



**lifelab
testing**

Thank you for purchasing your
Complete Intolerance Test

Food Intolerance - 160 items

YOUR RESULTS ARE ENCLOSED



102



0



38

SAMPLE

Your name Joe Bloggs

Test Kit ID SAMPLE

Test name Complete Intolerance Test

Results xx/xx/xxxx

⚠ Important Information

The score indicates the disposition towards an allergy or intolerance. A higher number indicates a higher chance of a severe reaction. For example: 0 = excellent, 99 = critical.

Intolerances

Food Intolerance - 160 items

A food intolerance is a difficulty digesting certain foods and experiencing physical symptoms as a result of eating them (NHS, 2016). To test for food intolerances we look at IgG4 antibody levels in your blood.

Seafood

Item name	Score	Reaction	
Caviar black	100.00	Critical	● ● ● ● ● ● ●
Blue mussel	0.35	Excellent	○ ○ ○ ○ ○ ○ ○
Carp	0.34	Excellent	○ ○ ○ ○ ○ ○ ○
Cod	0.35	Excellent	○ ○ ○ ○ ○ ○ ○
Great crab	0.35	Excellent	○ ○ ○ ○ ○ ○ ○
Halibut	0.35	Excellent	○ ○ ○ ○ ○ ○ ○
Herring	0.35	Excellent	○ ○ ○ ○ ○ ○ ○
Kelp	0.34	Excellent	○ ○ ○ ○ ○ ○ ○
Lumpfish caviar	0.35	Excellent	○ ○ ○ ○ ○ ○ ○
Mackerel	0.35	Excellent	○ ○ ○ ○ ○ ○ ○

Seafood

Item name	Score	Reaction	
Octopus	0.35	Excellent	○ ○ ○ ○ ○ ○
Oyster	0.35	Excellent	○ ○ ○ ○ ○ ○
Perch	0.35	Excellent	○ ○ ○ ○ ○ ○
Pike	0.34	Excellent	○ ○ ○ ○ ○ ○
Plaice	0.35	Excellent	○ ○ ○ ○ ○ ○
Pollock	0.35	Excellent	○ ○ ○ ○ ○ ○
Salmon	0.35	Excellent	○ ○ ○ ○ ○ ○
Salmon roe	0.35	Excellent	○ ○ ○ ○ ○ ○
Sardine	0.34	Excellent	○ ○ ○ ○ ○ ○
Shrimp	0.35	Excellent	○ ○ ○ ○ ○ ○
Squid	0.35	Excellent	○ ○ ○ ○ ○ ○
Trout	0.35	Excellent	○ ○ ○ ○ ○ ○
Tuna	0.35	Excellent	○ ○ ○ ○ ○ ○

Meats

Item name	Score	Reaction	
Beef	100.00	Critical	● ● ● ● ● ●
Veal	100.00	Critical	● ● ● ● ● ●
Lamb	0.34	Excellent	○ ○ ○ ○ ○ ○
Pork	0.35	Excellent	○ ○ ○ ○ ○ ○
Rabbit	0.36	Excellent	○ ○ ○ ○ ○ ○
Red deer	0.35	Excellent	○ ○ ○ ○ ○ ○
Roe deer	0.35	Excellent	○ ○ ○ ○ ○ ○

Grains & Starch

Item name	Score	Reaction	
Barley	100.00	Critical	● ● ● ● ● ●
Durum wheat	100.00	Critical	● ● ● ● ● ●
Oat	100.00	Critical	● ● ● ● ● ●
Rye	100.00	Critical	● ● ● ● ● ●
Spelt	100.00	Critical	● ● ● ● ● ●
Wheat	100.00	Critical	● ● ● ● ● ●
Amaranth	0.35	Excellent	○ ○ ○ ○ ○ ○
Buckwheat	0.36	Excellent	○ ○ ○ ○ ○ ○
Millet	0.35	Excellent	○ ○ ○ ○ ○ ○
Quinoa	0.36	Excellent	○ ○ ○ ○ ○ ○
Rice	0.35	Excellent	○ ○ ○ ○ ○ ○

Nuts & Seeds

Item name	Score	Reaction	
Brazil nut	100.00	Critical	● ● ● ● ● ●
Sunflower seed	100.00	Critical	● ● ● ● ● ●
Almond	0.36	Excellent	○ ○ ○ ○ ○ ○
Cashew nut	0.35	Excellent	○ ○ ○ ○ ○ ○
Coconut	0.35	Excellent	○ ○ ○ ○ ○ ○
Coriander seed	0.35	Excellent	○ ○ ○ ○ ○ ○
Flax seed	0.35	Excellent	○ ○ ○ ○ ○ ○
Hazelnut	0.36	Excellent	○ ○ ○ ○ ○ ○
Macadamia nut	0.35	Excellent	○ ○ ○ ○ ○ ○
Peanut	0.35	Excellent	○ ○ ○ ○ ○ ○
Pecan nut	0.35	Excellent	○ ○ ○ ○ ○ ○
Pine nut, pignoles	0.36	Excellent	○ ○ ○ ○ ○ ○
Pistachio nut	0.35	Excellent	○ ○ ○ ○ ○ ○
Pumpkin seed	0.35	Excellent	○ ○ ○ ○ ○ ○
Sesame	0.35	Excellent	○ ○ ○ ○ ○ ○
Sweet chestnut	0.35	Excellent	○ ○ ○ ○ ○ ○
Walnut	0.35	Excellent	○ ○ ○ ○ ○ ○

Vegetables

Item name	Score	Reaction	
Asparagus	100.00	Critical	● ● ● ● ● ●
Avocado pear	100.00	Critical	● ● ● ● ● ●
Cauliflower, raw	100.00	Critical	● ● ● ● ● ●
Garlic	100.00	Critical	● ● ● ● ● ●
Leek	100.00	Critical	● ● ● ● ● ●
Tomato	100.00	Critical	● ● ● ● ● ●
Pumpkin	0.81	Good	● ● ○ ○ ○ ○
Artichoke	0.35	Excellent	○ ○ ○ ○ ○ ○
Beetroot	0.36	Excellent	○ ○ ○ ○ ○ ○
Broccoli	0.35	Excellent	○ ○ ○ ○ ○ ○
Brussels sprouts	0.35	Excellent	○ ○ ○ ○ ○ ○
Button mushroom	0.35	Excellent	○ ○ ○ ○ ○ ○
Cabbage	0.35	Excellent	○ ○ ○ ○ ○ ○
Carrot	0.36	Excellent	○ ○ ○ ○ ○ ○
Celery	0.35	Excellent	○ ○ ○ ○ ○ ○
Chicory	0.35	Excellent	○ ○ ○ ○ ○ ○
Cucumber	0.35	Excellent	○ ○ ○ ○ ○ ○
Eggplant	0.35	Excellent	○ ○ ○ ○ ○ ○
Florence fennel	0.36	Excellent	○ ○ ○ ○ ○ ○
Horseradish	0.35	Excellent	○ ○ ○ ○ ○ ○
Kale	0.35	Excellent	○ ○ ○ ○ ○ ○
Kohlrabi	0.35	Excellent	○ ○ ○ ○ ○ ○
Maize	0.35	Excellent	○ ○ ○ ○ ○ ○
Olive, green	0.35	Excellent	○ ○ ○ ○ ○ ○
Onion	0.36	Excellent	○ ○ ○ ○ ○ ○
Potato	0.35	Excellent	○ ○ ○ ○ ○ ○

Red cabbage	0.35	Excellent	○ ○ ○ ○ ○ ○
Small radish	0.36	Excellent	○ ○ ○ ○ ○ ○
Spinach	0.35	Excellent	○ ○ ○ ○ ○ ○
White radish	0.35	Excellent	○ ○ ○ ○ ○ ○
Zucchini	0.36	Excellent	○ ○ ○ ○ ○ ○

Beans

Item name	Score	Reaction	
Bean, green	100.00	Critical	● ● ● ● ● ●
Red kidney bean	100.00	Critical	● ● ● ● ● ●
Soy	100.00	Critical	● ● ● ● ● ●
White bean	100.00	Critical	● ● ● ● ● ●
Broad bean	0.35	Excellent	○ ○ ○ ○ ○ ○
Lentil	0.36	Excellent	○ ○ ○ ○ ○ ○
Pea, green	0.35	Excellent	○ ○ ○ ○ ○ ○
Sweet lupine	0.36	Excellent	○ ○ ○ ○ ○ ○

Poultry

Item name	Score	Reaction	
Egg white	100.00	Critical	● ● ● ● ● ●
Egg yolk	100.00	Critical	● ● ● ● ● ●
Chicken	0.36	Excellent	○ ○ ○ ○ ○ ○
Duck	0.35	Excellent	○ ○ ○ ○ ○ ○
Turkey	0.35	Excellent	○ ○ ○ ○ ○ ○

Milk & Cheeses

Item name	Score	Reaction	
Casein	100.00	Critical	● ● ● ● ● ●
Cheese (Gouda)	100.00	Critical	● ● ● ● ● ●
Cheese, Emmentaler type	100.00	Critical	● ● ● ● ● ●
Cheese, Gruyere type	100.00	Critical	● ● ● ● ● ●
Cottage cheese	100.00	Critical	● ● ● ● ● ●
Cow's milk	100.00	Critical	● ● ● ● ● ●
Cream	100.00	Critical	● ● ● ● ● ●
Cream cheese	100.00	Critical	● ● ● ● ● ●
Curd cheese	100.00	Critical	● ● ● ● ● ●
Edam cheese	100.00	Critical	● ● ● ● ● ●
Goat milk	100.00	Critical	● ● ● ● ● ●
Goat milk cheese	100.00	Critical	● ● ● ● ● ●
Mozzarella, cow	100.00	Critical	● ● ● ● ● ●
Parmesan	100.00	Critical	● ● ● ● ● ●
Sheeps milk	100.00	Critical	● ● ● ● ● ●
Soy milk	100.00	Critical	● ● ● ● ● ●
Cheese, Camenbert type	0.35	Excellent	○ ○ ○ ○ ○ ○
Yoghurt	0.36	Excellent	○ ○ ○ ○ ○ ○

Fruits

Item name	Score	Reaction	
Apple	100.00	Critical	● ● ● ● ● ●
Banana	100.00	Critical	● ● ● ● ● ●
Mandarine	100.00	Critical	● ● ● ● ● ●
Orange	100.00	Critical	● ● ● ● ● ●
Papaya	100.00	Critical	● ● ● ● ● ●
Raspberry	100.00	Critical	● ● ● ● ● ●
Mango	0.85	Good	● ● ○ ○ ○ ○
Lemon	0.70	Good	● ● ○ ○ ○ ○
Apricot	0.35	Excellent	○ ○ ○ ○ ○ ○
Black currant	0.35	Excellent	○ ○ ○ ○ ○ ○
Blackberry	0.30	Excellent	○ ○ ○ ○ ○ ○
Blueberry	0.35	Excellent	○ ○ ○ ○ ○ ○
Cranberry	0.35	Excellent	○ ○ ○ ○ ○ ○
Grape	0.35	Excellent	○ ○ ○ ○ ○ ○
Grapefruit	0.35	Excellent	○ ○ ○ ○ ○ ○
Kiwi fruit	0.35	Excellent	○ ○ ○ ○ ○ ○
Nectarine	0.35	Excellent	○ ○ ○ ○ ○ ○
Peach	0.30	Excellent	○ ○ ○ ○ ○ ○
Pear	0.35	Excellent	○ ○ ○ ○ ○ ○
Pineapple	0.35	Excellent	○ ○ ○ ○ ○ ○
Plum	0.35	Excellent	○ ○ ○ ○ ○ ○
Raisin	0.35	Excellent	○ ○ ○ ○ ○ ○
Red currant	0.35	Excellent	○ ○ ○ ○ ○ ○
Strawberry	0.30	Excellent	○ ○ ○ ○ ○ ○
Sugar melon	0.35	Excellent	○ ○ ○ ○ ○ ○
Sweet cherry	0.35	Excellent	○ ○ ○ ○ ○ ○

Water melon	0.35	Excellent	○ ○ ○ ○ ○ ○ ○
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Miscellaneous

Item name	Score	Reaction	
Gluten	0.70	Good	● ● ○ ○ ○ ○ ○
Baker's yeast	0.35	Excellent	○ ○ ○ ○ ○ ○ ○
Cacao	0.30	Excellent	○ ○ ○ ○ ○ ○ ○
Coffee	0.35	Excellent	○ ○ ○ ○ ○ ○ ○
Mustard	0.30	Excellent	○ ○ ○ ○ ○ ○ ○

Spices & Herbs

Item name	Score	Reaction	
Cardamom	0.30	Excellent	○ ○ ○ ○ ○ ○ ○
Common sage	0.35	Excellent	○ ○ ○ ○ ○ ○ ○
Common thyme	0.35	Excellent	○ ○ ○ ○ ○ ○ ○
Ginger	0.30	Excellent	○ ○ ○ ○ ○ ○ ○
Nutmeg apple	0.35	Excellent	○ ○ ○ ○ ○ ○ ○
Parsley	0.35	Excellent	○ ○ ○ ○ ○ ○ ○
Rosemary	0.35	Excellent	○ ○ ○ ○ ○ ○ ○
Sweet basil	0.35	Excellent	○ ○ ○ ○ ○ ○ ○

RECOMMENDATIONS BASED ON YOUR RESULTS

We would like to present food recommendations for the items **scoring over 85** on the scale.

Important Information

There is no need to eliminate all of the reactive foodstuff from your diet. Please pay attention first to the results of the test and read our recommendations for a more accurate decision.

Seafood

Seafood is an excellent source of protein, B vitamins, vitamin A, vitamin D and minerals. Tuna is the richest source of protein, whilst cod, haddock and salmon provide similar amounts. Fish contains omega 3 fatty acids. Oily fish (herring, salmon and mackerel) are the richest sources and contain the most per portion, thereafter the best sources are tuna (White Albacore and Skipjack), tinned sardines, trout, oysters and mussels.

Meats

Meat is an excellent source of protein. The amount of nutrients contained in meat does depend upon the quality, source and cut of meat. Processed meat contains greater amounts of sodium. In general beef and lamb are good sources of iron, however iron can also be obtained from seeds (pumpkin seeds, sunflower seeds, sesame seeds), nuts, beans (lentils, kidney beans, chickpeas) and dark green leafy vegetables (spinach, kale). Meat can be found in ready-made products, gravies, tinned food, ready-made meals and soups/ broths. It can also be present in medicines and vaccines.

Grains & Starch

Wholegrain products are an excellent source of carbohydrate, fibre B vitamins, iron, magnesium and selenium. Grains containing gluten include wheat (and wheat varieties spelt, kamut, farro and durum, bulgar, semolina), barley, rye and oats. Wheat and barley are widely used in ready-made meals, breads, pasta, noodles, biscuits, cakes, pastries, cereal bars, snack foods, crackers, breakfast cereals and soups. Malt is also made from barley. If you did not react to gluten-free grains, alternatives to gluten-containing grains are rice, corn, quinoa, amaranth, buckwheat and millet. In addition there are many alternative flour types; chestnut flour, soy flour, banana flour, coconut flour, gram flour. Gluten-free products can be found in most supermarkets.

Nuts & Seeds

Nuts and seeds are powerhouses full of key nutrients; iron, magnesium, calcium, potassium, selenium, manganese, copper, B vitamins, vitamin E, protein and healthy fats. The peanut has a particularly high protein, iron and magnesium content. It is often used for oil production. Peanut can be found in many products such as biscuits, muesli, chocolate, pudding, pastries, convenience food, Asian dishes, spices, granola bars and spreads. It can also be contained in milkshakes, breaded meat or fish, egg salads, chocolate bars, potato preparations, soups and meat salads, but also in alcoholic beverages and cosmetic products. Hazelnuts are rich in iron, magnesium, vitamin B6 and calcium. Hazelnuts can be found in pastries, sweets, muesli, and as oil. Walnuts are used for many dishes, such as casseroles, sweets, salads and soups. They can also be found in pastries and bread spreads. They are also used as tinting and tanning agents, as mordant and for the production of brandy. Almonds are a rich source of magnesium and vitamin E. Almond may be found in many foods, especially in natural foods. The most important almond-containing products are marzipan, almond oil for skin care, almond bran for skin cleansing and almond butter as baby food. It can also be found in confectionery products, muesli or liqueurs.

Vegetables

Vegetables are an excellent source of vitamins and minerals. Vegetables tend to offer different nutrients depending upon the colour. Therefore in order to consume a good range of nutrients in your diet the best advice is to 'eat a rainbow'. Dark green leafy vegetables such as spinach, rocket, kale are an excellent source of folate, vitamins C and K, carotenoids and the minerals iron and calcium. Cruciferous vegetables such as boy choy, broccoli, sprouts, cabbage, cauliflower and collard greens are rich in fibre as well as vitamin A carotenoids, folic acid and vitamin C.

Beans

Beans are an excellent source of protein (and particularly important if you're following a vegetarian or vegan diet), fibre, folate, potassium, iron and magnesium. They can be used in casseroles, curries, salads or as an accompaniment. Soy is mainly used in the form of soy flour, oil, milk and sauce and it can also be found in pastries, muesli, desserts, sweets, margarine and convenience food. Please also consider the hidden presence of soy in vegetable broth, spice mixtures, Asian dishes, pastries and confectionery, chocolate, cooking oil, dressings, meat products, snacks, baby and dietary products, and cosmetics. Soy has to be declared on food packaging so look out for the following ingredients; soy protein, soybean, glycine, binding agents, vegetable fat/ protein, soy lecithin, lecithin, E322 or meat substitute.

Poultry

Poultry meat provides a good source of protein. Chicken and turkey meat is low in fat. Poultry can be contained in ready made food products, sauces, canned food and soups/ broths. Poultry meat proteins can also be present in medicines and vaccines. Chicken egg and egg products are widely used. Egg is often hidden in mayonnaise, gravies, pasta, pastries, icings, sausages, fruit and vegetable convenience food, ground meat and in most potato preparations. It can also be contained in salads, desserts, chocolate, marzipan, cocoa, instant beverages, liqueur, wine, sweet wine and shampoos. Eggs are also used for the production of vaccines. For more information please consult your doctor. Look out for the following ingredients on packaging: Ovo-albumin, ovo protein, E322, E1105 and ovomucoid. If in doubt contact the manufacturer directly. There are a number of good alternatives to using eggs in baking such as mashed banana, flaxseed or vegetable oil. One suggestion is whisking together 2x tablespoons of water, 1x teaspoon of oil and 2x teaspoons of baking powder. Please be aware that cross reactions can occur with poultry meat and eggs from other species.

Milk & Cheeses

Cheese, yogurt, and cream are made from milk. Milk may also be present in bread, pastries, meatballs, breaded meat and fish, gravies, soups, beverages, chocolate, caramel, mustard, mayonnaise, dressings, vegetarian spreads and cold meats. Look out for the following ingredients on packaging: lactalbumin, lactoglobulin, lactose, whey protein, whey powder, sweet whey, milk protein and milk powder. If in doubt contact the manufacturer directly. There are many milk alternatives on the market now; soy, rice, oat, almond or coconut milk. Soy milk should only be used as an alternative if you do not have a soy allergy. Goat's products and sheep's products are an alternative option provided you did not react to these in testing. Most milk alternatives are fortified with calcium to provide an adequate calcium intake in case of milk allergy/ intolerance. Vegetables are also a good source of calcium; kale, leek, fennel and broccoli. Please be aware that cross-reactions with beef may occur. If you have a reaction to casein and milk in testing, you probably cannot tolerate any dairy products at all. If you have reacted only to milk, you may tolerate cottage cheese and cheese better than fresh milk.

Fruits

Fruits are a rich source of vitamins and minerals. Like vegetables, fruits tend to offer different nutrients depending upon the colour. Therefore in order to consume a good range of nutrients

in your diet the best advice is to 'eat a rainbow'. Bananas are generally eaten raw or they are processed to dry fruit or flour (diet food, bread additive). Furthermore, bananas can be found in many pastries, milk products, sweets, gravies, ice cream, fruit preparations and flour. In pastries, it is also used as a substitute for egg. Crossreactions may occur with avocado, chestnut, watermelon, courgette and celery. Kiwi is particularly popular because of its high content of vitamin C. The recommended daily allowance of vitamin C can be met by eating only one or two Kiwis. Kiwi contains the enzyme actinidin, which is used in the food industry as a meat softener. Cross-reactions may occur with apple, hazelnut, walnut, peach, cherry, carrot, rye flour, wheat flour, potatoes and latex. Berries (strawberries, raspberries, cherries, blackberries, blueberries, red currant, cranberries and red grapes) are also a particularly good source of vitamin C as well as antioxidants.

Miscellaneous

Yeast is used in bread and bread rolls, cakes, pastries and beer. Yeast can also be found in spice mixtures, bouillons for drinking, bouillon cubes, bread spreads, spices and vitamin preparations. It can be also be present in fruit juices, wine, vinegar and may even be present in some pharmaceutical medicines.

Spices & Herbs

As well as adding flavour to foods spices and herbs have health benefits to offer. They are rich in phytonutrients, which are plant chemicals advantageous to our health. Often spices and herbs can be substituted for one another in recipes. For example basil, oregano and thyme can one another, onions or leeks can replace chives, basil, marjoram or rosemary can replace mint, thyme or tarragon can replace rosemary and ginger can be used in recipes to create a 'heat' in place of chilli powder.

No Allergies or Intolerances

It may be that your test has not identified any allergies or intolerances, yet you are still experiencing symptoms. Do not despair this is a good starting point and one from which you can further explore the root cause of your symptoms. The best advice would be to take your test results to a Nutritionist to further understand your symptoms and find the underlying cause.

What happens next?

Elimination Diet

What is an elimination diet?

An elimination diet is the removal of those foods, which have been identified as causing an allergic or intolerant reaction, from your daily diet.

This sounds like a big undertaking but it can have profound effects on how you feel, your digestive system and lead to the eradication of physical symptoms you may have been experiencing.

The Elimination Diet

An elimination diet is an option to enable you to manage your food allergy or intolerance long-term. If you have been identified as having a food allergy we would recommend that an elimination diet is necessary long-term solution.

In the case of food intolerance, an elimination diet is also a method you can use to 'trial' and document the reintroduction of foods. Please remember that if you have been identified as having a food allergy we do not recommend the reintroduction of this food.

Depending on the foods identified in your test results and your current dietary choices you may feel daunted by this process. With the right help and guidance you can build a daily diet, which is both enjoyable and tasty, AND leaves you free from unwanted symptoms.

You may want to use the results to implement an elimination diet in order to:

1. Understand how you feel on the removal of the food(s), which have been identified through testing
2. If you reintroduce the food(s) how does it make you feel and do certain foods bring about physical symptoms**

****If you have been identified as ALLERGIC to a certain food we do not recommend the reintroduction of this food**

Step-By-Step Process Of Using Elimination Diet

1. Refer to your test results to see which foods you need to remove
2. Refer to our guide for alternative foods to understand which foods you can use in place of the removed foods
3. Ensure you have been shopping and are fully prepared for the removal of the identified foods. Please note that it is important to remove all the foods identified initially



4. Take a note of the date you remove all the foods
5. For 3-4 weeks abstain from eating any of the identified foods

At this point you can assess how you feel, your energy levels, sleep, mood, digestion, bowel habits and physical symptoms.

6. If there are foods which you would like to try reintroducing** to understand whether they bring about physical symptoms you need to do so one at a time
7. After reintroducing a food (day 1), take note of any changes over the two following days (day 2 and 3), this is because food intolerance reactions can take a period of time to come about. You are looking for the following symptoms:

- Insomnia
- Fatigue
- Joint pain and/or inflammation
- Skin breakouts or rashes
- Headaches
- Bowel changes or GI pain
- Bloating
- Brain fog
- Sinus or other respiratory issues
- Changes in energy levels

8. You can repeat the process with another food on day 4 should you like

****If you have been identified as ALLERGIC to a certain food we do not recommend the reintroduction of this food**

Why Might You Reintroduce A Food?

False Positives

Whilst every care is taken to ensure that blood allergy and intolerance testing is accurate, false positives do occur. Unfortunately they are a factor in laboratory testing.

So what does it mean? It means that although the test has shown that you are intolerant to a certain food this is false. If there is a food, which you suspect may have been identified falsely you can put this to the test using the elimination diet and subsequent reintroduction.

It is important that you pay close attention to symptoms and how you feel on the reintroduction of a food. Food intolerance symptoms can sometimes be very vague. The best method is to keep a food/symptom diary, you can do this on paper or if you'd prefer there are some excellent apps out there to choose from.

Mild Symptoms

It may be that you have removed a number of foods but there is one in particular that you suspect only causes you mild symptoms and you would like to put this to the test. It may be that once you understand the symptoms you decide that you will allow yourself to have this food irregularly, on a special occasion for example.

How To Make Your Elimination Diet A Success

An elimination diet can be challenging, the following tips will help you make it a success:

➤ Support

Enlist the help of those around you, family and friends, they can make it much more achievable and may even join you in eliminating foods to support you.

➤ Preparation

Make sure you are fully prepared. Check the foods/ recipes you regularly use to see where you need to make changes and stock up on alternative foods.

➤ Keep Note

Keeping track of how you feel and what changes you're experiencing can be very useful. It can be enlightening and provide a point of reference and affirmation if you find yourself questioning your reasons behind eliminating certain foods.

➤ Removal

The best way to ensure that you don't succumb to temptation is, either to hide, give away or throw away the foods you are eliminating. This way if you do have a moment of weakness you can't go to the kitchen cupboard to find that food.