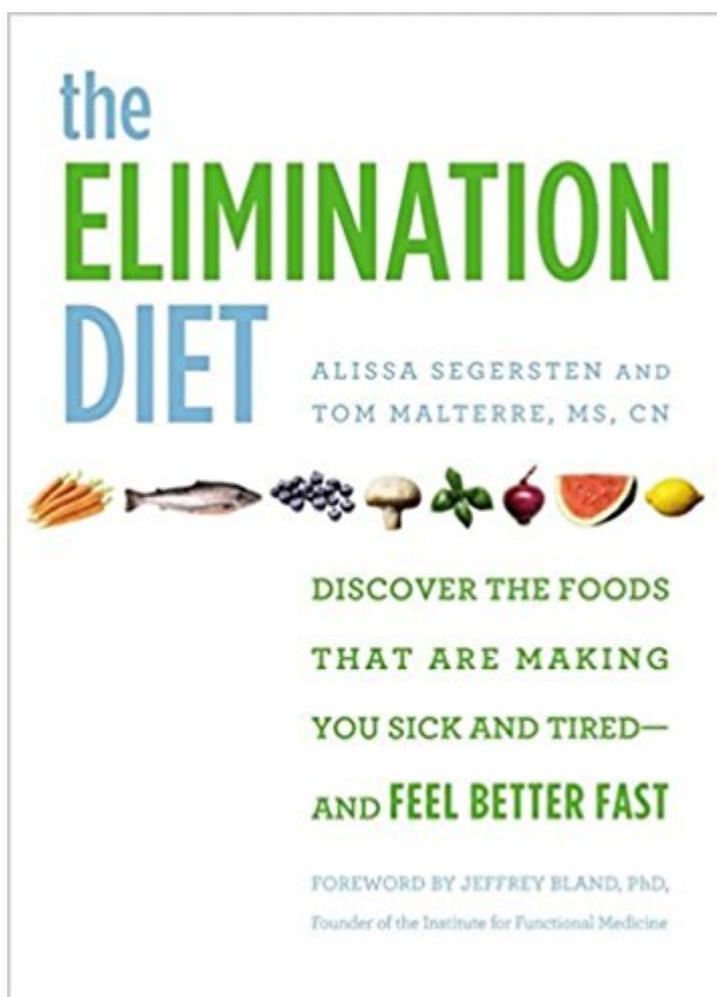


The book was found

# The Elimination Diet: Discover The Foods That Are Making You Sick And Tired--and Feel Better Fast



## Synopsis

The Diet Designed Just for You Could the toast you ate for breakfast bring on your afternoon headache? Could the milk in your coffee cause joint pain and brain fog? Could your healthy tofu stir-fry slow your metabolism? Yes-there is an age-old, powerful connection between what you eat and how you feel. Just as no two bodies are the same, no two diets work for everyone. The only way to discover your ideal diet is to follow an elimination diet that will help you link foods to symptoms and customize a diet that works for you. Known for their ability to radically improve overall health, elimination diets are growing in popularity. But there's no definitive book that explains how to follow one safely and effectively-until now. Written by two authors who are revered in the alternative health market and functional medicine community, THE ELIMINATION DIET guides you through a proven three-phase program that detoxifies the body and promotes fast healing: Phase 1: Detoxification--A 2-day liquid fast that includes broths, smoothies, and juices to calm the immune system and removes toxins from the body. Phase 2: Elimination--For 2 weeks, you will eliminate potentially inflammatory foods from your diet, which will ease symptoms quickly. Phase 3: Customization--For 2 months, you will test different foods to see what works for you and what doesn't, resulting in a tailored diet you can enjoy for life. Complete with over 100 delicious recipes, shopping lists, and meal plans, THE ELIMINATION DIET is a complete resource for you to improve your health and feel better, naturally.

## Book Information

Hardcover: 352 pages

Publisher: Grand Central Life & Style (March 31, 2015)

Language: English

ISBN-10: 1455581887

ISBN-13: 978-1455581887

Product Dimensions: 6.5 x 1.2 x 9.5 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (90 customer reviews)

Best Sellers Rank: #11,396 in Books (See Top 100 in Books) #13 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal](#) #34 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses](#) #59 in [Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#)

## Customer Reviews

This is a really great book filled with lots of very easy to read information. Tom goes into a lot of detail about exactly what's going on in all parts of your body when you eat certain types of food. It was actually more than I needed, but that's fine (I skimmed some of it), but it's perfect for someone who really wants to know all of the biology behind it. I decided to try the diet plan to see if it could get rid of (or at least reduce) the Seborrheic Dermatitis (a type of eczema) that I've been dealing with for years, as well as hopefully reduce or eliminate the need for blood pressure and thyroid medication. I have a friend who had done a similar diet last summer and saw amazing results, with his cholesterol dropping from consistently over 300 to down around 150 for the first time in his adult life. All of his other numbers came in better than ever also. So I figured I'd give it a try, and another good friend recommended this book. I've finished Phase 2 of the diet plan (the elimination portion), and while I could begin adding back in the eliminated foods at this point, I'm extending Phase 2 out another few weeks (I'm currently 3-1/2 weeks in). The eczema has been gone for 2-1/2 weeks, which is a record for me, but I want to make absolutely sure that it's really cleared up and not coming back before I add anything back in. I want to be clear for at least a month before adding possible reactive foods back in. I don't want to incorrectly think a particular food was the culprit when really it was only a coincidence. My blood pressure has dropped about ten points so I'm going to talk with my doctor about getting off of that medication.

The Elimination Diet is a must-read for every single person with a body...yes, everyone! If I could give this book more than 5 stars, I would. The Elimination Diet, written by Tom Malterre and Alissa Segersten, provides so much insight on how to get to a really healthy place in life and feel great. As a functional medicine nutritionist, Tom begins by explaining why food is likely behind symptoms such as fatigue, migraines, digestive problems, arthritis, and more. He describes the major food irritants (gluten, dairy, soy, corn, etc.) and why they may cause harm. Using case studies from his clinical practice throughout the book, he shows you the amazing transformations his clients have made under his care. Tom gives a thorough explanation of the complex mechanisms behind digestion, in a very approachable way. He really wants you to understand how your body works and what to do if something is out of balance. I learned so much about my stomach issues and even the little changes he suggests have helped me out a lot. We can't forget chemicals. Unfortunately, they are everywhere - in our homes, outdoors, computers, food, shampoo, etc - and we can't escape them. Tom explains how chemicals play a key role in disrupting our immune systems and hormones, and the best ways to detoxify our bodies. Did you know that broccoli sprouts can be

grown easily in your own kitchen and are the most detoxifying food you can eat? (Instructions are in the book!) I am a firm believer in the elimination diet as the best way to see whatâ€™s causing problems in your body. I experienced a life change when I took dairy out of my diet four and a half years ago.

[Download to continue reading...](#)

The Elimination Diet: Discover the Foods That Are Making You Sick and Tired--and Feel Better Fast  
Sick and Tired of Feeling Sick and Tired: Living with Invisible Chronic Illness (New Edition) You're Sick, They're Not--Relationship Help for People with Chronic Illness and Those Who Love Them (Sick & Tired Series) Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Soap Making: 365 Days of Soap Making (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, Soap Making Recipes, Soap Making Supplies): Soap Making Recipes for 365 Days Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) GMO Free Diet: The Ultimate Guide on Avoiding GMO Foods and keeping Your Family Healthy with a GMO Free Diet (GMO, Non GMO Diet, Non GMO Foods, Genetically Engineered Foods, Monsanto) Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) Ketogenic Diet: Ketogenic Diet Weight Loss Mistakes to Avoid: Step by Step Strategies to Lose Weight and Feel Amazing (Ketogenic Diet, Ketogenic Diet Beginners Guide, Low Carb diet, Paleo diet) South Beach Diet: The SOUTH BEACH DIET Beginners Guide - How To Lose Weight And Feel Awesome With The South Beach Diet!: (south beach diet, south ... diet recipes, south beach diet cookbook) The Autoimmune Fix: How to Stop the Hidden Autoimmune Damage That Keeps You Sick, Fat, and Tired Before It Turns Into Disease HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Sleep, Interrupted: A physician reveals the #1 reason why so many of us are sick and tired Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes) The Hashimoto Diet: You're Not Alone! How to Stop Feeling Tired,

Puffy & in Pain...and Start Living Your Life Again! (Hashimotos, Thyroid Diet, Thyroid Symptoms, Thyroid Healthy, Thyroid Management) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)