



21 Day Food Intolerance Cleanse

Do you have a favorite food that you **HAVE** to have to have or can't stop eating? Do you feel tired, bloated and drained **ALL** the time? These may be signs of a food addiction or food intolerance. And if you're thinking, "Okay, so what's the big deal?" Then you should know that it takes only **ONE** food to completely destroy your chances of losing weight for good.

Many times the foods that we think we **LOVE** the most are actually the foods that our bodies have a sensitivity to or intolerance to, keeping us fat, tired and depressed. Crazy huh?!

When we eat a food that we have an intolerance or sensitivity to it causes an inflammatory reaction and floods our body with chemical. And it's the chemicals that our body releases that we can become addicted to, and could be keeping us from losing weight. Not to mention causing us to be tired, and a cascade of other symptoms. One reason is that our immune system can attack the food much like it would attack a germ, putting tax on the whole body and draining your energy.

Food allergies and intolerances are much more common than most people realize. Millions of adults and children suffer from allergic reactions to food and do not know it because the symptoms can be hard to diagnose. The reason it is so difficult to identify if you have a food intolerance is because there are so many different symptoms, and the symptoms are different for everyone. Also, there is often a delayed reaction from eating the food, so you may eat wheat one day and feel fine, but then the day after you feel bloated and tired.

It's easy to know if you have a peanut or shellfish allergy that sends you to the emergency room every time you eat it... your body is clearly telling you that you should **NOT** eat these foods. But more common allergies are really more like "food sensitivities" and because the symptoms are bloating, poor digestion, headaches, lethargy, depression and weight gain, most people don't think it's caused by the food they've been eating for their entire lives... they just think, "There must be something wrong with me."

The most common foods that people have a sensitivity or intolerance to are dairy, wheat/ gluten, and soy. (gluten is the portion of the wheat that causes the problems, and it also found in other gluten grains). These are the foods that often end up being "trigger" foods for people, along with sugar. One sign that you may have an intolerance to a food, is that when you eat it, you want more of it. Eating it doesn't ever seem to get rid of the craving for the food, it just triggers more cravings.

When people don't know that it's a food intolerance at the root cause of their health issue, they usually blame it on their slow metabolism or their bad genetics and they just live with it. Once you have eliminated these reactive foods from your life, you will be amazed at how quickly your energy and health will increase and the weight will effortlessly fall off. Your body will thank you for returning it to its natural state of health and radiant health.

The good news, is that if you can identify your food addictions and intolerances, you can also take control back of your eating and health.

Disclaimer: The entire contents of this handout are based upon the opinions of Rose Cole, unless otherwise noted. The information in this handout is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Rose Cole and her community. Rose encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.



Symptoms causes by food intolerances:

Acne/skin breakouts
Anxiety
Gas/Bloating
Slow metabolism
Depression
Headaches
Lethargy
Weight gain
Digestive issues
Cravings for food
Binge eating

What to do if you suspect that you have a food intolerance:

Do a 21 day Food Intolerance Cleanse!

1. Simply remove the foods completely from your diet that you suspect you have a food intolerance to for 21 days straight.
2. After the 21 day keep a food journal as you slowly add in one of the foods at a time. Make sure to write down each day what you eat and how you feel. Remember, there is often a delayed reaction to the problematic food, so look for patterns in your energy and symptoms to correlate to certain foods.
3. Then you can decide if it is worth the health benefits to leave the food out of your diet.

You can also do saliva testing to see if your body is making the antigens to the suspected food intolerances. This is a simple and inexpensive at-home test. Contact me at info@wellnesswithrose.com for more information about saliva testing.

Disclaimer: The entire contents of this handout are based upon the opinions of Rose Cole, unless otherwise noted. The information in this handout is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Rose Cole and her community. Rose encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

What Foods To Eat During the Cleanse

Good Foods:

Make as many of these organic as possible

All Herbs
[All Sea Vegetables](#)
 All Vegetables, Except Potatoes
 Avocado
 Beans
[Bee Pollen](#)
 Beets
 Brown Rice
 Carrots*
[Raw Chocolate \(Unsweetened & Dairy-free\)](#)
[Clearvite-SF](#)
 Coconut
 Coconut Oil

Corn*
 Eggs
 Fish
 Ghee (Clarified Butter)
 Goji Berries
 Grape Seed Oil
[Green Life Smoothie Mix](#)
[Hemp Seed Protein/Powder](#)
[Incan Berries \(Golden Berries\)](#)
 Irish Moss
 Lemon and Lime
 Lentils
[Maca](#)
[Miracle Noodle Brand Pasta](#)

[Nut/Seed Butter](#)
 Nuts
 Olive Oil
[Organic Free-Range Chicken](#)
[Organic Free-Range Turkey](#)
[Organic Grass-Fed Beef](#)
[Organic Grass-Fed Lamb](#)
 Quinoa
 Sashimi
 Seeds
 Tomatoes
[Wild Caught Salmon](#)
 Yams*

**Limit to 1/2 cup per serving*

Foods to Avoid:

Agave Nectar
 Alcohol
 All Fried Foods
 All Fruit not on Good Foods list
 All Grains not on Good Foods list
 Artificial Sweeteners
 Breads
 Breads
 Buckwheat
 Candy
 Cereal
 Cheese
 Cream Sauces
 Dairy
 Evaporated Cane Juice

Exekiel Bread
 Flour
 Flour Tortillas
 French bread
 Fructose
 Fruit Juice
 Fruits
 Grade B Maple Syrup
 High Fructose Corn Syrup
 Honey
 Hydrogenated Oils
 Millet
 MSG: Monosodium Glutamate
 Oatmeal
 Potatoes

Raw Cane Sugar
 Seitan
 Soy
 Sucrose
 Sugar
 Tortillas
 Trans Fats
 Vinegar
 Wheat Bread
 Wheat Pasta
 White Bread
 White Flour
 White Rice
 Yogurt



Symptoms Of Cleansing And What You May Feel During And After A Cleanse

Most Commonly Reported Positive Effects

DURING The Cleanse:

Fat loss
Less bloating
Clearer skin
Less craving for sugar / food
Increased sense of taste (healthy food starts tasting better)
Increased energy
More consistent energy
More regular bowel movements
Increased sense of wellbeing
Elevated mood/less depression
Lower cholesterol
Better sleep
Old memories / emotions resurfacing

Most Commonly Reported Positive Effects

AFTER The Cleanse:

Fat loss
Less bloating
Clearer skin
Less craving for sugar / food
Increased sense of taste (healthy food starts tasting better)
Increased energy
More consistent energy
More regular bowel movements
Increased sense of wellbeing
Elevated mood/less depression
Lower cholesterol
Better sleep
Old memories / emotions resurfacing

Most Commonly Reported Negative Effects

DURING The Cleanse:

(these symptoms pass after a day or two)
Headaches
Flu / Cold-like symptoms / Chilling
More emotionally sensitive
Lethargic / Low energy
Diarrhea/ Constipation
Gas / Bloating
Body odor / Bad breath
Skin breakouts / Rashes
Irritable
Sporadic sleep
Old memories / emotions resurfacing
Mucus drainage
Allergies
Sinus Issues
Excess Mucus

Most Commonly Reported Negative Effects

AFTER The Cleanse:

Although you may experience negative effects during the cleanse, we have received no reports of negative effects *after* the cleanse is over.

Sometimes feeling worse means you are actually getting better.

These detox symptoms are called a “healing crisis” and usually only last 2–3 days of the cleanse or fast. When a person is cleansing or detoxing his body, it is common to experience these different symptoms. Our bodies clean from the inside out. Sometimes we take a step back before we take a leap forward in our health. Many times people experience no symptoms. Every time you do a cleanse your body will react differently.

HAPPY CLEANSING!

Disclaimer: The entire contents of this handout are based upon the opinions of Rose Cole, unless otherwise noted. The information in this handout is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Rose Cole and her community. Rose encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.