

Why Can't I Eat Eggs, Gluten, Dairy, Corn, Soy or Peanuts?

The goal of the 21 Day Fast Track Detox Program is to reduce the toxic burden in your system, which delivers a number of health benefits: weight loss, better energy, improvements in sleep, clear complexion, and much more. To make this happen, the primary organs of detoxification (the GI system, skin, and liver) need to function at full capacity.

Over the years, we have discovered with our private clients that certain foods can be problematic and interfere with efficient detoxification and, ultimately, weight loss and health gains. As such they have been removed from the program. Here's more detail on those that trigger the most questions from our program participants.

EGGS

What they do	Eggs are a fairly common food sensitivity item; most of our clients who discover this issue through our functional lab testing aren't even aware they have the problem. People who have this issue often notice gas, bloating and heartburn up to 2 days after eating eggs or egg-containing foods.
Where they hide	Obviously, in omelets and quiches and other breakfast dishes. But, remember that eggs are ubiquitous in baked goods, pancakes, breads, and salads (like tuna and potato), and are often hidden in meatloaves, crab cakes, soups (think egg drop and matzo ball), crepes, zucchini fritters, stuffings, noodles, and meatballs. Avoid all these foods.

GLUTEN

What it does	Gluten-containing grains – wheat, barley, rye and most oatmeal, has become a well-known food allergen for many people. The symptoms are typically the same as those for eggs – and can be quite severe for some people, i.e. known as celiac disease. It, too, is EVERYWHERE, so read your labels carefully.
Where it hides	Flours, breads, baked goods, cereals, soy sauce, pretzels, pizza, pasta, stuffings, puddings, breadcrumbs, couscous, barley drinks, gravies and sauces, soups, salad dressings, beer/ales, seitan, most processed foods.

DAIRY

What it does	Another fairly common food allergy and/or sensitivity, dairy products have been touted as the answer to all our calcium needs. The fact is, there are many other products – sardines, salmon, broccoli, leafy green veggies – that are a whole lot healthier without any of the potential allergenicity (our GI distress issues)!
Where it hides	Cow, goat and sheep milk yogurts, cheeses, and milk, cottage cheese, creamy soups and sauces, salad dressings, desserts, ice cream, whey

	protein powder, anything that says milk proteins, solids, casein, or whey on it, chocolate (except some dark chocolate products).
Why No Whey?	We love cool processed whey, BUT it can be potentially allergenic and contribute to a toxic effect in the body. Since we aren't testing for food sensitivities, we remove it from our detox program as we have found that a good percentage of our clients do not tolerate the casein fraction – nor potentially the whey - in dairy products.

CORN

What it does	Well, corn doesn't really have much purpose in our food supply except to fatten swine and cattle. While having a fairly high allergenicity profile, we are most concerned that much of our corn supply is genetically modified, and heavily fertilized and sprayed with pesticides. GMOs and chemicals can wreak havoc on healthy and effective body function. Did we mention that it is primarily used to fatten swine and cattle?
Where it hides	Besides the obvious cobs, watch out for taco shells and tortillas, cornmeal pancakes and desserts, salads, mixed veggie dishes, stuffings, corn flour as an ingredient in processed foods.

SOY

What it does	Contrary to popular advertising, soy isn't a miracle health food. Soy has been implicated in a number of health problems including thyroid dysfunction, reproductive disorders, cognitive decline, digestive problems and decreased sperm counts. It is relatively new to our food supply (less than 1000 years old) and because of this has a higher rate of potential allergenicity. It contains phytates which can bind to minerals and lead to deficiencies. Non-organic sources may contain high amounts of pesticides and soy is often processed in aluminum casks that leach aluminum into the end product. You will need to read labels carefully to make sure that you are not consuming products with soy added to them.
Where it hides	Soy sauce, teriyaki sauce, tofu, veggie burgers, Asian foods, tempeh, miso, soy protein powders, energy bars and shakes, prepared foods.

PEANUTS

What they do	Well, to begin with, peanuts aren't actually nuts, they're legumes. As such, their fatty acid profile is inferior to other nuts they we LOVE, including almonds, walnuts, cashews and hazelnuts. The other problem with peanuts is their high allergenicity profile. Avoid peanut products during the 21 Fast Track Detox Program... and beyond, too.
Where they hide	Peanut butter, cookies, peanut oil, snacks, candy, food toppings

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