

THE ELIMINATION DIET

The full “clean up and lean-up” diet from the UK’s leading health and Fitness Expert.

Introduction:

The aim of this elimination diet is to re-establish the vitality of your internal environment allowing the nutritional and biochemical status quo to be re-established.

When this happens you will notice several things:

You will lose a rather a large amount of “stubborn fat” in a relatively short period of time:

This is because the human body, when overwhelmed with toxins, will “dump” many toxic substances within the adipose tissue stores (fat) in order to reduce their circulation throughout the body. When there are no longer toxins entering the body, those toxins will then be processed and expelled along with the fat (and excess water) that is storing them.

Of course, the down side of this is that temporarily you may feel a little off-colour as those toxins hit you.

Your food cravings and non-physiological (emotional) hunger will reduce or go away entirely:

When your body no longer has to produce chemical reactions against a background of toxic static you will find that you are able to extract a greater amount of nutrients from the foods you eat.

Because of this you will notice that your hunger will reduce substantially.

After all, if you’re getting all of the vitamins and minerals and other nutrients that your body needs, then why would you be sent “eat” signals?

Your health and your general vitality will improve:

After the stored toxins have said goodbye and you’re no longer adding others, you’ll notice that many ailments will either reduce or go away entirely.

For similar reasons to reducing appetite and emotional hunger, you will find that once your body is getting everything it needs to “build” good health that you’ll be repairing yourself more effectively and your aches and pains will fade away.

But not just that – you will notice that hair, skin and fingernails are healthier and stronger and that your energy levels are at a higher level than they have been in ages – not bad for a diet that doesn’t ask you to count a single calorie!

In fact, during this eating plan you may even find that you’re eating more calories than before and yet still find that you are dropping weight as a result of the elimination process.

This whole system is about improving your health, your wellness and your vitality.

Before we start:

This eating plan is an all or-nothing deal – you are either in it 100% or you’re not.

There is no allowance for half measures, kinda-sorta-maybes or the countless excuses that people normally give themselves when they start traditional diets.

There are no “breaking in period”, no cheat days, and no well, I followed most of it.

At first this approach may sound a little harsh but it’s totally necessary if you are to be successful in ridding yourself of the long-term fat that you have been storing and the effects of ill health and sickness that you have been suffering from.

This is because if you continue to eat and drink the foods that are on the banned list, however small they may be, you simply will not give your body the chance to deal with the toxic storage dump you have built up. In effect you will waste your time and effort entirely. So the choice is yours. Either you do this right or don’t do it at all.

Let’s be positive because these principles always work, as long as you work the principles!!!

The hard part:

Most diet books try to convince you from the start how it is going to be easy and fun to follow their regimes. The reality is always very different. Rather than telling you that things are going to be simple for you, I am going to tell you the opposite – in fact the first few days on the plan are going to be pretty hard for most people to follow. This is because, in all likelihood, you are an addict. Addicted to caffeine, addicted to sugar and addicted to processed foods with their chemical appetite stimulants and e-numbers.

The good news is that like most addictions, it only really takes a few days to break them when you are mentally ready to do so.

Lets get started: - The banned LIST:

Alcohol – There is no if's or but's about this one. Alcohol is quite simply a toxin. As such, your body has to work extremely hard to detoxify your system placing stress upon your liver, kidneys and adrenal glands.

Alcohol is a potent sugar that triggers insulin secretion, blood sugar imbalance, increased body fat storage and many chronic degenerative processes.

Caffeine - Caffeine first overexcites and later wears out the body's energy producing glands. This leads to massive energy fluctuations and the subsequent need for sugary food.

Dairy – other than egg and natural yoghurt to be avoided. This is because most dairy produce is heavily processed and uses pasteurization and homogenization in order to maintain its shelf life. Unfortunately, these processes kill off all the enzymes required to properly digest them meaning that your body has to work overtime to digest them. This is a major cause of food intolerance.

Bad fats – avoid all red meat, all fried food (including vegetables, French fries and crisps), all processed foods containing hydrogenated oils, commercial mayonnaise and all margarines and spreads.

Substitute with essential fats from fish (not fried fish), eggs, olive oil, raw nuts and seeds and nut and seed butters and oils. But don't cook with them, if you are intending to use oil in cooking, use only olive oil.

Sugar - All sugar (incl white, brown, molasses, honey, fructose, maltose, dextrose, corn sugar) creates an insulin response, The simpler the makeup of the sugar, the more rapid and aggressive the insulin response.

Unfortunately, so much of our diet contains sugar that this response becomes too frequent and excessively high or low depending upon the type of dysfunction and leads to energy fluctuations, fat storage and interferes with metabolism.

Wheat and Gluten - For many, wheat products are simply indigestible or place a large stress on the digestive system leading to a sluggish metabolism and intolerances.

In addition, modern wheat, especially after processing, is barely distinguishable from simple sugar, leading to all of the same problems.

It's not that wheat is bad, rather that it is often indigestible or excessively processed to the point where the body does not recognize it.

You will obviously avoid wheat bread, cakes, pies, biscuits etc but also be aware that many soups and sauces have gluten added as thickeners.

You may still eat rye, corn, millet and wheat free breads.

FOODS TO STOCK UP ON: (as organic as possible)

Dairy	Fish/chicken	Vegetables (all vegetables eg)	Fruit (all fresh fruit) eg:	Miscellaneous
Eggs Live, natural yoghurt	Organic chicken breasts Fish: Hake Kingklip Haddock salmon Sardines tuna Mackerel	Asparagus Aubergine Broccolli Brussel sprouts Beans Butternut Cauliflower Cabbage Celery Corn on the cob Green beans Lentils Lettuce or mixed salad Mushrooms, Onions Peppers, Tomatoes. etc	Avocado Apple Berries. Lemon Lime Orange Grapefruit Pear Grapes etc..	Olive oil Hummus Black pepper Raw honey Soya milk

In Addition:

- Drink at least 2 litres of water a day (3 is even better)
- Substitute tea and coffee with herbal teas (unlimited)

Points to note:

- eat freely from the foods not on the banned list – don't count calories, reduce your portions or allow yourself to get too hungry. This is counterproductive as you'll end up eating whatever you can lay your hands on.
- Fruit must be fresh, or freshly prepared. Fruit must also be raw – fruit must also be raw – cooked fruit is acid forming in the body and compromises mineral levels and general health.
- Vegetables must also be fresh. Best is raw, then steamed or grilled, and then cooked or microwaved. Remember to only add oil after veggies have been removed from the heat.
- With an increase in exercise you may experience an increase in appetite. To ensure you feed your body healthy fuel, you need to look at ingesting healthy, complex carbs eg potatoes, sweet potatoes, brown rice, wild rice, millet.
- Fats are an important part of a healthy diet, but the good fats must be the only fats, eg cold pressed oils, seeds, nuts, avocados and sweet corn. By including these you will speed up metabolism, enhance bodily functions, improve hair and nails, and generally look after your hormonal system.
- Detoxing – a drastic change to dietary patterns such as this one will more than likely result in some form of detoxification, eg headaches, runny nose, skin rash, upset tummy etc. Don't be alarmed should this happen, although a nuisance, it is in fact quite beneficial since your body is cleaning house and getting ready to take some positive steps forwards. Try to stick it out without resorting to medication, and if in doubt, please speak to me.
- Ensure you have a consistent fluid intake of at least of 2 litres of pure, clean water per day; freshly squeezed juices are best, or 1:1 diluted commercial 100% juices such as Liquifruit. No fizzy drinks permitted.
- Vary your foods so that you get all of the nutrients that your body requires during this delicate phase. Avoid routine eating that has you eating chicken everyday for lunch. Instead, ensure that you rotate your meats and vegetable so that you get everything you need and don't get too bored.
- Oils – use only olive oil, or coconut oil and only add after cooking – do not cook with oil
- Sugar substitutes – avoid them entirely

The programme:

- days 1 and 2 – these are preparation days where you will spend your time emptying your cupboards and fridge and purchasing the initial stock-up that will require in order to start the programme.
- Days 3 -30 – This is your elimination diet proper. Follow all of the advice laid down and really go for it. Total abstinence of anything on your banned list is the key to success during this phase.
- Days 30 plus – this is the second phase of the elimination where you attempt to put foods back into your diet in order to record their effect on your system.

It works this way:

Let's say you are really craving bread. You'll begin today by adding just 1 slice back into your diet for the day then, most importantly, pay attention to the effect.

Next day, if no ill effects are present then you may have one or 2 slices again and watch and record for negative effect.

Sample planner for 7 days to get you started: - Please note, this is a guideline of how you can eat, not how you MUST. Please watch your portion sizes – have enough to feel satisfied and use only a thin spread of hummus and avocado.

MON	Breakfast 1 boiled egg with 1 slice of rye toast (no butter or marg).	Snack Apple and small Handful of almonds	Lunch Salmon fillet with large green salad	Snack Live natural yoghurt	Dinner Chicken breast, Asparagus, carrots, Baby potatoes.
Tues:	Breakfast Porridge oats with natural yoghurt (you can add a little honey).	Snack Fruit shake	Lunch Tuna (in brine) Salad.	Snack 1 apple or pear with a small handful of sunflower seeds.	Dinner Grilled or steamed fish , Baked sweet potatoes, Vegetables
Wed:	Protein shake (see recipe below)	1 banana, ½ cup natural youghurt	Chicken salad	1 apple, couple of almond nuts.	Chicken breast, pizza rice, (see recipe below), butternut, brussell sprouts.
Thurs:	Smoked salmon and 2 scrambled eggs	½ cup yoghurt, small handful of nut and seed mix.	Fruit Shake (see recipe below)	Apple, yoghurt	Grilled fish Steamed rice, pumpkin, cauliflower.
Fri:	1 slice of rye toast, with avocado pear	Celery, carrots and hummus	Vegetable soup	1 orange, yoghurt	Thai Red curry chicken, steamed rice. (see recipe below)
Sat	Omelette with mushrooms, onion, and tomato.	1 pear/apple Handful of almonds	4 rice cakes with hummus spread (lightly), carrots, cucumber.	1 bannana, ½ cup natural yoghurt	Creamed spinach in Potato skins (see Recipe below), Veges.
Sun	Protein Shake (see recipe below).	1 grapefruit and a small portion of nuts.	Thin spread of avo on rye bread and tomato	Apple, yoghurt	Grilled chicken, green salad, corn on the cob.

Recipes:

Creamed Spinach in Potato Skins

4 large potatoes

½ Tbs olive oil

1 tsp dried mixed herbs

½ bunch spinach, sliced and steamed

½ cup tofu

1 tsp vegetable or herbal salt

Pinch of nutmeg

- 1) Bake the potatoes for 30 minutes at 180 C. Cut into quarters, scoop out the flesh and set aside in a bowl
- 2) Brush the skins with a little oil and bake at a very high temperature until crisp
- 3) Pulse the potato flesh with the remaining ingredients in a food processor until well blended but not pureed.
- 4) Refill the potato skins and pop under the grill until lightly brown.

Pizza Rice

1-2 cups brown rice

3-6 cups water

1 tsp vegetable or herbal salt

1 -2 cups frozen or fresh peas

125 – 250g mushrooms, slices

2 courgettes, sliced

1 – 2 red pepper, chopped

1 – 2 tsp dried origanum

10 – 20 black olives, pitted and chopped

- 1) Place the rice, water and salt in a pot, bring to the boil and then simmer for approximately 45 minutes or until done.
Add the rest of the ingredients and simmer gently for about 10 minutes and serve.

Red Thai Curry

Dry fry 1 onion (in a little water)

Add 1 Tablespoon curry paste (John West Red Thai Curry paste) and stir for 1-2 minutes.

Add 1 tin coconut milk/cream

To this add any combination of the following:

Chopped red, yellow, green peppers

Chopped green beans

Chopped broccoli

Chopped carrots

Chopped cauliflower

Or any other sturdy vegetables

Chicken (optional)

Add:

Juice of 1 lemon

2 teaspoons of raw honey

Salt to taste

Serve on a bed of hot steamed rice.

Smoothie Ideas:

Fruit Shakes: (depending on the size of the shake, it could be a whole meal, especially when you are in a rush or not so hungry)

- 2 – 3 bananas (frozen is nicest) with ½ glass soya milk blended in a food processor; add a few raisins or dates for a sweeter taste.
- 1 large mango blended with 2 or 3 frozen bananas and a little filtered water.
- 2 cups of watermelon with ½ glass of water combined in a blender
- 1 pineapple, ½ punnet of strawberries, 1-2 tsp honey, 2 cups of water all blended in a blender.

Protein Shakes:

- ½ cup of cashews grinded in a blender, add ½ pineapple and some orange juice and blend again for a delicious protein shake.
- ½ cup brazil nuts grinded in a blender, add two frozen bananas, 1 tsp of honey and 1 cup of water and blend all together.
- Almond fruit shake: ½ cup almonds blended to powder form, 1 cup of filtered water, 2 tsp of honey and ½ cup of any acid fruits (eg oranges, any berries, pineapple, nectarines etc) all blended together).

Quick Starch Meals:

1. Cook a cup of brown rice (with 3 cups of water. Dry stir-fry some veggies (eg 3 cups of combination of red peppers, baby corn, baby marrows and mushrooms.) Add olive oil after cooking and serve on the rice.
2. Cook brown rice or basmati rice as above. After the rice has been cooked, rinse in cold water and chill. Cut up all your favourite raw veggies, such as carrots, scallions, peppers, tomatoes, avocado, cut corn from the cob for a delightful sweetener etc. There is no limit to the veggies you can mix in, just choose your favourites and use a different variety each time you make it. It is good enough alone, however some herbal salts, or olive oil and lemon juice can also be added.
3. 1-1/2 cups brown basmati rice
½ cup pecans
1-1/2 cups celery
½ cup red onion
½ red pepper
½ yellow or orange pepper
1 small jar marinated artichoke hearts
1 can black beans rinsed and drained
Cook the rice in 3 cups of water, season with some herbal salt and lemon juice. Chop onions, pecans, celery, peppers, and onions. Cut marinated artichoke hearts into bite-sized chunks and include oil and seasonings. Add to cooked rice and mix well. This dish is delicious with a green vegetable salad and some cooked carrots.
4. Baked potato (bake in 220 oven) and serve with ratatouille (mixture of tomato, leeks, baby marrow, onion etc) or avo dip and a large salad.
5. Baked oven chips (60 min in 230 oven; shuffle after 30 minutes) and serve with a pesto or avo dip.
6. 2 cups brown Basmati rice
5 cups water
¼ cup raisins
¼ cup celery, sliced thin
½ cup apples, diced
2 tablespoons raw organic honey
Prepare rice as normal
Cool rice and add remaining ingredients to the rice. Serve at room temperature or chilled. ENJOY

BEST GRANOLA EVER:

6 cups of oats
1 ½ cups mixed raw seeds
1 ½ cups mixed raw nuts
1 cup desiccated coconut
2 tsp. dried ginger
2 tsp. ground cloves
¾ cup honey
¾ cup olive oil
1 cup raisins
1 cup dried fruit mix

Mix together oats, seeds, nuts, coconut, ginger, cinnamon, cloves in a large oven tray

Heat the honey and olive oil over a gentle heat and stir this into the oats mixture.

Toast the muesli in a warming drawer or @ 70 C in your oven for about 3 hours, until light golden brown. Remember to stir the mixture every 30-45 minutes

Add raisins and dried fruit as soon as you take the muesli out of the oven.