

The Diet Detective Method

With Specialist Food Sensitivity Dietician Joan Breakey

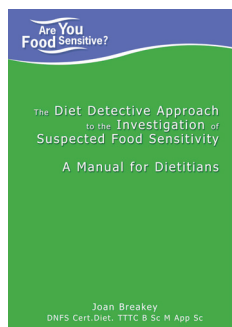
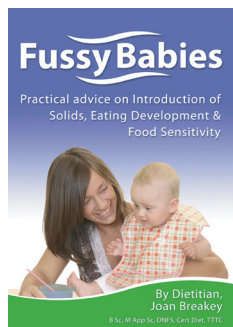
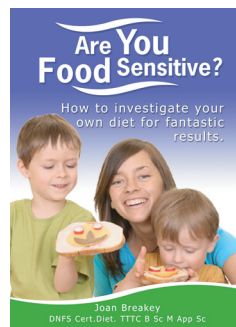
Find out how your sensitivity to food could be linked to common health issues like: Eczma, Headaches & Migraine, ADHD, Irritability, Tummy aches, Irritable Bowel Syndrome, & others



The **Diet Detective method** is a process of working from symptoms that you've clarified you want to investigate, using your family sensitivity history. This means asking people in your family if they have any of the various symptoms from the list of food sensitivity related ones and from that taking note of foods or chemicals they suspect are affecting the symptoms, such as a grandma who reacts to chocolates or a parent who gets gut ache after spice. You add that information to the low additive, low natural chemical diet that excludes all the foods, chemicals and additives that we know food sensitive people have reacted to in the past. We combine these two to make a family elimination diet. So in essence we now have a diet that is most likely to be workable for you in your family.

You stick to that for diet for 4 weeks until your system has cleared and then you begin food challenges to find out which groups of foods and chemicals you react to. Gradually over weeks you test foods one at a time to check for adverse reactions and you end up on your own individual diet. A diet that works for you, where you cut out or in some cases you still get good result by just limiting them.

For more information on the Diet Detective Method and to find out how you may be able to get relieve from food sensitivity related symptoms visit www.foodsensitivitypro.com



A range of food sensitivity books are available at www.foodsensitivitypro.com

FoodSensitivityPRO

Reason for Diet Investigation

- Symptom checked medically
- Diet suspected

Family Sensitivity History

- Lists food sensitive symptoms in family
- Provides clues of sensitivities in 3 generations

Low Additive, Low Natural Chemicals Diet

- Additives and chemicals known to cause reactions
- Information from research from all around the world

Family Suspect Foods, Inhalants & Chemicals

- Much of what you need to know is available from your family e.g. Grandma getting headaches from chocolate

The Family Detective Diet

- The 'Family Elimination Diet'
- Suspect chemicals from the research plus family knowledge

Food Challenges

- Answer the question 'Is food sensitivity present?'
- Lead to each person testing foods one at a time

Individual Detective Diet

- Excluding only what is necessary
- Some foods needing only to be limited
- Gradual expansion of the diet
- Diet that can be managed in a way that fits into your lifestyle