

Marcelle Pick's

Comprehensive Guide to

Resetting Your

DIGESTIVE SYSTEM



Thank you for your interest in improving your health. I have dedicated my career to helping women just like you find real solutions to uncomfortable symptoms. Digestive problems can be especially disruptive and uncomfortable, and all too often women think that there's nothing to be done about them. That's simply not true!

I know you want to feel better and live a happy and productive life – it's what we all want! This guide can help you take charge of your digestive health so that you can be productive at work and fully enjoy your time with family and friends. In this e-book, you'll find quick tips and simple strategies to soothe your gut and bring you peace of mind.

This guide is designed to bring you the most up to date, relevant information about gut health. I've worked for decades with women who are experiencing chronic digestive problems, and I've gained a lot of insight from their experiences. I've learned what works – and what doesn't! And I can assure you that living with digestive upset is **NOT** necessary.

You can find the help you seek if you're willing to put in a little time and effort, make some easy changes to lifestyle and diet, and try a new approach. What you've been doing so far hasn't worked, so what do you have to lose? Just the uncomfortable symptoms you've been managing for weeks, months, or even years.

Trust that your body can reset, and that you can get rid of the bloating, constipation, diarrhea, embarrassing gas and other digestive symptoms. When you give the plan in this e-book a try, you'll feel the results for yourself, and know that digestive difficulties are not a normal thing.

I've seen so many women on the brink of giving up, thinking their bodies will never heal and these symptoms are something they simply must learn to manage. But with the right support, your amazing body can certainly shift from distress to good health.

I've dedicated my career to changing women's health, one woman at a time. This is **YOUR** time, and I'm here to help you every step of the way.

To your best life,

Marcelle



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A Quick Look at Digestive Wellness

Having a healthy digestive system is the foundation of overall health. Eating healthy food is critical for good health, but if your body can't break down and absorb nutrients from that food properly, your health will still suffer. When your body doesn't have what it needs for prolonged periods of time it's nearly impossible for you to feel good and function properly.

That's why the number one thing you can do to get your health back on track is to address digestive wellness. One of the quickest ways to relieve your symptoms is to begin taking recommended supplements right now while you also make changes to lifestyle and diet to reset your digestive functioning.

Two Important Steps For Success

1

Add supplements to your daily routine **NOW**

I have been helping women heal their guts for more than three decades. This experience has taught me that the most important thing you can do to relieve digestive symptoms quickly is to add both a high-quality probiotic and a glutamine supplement to your daily routine.

I have both available in my shop on www.marcellepick.com. My supplements are fully tested and guaranteed, so you can have confidence that you are getting a quality product.

2

Explore an elimination diet to reset your digestive system

I have laid out a complete plan for changing your diet to restore digestive health. Even if all of the suggested changes won't work for you, implementing as many as you can will put you on the right path to digestive wellness.



What's Behind Your Digestive Symptoms?

It's no secret when your digestive system isn't working as it should. The uncomfortable, embarrassing signs are all too often crystal clear: gas, bloating, diarrhea, constipation and nausea, to name a few.

But where do these symptoms come from? What causes this gastrointestinal distress? There's no one answer, but there IS one essential truth: **NO** digestive upset is "normal."

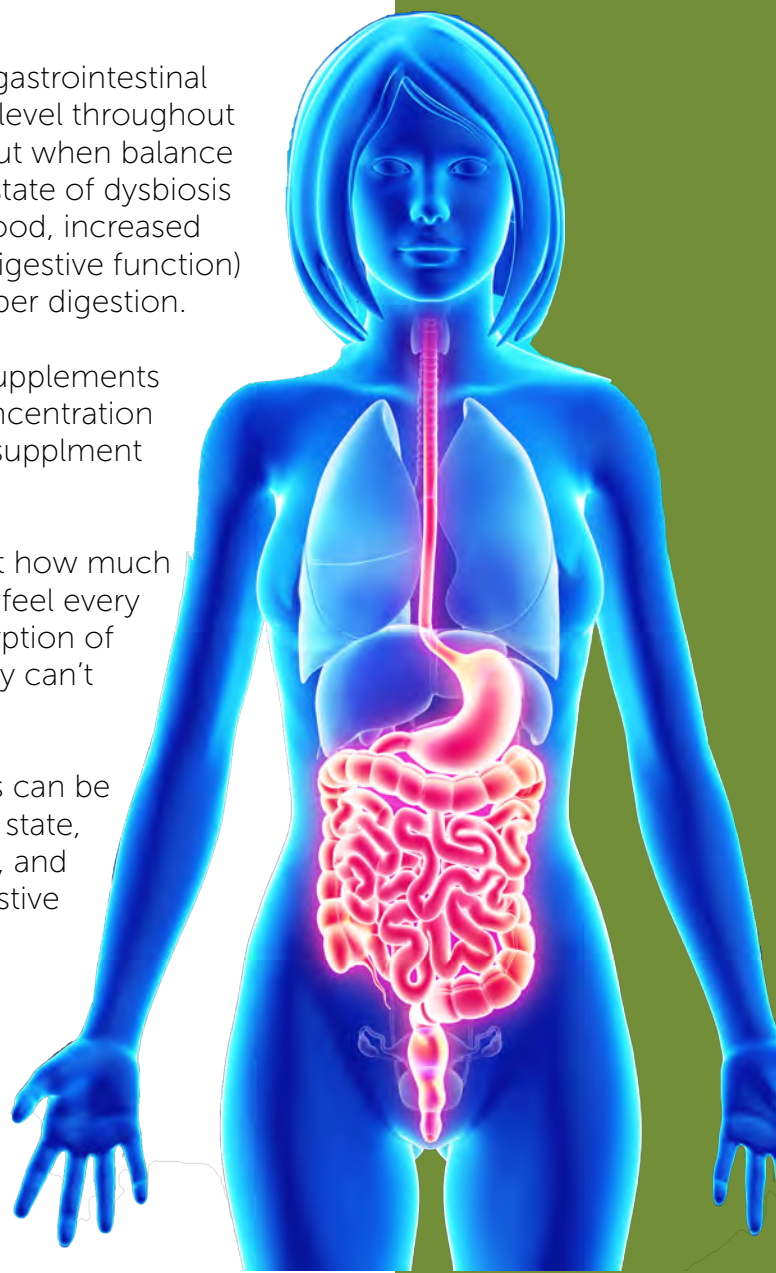
Women experience digestive problems twice as often as men, and factors that complicate the issue, such as fibromyalgia, migraines and heartburn, show up more in women as well. But that doesn't mean it's all "part of being a woman." Despite what many people (even some misinformed health care professionals) will tell you, your digestive symptoms are just that -- symptoms that let you know you have a problem!

If your digestive system is working as it should, your gastrointestinal (GI) tract keeps the balance of microbes at a healthy level throughout your system. That helps maintain proper digestion. But when balance is skewed, a lot can go wrong. You may end up in a state of dysbiosis (microbial imbalance) that causes poor digestion of food, increased growth of "bad" bacteria (the bacteria that impedes digestive function) and a dip in "good" bacteria which can help with proper digestion.

That's why a good probiotic is so important. These supplements contain multiple strains of beneficial bacteria in a concentration high enough to make a difference. The L-glutamine supplement will help heal the lining of your GI tract.

Far too many women are woefully uninformed about how much the health of the digestive tract impacts the way you feel every day. But digestive difficulties often lead to poor absorption of nutrients. And without the proper nutrients, your body can't maintain good health no matter how hard it tries!

When you have poor digestion, so many other things can be impacted, including weight, energy levels, emotional state, hormonal balance, your immune system functioning, and overall health. That's why having an imbalanced digestive system can make you feel so out of sorts.



The good news (yes, there IS good news here) is that contrary to popular belief, there are many simple steps you can take to support your digestive system and bring your GI function back to an optimal state. Not only does taking care of GI problems improve long term health, it can also make an immediate difference as your uncomfortable, embarrassing symptoms disappear.

Supplements That Help Heal Your Gut

When you combine my Glutamine supplement with my exclusive Biotic Support formula, you'll receive a powerful combination of ingredients designed to soothe the root causes of your digestive discomfort. Not only will your symptoms be relieved, but these products promote healing or your digestive system as well - so those uncomfortable symptoms won't come back!

Glutamine

The most plentiful amino acid in your body is L-glutamine. This important amino acid is important to metabolism, structure and proper functioning of the whole GI tract and related immune system components. L-glutamine feeds intestinal cells, and protects the mucosal lining of the intestines to protect against intestinal permeability.

When the intestinal lining is permeable, you're susceptible to food sensitivities and allergies, impaired immune functioning, chronic inflammation and dysbiosis. If you are under extreme psychological stress, even higher levels of glutamine are necessary in your intestinal tract.

For proper dosage and other important information about the supplements recommended here, visit www.marcellepick.com



L-Glutamine supports the integrity of your digestive tract to improve both absorption of nutrients and overall digestion

How Adding L-Glutamine Helps

Adding a high quality L-glutamine supplement will help alleviate and prevent irritation to your intestinal lining, as well as supporting GI tract healing. A healthy GI tract allows for better absorption of essential nutrients. My Glutamine supplement powder is an optimal form of this important amino acid. My powder is vegetarian, gluten and dairy free, and non-GMO.

There are no preservatives, artificial colors, sweeteners or flavors in this powder. As with all my supplements, the highest quality raw materials are used to create each batch, which are tested to ensure quality, just like pharmaceutical drugs.

Biotic Support

You've probably heard about probiotics, if only from yogurt commercials and labelling. But do you know what they really do? The word probiotic means "for life." And daily use of a probiotic is so beneficial for a full and healthy life. That's because probiotics are effective at keeping the beneficial bacteria in your gut at the proper levels in relation to the less desirable type of bacteria it shares space with.

My exclusive Biotic Support formula is a proprietary blend of microorganisms essential for your body to function properly. And with 5 billion organisms per dose, you're sure to feel the results quickly.

A high quality probiotic like my Biotic Support formula helps boost the beneficial bacteria in your gut.



My Biotic Support formula, like all my supplements, was designed just for me and manufactured in a facility validated by the NSF as meeting or exceeding the Food and Drug Administrations requirements for Good Manufacturing Practices.

This proprietary blend includes the following organisms:

- **L. acidophilus:** Aids in the digestion of lactose. Improves diarrhea, IBS, gut dysbiosis, and Crohn's disease.
- **B. bifidum:** Inhibits unhealthy gut flora. Improves diarrhea, IBS, and infection.
- **L. casei:** Helps regulate digestion. Prevents diarrhea, boost immunity, reduces inflammation, and acts as an antioxidant.
- **L. rhamnosus:** Improves allergies, asthma, and dermatitis.
- **L. reuteri:** Helps fight infection, improves gut health, IBS, and is anti-inflammatory.
- **B. breve:** Combats gastrointestinal infections, inflammation, and allergies.
- **B. longum:** Boost immunity, improves IBS, Celiac disease, and allergies.
- **S. thermophilus:** Smooths out digestion and improves skin.

These statements have not been evaluated by the Food and Drug Administration.
Biotic Support is not intended to treat, cure or prevent any disease.

How adding Biotic Support helps

The organisms in my Biotic Support formula work in conjunction with each other to improve digestion and help your body better absorb the essential nutrients it needs. Some of the specific reasons people use my Biotic Support include:

- To promote better absorption of vitamins, minerals, and other nutrients.
- To support digestion and regularity
- To decrease growth of "bad" bacteria.
- To keep the urinary tract healthy
- To help improve tolerance of lactose
- To reduce uncomfortable symptoms like bloating and gas
- To boost the natural immune functioning in the body

My Biotic Support doesn't contain any fillers, preservatives, sugar, artificial coloring, flavors or dyes - it's made from all natural ingredients! It's gluten free, dairy free, non-GMO and vegetarian.



Diet & Lifestyle Tips to Help Reset Your Digestive System

Examining lifestyle choices allows you to understand where digestive problems originate - and how to heal

Have you noticed that certain foods make you feel a certain way? Like that your head aches every time you drink milk or eat cheese or other dairy products? Do you feel like you need a nap after eating pasta? Are you bloated and gassy after eating peanuts? These are subtle signs that your body can't tolerate certain foods.

My Digestive Health Elimination Diet can help you determine which foods may be a problem for you as you eliminate the most common foods that cause symptoms, and reintroduce them slowly, one at a time. The foods you crave most often just might be the ones you should be avoiding altogether!

On the following pages, I'll give you some general diet and lifestyle tips as well. These can help you improve digestion, eliminate bloating, diarrhea, nausea, gas and other uncomfortable symptoms. When you notice how good you feel, it will be much easier to make dietary choices that maintain that feeling!



Feeling worse? Don't worry!

Many women feel worse before they feel better. The first week may be tough, but hang on - you can do it! These feelings shouldn't last too long, so be sure to call your health care practitioner if you feel lousy for too long - or if your symptoms continue to get worse.

Scheduling diagnostic tests can help you discover underlying issues, such as celiac disease, parasites, or chemical sensitivities.

Everyday Guideline for Improved Digestion

If you follow the tips below on a regular basis, you give your body the time required to break down and absorb nutrients properly. This leads to food being properly digested, which leads to feeling better long term.

Tips For Choosing Food That Promotes Healthy Digestion:

- Buy local, fresh, organic options as often as possible. Make sure you wash all produce thoroughly. If organic vegetables are beyond your budget, use a rinse to reduce pesticide exposure.
- Stop eating processed foods. This means anything that contains added sugar, trans fats (avoid the words hydrogenated or partially hydrogenated), refined flour, and anything artificial - sweeteners, dyes, flavorings or preservatives.
- Reduce the amount of alcohol and caffeine you consume. If you are used to having these daily, cut back slowly rather than trying to go "cold turkey."
- Explore the possibility of food sensitivities. So many women have sensitivity to food that they don't even know about. But if you pay close attention, you can discover how common allergens impact your body.
- Trying the Elimination Diet in this book will also help you discover foods that might be a problem for you.



My Elimination Diet
recommendations
and recipes begin
on page 18.

Pay Attention To How You Eat

So many people make the mistake of focusing solely on what they are eating, and never even consider how the way they are eating impacts their health.

Far too many women have habits that are counterproductive to improving digestion. So it's important to examine the habits you have around eating. One of the easiest ways to start getting your digestion back on track is to slow down and relax more while you are eating.

- Eat sitting down - at a table, not in your car! It's important to make eating your only focus. When you eat standing up, or while driving or working, you may eat far faster than you intend to. Distractions take away from your ability to eat mindfully, so turn off the TV, put your phone away, and focus on what you are doing.
- Chew your food completely. Slowing down will help you remember to chew thoroughly so that the digestive process can begin where it should - with your teeth and saliva. If you don't break food down well from the start, it ends up in large pieces in your digestive tract. When that happens, the digestive process is more difficult and your body is working much harder than it needs to. Start by noticing how quickly you are swallowing and putting the next bite into your mouth -- this along might help you slow down!
- Eat in a quiet, peaceful space. When there's too much stress and noise in your eating space, your digestion can be upset.
- Slow down! It bears repeating -- the time you spend eating is very important to proper digestion. You should be eating for at least 20 minutes per meal. Not only does this allow your digestive system the time it needs to work properly, but you may also recognize when you are full and avoid overeating.



- Enjoy a warm beverage with your meal. Sipping warm water or tea as you eat can help you slow down and aid in the swallowing process. However, you should avoid gulping drinks or “washing your food down.” You still need to chew well. If you are struggling with digestive imbalance, you might want to drink water in between meals instead of with them - this helps keeps the digestive process moving.
- Enjoy the experience! Eating is a pleasurable experience that should be savored, not rushed through. Notice the flavors of the food you are eating. When you are finished eating, sit and take some slow, deep breaths. Clearing the table can wait!
- Don't eat between meals. When you are dealing with digestive difficulties, it can be best to eat three meals, evenly spaced, to give your system time to process one meal before another begins. However, if you need to keep your blood sugar stable, continue snacking as recommended by your health care professional.
- Give fennel a try. Fennel tea, or a small handful of fennel seeds, can be very helpful in settling an upset stomach. For tea, use 1 tablespoon or fennel seeds per three cups of boiling water.



Lifestyle Tips For Healthy Digestion

- Practice calming exercise. Calming your central nervous system with mindful, restorative exercise such as yoga or t'ai chi aids digestive health.
- Get enough quality sleep. Sleeping 7 to 9 hours a night is vital for good health. Don't jump out of bed the moment you wake up. Instead, lie quietly and plan your intention for the day.
- Don't ignore your emotions. Stuffing your emotions down causes stress, which can lead to stalled digestion. It may not be easy to face difficult emotions, but it's well worth it in the long run. Your digestive system will thank you!
- Give up cigarettes. Smoking play a role in many common digestive issues like ulcers and heartburn, as well as potentially damaging your liver. Reducing how much you are smoking - or quitting entirely - will make a large difference in how your digestive system functions.

The Importance of Protein, Carbohydrates and Fats

Although I keep mentioning an Elimination Diet, it's important that you recognize that I am NOT suggesting that you cut out any of the necessary things you need for optimal health. Protein, carbohydrates and fats each have an essential role to play, both for digestion and overall health. An Elimination Diet is a short-term tool for gathering information, not a fad diet.

Following are some specific guidelines for incorporating these essential components into your regular diet.

Protein

- Stay away from canned, smoked and prepackaged meat or fish.
- Choose organic, grass-fed meats whenever you can. For fish, choose organically farm-raised or wildharvested.
- Be sure you are eating enough protein. Women, on average, need 60 to 70 grams of protein per day. Eating protein with every meal and snack is important.
- Plant proteins are a great choice. Nuts, seeds and beans, assuming you have no food sensitivity to these, are a great option. As with all food, be sure to chew them well. To enhance digestion of beans, presoak them and cook them with a piece of kombu (a type of seaweed).



Carbohydrates

- Carbohydrates, healthy fats and proteins should all be eaten together to help avoid quick blood sugar changes.
- When beginning to heal the digestive system, I recommend that women avoid gluten. That means staying away from wheat, rye, oats and other grains that contain gluten. Later, you will reintroduce gluten. What happens will be very telling. If your symptoms return, it may be best for you to follow a gluten-free diet long term.
- White sugar, white flour, and refined grains are NOT the types of carbohydrates your body needs.
- Stop eating sugar, sweets and junk food as much as possible. Additionally, cut back on alcohol as much as possible - it's full of sugar!
- Complex carbohydrates, such as starchy vegetables, fresh fruits, and legumes are best. You can also eat gluten-free grains like quinoa, wild rice and amaranth. If those feel like too much fiber, try white basmati rice.



Fats

- Every meal should incorporate some healthy fats. Try to eat the fattiest portion of your meal first to feel satisfied more quickly and prevent overeating.
- Avoid anything that says hydrogenated or partially hydrogenated oil on the label.
- Increase intake of Omega-3 fatty acids -- these are the healthiest fats.
- Don't eat foods that are deep fried (try an air fryer instead!). Use low temperatures to cook fatty meats and fish, to avoid damaging their fats.



Get started on your Elimination Diet

This is where the hard work begins. For two weeks, you'll cut the seven most common digestive irritants from your diet. Often, these are foods you are used to eating often, so it can feel difficult to eliminate them, even for a short period of time. But I know you can do it!

When you cut these foods out for 14 days, you'll feel dramatic improvement in your digestive symptoms and it helps you discover where your digestive issues originate.

Trust me, it's worth it!

For two weeks, eliminate these seven common digestive irritants:

- Dairy
 - Soy
 - Eggs
 - Gluten
 - Corn
 - Peanuts
 - Citrus
- (this is a less common problem, but worth looking at)



An Elimination Diet can seem overwhelming and intimidating. But remember, it's only for two weeks, and then you'll start reintroducing foods. And I believe you'll discover that the foods you can eat are delicious and satisfying. You just have to get used to avoiding certain things. It's important to note that some women are also sensitive to yeast. The choices I have outlined in this two-week Elimination Diet are not yeast free, but if you know you have an issue, reach out for suggestions!

Meal planning on an Elimination Diet

The following chart offers ideas to help you plan and prepare delicious meals while following the Elimination Diet. Simple meals often work best, with fresh, natural ingredients. Be sure you have protein at every meal, along with fats and healthy carbohydrates.

 Herbs & Spices	ELIMINATION DIET MEAL PLANNING	 Vegetables
<p>Basil (can be irritating to some digestive systems), Marjoram, Mint, Oregano, Paprika, Fennel, Peppermint, Rosemary, Savory Sage, Tarragon, Thyme, Cardamon, Ginger, Turmeric, Cilantro, Cinnamon, Bay leaf, Coriander, Dill, Mustard Powder, Mustard seed, Parsley, Cream of Tartar.</p>		<p>Artichokes, Bell peppers, Eggplant, Endive, Escarole, Leaf lettuce, Tomatoes, Cucumber, Squash, Asparagus, Pumpkin, Leeks, Onions, Zucchini, Arugula, Avocado, Broccoli, Brussels sprouts, Cabbage, Carrots, Cauliflower, Celery, Collard Greens, Kale, Mustard greens, Parsnips, Turnips, Radishes, Beets, Beet greens, Spinach, Swiss chard, Garlic (garlic can irritate some digestive systems)</p>
 Nuts/Seeds/Legumes	 Fruits	 Animal-Based Protein
<p>Sunflower seeds, Sesame seeds, Cashews, Almonds, Nut butters (not peanut), Pecans, Black beans, Kidney beans, Garbanzo beans, Lentils, Lima beans, Peas, Pinto beans, White beans</p>	<p>Blueberries, Raspberries, Blackberries, Strawberries, Bananas, Pineapple, Pomegranate, Kumquats, Kiwifruit, Papaya, Cantaloupe, Dates, Honeydew, Mangos, Watermelon, Apples, Apricots, Cherries, Nectarines, Peaches, Pears, Plums, Prunes, Grapes, Rhubarb, Cranberries.</p>	<p>Beef, Chicken, Lamb, Turkey, Pork, Buffalo (bison), Goat, Duck, Goose, Quail, Shrimp, Crab, Clams, Lobster, Crawfish, Mussels, Snapper, Sole, Trout, Catfish, Bass, Cod, Flounder, Halibut, Herring, Perch, Salmon.</p>
 "Dairy"	 Sweeteners	 Acids
<p>Coconut milk, Coconut yogurt, Hemp milk, Sunflower milk, Rice milk, Almond milk, Unsweetened is best for all.</p>	<p>Stevia, Coconut sugar, Date sugar, Molasses, Palm sugar, Grape molasses, Rice syrup, Honey, Maple syrup, Xylitol. Use in small amounts. Avoid white cane sugar entirely, as it's a common gut irritant.</p>	<p>Rice vinegar, Apple cider vinegar, Wine vinegar</p>
 Starch	 Oils	
<p>Potatoes, Sweet potatoes, Gluten free oats, Buckwheat, Quinoa, Amaranth, Sorghum, Tapioca, Rice (especially white basmati rice, which is very gentle on the digestive system).</p>	<p>Sesame oil, Sunflower oil, Coconut oil, Avocado oil, Grapeseed oil, Olive oil, Ghee. Ghee is made from cow's milk, but is soothing to the GI tract and can be used as a substitute for butter.</p>	

Avoid all dairy, soy, eggs, gluten, peanuts, corn and citrus.

Socializing on an Elimination Diet

So often, social experiences revolve around food and beverages, which can make it tricky to enjoy these events while working on resetting your digestive system. But you don't need to avoid parties, meals with friends or other social events. Just follow these tips to keep you on track.

If you're heading to a party, offer to bring something along. That way you can choose something that fits into your Elimination Diet, and know for sure there will be a dish you can enjoy.



If you know you will be dining out, call the restaurant or look up menus online ahead of time. That way you'll ensure that there are options on the menu that you can enjoy without sabotaging your efforts to heal your gut.

Plan to do something that doesn't revolve around eating. A tea date with a good friend is a perfect alternative. Most herbal teas are soothing for the gut, especially those containing fennel, ginger or peppermint.

Show off the new, delicious recipes you are learning to prepare. Invite friends to your house, and only serve gutfriendly dishes.

Let others in on what you are doing for your health. Enlist their support and understanding as you work to heal your GI tract. I think you'll find that good friends are easy to get onboard, as long as you communicate what you need!



Gut Friendly Recipes

When spending two weeks resetting your digestive system through an elimination diet, your best bet is to keep things simple in the kitchen. Roasted meats, rice or potatoes, sauteed vegetables, fresh fruit, and nuts or nut butter for snacking usually do the trick. But it's also fun to get creative if you're in the mood for a simple, yet delicious meal you haven't tried before, or if you're craving a treat like pancakes or cookies. The recipes on the following pages can simplify the process of trying something new while keeping you on the right path to great digestive health!

Pumpkin Soup

serves 6



Ingredients:

- 1 small yellow onion, diced
- 2 tsp coconut oil
- 1 clove garlic
- 1 Tbsp curry powder or
- 1 tsp turmeric
- 2 16-oz cans organic pumpkin
- 14 oz coconut milk
- 4 cups water
- Salt
- 1/3 C toasted pumpkin seeds (optional)
- Chopped flat-leaf parsley

Preparation:

In a soup pot, saute onion in oil over medium heat for 5 minutes, until softened. Add garlic and curry powder or turmeric, lower heat, and cook one minute. Add pumpkin, coconut milk and water. Bring to boil, then lower heat and simmer 15 minutes. Salt to taste. For smoother consistency, blend soup in a blender. Garnish with toasted pumpkin seeds and parsley. Freezes well.



Shrimp & Quinoa Skillet

Ingredients:

1 1/2 cup water
 1 cup uncooked quinoa, well rinsed
 2 Tbsp olive oil
 1 red onion, chopped
 1/2 cup sliced fresh mushrooms (optional)
 1/2 cup golden raisins
 1 Tbsp minced fresh ginger root
 Salt and pepper to taste
 1 lb medium shrimp - peeled and deveined
 1 tsp white wine vinegar
 2 Tbsp olive oil
 1 cup alfalfa sprouts

Preparation:

In medium saucepan, bring water to boil. Rinse quinoa and add to the water.

 Cover, reduce heat to low, and cook 15 minutes or until water is absorbed. Heat oil in frying pan and add onion, mushrooms, raisins, and ginger. Cook until onions are tender. Add shrimp, salt and pepper. Cook through, about five minutes more.

 Mix quinoa into shrimp and vegetables.

 Top with oil, vinegar and sprouts.



Egg-Free Mayonnaise

Ingredients:

2 Tbsp chilled tahini (sesame seed paste)
 2-3 Tbsp apple cider vinegar
 3-6 Tbsp cold rice, hemp, or almond milk, unsweetened
 1-2 tsp honey, to taste
 1/3-1/2 tsp sea salt
 1/4 tsp paprika
 1/4 tsp xanthan gum
 1/2 cup extra virgin olive oil

Preparation:

In mixer, food processor, or blender, combine all ingredients except oil and blend smooth.

 While the mixer is running, pour oil into the bowl in a thin, steady stream. After adding oil, taste to adjust salt, acid or sweetness. Continue to beat or process until the mixture is creamy and starts to thicken.

This recipe layers meat sauce with roasted eggplant slices for a low-carb and very nourishing dairy-free meal.

Eggplant "Lasagna" with Meat Sauce



Ingredients:

1 large eggplant, cut lengthwise into 1/4" slices
2-3 Tbsp olive or other oil
1 lb ground beef
1 onion, diced
2 cloves garlic, minced
1 14 oz can diced tomatoes
1 tsp each: dried Italian herbs, such as basil, oregano, thyme, marjoram
Salt and pepper to taste
Pinch of nutmeg
1 tsp Sweetener

Preparation:

Preheat oven to 350 degrees F. Brush eggplant slices with 1-2 Tbsp oil and place on cookie sheet. Roast until tender, about 30 minutes.

Saute onion, garlic, and herbs in remaining oil. Add beef, stirring, and cook until no longer pink. Add tomatoes, salt, pepper, and nutmeg and simmer (you can add more herbs and a little sweetener if necessary).

Quick option: serve eggplant slices topped with meat sauce. Add one more slice eggplant on top to create a layered "lasagna" effect. You can also assemble the eggplant and sauce in layers in an oiled pan and bake an additional 20 minutes, if desired.



Gluten-Free Buckwheat Pancakes

Ingredients:

1 cup buckwheat flour
 1 tsp baking powder
 3 Tbsp maple syrup or 2 Tbsp granulated sweetener (beet sugar, rapadura, xylitol, honey, etc.)
 1/2 tsp salt
 2 Tbsp potato starch
 1 cup or more water or coconut, rice or almond milk
 Oil or ghee for cooking

Preparation:

Mix pancake ingredients well and spoon onto hot, oiled griddle or skillet. If using coconut milk, the cakes can be rather thick; it helps to cook them covered at medium-low heat.

If you prefer thinner, crispier pancakes, add more water and cook at higher heat.

Optional:

- Fresh, frozen or dried blueberries, added to the batter or spooned on top
- 1/2 cup almond meal added to the batter for protein. Keep in mind that you may need to add more water if you use this option.



Despite its name, Buckwheat is NOT wheat. It's a seed, not a grain, making it gluten-free, and acceptable to use while on this Elimination Diet.



Gluten-Free Almond Cookies

From *Nourishing Traditions* by Sally Fallon

Ingredients:

1 1/2 cup almond meal
1/2 cup softened coconut oil
1 c arrowroot flour
1/2 cup date sugar
1/2 tsp sea salt
Grated rind of 1 lemon (optional)
1 tsp vanilla extract
1 tsp almond extract
Whole Almonds or jam for topping

Preparation:

Preheat oven to 300 degrees F.
Mix everything except the whole almonds for topping in a food processor until blended. If the dough seems dry, add a little water.

Spoon 2 Tbsp of dough for each cookie onto a baking sheet and bake five minutes. Use back of spoon to make an indent on the top of each cookie and add jam or whole almond. Bake 15 minutes longer.

Careful Reintroduction of the Seven Common Irritants

After 14 days, it's time to slowly reintroduce the foods you've been avoiding. It's extremely important that you do this one food at a time, and watch for any adverse reactions before adding another. The process of reintroduction will take at least seven days, to give yourself time to monitor what happens with each one.

On day 15, eat one of the seven foods first thing in the morning. You can choose the order in which you reintroduce foods, so try the one you've been missing most first. Don't eat anything else with this food. If eggs are the food being reintroduced, for instance, cook an egg any way you like it. Don't have any other food or beverage for at least two hours before or after this "test" food. I know it's not the typical way to eat your breakfast, but if you eat the food you're reintroducing on its own, and wait to see what happens, you'll have the most accurate information about how your body handles that particular food.

After eating your portion of the reintroduced food, wait and monitor reactions. Usually, you'll feel any reaction within 15 minutes to an hour of eating, but in some cases reactions can take up to 24 hours to occur. (You don't have to wait 24 hours to eat something else though! Just pay attention to how you are feeling. If you've been feeling great without these seven foods, and symptoms reappear after reintroducing one, you can be fairly sure that food doesn't agree with you.)

If you don't notice any reactions by lunchtime, eat a regular lunch that includes a typical serving of your test food. There's no need to avoid other foods at this point. Have another serving of the test food with dinner. If after these three meals you haven't noticed any reactions, the food is probably fine for you.

Repeat with the other foods until each one has been tested. If you notice any reactions, stop eating that food at least until you've tested all the others, so you can be sure you know how your body responds to each one. After you have all the information on how your body reacts, you can make informed choices on what you are eating, and whether or not to include the foods in your regular routine.

