

Food	Flexibility makes it work	Other factors - weight gain
<p>Find your own non-reactive food list – 4-day cleanse of only non-reactive foods then add in other foods to notice which foods cause weight gain and which ones do not.</p> <p>Add extra weight loss foods if non-reactive- Lemon, rosemary, ginger, cinnamon, cumin, turmeric, black pepper, broccoli, apples, flax seeds, chia seeds, onions, garlic, bok choy, brussel sprouts, lentils, chickpeas, pinto beans, chicken, cod, snapper.</p> <p>Weight Loss drink - 1 lemon + 1 tablespoon olive oil + warm water</p>	<p>The only way this works long term is if you're ok going off the program so it's easy to go back on.</p> <p>Eat anything, regardless of the lists to notice what happens. You may gain weight, or you may be surprised those foods are fine!</p>	<p>Exercise, Sleep Dehydration, Life Stress Low blood sugar Other allergens in the air, supplements, or medications.</p> <p>Have chewable Benadryl for emergency allergic reaction only</p>

1. The only way this program works long term is if you're ok with going off the program.
 - a. If you're ok with eating anything you want, then you won't be too discouraged to jump back on.
 - b. The key to any nutrition program is to limit the rules to only those that make a major difference for you.
2. Detox Tea – any combination of anti-inflammatory herbs that are non-reactive. Drink 3-7 times a week.
 - a. 1 Quart boiling water plus 3 inches of fresh rosemary, 1/4 teaspoon ground or 1 teaspoon chunks of ginger, cinnamon, cumin, turmeric. Dash or 1/16 tsp black pepper, cardamom. All have anti-inflammatory and weight loss properties.
3. Lemon liver drink to increase liver, gallbladder, and bowel detox. 1-2 times per week anytime on an empty stomach.
 - i. 1 whole lemon sliced, seeds removed and keep the skin (if the skin is thick then remove some of it)
 - b. Blend the lemon and skin with 1 tablespoon olive oil and 1 ½ cups warm water and drink.
 - c. Drink only ½ cup if gallbladder is sensitive or the whole thing if you want.
 - i. Increase the oil – up to 4 tablespoons until it triggers a large clean bowel movement.
4. Other, nonfood factors that may increase weight.
 - a. Exercise can cause temporary inflammation and confuse the scale. Exercise is important, just factor any weight gain in.
 - i. Different exercise may cause weight loss or weight gain in the same way that food does.
 - b. Sleep – the body is reducing inflammation as you sleep. Lack of sleep will prevent weight loss.
 - c. Dehydration – Drink 6-8, 8 oz glasses of water per day. Dehydration causes the body to retain water for safety.
 - d. Life stress raises cortisol levels and can contribute to weight gain. Factor that in when you weigh yourself.
 - e. Other allergens – a high mold or pollen count. Supplements or medication additives can cause a weight gain reaction.

Nutritional recommendations are not a replacement for medical care.



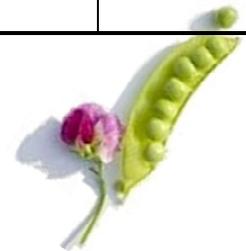
Food Reactivity Chart

Move any green column foods you eat daily to the blue

Food Therapy Weight Loss Program

Move any know reactions to the red

Non Edit for	Reactive yourself	Less For	Reactive Most	More For	Reactive Most	Known reactions For you	
Coffee	or Tea		<i>Beans & Grains</i>	<i>Dairy</i>	<i>Beans & Grains</i>	<i>Fruit</i>	Stevia, licorice, aspartame and any other artificial sweeteners. Allergy medicines
Thai Coconut milk	Or Silk Rice Milk		Chickpeas, pinto beans, lentils, amaranth, sourdough bread, edamame, brown rice	Goat & sheep cheese, yogurt, milk	Wheat (bread, pasta, bagels, spelt non sourdough), oatmeal, corn, quinoa, cannellini beans, black beans, tofu, soy beans	Oranges, melons, banana, grapefruit, pineapple, raspberries, strawberries,	
Maple syrup	Ghee			<i>Animal products</i>			
Olive oil	Flax seeds			Eggs, beef, duck, collagen protein, flounder, halibut, crab, turkey			
Chia seeds	Pecans		<i>Vegetables</i>			<i>Dairy</i>	
Sunflower seeds	Pumpkin seeds		Avocado, olives, Frisee, endive, radicchio,		<i>Vegetables</i>	Cow milk, cow cheese, blue cheese (separate)	
Lemon	Zucchini		yellow squash, Onions, fennel, snow peas, bok choy, Brussel sprouts, celery	<i>Herbs</i>	artichokes mushrooms.	whole yogurt, Greek yogurt (separate)	
Carrots	Romaine lettuce		Butternut Squash	Honey, celery cardamom, chives cloves, garlic, dulse, nutmeg, sage, thyme, turmeric, celery, miso, gluten free soy sauce.	green beans, green peppers, asparagus, cabbage, cauliflower, peanut, chard,		
Apple muscle test	Plain hemp protein					<i>Animal products</i>	
Plain rice protein	Celtic Sea Salt					Pork, tuna, cod, deli meats, farmed fish, shrimp, salmon, veal, sushi,	
White Rice	Lamb		<i>Fruit</i>		<i>Nightshade vegetables</i>		
Chicken	Black pepper		Nectarine, peach, cranberries, mango, watermelon, blueberries, watermelon	<i>Nuts</i>	tomatoes, potatoes, eggplant, peppers, goji		
Basil	Oregano			Almonds			
Rosemary	Ginger						
Cinnamon	Vanilla extract					<i>Nuts</i>	
Dill			<i>Misc.</i>		<i>Misc.</i>	Tahini	
			Distilled liquor		Chocolate, Wine, beer	Walnuts	
			Vodka, etc.			peanuts	
	4 days -						



Week 2 – track symptoms changes -

Food Therapy Weight Loss Program

Day Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning weight							
<i>Energy 1 bad – 10 good</i>							
Exercise -							
Sleep							
Water							
Foods	Tier 1	Tier 1	Tier 1	Tier 1	Tier 2	Tier 2 or reset	Tier 2 or reset
Calories above 1800							

Nutritional recommendations are not a replacement for medical care.

Recommendations are temporary and will change as your health improves. Build – Cleanse – Balance your Food Therapy
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