

Nutrition – The Missing Link in Curing Your Depression Food Allergy Test

#1: Do not eat any of the common foods associated with allergies for two weeks (dairy, soy, milk, and anything you have felt sensitive to). Make sure you really aren't eating it. If you think you stopped eating gluten but are eating food with added wheat in the ingredients list, you are still eating wheat.

#2: After two weeks, see if you feel any better. Then, on the first day, eat a meal of only that food. If you are testing more than one thing at a time, wait a few days before you introduce the next food to test. Take your pulse before eating the food, then take your pulse 5 minutes after you finish eating, then 25 minutes after that. If your pulse changes 12 or more beats per minute faster or slower from eating that food, that suggests an allergic reaction.

- Notice if you feel a craving for the mood even more after you eat it. When you eat a nice healthy salad, you usually feel full and don't want to eat anymore. If you are addicted to gluten and eat a bunch of pasta, you'll typically feel even more hungry and want to ravish everything in sight.
- Notice any bloating, skin changes, headaches, or disturbed sleep after you eat the problem food.
- Notice any distractability, irritability, or feeling achy afterwards.

This is the exact test that I used to discover I couldn't eat gluten or drink milk. My depression has been relieved ever since.