

# 30 - 90 DAY ELIMINATION DIET

## **BALANCE** CHIROPRACTIC

Inflammation plays a significant role in diseases like neuropathy and disc issues. To accelerate your recovery, temporarily remove inflammatory foods from your diet. Even though it might be challenging, a minimum of 4 weeks is crucial based on research and experience. Consider cutting out your favorite foods as well to prevent sensitivity from prolonged exposure.

The list below is the foods to **stay away** from:

### **VEGETABLES:**

white potatoes  
eggplants  
bell peppers  
tomatoes

### **FATS / HERBS / SPICES:**

margarine  
butter  
processed oils  
salad dressing  
spreads (mayonnaise,  
mustard, ketchup, relish)  
barbecue sauce  
soy sauce  
vinegars (Apple Cider  
Vinegar is ok)  
cayenne pepper  
chili peppers  
red pepper flakes  
paprika

### **NUTS & SEEDS:**

ALL (except coconut)

### **FRUITS:**

lemon  
lime  
orange  
grapefruit  
kumquat  
pomelo

### **DAIRY:**

milk  
all cheese (cream,  
cottage)  
yogurt  
butter  
ghee  
ice cream  
creamers  
chocolate

### **EGGS:**

ALL

### **LEGUMES:**

ALL

### **SWEETENERS:**

ALL (except monk fruit  
and stevia)

### **PROTEINS:**

bacon  
hotdogs  
spam  
anchovies  
deli meat  
shellfish

### **CARBS:**

brown rice  
white rice  
corn  
barley  
spelt  
kamut  
rye  
oats  
all gluten products

### **BEVERAGES:**

alcohol  
coffee  
non-herbal teas  
soda

These foods are known to impact your health. They have been directly traced to many chronic health conditions such as leaky gut syndrome, candida infections, small intestinal bacterial overgrowth (SIBO), eczema, and many more.



# APPROVED FOODS

## **BALANCE** CHIROPRACTIC

### VEGETABLES:

artichoke hearts	kale
arugula	leeks
asparagus	mushrooms
avocado	mustard greens
bamboo shoots	napa
beet greens	okra
bok choy	onions
broccoli	pumpkin
brussel sprouts	red readishes
cabbage	romaine lsttuce
carrots	scallions
cauliflower	spaghetti
celery	squash
chicory	spinach
collard greens	sweet potato
cucumbers	swiss chard
fennel herbs	water chestnuts
green onions	zucchini
iceberg lettuce	

### FATS / HERBS / SPICES:

avocado oil  
basil  
coconut oil  
cilantro  
cumin  
dill  
fresh pepper  
garlic  
ginger  
italian herb  
olive oil  
oregano  
parsley  
rosemary  
sea salt  
thyme  
tumeric

### FRUITS:

apples  
apricots  
blueberries  
cherries  
cranberries  
guava  
melons  
papaya  
peaches  
pears  
plums  
pomegranate  
raspberries  
strawberries

### SWEETENERS:

monk fruit  
stevia

### PROTEINS:

beef  
buffalo  
chicken  
elk  
fish  
lamb  
turkey  
veal  
venison  
wild game

### CARBS:

*\*gluten-free\**  
amaranth  
millet  
quinoa  
wild rice

### BEVERAGES:

broth (bone, chicken, &  
vegetable)  
coconut milk  
coconut water  
herbal teas (Rooibos,  
peppermint, etc...)  
unsweetened rice  
milk  
water