

ALTERNATIVES TO THE ELIMINATION DIET

In case the Elimination Diet does not produce concrete results, there are a few of things you can do to investigate further.

1. IgG Food Intolerance test. Various labs test between 98 to 300 different foods intolerances. Most holistic/integrative doctors and naturopaths can run these tests for you. I have found that many food items do not show up on the tests, known as false negative results. I use them with clients who have multiple food intolerances and are on highly restricted diets. Otherwise, I recommend doing the Elimination Diet because your body never lies. Please note that IgE tests show allergies and not intolerances.
2. The Pulse Test. Measuring your pulse is a quick (but not always foolproof) way to test for food intolerance. To start, measure your heart rate over 1 minute by holding two fingers over the side of your neck or your inner wrist. Write down the result. Next, eat the suspected food, preferably after not having eaten it for a week. Wait for 10 minutes and measure your heart rate again over 1 minute. If your heart rate increased more than about 10 beats per minute it indicates a reaction to that food. For example, if your pulse was 50 heartbeats per minute before the food test and it went up to 65 after eating the suspected food, it could be an indicator that you have intolerance to it.
3. Rapid Weight-gain method. Food intolerances can cause such grave inflammation that a person can put on weight, literally overnight. After having eliminated the suspect foods (such as gluten, dairy, corn, eggs, peanuts and nightshades), weigh yourself first thing in the morning and jot it down. Eat the suspect food (only one, as per the re-introduction phase) on that day. Weigh yourself again the following morning. If your weight is gone up by more than 2 pounds, it could be an indication that this is your problem food. Listen to all other symptoms that may surface during the re-introduction phase - weight gain is just one tool. If you gain no weight but develop other symptoms such as fatigue, brain fog, or irritability, it could also be a sign of a food intolerance.
4. Kinesiology (also known as muscle testing). A method used to determine if your muscles weaken when exposed to a toxin or allergen is a good option as well but I have found it to be hit-and-miss; it works for some people but not others.