaurants cook with industrial seed and vegetable oils (on the Avoid Completely list, below), which can wreak havoc on your health. Also, it's hard to escape grains (hidden in various dishes) and some of the other foods on the Avoid Completely list. For these reasons, limit restaurant food as much as possible during the Thirty-Day Reset. I'd suggest eating out no more than twice a week (lunch included).
- **Dairy.** Including, cheese, yogurt, milk, cream, and any dairy product that comes from a cow, goat, sheep, or other mammal. Ghee (aka "butter oil") is permitted because it contains only trace amounts of dairy proteins (e.g., casein) and lactose, and is well tolerated by all but the most sensitive individuals.
- **Grains.** Including wheat, rice (limited amounts of white rice ok), cereal, oats, pseudograins, and nongluten grains like sorghum, teff, spelt, rye, barley, couscous, malt, graham flour, and so on. No bread, pasta, cereal, or pizza. And for now, don't go shopping for gluten-free substitutes. Especially during 30-day reset.
- **Legumes.** Including beans of all kinds (soy, black, kidney, pinto), peas, lentils, and peanuts. (Read labels: soy lurks in miso, tofu, bean curd, natto, tamari, tempeh, texturized vegetable protein, edamame, and elsewhere.) If you feel you cannot avoid them, lentils and pinto beans in moderation are ok. Legumes aren't the worst food, so don't worry too much on these. They aren't great for the 30-day reset time though.
- **Sweeteners, real and artificial.** Including sugar, high-fructose corn syrup, dextrose, coconut sugar, molasses, maple syrup, agave, brown-rice syrup, Splenda, Equal, NutraSweet, xylitol. Stevia and small amounts of honey may be ok if you tolerate.
- **Chocolate.** Milk chocolate contains both dairy and sugar and therefore should be avoided. **There's nothing wrong with dark chocolate** (with greater than 75 percent cacao content); in fact, it's one of the most nutrient-dense foods available, as you'll learn in chapter 3. However, many people who are intolerant of gluten are (unfortunately!) also intolerant of proteins in chocolate, so it should be avoided during the Step 1 Reset. You can reintroduce it during Step 2.
- **Processed or refined foods.** As a rule, if it comes in a bag or a box, don't eat it. This also includes highly processed "health foods" like protein powder, energy bars, dairy-free creamers, and so on.
- **Industrial seed and vegetable oils.** Soybean, corn, safflower, sunflower, rapeseed, peanut, cottonseed, canola, and so forth. Read labels— seed oils are in almost all processed, packaged, and refined foods (which you should be mostly avoiding during this phase anyway).
- **Sodas, including diet sodas, and fruit juice.** All forms, including "natural" varieties. Avoid fruit juice during the Reset because it's high in sugar and easy to overconsume.

Coconut water is fine, but limit yourself to half a cup a day; it's quite sweet. Plain soda water or mineral water is fine.

- **Alcohol.** Keep it to a minimum, no beer during reset. Good to keep beer out of diet long-term. Stick to hard liquor without sugary mixers (or fake sugars) or wine (or gluten free beer).
- **Processed sauces and seasonings.** Soy sauce, tamari, and other processed

HOW TO BE A FOOD DETECTIVE

Before you begin your Thirty-Day Reset, police your pantry and get rid of foods that are off-limits. Dairy, sugar, and bad fat lurk in many products, so read the ingredient labels; you won't believe where culprits are hiding!

Where Dairy Hides:

Anything containing casein, whey, malt, or an ingredient with the prefix lacto- is off-limits during the Reset, as are foods with the word curd, pudding, or custard on the packaging. Many artificial flavors and colorings also have dairy.

Where Sugar Hides: You expect to find sugar in cereal and drinks, but did you know it's frequently in salad dressing, canned soup, peanut butter, beef jerky, and tomato sauce? In "healthy" granola bars and yogurt? Dried fruit may also contain added sugar. Fat-free is often code for "We snuck a lot of sugar into this so you won't miss the fat." You'll also find sugar hidden inside other words commonly found on food labels: Watch out for fruit-juice concentrate, corn sweetener, malt syrup, maltodextrin, evaporated cane juice or syrup, and any words ending in -ose, such as sucrose, dextrose, galactose, and maltose. Sugar is sugar, no matter where it comes from or what form it takes.

Where Industrial Seed Oils Hide: Read the labels to make sure that your healthy nuts aren't roasted in unhealthy fats. Also, if a product has been processed to be shelf stable, it probably has industrial seed oils and artificial trans fats (watch for the words partially hydrogenated)—another reason for you to avoid boxes and bags, especially during the Reset phase.

If you're trying to lose weight, you should **limit fruit and starchy vegetables during your Thirty-Day Reset.** Eat all the nonstarchy vegetables you want, but restrict your fruit and starchy vegetables to roughly 10 to 15 percent of calories from carbohydrates. This amounts to roughly 65 to 100 grams daily for a moderately active male and 50 to 75 grams daily for a moderately active female. To give you a general idea of what this looks like in terms of food, 50 grams of carbohydrates is equal to one large sweet potato and 1/2 cup of blueberries; 100 grams of carbohydrates is equal to 1/2 cup of blueberries, 1/2 cup of strawberries, and two large sweet potatoes. You can search online databases like the ones from the USDA to determine the carbohydrate content of foods.

FINAL STAGE: FOOD REINTRODUCTION

After a 30 day reset

Once you have made it three weeks without eating gluten, dairy, corn, and soy, you have completed the first part of the Elimination Diet. Now, you begin the final step, which is the reintroduction of these foods one at a time. This is when you will gather all the information about whether the food is good for you or not and you'll uncover some food sensitivities. Below is a form you can fill out to help you keep track. You can also easily download this form from my website, www.immuneprogram.com. Think about your health and the symptoms you might be experiencing, even if they seem unrelated to food. Write them down in the left column. (I listed some common symptoms below just to give you an example of how to fill out the chart.) For each food that you reintroduce, think about the symptoms on your list and use the words "none," "mild," "moderate," or "severe" to describe your reaction to it in the boxes provided. This will help you remember later when you look back.

It doesn't matter in which order you choose to reintroduce the foods. I usually tell my patients to reintroduce first the food they miss most. Eat that food at least twice each day for two days, noticing how you feel. On day three, don't eat the food, but continue to observe how you feel. If you have no reaction to the food, you are ready to move on to the next food on day four.

If you do have a reaction— such as headache, rash, brain fog, fatigue, digestive reaction, or other symptom— write it down so you don't forget later. Once you know a particular food isn't good for you, remove it again. The food reaction should go away within a day or two, but for some people it can take longer. Once that reaction goes away, it is time to try the next food. As an example, if you ate corn and it gave you diarrhea, this means you have a sensitivity to corn, and you should remove the corn again. Once your diarrhea goes away and your bowels are normal again, you can try the next food. But of course you will continue to keep corn out of your diet.

Finding out if you are having a noticeable reaction to gluten is important. If you don't have a reaction and don't have an autoimmune disease, you can add it back into your diet. However, even if you don't react, make sure to remove it again if you have an autoimmune disease. **(Most of the best research is showing that gluten is an immune trigger in at least 60% of the population, it's better to stop eating it all-together).** Be patient— it will take you another two weeks or so to reintroduce all the foods you have eliminated. Once you've completed this process, you should know whether gluten, dairy, corn, or soy is creating an immune reaction in your body by causing either familiar or new symptoms when you ate them again. If you found that you were sensitive to more than one, that is okay, and it's very common.

Personally, I am sensitive to gluten, dairy, corn, and soy. When I eat gluten, my brain is really foggy the next day, which feels like a hangover. When I eat dairy, I experience constipation and sinus congestion. And when I eat corn or soy, my hands swell up the next day. All these

symptoms are caused by inflammation that is affecting different parts of my body. Because I have been eating a diet 95 percent free of these foods for more than ten years, my reactions when I do eat them are minor compared to what they once were. But they are still there.

How do I do it all?

This may be a dramatic change for many of you. The best way to do it is to just dive right in. Begin right now. If you procrastinate or delay, it only gets harder. Head out to the grocery store, farmers' market, butcher, or wherever you shop and stock up for the next week. All you have to think about is what to eat and what not to eat. There are no calories to count. Just eat the foods that are allowed, and don't eat the ones that aren't.

When will I get results?

The first few days can be hard. Your body will be going through withdrawal from everyday substances like sugar and wheat; you may notice symptoms like mood swings, strong cravings, irritability, and fatigue as your body adjusts to life without them. If you've been drinking four cups of coffee every day for twenty years, cutting back to one cup will be tough. Does that mean you shouldn't do it? That it won't benefit your health in the long run? No. It just means you're probably going to need some support along the way. If you've been eating a poor diet with a lot of processed food as well as smoking, drinking too much alcohol, and leading a sedentary life filled with chronic stress, I truly understand that the transition to a healthy diet will be a big challenge. But at some point, you will recover and start feeling better than you did before you began the program.

Most of my patients say that the first four to seven days are the hardest. After that, you'll start having a lot more energy; those familiar dips in energy in the afternoon may well disappear completely, and without the hit of that afternoon coffee and candy bar. In fact, your cravings may disappear altogether; you'll find yourself eyeing that pizza or pasta and saying, "No, thanks." Your skin will clear up, the breakouts and redness disappearing. Your digestion will be smoother. You'll sleep more deeply and wake feeling more rested. Those up-and-down mood swings will stabilize. You'll start shedding some pounds (only if you need to, usually). Even if the scale doesn't budge, you may find that muffin top melting.

Aches, pains, and mysterious symptoms you've had for ages will— seemingly miraculously— begin to improve. This program has the potential to change your life. I realize that it's difficult; I know how much work it is, and I remember what it was like to cut out all of these foods. I've been there myself, although I can hardly remember why I used to love some of that junky food so much (cold cereal was a particular weakness). But I also know from my own experience and from supervising many people through this transition that the results are worth the effort.

A little cheat here and there can't hurt, right?

Once you've figured out your ideal diet, I'd agree with that. But as I said above, this isn't the time to cheat. Don't do it. It's not worth it. By removing the foods that most commonly cause problems, you allow your body to rest and recover from whatever symptoms those foods have been provoking. Just one cheat could trigger a whole new cascade of reactions. A single piece of bread or one glass of milk could restart the inflammatory process and throw your body back into the chaos that led you to the Personal Paleo Cure program in the first place. Some of the greatest benefits of the Reset Diet don't kick in until the third week— right when the finish line is in sight. At some point, you won't even miss those foods you think you can't live without now. So don't cheat. It could set you way back. If you go thirty days, it will get easier. I promise.

Tips for Healthy Eating and Grocery Shopping List

There is a lot of confusion these days about what to eat. Once you've completed all four steps recommended in The Immune System Recovery Plan, we advise adhering to a few basic tips and techniques when you're planning your weekly meals and shopping for food.

SUGGESTIONS

- Try to avoid processed food, including gluten-free products.
- Make a pot of soup, a large salad, and extra chicken. It is smart to have prepared food on hand so that you do not reach for food that is not allowed.
- Use leftovers.
- Eat often. We do not recommend a calorie-restricted diet— although many people using the plan recommended in this book have lost weight.
- It is important to keep your blood sugar stable. Carry food such as a small bag of nuts and seeds with you when you leave the house.
- If there are foods that you know you do not tolerate well and they are on the "Food to Include" list, please avoid them also.
- Eat colorful vegetables (5– 7 servings per day) and fruits (2– 3 servings per day). Be conscious of this and try to eat a detoxifying vegetable and a carotenoid vegetable daily.
- Choose organically grown fruits and vegetables, because they are not sprayed with pesticides.
- Hormone- and antibiotic-free poultry and grass-fed lamb are best as well.
- If you are a vegetarian, be sure to get enough protein from legumes and grains such as rice, quinoa, amaranth, teff, millet, and 100 percent buckwheat.
- Drink lots of plain, filtered water. This will help your body flush out toxins.

SHOPPING LIST

When you're making your grocery list, we encourage you to pick from the items listed here.

Extra virgin olive oil; Extra virgin coconut oil; Sea salt; Black pepper; Detoxifying and anti-inflammatory herbs and spices (ginger, turmeric, cinnamon, cayenne pepper, thyme, rosemary, cumin, sage, oregano, coriander, cilantro, paprika, and parsley) Nuts (walnuts, pecans, almonds, macadamia nuts, cashews, etc.; no peanuts) Seeds (hemp, chia, flax, pumpkin, sesame) Grass-fed butter or ghee High-quality coffee (if you drink coffee)

Here are some tips to keep in mind for meals:

Breakfast.

For best results, eat only fat, protein, and/ or veggies for breakfast. Toss some spinach in with your eggs, or try the Triple Green Smoothie, Bulletproof Coffee, or any of the other breakfast recipes in Part IV.

Lunch:

Lunch should consist of 75 percent nonstarchy veggies and 25 percent protein by volume on your plate, with fat included in dressings, olive oil, and coconut oil, and found naturally in proteins such as fatty fish, meat, or nuts and seeds (see here and here for veggie and protein sources).

Dinner.

Dinner is the same as lunch. If you like, include ½ to 1 cup of starchy veggies such as sweet potato, winter squash, or parsnips at dinner (see here for starchy veggie sources).

Good Sources of Fat Include the following healthy fats in your daily diet. Be sure to include 4 to 5 servings of fat per day. Serving sizes for each are in parentheses.

- Extra virgin coconut oil (1 tablespoon)
- Extra virgin olive oil,
- avocado oil,
- macadamia oil,
- walnut oil,
- almond oil (1 tablespoon);
- use these in salads or stews— they should not be used for high-heat cooking;

For high-heat cooking, use coconut oil or ghee MCT oil (1 to 2 tablespoons a day); I like MCT oil from NuMedica Organic coconut milk (¼ cup); Native Forest brand is my favorite—the cans are BPA-free

- Avocado (½ to 1 avocado)
- Fatty fish like sardines, mackerel, herring, black cod, and wild salmon (4 to 6 ounces); aim to include these 3 to 4 times per week
- Nuts and seeds (2 to 3 handfuls); all are okay except peanuts
- Olives (¼ cup)

- Grass-fed butter, clarified butter, or ghee (1 tablespoon); if you are allergic to dairy, just use ghee

YOUR GUIDE TO THE BEST FAT-CONTAINING FOODS

Animal Protein Beef, grass-fed Bison, grass-fed Lamb, grass-fed Ostrich, grass-fed Venison or elk, grass-fed Poultry -- with no hormones or antibiotics, Chicken— with or without skin, Duck, Eggs— farm, omega-3.

VEGETABLES:

Cruciferous/ Brassica family: detoxifiers Arugula Bok choy Broccoflower Broccoli Broccoli rabe Broccoli sprouts Brussels sprouts Cabbage Cauliflower Collard greens Kale Kohlrabi Mustard greens Napa cabbage Radishes Swiss chard Turnips Watercress Carotenoid family: immune-enhancing Avocados Beets Carrots Pumpkins Radicchio Red peppers Romaine lettuce Spinach Sweet potatoes and yams Tomatoes, fresh Tomato sauce

Winter squashes (butternut, acorn, delicata, spaghetti) Yams

Allium family: detoxifiers Chives Garlic Leeks Onions Shallots Scallions

Other Vegetables (If you have arthritis, avoid nightshades, in italics.) Artichokes Mushrooms Asparagus Okra Burdock Parsnips Celery Peas Cucumbers Potatoes Eggplants Sea vegetables— seaweed, kelp Fennel Summer squashes Green beans Zucchini Jicama

Starch/ Bread/ Cereal (non-gluten, use sparingly, once a day is plenty)

Amaranth Oats— gluten-free 100 percent buckwheat Quinoa Millet Rice— brown, white, wild Oat bran Teff

Nuts and Seeds (and their butters) Almonds Sesame (tahini) Cashews Sunflower seeds Pumpkin seeds Walnuts

Meats and Fish (Choose low-mercury fish) Black sea bass Tilapia (USA) Chicken Trout Lamb Turkey Light tuna Whitefish Sardines Wild game Scallops Wild salmon Sole

Dairy Products and Milk Substitutes Almond milk Hemp milk Coconut milk Oat milk (Sugar Free) Hazelnut milk Rice milk

Herbs, Spices, and Condiments Basil Nutmeg Black pepper Nutritional yeast Cilantro Oregano Cinnamon Parsley Cumin Pure vanilla extract Dandelion Rosemary Dill Salt-free herbal blends Dry mustard Tarragon Garlic Thyme Ginger Turmeric Mustard (made with apple cider vinegar)

Sweeteners (small amounts) Honey Maple syrup Stevia Molasses

Healthy Anti-inflammatory Snacks for Detoxification Support

- Hummus with celery and carrot sticks (hummus can be made with many types of beans, such as white beans or lima beans)
- Nuts, nut butters
- Olives
- Edamame
- Coconut kefir, plain, with berries
- Lettuce/ kale/ nori wrap with turkey
- Whole fruit— apple, pear, berries
- Raw or lightly steamed veggies
- Blum Kitchen Almond Flour Muffins with blueberries or apples
- Sunflower seeds, pumpkin seeds, and ground flaxseeds
- Gluten-free oatmeal with a scoop of protein powder
- Gluten-free crackers, rice cakes, or rice crackers with hummus, tahini, avocado, or nut butter
- Coconut milk smoothie
- Mixed nuts with dried fruit and shredded coconut
- Tahini dip with lightly steamed veggies
- Bean dips, especially homemade
- Fruit with nuts or nut butters
- Granola, gluten-free, with coconut yogurt, coconut milk, or almond milk
- Whole foods bar, like a Lärabar, with nuts and fruit

The Dirty Dozen Plus: (these are tested to have the highest levels of pesticides present at purchase, buy organic!) Apples Celery Cherry tomatoes Cucumbers Grapes Hot peppers Nectarines (imported) Peaches Potatoes Spinach Strawberries Sweet bell peppers Summer squash Kale/ collard greens

The Clean Fifteen (safe to skip organic): Asparagus Avocados Cabbage Cantaloupe Corn Eggplant Grapefruit Kiwi Mangoes Mushrooms Onions Papayas Pineapples Sweet peas (frozen) Sweet potatoes

SEVEN-DAY MEAL PLAN

Day 1

Breakfast: Baked Eggs en Cocotte Florentine-Style

Lunch: Butternut Squash Frittata with Salad

Snack: Nori Chips

Dinner: Beef Rendang Side dish: Roasted Carrots and Garlic

Day 2

Breakfast: Poached Eggs with Swiss Chard

Lunch: Hamburgers with Mushrooms Provençale-Style

Snack: Nori Chips

Dinner: Grilled Ahi Tuna Steaks with Chinese Five-Spice Powder Side dish: Cabbage, Bok Choy, and Shiitake Mushrooms

Day 3

Breakfast: Green Smoothie

Lunch: Cod with Coriander Red Pepper Sauce and Sautéed Broccoli

Snack: Hard-Boiled Eggs with Avocado

Dinner: Tom Kha Gai Side dish: Thai Basil Eggplant

Day 4

Breakfast: Green Plantain Fritters with Sausage

Lunch: Tuna, Ginger, and Avocado Salad

Snack: Hard-Boiled Eggs with Avocado

Dinner: Spanish Pork Loin Roast Adobado Side dish: Cauliflower Hash

Day 5

Breakfast: Smoked Salmon with Scrambled Eggs and Asparagus Lunch: Greek Turkey Burgers with Zucchini Noodles Snack: Kale Chips Dinner: Chicken Tikka Masala Side dish: Green Salad with Shallot Vinaigrette

Day 6

Breakfast: Taro and Bacon Hash Lunch: Chicken, Tarragon, and Grapefruit Salad Snack: Kale Chips Dinner: Rosemary Lamb Rib Chops Side dish: Yuca Fries

Day 7 Breakfast: Cauliflower-Stuffed Acorn Squash Lunch: Salmon Fillets with Raspberry Vinaigrette Salad Snack: Guacamole with Carrot Chips Dinner: Rustic Meatball and Tomato Stew Side dish: Kale and Kabocha Squash Salad

Additional Resources to Support a Healthy Immune System

Mindful Eating Because I believe that food is ultimately the best medicine, I want to give you all the tools you need to be able to make good food choices and stick to your best intentions for eating in a healthy way. To do this, not only do you have to learn what to eat, but you also need to learn how to eat.

Most people eat mindlessly, grabbing the first thing they can get their hands on when they are hungry or inhaling their dinner because they are starving when they get home at night. Think carefully. Do you remember what you ate yesterday or the day before? What did it taste like?

The problem is that mindless eating leads to poor food choices, especially foods high in sugar and bad fat. The other problem with this is that you become disconnected to how your food actually feels in your body when you eat it. Does it make you feel sluggish or energized? Does it feel good going in, as you are chewing and swallowing the food all the way into your stomach? The goal here is to slow down, taste, enjoy, digest, and metabolize all those wonderful nutrients and flavors you are eating. Learning what this feels like and practicing it in your everyday life is so important.

To help, I want you to do the following mindful eating exercise, adapted from the Center for Mind-Body Medicine. Before you begin, read this meditation to yourself before you start, and then see if you can follow the instructions from memory. Another option is for you to record yourself reading it aloud and then play it back while you do this exercise. The latter option allows you to be guided through the exercise by your own voice and you can relax knowing you don't have to remember what comes next. Many phones and computers have recording abilities, so it should be something you can do easily.

Mindful Eating Exercise

Sit in a comfortable chair with a journal or paper and pen nearby. Choose a food to eat for the experiment. It should be one piece or the equivalent of one bite, such as a grape or a raisin, one piece of dark chocolate, or a small bit of any other food with texture and flavor. If you are doing this without an audio recording, read through the following script, then close your eyes and do the exercise from memory. If you taped it, this is where the recording should begin:

- Place your hands in your lap and close your eyes. Spend a few minutes centering yourself, using your breathing as a guide. Breathe in through your nose and out through your mouth. If your mind wanders, gently bring your attention back to your breathing.
- Most of us eat automatically, without thinking. Now we are going to experiment with eating differently, paying full attention in a nonjudgmental, open way, and staying in the present moment as much as possible.
- Take the piece of food you have chosen and hold it in your hand. Imagine that you are tasting and sensing this object for the very first time.
- Open your eyes. What does it look like? What shape is it? What color? How does it reflect light?
- As you observe this food, think about where it came from. Where was it grown? How many people were part of the supply chain that brought the food to where you bought it? Thank nature for this gift.
- Close your eyes again. Begin to notice how the food feels in your hand. What is its temperature? Its texture? Its density? Perhaps you might also bring it up to your nose. Do you smell anything? Are you salivating? How do you feel about putting this food into your body right now? How does your body feel anticipating eating in this moment?
- Now you are going to put this food into your body. Be aware of your hand moving toward your mouth. Experience the food in your mouth. Chew slowly and completely

and focus your full attention on the food's taste and texture. Be aware of any desire you have to rush through so that you can have another bite or piece. Be aware of the intention to swallow before you actually swallow.

- When the food is completely liquefied, you can swallow. Notice how far into your body you can still feel the food.
- Once all the sensations of food are gone, you can open your eyes.
- What did you notice? Pick up your journal or paper and write down anything important that you realized and don't want to forget. This exercise can bring up feelings about almost anything, including powerful insight about your relationship with food. This exercise can be repeated at any time with different foods. I suggest you bring some of this meditative quality to all your meals, every time you eat.