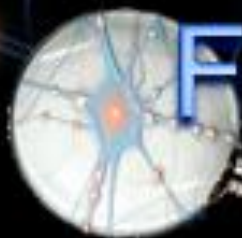


a NaturalAnxietyTherapy.com
Special Report by Jen Crippen



Food Allergies & Nutritional Recovery

<http://www.NaturalAnxietyTherapy.com>

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FOOD ALLERGIES AND NUTRITIONAL RECOVERY

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PART I: FOOD ALLERGIES

According to The Food Allergy & Anaphylaxis Network, over 12 million Americans suffer from food allergies. A food allergy is when the body has an immune response when a particular food is ingested. The body reacts to the protein as if it were an invader in the body.

About a year prior to “the crash”, my routine physical tests indicated elevated IgE (immunoglobulin E) levels. My body was reacting to something; unfortunately the doctor and I brushed off this finding. It was another huge warning sign there was trouble. At that time we were very focused on balancing my hormones, so the IgE findings went on the back burner.

Had we been proactive, maybe my doctor and I would have been able to discover that certain foods were creating reactions which were contributing to the weakened state of my body. Identifying and eliminating the foods my body was having allergies to would have taken stress off my adrenals. Maybe “the crash” wouldn’t have been so severe or could have been avoided all together.

Many of the allergy and intolerant foods commonly contribute to hypoglycemia. This is why it is incredibly important to explore what foods the body doesn’t like.

As it has been said before in my ebook [*Let's Get Physical*](#), candida, hypoglycemia, allergies, and low adrenal function are all intertwined with each other.

Some health professionals have labeled this group of symptoms as metabolic syndrome X. All of the symptoms bleed into each other making it hard to know which one belongs to what dis-ease. Untangling the mess of what is causing what, and then figuring out how to treat it can be challenging.

Food allergy symptoms can be gas, bloating, weight gain, painful joints, stiffness, general inflammation, headaches, racing heart, foggy thinking, asthma, congested sinus, bronchial inflammation, skin rashes, hives, and irritability.

Whole body reactions are called anaphylaxis, which can even lead to death. I experienced all of the above symptoms at the low point of “the crash”. Anaphylactic type reactions started to appear that led to a prescription for an EpiPen. At the time I couldn’t believe I had become so ill that I had to carry an EpiPen.

EpiPens are epinephrine (adrenalin) injection to counteract a severe allergic reaction. My breathing would be labored, panic attacks would ensue, spastic bowel, and sometimes even vomiting as a reaction from eating certain foods. It was more than a regular panic attack, my airways were constricting.

It was extremely frightening having this response. The doctors and I couldn’t figure out what was setting off the reactions because some were delayed for hours after I had last eaten. After months of experimenting it was narrowed down that sugar, wheat, caffeine, and hot peppers were the major culprits.

Finding food allergies was no surprise. My family doesn’t have a history of heart disease and cancer, we have allergies and depression. My father is so allergic to

fish that it can kill him. He also has severe reactions to poultry; not life threatening though. An EpiPen always traveled with him in case he was accidentally exposed. I used to think to myself, “I am so glad my brother, sister, nor I needed one of those.” There I was, with my very own.

As a tween I had respiratory allergies in spring and fall, but they went away late teens. I thought they were gone and I had escaped the prison that allergies can create. WRONG! The allergies were buried deep and took years to take over. So slow that they were hardly recognizable. The progression went from an overall feeling of bad to worse, then miserable. This happened over a 15 year time span. It’s like the frog that’s boiled in water; he doesn’t even know he’s being cooked.

There are a few ways allergies can be identified. There are blood tests, scratch tests, and elimination tests. My doctor advised me to do the elimination test first. He guided me to [Dr. Doris Rapp’s Allergy Elimination Test](#).

A few years prior I had learned about [Dr. Rapp](#) and her quest to educate the world about environmental illness. She is on a campaign to raise awareness on how environmental toxins affect children. I was even fortunate enough to see her speak at a conference. The woman is as feisty as she is knowledgeable. So when the doctor recommended her test, I was delighted because she is probably one of the most credible authorities on the subject.

The test guided me to eliminate common allergens for two weeks. Then to introduce each one back in one by one and document any unusual responses experienced. The test recommends adding in one new item per day after the two week abstinence period. I chose to bring in a new food every other day. The day in between I would once again abstain from all potential allergen foods. This would clear my system for the next item. Some reactions can be delayed until the second day when they reach the colon, which wound up being true for me.

The foods to eliminate for the two week period were wheat, corn, soy, dairy, chocolate, sugar, nuts, chocolate, eggs, food coloring, preservatives, and citrus. Additional items added to the test were nightshades (eggplant, potato, tomato, peppers) because I had a strong suspicion I was reacting to them. It was amazing to witness how my body responded to each food that was introduced after the abstinence period.

COMMON TROUBLE CAUSING FOODS				
WHEAT	NIGHTSHADES	SOY	OTHER	DAIRY
Spouted Baked Goods	Potatoes	Tofu	Peanuts	Milk
Spelt	Tobacco	Tempeh	Eggs	Cheese
Kamut	Tomatoes	Soy Sauce	Caffeine	Whey
Rye	All Peppers	Marinades	Chocolate	Yogurt
Pumpernickel	Eggplant	Veggie Burgers	Red Dye	Kefir
Barley		“High Protein” shakes/bars	MSG	
Whole Wheat			Pesticides	
Cereal			Preservatives	
			Fish	
			Shellfish	
			Citrus	

WHEAT & GLUTEN GRAINS

Wheat didn't appear to be bothersome, until it hit my colon the next day! It created a spastic colon reaction that was extremely urgent if you get my drift. In the past I had not made the connection.

Months after wheat was eliminated from my system I indulged in a few cookies. Within an hour I started to wheeze again and the next day I had developed a rash on my cheeks. These were things that used to happen all the time and slowly disappeared during the months after I eliminated wheat and all forms of gluten. It took over six months of totally eliminating wheat and gluten for all symptoms to disappear, the last being the little rash on my cheeks. Now, that is like my canary in the mine. Any exposure to wheat or gluten ALWAYS results in the rash, even in the smallest amounts. Sometimes restaurants swear there is no wheat in their food, they are wrong!

Besides the skin rash, a small exposure of wheat will cause me to gain at least two pounds overnight. Obviously it's not two pounds of fat, it is edema. The body tries to protect itself by swelling. Within a few days those couple of pounds just disappear. Every time there is a gluten exposure, the results are always the same. Of course, I just have to test my self every so often with a cookie or two!

CORN

Corn didn't result in a major reaction like wheat. A little respiratory irritation happens a few hours after eating corn, but that's about it. I rarely eat corn because it affects my blood sugar levels like refined grains do. Sometimes when eating out there are small amounts of corn in the dish, but I don't make a fuss about it. Especially if it is a high protein and rich meal.

NUTS

Thank goodness there was no reaction to any to nuts because I love and live on them. There was a little reaction to peanuts, which aren't really nuts to begin with. They are legumes (beans). Peanuts are heavily sprayed with chemicals and contain aflatoxins, a potential carcinogen from mold that grows on them. Therefore, I wouldn't say I have a peanut allergy. However, I would feel spacey after I ate them during "the crash" time when the candida levels were high and immunity was weak. That has since gone away as my body has become stronger.

Peanut butter is one of my favorite comfort foods, it is great on apples. However when eaten every day, I gain weight very fast. There is a similar effect when I eat sunflower seed butter. Whereas with raw almond butter I feel great and my weight stays unchanged. It's obviously not the calories because 1/4 to 1/3 of a jar of raw almond butter is eaten every day for breakfast. However, every now and then I buy a jar of peanut butter and enjoy it sparingly.

EGGS, CITRUS, & ADDITIVES

When I tested eggs there seemed to be no reaction. Neither did citrus. Food colorings and preservatives are something I typically avoid in my diet, so I didn't test them. Most people should test for these chemicals. A few of the most popular are MSG (monosodium glutamate), BHA/BHT, sulfites, nitrates/nitrites, and red dye. Identifying these can be complicated, so it might be a good idea to involve a health professional or do your own research when testing for them.

DAIRY PRODUCTS

There were no allergy signs shown when I tested dairy. Milk would give me gas, but that's not an allergy – it's lactose intolerance. Intolerance and allergy are two different things. Intolerance to dairy is a sensitivity issue to the sugar lactose. The body doesn't have sufficient reserves of the enzyme lactase to digest it. Most intolerance symptoms are immediate gas, bloating, and other gastric disturbances.

A true dairy allergy is to the milk proteins casein and whey. This will show up in an allergy test because it is an immune response and the body produces antibodies. Physical responses can be hives, diarrhea, gas, breathing problems, stomach aches, and vomiting. It is often difficult to determine if a person is having a lactose or protein reaction. Further exploration with a health practitioner may be needed.

Because lactose is milk sugar, hypoglycemics can respond with blood sugar spikes and drops after consuming it. People with candida overgrowth might see an increase of symptoms after consuming lactose such as rectal itching, wheezing, and itchy ears. When using milk for any occasion, I always use whole because the fat levels help stabilize blood sugar. Plus, it tastes better!

True dairy allergy is when a person has a problem with the proteins whey and casein. Sometimes people can have issues with one protein and not the other. Allergy testing is a great way to discover which protein is the real culprit of any symptoms.

When the digestive tract is very weak with candida overgrowth, it leads to leaky gut. Because of this damage of the intestinal lining, it is very difficult to digest dairy proteins. I would have pungent body odor when I ate cheese. Stinky! As my body got stronger and my gut healed using probiotics, enzymes, and diet change - the body odor disappeared. Now cheeses can be eaten and I don't smell like I haven't showered for days!

SUGAR

During the sugar testing day, I knew there would be an issue. Really, with sugar there isn't a true allergy. Like lactose in milk, sugar reactions are more an intolerance. Within an hour or so of when I eat sugar my heart starts to race, my vision gets blurry, and I can't think straight. Hypoglycemia here we come! It was obvious for many reasons sugar had to be eliminated.

SOY

To my surprise, I had quite a reaction to soy. In general, I didn't eat soy because most of it is genetically modified and it can negatively impact hormones. Soy has been promoted as the ultimate health food, but it's not. After searching soy on www.Mercola.com, I didn't use soy products anymore. It is very hard to avoid because it's used in so many food products. So, I added it to the allergy elimination test.

The day of the soy test I enjoyed soy protein shakes, tofu, and soy meal replacement bars. There was no obvious reaction, until the next day. I woke up and all of my joints hurt, like overnight rheumatism! I was shocked.

Obviously soy had a profound inflammatory affect on my body and I never realized it. Now I avoid soy at all costs. It's hidden in things like salad dressings, protein supplements, soups, and about every prepared food in the supermarket. Read labels carefully because if it's a ready made meal, it's probably in there!

CAFFEINE

Because of the adrenal fatigue, all forms of caffeine had to be eliminated. This has already been addressed in my ebook [*Let's Get Physical*](#). The obvious reactions from chocolate, coffee, tea, decaf tea and decaf coffee were severe panic attacks within an hour of consuming them. Darn, those are my most favorite treats! Oh well, at the time my sanity was more important than my luscious Lindt chocolate bars.

As the body gets stronger, very minimal amounts of chocolate and decaf tea can probably be consumed again. For example, a bite of chocolate and maybe a decaf black tea early in the morning. No binging on 16 ounce lattes and bags of M&M's! I even make a chocolate drink treat by adding Dutch coco powder to warmed milk and sweeten with stevia. It's yummy!

When shopping for chocolate I find the brands that do not use corn syrup or malt. Most of the 'lower sugar' brands come from Europe or they are premium companies. For that rare chocolate treat, look for chocolate that is 15 grams or less grams of sugar per serving and rich in fat. Because it's so rich, just a little piece satisfies the sweet tooth. My philosophy is if one is going to indulge, do it with the best and enjoy it.

NIGHTSHADES: POTATOES, PEPPERS, EGGPLANT, TOMATOES

Since early puberty I experienced severe joint pain. My knees were so bad that I couldn't stand up without bracing myself or grabbing something to pull me up. Sitting in a car for any period of time would be excruciating. My shoulders hurt so much that at one point I couldn't lift my arm over my head. None of the doctors I could figure out what was wrong. It would come and go; sometimes not having a bout for months or even years.

There was a period of a few years I hardly ate any potatoes. Then during a stay with my parents they served potatoes every few days. My joints became so painful I could hardly walk. After the visit, no more potatoes and no more pain. The lifelong mystery was solved, potatoes make me hurt badly. When investigating this further, I found they belong to a group of plants called nightshades.

Many people have problems with nightshades due to their inability to metabolize their high content of alkaloids. For some people like me, these alkaloids cause a major immune response like fatigue, headaches, bowel disturbances, and joint pain. Nightshades include potatoes, tomatoes, eggplant, bell peppers, hot peppers, tobacco, paprika, and cayenne. The worst reactions I experienced were after eating potatoes and eggplant. Everyone is different and people have to experiment which ones are creating a problem.

ALLERGY ELIMINATION TECHNIQUE

During the lowest point of the crash where my body was reacting to everything, I became very frightened. It happened almost overnight. Even though I was eating, it felt as if I was starving because the food would pass through my system within an hour or two completely undigested. The tremors, restlessness, spastic bowel, and weakness added significant stress to compound the anxiety and panic I was already experiencing. I was starving, terrified, and didn't know what to do next.

A few years ago I was introduced to a therapy called NAET - Nambudripad Allergy Elimination Technique. It is where a health practitioner becomes highly trained on how to harmonize the body to foods, nutrients, and substances that it is having an allergic reaction to. Fortunately I was able to search their home site

www.NAET.com and found a local chiropractic doctor who had even taken advanced training.

Per my doctor's recommendation, I did the whole NAET treatment program. Very quickly my body did not feel like it was experiencing the panic of a three alarm fire. After the treatments I even felt a glimmer of serenity, which is a welcome friend when you're living in a constant state of starvation and fight or flight.

After starting treatment, I was able to start eating certain foods within a week or so. Because of my weak and critical state, I went for two treatments a week. I believe the NAET practitioner saved my life because nothing could be eaten without a violent reaction. To describe what happened, I would say it was like my inner computer's hard drive crashed and the NAET rebooted me.

As I got stronger week by week, new foods could be added. Wheat, sugar, corn, soy, caffeine, and nightshades were foods I continued to avoid because my body did not respond well after eating them. At least after the NAET treatments they did not cause a violent reaction, just more subtle ones like rashes, joint pain, and edema. After my profound experience, I would encourage anyone experiencing allergies and reactions of any kind to have the NAET treatments.

BEING IN TOUCH

In conclusion, it is very important to learn to read your body. It is constantly sending signals and feedback to what is going on. Logging my body's response to foods during the elimination testing really dialed me in as to how my body was responding to foods, supplements, and drinks. Little things like changes in speech patterns or body temperature after eating certain foods were brought to my

awareness. Because anything we react to stresses the adrenals, it adds to the vicious cycle.

It's important to also learn how your body responds to your sleep and stress patterns. Become aware of how you feel if you go to bed before 11 pm versus how you feel when going to bed at 2 am. You, like me, will probably be shocked. Mentally I feel sharp and have a lot of energy when falling asleep around 11 pm. Even after sleeping the same amount of time after going to bed at late hours I would feel completely different. Remember, the adrenals repair between 11 pm and 1 am!

You'll even begin to notice when your body is fighting off a virus or bacteria and you can take action to stop the bug from taking hold. I will get tired, achy, some bowel disturbance, and a little restless when I'm fighting something. Then I know to blast my body with immune boosting items and scare it away. (See Sources Section in my ebook [*Let's Get Physical*](#)). Nothing better than knowing how to handle any bugs going around so you don't catch them.

PART II: NUTRITION FOR HEALTH

QUALITY OF FOODS

Besides knowing what foods to eat, it's important to choose the most nutritious ones. Foods rich in vitamins, minerals, fiber, protein, good fats, and complex carbohydrates nourish the adrenals and balance blood sugar. Purchase organic meats, dairy, and produce whenever you can. They are becoming available everywhere.

Top internet natural health expert Dr. Joseph Mercola advocates the consumption of organic foods for many reasons. Searching his site for "organic food" is an eye opener! Some of the research provided on his site www.Mercola.com has proven organic foods are higher in minerals and anti-oxidants.

Even better than organic foods are locally grown foods in season. If they are organic, that's even better. Locally grown foods are fresh, high in nutrients,

usually cost less, and taste amazing. Don't you wonder what produce from China or Mexico has gone through to reach the grocery store shelves, even if it's labeled organic? It would be interesting to know how old they are. The majority of these foods are picked unripe, so they lack nutrients and flavor.

It is proven that cooking foods from fresh organic ingredients versus pre-made foods is not only better for your health; it's easier on your wallet. Read the Mercola blog article [HERE](#).

On my blog <http://www.NaturalAnxietyTherapy.com> there are some easy, quick recipes to get you back in the kitchen and away from the microwave. Speaking of microwaves, they destroy nutrients! Throw it out and turn on your oven; it only takes a couple of minutes longer and is so much healthier.

If your budget is tight, I have a shopping trick to make the dollar go farther. Find out what days the local grocer marks down produce and meats. Mine marks down produce on Tuesday and meats on Thursday. It is not unusual to find organics marked down to half price on these days because they don't keep as long and the store needs to sell them before they are out of date.

Buying organic meats, dairy, eggs, and any other animal products are important because they will be free of harmful antibiotics and steroids. These added items negatively impact our immune and hormonal systems. Organic foods are also much tastier than conventional anyway.

Local farmers markets typically have meat vendors that are from nearby farms. They are always eager to share their farming process and answer questions about how they raise their animals. Happy animals yield better products. They often have programs where you can share the purchase of a side of beef, which saves quite a bit of money.

If you have to make a choice of which fruits and vegetables to purchase that are organic versus conventional, choose organic thin skinned vegetables. These include berries, any leafy greens, peaches, cherries, apples, nectarines, potatoes, peppers, celery, grapes, and pears. These are more likely to have higher levels of pesticides according to the [Environmental Working Group](#).

Vegetables and fruits that have been found to be lower in pesticide and herbicide residuals are pineapple, plantain, banana, mango, kiwi, watermelon, plums, papaya, grapefruit, avocado, cauliflower, broccoli, cabbage, Brussels sprouts, asparagus, radishes, okra, and eggplant. Typically I don't buy onions conventional because they are a rotation crop with cotton which is highly sprayed with chemicals.

A must visit nutrition site belongs to [Weston A. Price Foundation](#) founded by Sally Fallon. The foundation promotes ways to optimize the modern day diet. It is very interesting to read Sally's book *Nourishing Traditions* because you'll discover why different cultures and our ancestors prepared foods the way they did. Be sure to visit their link to www.realmilk.com. Your eyes will be opened by what you find there!

EATING OUT

One of the biggest challenges with changing one's diet is eating on the go. There are a few reasons. The first is you don't know what ingredients the restaurant has used to prepare the meal. The second is there is a lot of temptation with many yummy things on the menu that may not be the best fit for an adrenal supportive diet.

When you go out to eat, be very clear with the wait staff that you have dietary restrictions. Some of them are very accommodating, others don't give a rip.

They just do not understand the how certain foods and ingredients can affect someone with adrenal or allergy issues.

When I was coming out of the weakest phase, there were certain things I had to be super cautious of. There could be no risk of getting served foods with soy or sugar, my system was so fragile. It is not always obvious what the secret ingredients are in a restaurant dish that makes it taste so great. Wheat, soy, sugar, peppers, MSG, and other common allergens can be hiding in such things as soups, salad dressings, sauces, and marinades.

Obvious things that had to be avoided were dishes containing pasta, potatoes (fries, mashed, hash browns, etc.), corn, white rice, sugar glazes, chili peppers, and soy sauces. This was the list that was specific for me. Whatever you're sensitive to will make your list different. After you do the allergy elimination test, bring your list with you when you go out to eat until you have it memorized by heart.

You might be thinking, "What's a little wheat going to hurt?" or "I will just have this ice cream parfait one last time." It does hurt and there will always be a next time you'll be tempted by an exquisitely prepared delicious item.

When going out to eat it is best to question everything even though you think you know how they prepare an item, who knows how it has been handled. You can almost bet that no matter how careful you are, there can still be ingredients you are sensitive to that will wind up in your order.

Let's start with appetizers. It is very common that these are breaded or have wheat in them. They are often not prepared fresh by the restaurant and contain many preservatives and flavor enhancers like MSG. This is more common than not.

If you are sensitive to wheat, avoid breaded or deep fried mushrooms, mozzarella sticks, and chicken fingers. Yes, a little breading can hurt if you have reactions to gluten. Any exposure sends your immune system into full attack.

When ordering appetizers, there are a few tips which you can use to replace bread and chips. Ask for celery or carrots to use with that crab or spinach dip instead of corn chips. Instead of baguettes, put that brie cheese on slices of cucumber or apple. Any time it has been mentioned to a wait staff that I cannot have wheat or corn, they always oblige by bringing a substitute; usually veggies like carrots, celery, cucumbers, or something else most kitchens have.

Soups are a hidden ingredient nightmare. They are one of my favorite courses and it is very difficult to order these out because you just don't know what they put in it. Almost all creamed soups contain wheat as a thickener. Because of the soy craze, most soups contain this also. The stocks often contain MSG too. Places like Panera Bread have ingredient lists you can ask for before ordering. For the most part, as much as I love them, I enjoy soups that only I prepare.

Salads are often safe to order when looking for a pre-entrée dish. You can ask the wait staff to remove any ingredient you have issues with. If you have a wheat issue, always ask to remove croutons if they typically put them on the salad. The place where taboo ingredients hide in salads is in the dressings. Even when you think a dressing is safe, always ask for it on the side and use as little as possible.

All salad dressings contain sugar and/or corn syrup especially in dressings like honey mustard, vinaigrettes, and Asian types. There is always sugar, unless it is just plain oil and vinegar. Even though it's "just a dressing", it can create massive blood sugar spikes that might cause a problem. I have witnessed this with myself and other individuals who have blood sugar issues. It's very hard on our adrenals when this happens.

Safer refuge for salad dressings can usually be found with creamy types. They are often not loaded with sugar, but if you have dairy issue you might choose otherwise. Honestly, the best dressing that can be chosen for adrenal health is olive oil and some fresh lemon wedges. Most restaurants can accommodate this. The second best is oil and vinegar which you mix via the cruets. If you have yeast issues like I did, choose the lemon wedge over the vinegar.

If your body is in an extreme weakened state, you may consider bringing your own salad dressing that was made at home. I would mix a little oil, lemon juice, and herbs and bring it with me in a small container to put on my salads. Sometimes I would alternate the lemon juice with raw apple cider vinegar. Sounds radical, but when I was climbing my way up from rock bottom, I couldn't take chances with an unexpected exposure. Taking care of me was more important than what a wait staff individual thinks. Once my body got stronger, that was no longer necessary.

Let's move on to entrees. Obvious places allergens lurk are in sides like pasta, orzo, cous cous, mashed potatoes, French fries, etc. Remember to be aware of things often breaded like fish, onion rings, and chicken fried steak. Always ask the wait staff if anything is breaded or contains wheat. If they don't know, have them ask the chef.

A place where high sugar lurks is in meat marinades and sauces. Brown sugar glazed salmon is fabulous, but not for your weak adrenals. Barbecue sauces are loaded with tons of sugar too. Wheat is hidden in gravies and rues; always ask.

Typical entrees come with a meat, starch, and vegetable. Typically I ask for no starch (potato, pasta, corn, rice) and extra vegetables. Most restaurants have no problem accommodating this request. Not only does it help balance blood sugars, it is good food combining practices. There will be less opportunity for candida growth, gas, and bloating from food fermenting in the gut.

Desserts will have to be avoided until your body is strong again with rebuilt adrenals. Even fruit cups are off limits because adding fruit after a heavy meal yields fermentation in the digestive tract. Now that my anxiety was gone, I occasionally have desserts like vanilla ice cream or cheesecake (no crust). Even though they are loaded with sugar, they are higher in fat to help keep blood sugar levels steady. This is a very rare treat, not every time I go out.

If you are a recovering pop, coffee, or alcohol drinker, there are a few options you have when going out to eat. A great replacement for pop or alcohol is sparkling water with fresh squeezed lemon and lime in it. Instead of coffee, ask for non-caffeinated herbal tea. Always ask twice to ensure the tea is not caffeinated. Sometimes they make mistakes.

One last tip for eating out is to bring a digestive aid. Restaurant meals are typically larger portions than we prepare at home. To make digestion easier, add digestive enzymes at the beginning of the meal. If the restaurant has peppermint or ginger herbal tea, these both help with digestion.

PART III: NUTRITION FOR REBUILDING AN ANXIOUS BODY

The following is a chart of what foods I eliminated initially during my weakest state. As I got stronger, I was able to add foods back in to my routine. I would take careful note to observe if the re-introduced food was creating a negative reaction in my body.

This is my personal food list and it is listed in this report to help give readers an idea of where to begin. Everybody is going to respond differently to foods; it is important to determine your own nutritional program. Some of the foods I can tolerate may produce quite a reaction in you, and vice versa.

It is best to start by doing the [Allergy Elimination Diet](#) and then if necessary, have an ALCAT blood test to identify all allergies. The following charts are based on my own limitations of gluten/wheat, blood sugar balance, and other common sensitivities.

KEY FOR FOOD CHARTS

Okay to Eat	OK	Health giving food
Eliminate	Elim	Remove from diet on permanent basis
Phase I	P1	Eliminate for a few weeks to rest the system
Phase II	P2	Eliminate for a few months to rest the system. Can introduce when candida free.
Rare Treat	RT	Can have every now and then, otherwise should not be eaten as it weakens the system

MEATS – Red, Poultry, Fish

Pork	RT	Pheasant	OK	Chicken	P1 then OK
Beef	OK	Goose	OK	Fresh Water Fish	OK
Buffalo/Bison	OK	Ostrich	OK	Salt Water Fish	OK
Venison	OK	Turkey	OK	Shellfish	OK
Goat	OK	Duck	OK	Canned Tuna	RT
Lamb	OK	Wild Game	OK		

DAIRY

Aged Dairy Cheese	OK if raw, Elim if pasteurized	Kefir	OK	Milk (Goat)	OK
Fresh Dairy Cheese	P1	Yogurt	OK	Milk (Cow)	OK if raw, Elim if pasteurized
Sour Cream	P2	Cottage Cheese	P2	Butter (Cow)	OK, best if cultured
Heavy Cream	OK	Whey	OK	Butter (Goat)	OK

LEGUMES

Kidney Bean	P1	Aduki	P1	Wax Beans	OK
Lentil	P1	Black Eyed Peas	P1	Edamame	OK if organic
Navy Bean	P1	Black Bean	P1	Tofu	Elim
Pinto Bean	P1	Lima Bean	OK	Miso	OK if organic
Garbanzo (Chick Peas)	P1	Soy	Elim	Tempeh	OK if organic and gluten free
Green Beans	OK	Peas	P1		

NUTS					
Brazil	OK	Pistachio	OK	Flax Seed	OK
Cashew	OK	Pumpkin Seed	OK	Poppy Seed	OK
Peanut	RT	Walnut	OK	Almonds	OK
Hazelnut	OK	Macadamia	OK	Pine Nuts	OK
Hemp	OK				
GRAINS & STARCHY VEGETABLES					
Corn	P2, RT if fresh off cob	Sprouted Breads	RT for some people	Rice – White	Elim
Barley	Elim	Millet	P2	Rice - Wild	P2
Wheat	Elim	Amaranth	P1	Yams	P2
Spelt	Elim	Buckwheat	P1	White Potato	RT
Rye	Elim	Tapioca	P2	Taro	P2
Sprouted Wheat	Elim	Quinoa	P1	Sweet Potato	P2
Kamut	Elim	Oat	Elim	Pumpkin	P2
Gluten	Elim	Teff	P1	Squash	P2

VEGETABLES – NON STARCHY

Alfalfa	OK	Chicory	OK	Olives	OK
Aloe	OK	Collards	OK	Onion	OK
Artichokes	OK	Cucumber	OK	Parsnips	P2
Asparagus	OK	Dandelion	OK	Peppers – Bell	OK
Bamboo	OK	Diakon Radish	OK	Peppers – Chili	OK
Beets	P2	Eggplant	OK	Pickles	OK
Bok Choy	OK	Fennel	P1	Rhubarb	OK
Broccoli	OK	Garlic	OK	Rutabaga	OK
Brussels Sprouts	OK	Juniper	OK	Seaweed	OK
Cabbage	OK	Kale	OK	Shallots	OK
Cactus	OK	Kelp	OK	Spinach	OK
Capers	OK	Kohlrabi	OK	Swiss Chard	OK
Carrot	P2	Leeks	OK	Turnip	OK
Cauliflower	OK	Lettuce	OK	Yucca	OK
Celeriac	OK	Mushrooms	OK	Zucchini	OK
Celery	OK	Mustard Greens	OK		
Chervil	OK	Okra	OK		

FRUITS					
Apple	P1	Gooseberry	P1	Pineapple	RT, P2
Apricot	P2	Grapefruit	P2	Plantain	P2
Avocado	OK	Kiwi	Elim	Plums	P2
Banana	RT, P2	Lemon	OK	Pomegranate	P2
Blackberry	P1	Lime	OK	Prickly Pear	P2
Blueberry	P1	Mango	RT, P2	Prune	P2
Boysenberry	P1	Melon	RT, P2	Raisin	P2
Cherry	P1	Mulberry	P1	Raspberry	P1
Coconut	P2	Nectarine	P2	Star fruit	P2
Cranberry	P1	Orange	P2	Strawberry	P1
Currants, fresh	P1	Papaya	P2	Tangerine	P2
Dates, fresh	RT, P2	Peach	P2	Tomato	OK
Elderberry	P1	Pears	P1	Watermelon	P2
Fig, fresh	P1	Persimmon	P1		
OILS					
Almond	OK	Corn, organic	OK	Avocado	OK
Borage	OK	Cottonseed	Elim	Olive	OK
Canola, organic	OK	Evening Primrose	OK	Rice	OK
Castor	OK	Ghee	OK	Safflower	OK

OILS Cont...

Cod Liver	OK	Grape seed	OK	Sunflower	OK
Coconut	OK	Margarine	Elim	Walnut	OK

BEVERAGES

Beer	Elim	Juice – Grapefruit, fresh squeezed	RT, P2	Soda – Reg/Diet	Elim
Coffee – Decaf	RT	Juice – Lemon	OK	Spirits	RT
Coffee – Reg	Elim	Juice – Ningxia Wolfberry	P2	Tea – Black	P2
Hard Cider	RT, P2	Juice – Orange, fresh squeezed	RT, P2	Tea – Green	P2
Juice – Apple fresh	P2	Juice – Pear, fresh	Elim	Tea – Herbal	OK
Juice – Carrot	P2	Juice – Pineapple	Elim	Water	OK
Juice – Cider	P2	Juice – Pomegranate	P1	Water – Seltzer	OK
Juice – Cranberry	P1	Juice – Sauerkraut	OK	Wine – Red	RT, P2
Juice – Grape	Elim	Liqueur	RT, P2	Wine – White	RT, P2

SWEETENERS

Agave	RT, P2	Fructose – From Fruit	RT, P2	Molasses	RT, P2
Barley Syrup	Elim	High Fructose Corn Syrup	Elim	Rice Syrup	RT, P2
Brown Sugar	Elim	Honey	RT, P2	Stevia	OK
Chicory Sugar	OK	Lakanto	P2	Sucanat	Elim
Corn Syrup	Elim	Maltodextrin	Elim	White Sugar	Elim
Date Sugar	Elim	Maple Syrup	RT, P2	Xylitol	OK
Evaporated Cane Juice	Elim	Milk Sugar	RT, P2	Yacon	OK

HERBS, SPICES & OTHER ADDITIVES

Allspice	OK	Coco Powder	P2	Pepper	OK
Anise	OK	Coriander	OK	Peppermint	OK
Basil	OK	Cornstarch	OK	Red Pepper	OK
Bay Leaf	OK	Cumin	OK	Rosemary	OK
Bergamot	OK	Curry	OK	Saffron	OK
BHA/BHT	Elim	Dextrose	Elim	Sage	OK
Blue Green Algae	OK	Dill	OK		

HERBS, SPICES & OTHER ADDITIVES Cont...

Caraway	OK	Dulse	OK	Savory	OK
Cardamom	OK	Horse Radish	OK	Sea Salt	OK
Carob	OK	Mace	OK	Tarragon	OK
Carrageenan	OK	Mint	OK	Thyme	OK
Chili Powder	OK	MSG – Mono-Sodium Glutamate	Elim	Turmeric	OK
Chives	OK	Mustard – Dry	OK	Vanilla	OK
Cilantro	OK	Nutmeg	OK	Wintergreen	OK
Cinnamon	OK	Paprika	OK	Yeast	RT, P2
Cloves	OK	Parsley	OK		

CONDIMENTS

Ketchup	P2 if unsweetened and made with cider vinegar	Commercial Salad Dressing – Creamy Based	Elim	Vinegar – Apple Cider	P2
Kim Chi	OK	Commercial Salad Dressing – Honey Mustard	Elim	Vinegar – Balsamic	P2
Mayonnaise	OK	Commercial Salad Dressing – Oil & Vinegar	Elim	Vinegar – Rice	P2
Mustard	OK	Sauerkraut	OK	Vinegar – White	P2

CONDIMENTS Cont...

Pickled Ginger	P2	Soy Sauce	Elim	Vinegar – Wine	P2
Pickle Relish	P2	Tamari	Elim	Worcester Sauce	Elim

IN CONCLUSION...

Food allergies and sensitivities have a huge impact on mental wellness. Negative responses our body may have to specific foods can create confusion, irritability, panic attacks, anxiety, and even mania. When choosing foods that are “health giving” to our body, we will feel a sense of clarity and energy that we may not ever have experienced in our whole life.

Even though this is my personal account of discovering and handling food allergies, it will give you an idea of where to begin. After sharing stories with individuals in similar situations, our struggles and victories are all very similar.

Some of the basic concepts to remember:

1. Mental health has everything to do with what you eat or don't eat.
2. A good place to begin is with Dr. Rapp's Allergy Elimination Diet.
3. A profound treatment for dealing with food and environmental allergies is the NAET - Nambudripad Allergy Elimination Technique.
4. If food allergies are extremely severe or there is difficulty identifying culprits, consider the ALCAT testing.
5. Learn to become a great listener to what your body is telling you. Journal how you feel after eating certain foods.
6. The quality of food you purchase is important for rebuilding your body. Prepared meals purchased from the grocery store are more expensive than preparing organic meals from scratch.
7. When eating out, don't assume certain trouble ingredients for you are present or not in your dining choice. Always ask the wait staff and if they aren't sure, have them ask the chef.

Are you already dealing with anxiety or food allergies?

Experience Jen Crippen's work at her blog:

<http://www.NaturalAnxietyTherapy.com>

De-stress your life, feel sane again, and be entertained with many complimentary audio, video, tele-seminars, and written downloads. Doing it all *naturally*....

Without solicitation, this is what people have to say about Jen Crippen:

"The call was absolutely terrific. You need to give a formula to reduce hand cramping after writing so much during your calls. Great, great job. Thank you for all the information." - Karen D., IL

"I'm loving the anxiety tips!" – Patricia C., IL

"Thanks so much for meeting with me and talking with me. Overall, I feel so free from sugar cravings!" – Annie L., IL

"Thank you so much for your continued information and support!" - Kelby H., IL

"You are an amazing communicator. You are definitely one of my very favorite presenters! Thank you for all you have taught me on your conference calls. I really appreciated all the specifics you packed into this call." - Mrs. BJ Rylander, USA

You can also follow her whacky and informative posts on:

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