

Congratulations!

Thank you for taking your health into your own hands and following The Autoimmune Solution. I'm so glad you have found resolution of your symptoms, and I am proud of all the hard work you did to regain your health! Now you may be wondering if there are any foods that you can add back in without compromising your symptom-free state. Just as I mentioned in my book, there is a healthy way and a dangerous way to reintroduce foods. Follow these tips to make the most of your food reintroduction phase.

Big Picture Tips:

- I do not recommend that you ever add back in gluten and cow dairy*.
- Always avoid high amounts of caffeine, sugar, alcohol, salt, grains, and legumes.
- Always avoid 'toxic foods' such as artificial sweeteners, genetically-modified foods, artificial colors, artificial preservatives, dyes, high fructose corn syrup, trans fats, and hydrogenated fats.
- It is not necessary to reintroduce any of the foods listed below. You are welcome to simply stick to the foods approved on The Myers Way®.
- Remember your health is a continuum. You may find during different times in your life you may tolerate different foods.

Challenges:

- If your symptoms have not resolved yet there is still more healing to be done, and this is likely not the best time to try to reintroduce foods.
 - Suggestion: Follow the tips in the book to investigate further avenues for healing or simply give your body more time on The Myers Way®.
- You may not always feel a difference in outward symptoms even if your body is becoming inflamed or reactive.
 - Suggestion: Work with your doctor to measure inflammatory and/or autoimmune lab markers before and after food reintroductions, for example, your thyroid antibodies.
- If you are on medications to suppress your immune system you may not notice a reaction.
 - Suggestion: Work with your doctor to reduce any unnecessary medications now that you have healed your gut, reduced inflammation, tamed toxins, healed infections and relieved stress. When you've been able to get off your immunosuppressive drugs you can begin reintroducing foods to see how your body is really responding.

Foods to Test

Per protocol...	In small amounts...
<ul style="list-style-type: none">• Eggs• Tomatoes• Potatoes• Eggplant• Peppers• Goat dairy*• Sheep dairy*	<ul style="list-style-type: none">• Occasional alcoholic drinks• Occasional caffeinated drinks• Small amounts of sugar• Occasional gluten-free grains• Occasional legumes• Occasional nuts and seeds• Gluten- and dairy-free baked goods for special occasions

How to Test

Per protocol...

For the first 7 foods listed above (eggs, tomatoes, potatoes, eggplant, peppers, goat dairy, sheep dairy), I recommend a specific protocol of “bombarding” your system with each of the foods by eating **one food at a time – three times a day for three days**. If a food is a trigger of inflammation for you, I want you to have the best chance to determine that rather than silent inflammation sneaking in, causing you unwanted health problems.

*Although I do not recommend that you ever add back in cow dairy, some people find they can tolerate some forms of goat and sheep dairy.

Overview:

- Reintroduce only ONE food at a time.
- Reintroduce by consuming 3 times a day for 3 days.
- Return to The Myers Way® for 3 days before trying the next food.
- If you have a reaction, stop eating that food and wait until you are symptom free before you try the next food.
- If you don't have a reaction, leave that food out of your diet and continue onto other foods one at a time after 3 days back to The Myers Way®.
- Add all safe foods back into the diet at the end of the food reintroduction phase.

In small amounts...

In small amounts...the remaining 7 categories of foods listed above (alcohol, caffeine, sugar, etc.) can be enjoyed and included in small amounts if you so choose as long as you tolerate them. Add them back in slowly, one at a time, to determine if you can tolerate them in small amounts without any of your symptoms returning.

What Should I Watch For?

An inflammatory response or food sensitivity reaction can be ANYTHING. Anything that is a change in your baseline including, but not limited to:

- Brain fog
- Changes in inflammatory/autoimmune lab markers
- Depression/anxiety
- Diarrhea/constipation
- Disruptions in sleep
- Fatigue
- Gas/Bloating
- Headache
- Heightened emotions
- Joint pain
- Mood swings
- Rash
- Sleepiness after meal

If you notice one or any combination of these symptoms, then stop eating that food immediately. You can keep track of how your body responds to these foods on the 'The Myers Way® Symptom Tracker' on page 347 in Appendix G. Tracking your symptoms on the chart will allow you to gauge which foods you should permanently avoid due to sensitivities or intolerances.