

# Wholehearted and Healthy

## AUTOIMMUNE PROTOCOL FOOD REINTRODUCTION GUIDELINES

ONCE YOU HAVE COMPLETED A MINIMUM OF THIRTY DAYS THE AUTOIMMUNE PROTOCOL ELIMINATION PHASE, YOU MAY START NOTICING MEASURABLE IMPROVEMENTS IN YOUR HEALTH AND WELLBEING. IT IS UP TO YOU TO DECIDE WHEN YOU ARE READY TO START REINTRODUCING FOODS, AND YOU MAY WANT TO EXTEND THE ELIMINATION PHASE TO MAXIMIZE THIS PERIOD OF HEALING AND REPAIR, BUT YOU MAY BE READY TO GIVE A FOOD REINTRODUCTION A TRY.

BEFORE YOU TRY ADDING BACK A FOOD, ENSURE THAT YOU SEE MEASURABLE IMPROVEMENT IN YOUR HEALTH, WITH NOTICEABLE ALLEVIATION OF SYMPTOMS. ALLOW FOR SUFFICIENT HEALING BEFORE YOU EMBARK ON FOOD REINTRODUCTIONS, BECAUSE IF YOU START TOO SOON, YOU MAY HAVE NOTHING TO GAUGE YOUR REACTION AGAINST. WHEN ITS TIME TO BEGIN THE REINTRODUCTION PROCESS, FOLLOW THESE GUIDELINES:

1	CHOOSE A FOOD TO REINTRODUCE AND PLAN TO EAT IT A COUPLE OF TIMES IN ONE DAY
2	EAT A SMALL PORTION OF THE CHOSEN FOOD, SUCH AS ONE SPOONFUL OF THE ITEM, WAIT 15 MINUTES, AND IF YOU DON'T NOTICE ANY SYMPTOMS, TAKE ANOTHER SMALL BITE
3	IF YOU DON'T EXPERIENCE ANY REACTIONS AFTER ANOTHER FIFTEEN MINUTES, EAT A LITTLE LARGER PORTION OF THE FOOD, PERHAPS HALF A CUP
4	LET SEVERAL HOURS GO BY, STAYING MINDFUL OF ANY SYMPTOMS OR UNEXPECTED REACTIONS
5	IF YOU DON'T EXPERIENCE ANY NOTICEABLE SYMPTOMS, EAT A NORMAL SERVING OF THE FOOD, EITHER BY ITSELF OR ENJOYED WITH OTHER FOODS
6	TO BE SURE YOU CAN TOLERATE THE CHOSEN FOOD, AVOID FURTHER CONSUMPTION FOR THE NEXT THREE DAYS TO A WEEK. IN THE MEANTIME, LOOK OUT FOR DELAYED REACTIONS. ABSTAIN FROM REINTRODUCING OTHER FOODS DURING THIS TIME.
7	IF YOU DO NOT HAVE ANY REACTIONS, YOU MAY INCLUDE THIS FOOD AS PART OF YOUR REGULAR DIET

PAY ATTENTION TO ANY REACTIONS TO FOOD AS YOU GO THROUGH THIS PROCESS. THIS MIGHT INCLUDE A WORSENING OF YOUR AUTOIMMUNE SYMPTOMS, SUCH AS HEADACHES, LACK OF ENERGY, SLEEP PROBLEMS, DIGESTIVE DISTRESS, BRAIN FOG, DIZZINESS, JOINT OR MUSCLE PAIN, SKIN RASHES, ACNE, OR MOOD SWINGS.

REACTIONS MAY BE IMMEDIATE, OR THEY COULD SHOW UP A DAY OR SO AFTER THE FACT. IF YOU ARE UNSURE THAT A RETURNING SYMPTOM IS ASSOCIATED WITH THE FOOD YOU ATTEMPTED TO REINTRODUCE, TRY KEEPING

A FOOD JOURNAL. DOING THIS HELPS TO KEEP TRACK OF WHAT YOU HAVE EATEN, AND HOW YOU HAVE FELT THROUGHOUT THE DAY. IT CAN BE BENEFICIAL TO MAKE A NOTE OF YOUR EMOTIONS, ENERGY LEVEL, SLEEP QUALITY, CURRENT STRESSORS, EXERCISE, OR WHATEVER ELSE MIGHT FEEL RELEVANT AT THE TIME.

FOOD REINTRODUCTIONS NEED TO BE DONE IN STAGES, TRYING OUT THE SAFER FOODS IN STAGE ONE BEFORE PROCEEDING TO THE FOLLOWING THREE STAGES. INTRODUCE FOODS ONE AT A TIME, AND COMPLETE ONE STAGE BEFORE MOVING ON TO THE NEXT. YOU ARE MOST LIKELY TO BE ABLE TO REINTRODUCE MOST OF THE FOODS IN STAGE 1 AND THE LEAST FOODS IN STAGE 4.

STAGE	FOODS
STAGE 1	EGG YOLKS LEGUMES WITH EDIBLE PODS FRUIT AND BERRY-BASED SPICES SEED-BASED SPICES SEED AND NUT OILS GHEE FROM GRASS-FED DAIRY
STAGE 2	SEEDS NUTS (EXCEPT FOR CASHEWS AND PISTACHIOS) COCOA OR CHOCOLATE EGG WHITES GRASS-FED BUTTER ALCOHOL
STAGE 3	CASHEWS AND PISTACHIOS EGGPLANT SWEET PEPPERS PAPRIKA COFFEE GRASS-FED RAW CREAM FERMENTED GRASS-FED RAW DAIRY (YOGURT OR KEFIR)
STAGE 4	OTHER DAIRY PRODUCTS (GRASS-FED WHOLE MILK AND CHEESES) CHILI PEPPERS TOMATOES WHITE POTATOES OTHER NIGHTSHADES AND NIGHTSHADE SPICES WHITE RICE LEGUMES (SOAKED AND SPROUTED) GLUTEN-FREE GRAINS (SOAKED AND SPROUTED)