

Week 1 - Nutrition

Nutritional Plan

In order to help you along the course to becoming the best version of yourself, we need to start to put the correct building blocks in place so that we begin to consult with each of the Four Pillars.

The first of these is nutrition. Its true what they say (to an extent) “You are what you eat”.

This small e-book will offer you an insight into what you should be doing as the base minimum in order to have good, solid, nutritional foundations ready to go.

This does not mean that is a “diet”, or a “one size fits all” approach. Instead, we find that when people adhere to these changes we get the most change. Tweaks can then be made further along the line.

Nutrition is key to your recovery, especially if you suffer with an Autoimmune condition or chronic pain.

This is due to the likely presence of inflammation, leaky gut, hormonal imbalances, blood sugar imbalances, altered brain function, micro and macro nutrient deficiencies and immune system dysregulation when you don't have the correct nutritional plan.

What is the Plan?

The plan is to use the principles of elimination and later re-introduction. Initially, foods that may be causing symptoms are taken out of the diet. These foods may be contributing to inflammation in the gut, or altering the bacterial balance in the gut. Phase one is to eliminate all pro inflammatory foods for 4-6 weeks, then start to re-introduce foods to test for your compatibility.

Therefore focus will be upon a key few areas:

- 1) Nutrition Density – In order for the immune system to be optimal, we need a high density of nutrients in our diet. This will give us the tools and molecules we need to heal properly from the inside out.
- 2) Blood sugar balance – This is a critical and often overlooked area of any nutritional plan. Changes in blood sugars (riding the blood sugar wave) can lead to high levels of inflammation in the body, hormonal imbalances and other issues.
- 3) Gut Health – Gut inflammation and imbalances in bacteria are imperative to health. Lots of hormones are made in the gut, and 80% of the Nervous System lives here. It also communicates with the Brain and plays a vital role to our well being.

Foods to eat

Most organic vegetables: Include as much variety as possible, making sure to include the full color spectrum; artichoke, asparagus, beets and their greens, pak choi, broccoli, cabbage, carrots, cauliflower, courgettes, celery, chives, cucumbers, garlic, kale, leeks, lettuce, mustard greens, olives, onions, parsley, radishes, rhubarb, shallots, spinach, squash, sweet potatoes and yams (not true potatoes), watercress, zucchini, etc.



Quality meats: beef, chicken, pork, lamb, turkey. Select free range chicken, turkey, and lamb. Chicken has high Omega 6 content; eat in moderation, and if you consume more, also eat a lot of Omega 3 oils to compensate for it.

Try to select Beef that is grass fed.

Organ meats and offal: heart, liver, kidney, and bone broth. An important concentrated form of nutrients including vitamins, minerals, healthy fats, and essential amino acids.

Glycine-rich foods: Include foods containing connective tissue, organ meat, joints, skin, or bone broth.

Fish and shellfish: Seek out ocean-caught cold water, fish with high fat content.

Quality fats: Grass-fed animal fats, fatty cold water fish, olive oil, coconut oil, Butter (Kerrygold)

Fruits: apples, apricots, avocados, berries, cherries, grapefruit, lemons, mangos, peaches, pears, plums,

Probiotic and fermented foods: sauerkraut, kimchi, pickled ginger, fermented cucumbers, coconut yogurt, kombucha, water kefir, coconut milk kefir, supplements, etc.

Mushrooms: Mushrooms are generally fine for most individuals. However, some people with autoimmune conditions may react.

In moderation: fructose (in fruit and starchy vegetables), Honey,

Grey areas depending on individual sensitivities: Beans, Legumes, Lentils.

Whole bean coffee in moderation (caution: many instant coffees show gluten contamination).

Sugars: Some people have strong reactions to even small amounts of sugars; monitor your response.

A note on fatty acids:

Consuming a proper ratio of omega-6 to omega-3 fatty acids is key for minimizing inflammation in the body. Too much omega-6 is highly inflammatory, so it's important to get enough omega-3 (anti-inflammatory) to compensate. The average ratio is close to 25 parts omega-6 to 1 part omega-3, resulting in high levels of inflammation. Researchers recommend a ratio of omega-6 to omega-3 fatty acids that ranges from 1:1 to 4:1 for optimal health and prevention of disease.

This means avoiding common Omega 6 foods such as Vegetable Oils, as well as eating Nuts and seeds in more moderation.

Foods to avoid

Grains: barley, bulgur, corn, couscous, oats, rice, wheat, wheat germ, pasta.

Pseudo-grains: amaranth, buckwheat, chia, quinoa.

Nuts: All nuts and nut butters including peanuts.

Seeds: chia, cocoa, flax, sesame, sunflower, instant coffee (many brands tested for gluten contamination).



Seed-based spices: anise, annatto, celery seed, coriander, cumin, fennel, fenugreek, mustard, nutmeg, poppy seed, sesame, allspice, star anise, caraway, cardamom, juniper, peppercorns, sumac, whole vanilla bean.

Dairy: butter, cheese, cow milk, creams, frozen desserts, goat milk, margarine, mayonnaise, sheep milk, whey, yogurt. (Remember – this is just for 4 weeks, re-introduce later based on tolerance).

Eggs: During reintroduction, introduce yolks and whites separately, yolks first.

Beans: black beans, lentils, peanuts, peas, pinto beans, etc., and all soy products (edamame, miso, soy milk, soy protein, soy sauce, tempeh, tofu, soy lecithin, etc.).

Nightshades: aubergine, goji berries, sweet and hot peppers, hot pepper sauces, tomatoes, and potatoes (sweet potatoes and yams are okay – not in the same family).

Nightshade-based spices: cayenne, chili powder, paprika, red pepper, curry, and spice blends that contain these.

Refined and processed oils: including vegetable oils.

Sugars: agave, chocolate, corn syrup, high fructose corn syrup, sucrose, etc.

Stevia and non-nutritive sweeteners: acesulfame potassium, aspartame, neotame, and sucralose.

Emulsifiers, thickeners, and other food additives: guar gum, carrageenan, xanthan gum, cellulose gum, soy lecithin.

Alcohol: all alcohol.

Gluten-containing compounds: barbecue sauce, cold cuts of meat, condiments, emulsifiers, fillers, chewing gum, hot dogs, ketchup, soy sauce, lunch meats, malt and malt flavouring, malt vinegar, modified food starch, monosodium glutamate, non dairy creamer, processed salad dressings, teriyaki sauce. Beware of non-specific ingredients like “natural flavourings” or “spices”.

Potential gluten cross-reactive foods: dairy, oats, yeast, instant coffee, milk chocolate, millet, soy, corn, rice, potato.

NSAIDs: non-steroidal anti-inflammatory drugs such as aspirin and ibuprofen.

Other: canned foods, processed foods, pea protein, hemp protein, licorice root (DGL is okay), immune stimulants such as chlorella and spirulina.

Tips and Tricks

Focus on eating 6 servings of vegetables per day.

Eat plenty of essential fatty acids.

Eat plenty of fermented foods to support gut healthy gut flora.

Eat frequently enough to avoid energy crashes caused by low blood sugar.

Stay hydrated with plenty of fresh, filtered water.



Try to strictly avoid foods on the “Foods to avoid” list. Even just a small snack or a bite of these foods can trigger an immune reaction, inflammation, flare up if you suffer with an auto-immune disease. The cravings will pass quickly, especially as you start to feel and function better.

Lifestyle habits to help you get along

Get enough sleep: Aim for 8 hours per night, and more when possible.

Manage stress: What stressful factors can you reduce or eliminate from your life? What daily stress-reducing activities can you engage in?

Exercise: Light to moderate is good – avoid over-exerting yourself.

Maintain social connections: Many studies show that those who maintain healthy social connections are healthier, happier, and live longer.

Elimination/Reintroduction

This protocol is intended as an temporary short term elimination diet to reduce inflammation and immune responses, then a reintroduction protocol to determine food sensitivities and know the best foods for you. By reintroducing foods you are then able to find out if you are reactive to any of the foods.

When to reintroduce the foods often depends on the individual, but the most important thing is to wait for a marked improvement in symptoms. For some this may be as short as 30 days, other months.

This is because it can take some time to eliminate the low level inflammatory cycles that are so common In many people today. Also, don't forget, this is only one part of your overall puzzle.

Although diet is a huge factor in many peoples recovery from a whole host of different complaints, it may be a different contributor in different people. None the less, eating in this way is a sure way to find out if you have any food sensitivities that may be contributing to your symptom picture.

Stress levels, sleep quality, exercise level, nutrient intake and other factors may all contribute to your reactions to individual foods.

If you start to re-introduce food and then symptoms return, it may show that you are indeed sensitive to that food and you may need to eliminate it from your diet permanently.

Reintroduction:

1. Select the food to reintroduce. Plan to eat it two to three times in one day.
2. The first time you consume it, eat half a teaspoon or less. Wait fifteen minutes.
3. If you experience immediate symptoms, do not consume the food again.
4. If you have no immediate symptoms, eat one teaspoon of the food. Wait fifteen minutes, monitoring for symptoms.
5. If you have no immediate symptoms, eat a slightly larger bite.
6. Wait two to three hours and monitor for symptoms.



7. If you had no symptoms, eat a normal sized portion, either by itself or with a meal.
8. Do not eat that food again for three days, and do not reintroduce any other new or suspect foods during that time. Monitor for symptoms.
9. If you have no symptoms in the three day period, that food is potentially safe for you to eat.
10. To confirm that food, eat a bit of it every day for another week, and monitor closely for reactions. Food reactions typically come in two forms; a strong reaction that leaves no doubt, and a slower inflammatory response that builds slowly to become noticeable later. If you have no reaction after this week, you may add this food back into your diet. You may now move on to your next food reintroduction.

Symptoms can be represented by any change; digestive upset, mood changes, fatigue, pain, sleep issues, brain fog, skin rash, etc.

IMPORTANT: If you have a reaction to a food reintroduction, you must wait until those symptoms are completely gone before moving on to the next reintroduction.

General order of food reintroductions

Egg yolks first: Most people tolerate the yolks well; intolerance is more common to the whites. Research shows soy protein is transferred to eggs; soy is a common chicken feed, so if you are intolerant to soy, you may find soy-fed chicken eggs are reactive for you.

Seeds before nuts: One at a time and not mixed.

Dairy: Ghee, butter are first, followed later by milk and cheese.

Nightshades: These come last because they are the most common food intolerance for those with autoimmune conditions, and if you have an inflammatory reaction, it takes longer to calm down and continue with reintroductions. Be sure to reintroduce one vegetable at a time. You might react to all, or only to some.

Consider never consuming:

Tomatoes

NSAIDS (they disrupt gut health)

Grains/Gluten

Reintroduction of other foods depends on your individual health history and needs.

**If you have any questions, please do not hesitate to
get in touch with us at**

info@cardiffpainandperformance.com

