

Why Can't I Eat Eggs, Gluten, Dairy, Corn, Soy or Peanuts?

The removal of offending foods from the diet can deliver a number of health benefits: weight loss, better energy, improvements in sleep, clear complexion, and much more. To make this happen, the primary organs of detoxification (the GI system, skin, and liver) need to function at full capacity.

Over the years, we have discovered with our private clients that certain foods can be problematic and interfere with efficient detoxification and, ultimately, weight loss and health gains. As such they have been removed from the program. Here's more detail on those that trigger the most questions from our program participants.

EGGS

What They Do

Eggs are a fairly common food sensitivity item; most of our clients who discover this issue through our functional lab testing aren't even aware they have the problem. People who have this issue often notice gas, bloating and heartburn up to 2 days after eating eggs or egg-containing foods. They also have been linked with eczema and psoriasis.

WHERE THEY HIDE

Obviously, in omelets and quiches and other breakfast dishes. But, remember that eggs are ubiquitous in baked goods, pancakes, breads, and salads (like tuna and potato), and are often hidden in meatloaves, crab cakes, soups (think egg drop and matzo ball), crepes, zucchini fritters, stuffings, noodles, and meatballs. Avoid all these foods.

- Always read ingredient lists on food labels. You'd be surprised how many foods contain egg.
- Be aware that most egg replacers do not equal the nutrient quality of real eggs. They only replace the structural quality of eggs. There are other good quality protein foods to choose from such as fish, chicken and grass fed beef.

- Liquid egg replacers, such as “Egg Beaters,” are made of egg whites, and, therefore, should not be used as alternatives to egg.

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| • Baked goods | • Macaroons | • Batter mixes |
| • Malted drinks | • Bavarian cream | • Marshmallows |
| • Boiled dressing | • Mayonnaise | • Bouillon |
| • Meat loaf | • Breaded foods | • Meringues |
| • Breads | • Noodles | • Cake flours |
| • Pancakes | • Creamy fillings | • Puddings |
| • Custards | • Quiche | • Egg drop soup |
| • Salad dressings | • Flan | • Sauces |
| • French toast | • Sausages | • Fritters |
| • Soufflé | • Frosting | • Tartar sauce |
| • Waffles | • Ice cream | • Hollandaise sauce |

Eggs may be listed on food labels as...

- Egg protein - Ovalbumin
- Egg white - Ovomuroid
- Egg yolk - Ovomucin
- Albumin - Vitellin
- Globulin - Ovovitellin
- Livetin - Powdered egg

GLUTEN

WHAT IT DOES

Gluten-containing grains – wheat, barley, rye and some oatmeal, has become a well-known food allergen for many people. The symptoms are typically the same as those for eggs – and can be quite severe for some people, i.e. known as celiac disease. It, too, is EVERYWHERE, so read your labels carefully.

WHERE IT HIDES

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| • Bread and bread rolls | • Rye bread | • Pumpernickel |
| • Yorkshire pudding | • Pretzels | • Cakes |
| • Stuffings | • Muffins | • Pastry or pie crust |
| • Pancakes | • Waffles | • Biscuits or cookies |
| • Crispbreads | • Bulgar wheat | • Pasta - macaroni, spaghetti |

- Durham
- Pizza
- Some breakfast cereals
- Malted drinks
- Sausages – often contain rusk (and the machines used to make them are often cleaned out with bread)
- Blue cheeses (may be made with bread)
- Gravy powders and stock cubes such as OXO cubes
- Shredded suet in packs (flour is normally used to keep the strands separate)
- Seitan (doesn't contain gluten, it IS gluten!)
- Hydrolyzed Vegetable Protein (HVP)
- Baked beans (there may be gluten in the tomato sauce)
- Imitation crab meat
- Sauces - often thickened with flour
- Alcoholic drinks - such as beer, ale, lager
- Soups - may be roux based (made with flour)
- Mustard - dry mustard powder contains gluten
- Instant coffee - may be bulked out with flour
- Potato crisps/ chips - some are OK, read the ingredients!
- Curry powder and other spices (can be bulked out with flour)
- White pepper
- Crumble toppings
- Semolina
- All Bran
- Muesli
- Luncheon meat - may contain fillers
- Meat and fish pastes
- Farina
- Pates
- Brown rice syrup
- Cheap brands of chocolate
- Soy sauce - only Tamari is OK
- Licorice
- Chutneys and pickles
- Salad dressings
- Couscous
- Scones
- Anything in breadcrumbs
- Matzo flour/meal

SOY

WHAT IT DOES

Contrary to popular advertising, soy isn't a miracle health food. Soy has been implicated in a number of health problems including thyroid dysfunction, reproductive disorders, cognitive decline, digestive problems and decreased sperm counts. It is relatively new to our food supply (less than 1000 years old) and because of this has a higher rate of potential allergenicity. It contains phytates which can bind to minerals and lead to deficiencies. Non-organic sources may contain high amounts of pesticides and soy is often processed in aluminum casks that leach aluminum into the end product. You will need to read labels carefully to make sure that you are not consuming products with soy added to them.

WHERE IT HIDES

- Soy sauce
- Veggie burgers
- Miso
- Prepared foods
- Teriyaki sauce
- Asian foods
- Soy protein powders
- Tofu
- Tempeh
- Energy bars and shakes

PEANUTS

WHAT THEY DO

Well, to begin with, peanuts aren't actually nuts, they're legumes. As such, their fatty acid profile is inferior to other nuts they we LOVE, including almonds, walnuts, cashews and hazelnuts. The other problem with peanuts is their high allergenicity profile.

WHERE THEY HIDE

- Peanut butter
- Snacks
- Cookies
- Candy
- Peanut oil
- Food toppings

DAIRY

WHAT IT DOES

Another fairly common food allergy and/or sensitivity, dairy products have been touted as the answer to all our calcium needs. The fact is, there are many other products – sardines, salmon, broccoli, leafy green veggies – that are a whole lot healthier without any of the potential allergenicity (or GI distress issues)!

WHERE IT HIDES

- Cow, goat and sheep milk yogurts and cheeses
- Desserts
- Whey protein powder
- anything that says milk proteins, solids, casein, or whey on it
- Butter and many margarines
- Shakes and hot chocolate mixes and drinks
- Many “non-dairy” products (coffee creamer, whipped topping)
- Many baked goods (bread, crackers, desserts)
- Many baking mixes (pancake mix)
- Mashed potatoes (often prepared with butter and/or milk)
- Cottage cheese,
- Creamy soups and sauces
- Ice cream
- chocolate (except some dark chocolate products)
- Macaroni and cheese
- Canned foods (soups, spaghetti, ravioli)

- Many salad dressings (ranch, blue cheese, creamy, Caesar)
- Creamy, cheese, or butter sauces (often on vegetables or meats)
- Cream soups and chowders

Dairy may be listed on labels as...

- Milk, milk solids, non-fat milk solids
- Yogurt, kefir
- Whey
- Cream, sour cream, half & half, whipped cream
- Lactose, lactalbumin
- Cheese, cream cheese, cottage cheese
- Butter or artificial butter flavor
- Buttermilk or buttermilk solids
- Casein, caseinate, sodium caseinate (check lab results for + casein)

WHY NO WHEY?

We love cool processed whey, BUT it can be potentially allergenic and contribute to a toxic effect in the body. Since we aren't testing for food sensitivities, we remove it from our detox program as we have found that a good percentage of our clients do not tolerate the casein fraction – nor potentially the whey - in dairy products.

Synonyms for Food Ingredients

Casein, caseinate	Milk
Cereal binder	Usually wheat
Cereal filler	Usually wheat
Cereal protein	Usually wheat
Cereal starch	Usually wheat or corn
Edible starch	Usually wheat or corn
Flour	Usually wheat flour
Hydrolysed protein	Usually yeast
Hydrolysed vegetable protein	Usually yeast
Lactalbumin	Milk
Lactose	Milk sugar
Leavening	Yeast
Lecithin	Usually egg or soya
Modified starch	Usually wheat or corn
Ovalbumin	Egg
Starch	Usually wheat or corn
Vegetable protein	Usually soya