**Gut Dietary Protocols**

**Primary Test:**

* Candida

**Secondary Tests:**

* Food sensitivities
* CRP & D

**Positive Results:**

* Multiple food allergies
* Below healthy Vitamin D
* For positive CRP testing: Tests over 1 for men and over 1.5 in women

**Basic Food Protocols**

1. **At a minimum eliminate**
2. Wheat
3. Dairy products
4. Sugar
5. Fried and processed foods
6. Rancid fats
7. Trans-fats and hydrogenated oils
8. Any vegetable, nut, or seed oil (Even in healthy seeds, the oil turns rancid when pulled out, bottled, or packaged)
9. Tree nuts
10. Artificial sweeteners (Splenda, sucralose, aspartame, & saccharine)
11. **Food Sensitivities**
12. Follow your food-sensitivity guidelines within the diet. Example: Eggs are often a food people are allergic to, particularly with gut issues.
13. **Antihistamine Diet**
	1. For heavily symptomatic patients with sinus and other allergic symptoms, consider avoiding histamine rich foods along with histamine releasing foods. (Look for the list at the end of this document)
14. **Anti-inflammatory Diet**
15. Reduce or eliminate
16. Grains
17. Sugars
18. High glycemic foods: potatoes, sugary fruits, breads, pastas, and rice
19. Limit or eliminate lectin foods: potatoes, eggplants, soybeans, lentils, peppers, grains, wheat germ, beans, tomatoes, and peanuts.
20. Focus on:
21. Whole, natural, organic foods (To avoid glyphosates and antibiotics)
22. Good fats
23. Low glycemic foods
24. Omega 3 foods: fish, fish oils, flax, and chia
25. **Add Omega-3s**
26. 4 caps/day (3g)

**Targeted Gut Protocol**

Please see the protocol created for leaky gut and Candida albicans with specific supplement and other recommendations.

**Antihistamine Diet:**

**Here are some general pointers:**

* Avoid or reduce eating canned foods and ready meals
* Avoid or reduce eating ripened and fermented foods (older cheeses, alcoholic drinks, products containing yeast, stale fish)
* Histamine levels in foods vary, depending on how ripe, matured or hygienic the foods are
* As much as it is possible, only buy and eat fresh products
* Don’t allow foods to linger outside the refrigerator – especially meat products
* Ensure that your food preparation area (kitchen) is always kept clean – but don’t be manic!
* Everyone has their own threshold; you will need to find yours
* Learn to cook! It can be loads of fun once you get into it

**Low histamine level foods:**

* **Fresh**, un-processed meats and poultry
* Wild-caught fish
* Cooked eggs
* **Fresh** fruits – Except strawberries
* **Fresh** vegetables – Except tomatoes
* Grains – rice noodles, yeast free rye bread, rice crisp bread, oats, puffed rice crackers, millet flour, pasta (spelt and corn based)
* **Fresh** dairy
* Coconut milk, rice milk
* Olive oil
* Herbal teas – except for those listed below

**High histamine level foods:**

* Alcohol
* Pickled or canned foods – sauerkrauts
* Matured cheeses
* Smoked meat products – salami, ham, sausages….
* Shellfish
* Legumes (Beans like soy and kidney, chickpeas, soy beans, and peanuts)
* Nuts – walnuts, cashew nuts
* Chocolates and other cocoa based products
* Vinegar
* Ready meals
* Salty snacks, sweets with preservatives and artificial colourings

**Histamine releasers/liberators:**

* Most citric fruits – kiwi, lemon, lime, pineapple, plums…
* Cocoa and chocolate
* Nuts
* Papaya
* Beans and pulses
* Tomatoes
* Wheat germ
* Additives – benzoate, sulphites, nitrites, glutamate, food dyes

**Diamine Oxidase (DAO) blockers:**

* Alcohol
* Black tea
* Energy drinks
* Green tea
* Mate tea

 **Reference:**NMI Portal für Nahrungsmittel Intoleranz, Histaminunverträglichkeit – Richtige Ernährung
Maintz L, Novak N: Histamine and histamine intolerance, American Journal of Clinical Nutrition 2007
Jarisch, R. “Histaminunverträglichkeit”, Thieme Verlag, 2nd Edition