Fad Diets, Antinutrients, and the REAL Causes Behind Your Intolerances

The Typical Path of Chronic Illness

- Not all chronic illnesses have the same outcome and diagnosis, but many have the same path
- Similarly, we take tend to make similar nutritional interventions!
- We begin with gluten free, then we (sometimes) move onto corn-free, soy-free, or dairy-free, some go as far as colorings and additives
- Usually removing these or this DRAMATICALLY reduces symptoms
- This makes sense because the nature of these ingredients
- Then, we get adventurous…

The Typical Path of Chronic Illness

- And we set out in search of other dietary changes we can make for even more progress
- Eventually, we usually find the ‘fad’ diet that sounds like it fits our niche and preferences
- Whether it be…
- Keto, AIP, Paleo, Whole 30, Low-FODMAP, Standard-Carbohydrate (SCD) diet, GAPS, Carnivore, Pro-Metabolic (Ray Peat), Veganism, Whole-Food Plant-Based, Vegetarianism, Terry Wahl’s, Lectin-Free, Low-Oxalate, Low-Histamine, The Vegan Diet, Feingold/FAILSAFE, or one that I forgot… I’m sure there are more!

What to Expect

- These diets are meant with good intentions, but oftentimes we ‘overstay our welcome’ with these ways of eating. And we’ll talk about what this means!
- In this workshop, we’ll be exploring…
- The pitfalls (and positives!) of some of the most common ‘fad’ diets
- The ins and outs of plant ‘antinutrients’ and if they’re worth your concern
- What Antinutrients intolerance tells you about your body
- Why you might have a problem with them (and other substances you’re intolerant to)
- Using food as a tool, NOT a wholly curative agent

Without Further Adieu…

- Let’s get started with some nutritional analysis!
- Instead of bickering about carbs vs fat, plants vs animals, salt vs no salt, or whatever you can think of, let’s get into the nitty gritty about WHY these diets have their own cons and pros

Keto

- Standard nutritional keto diet is 25% protein, 5% carbs, 70% fat. Therapeutic is much higher
- Studies on keto are for epilepsy, cancer, and neurodegenerative conditions at this time.
- We don’t know how it affects chronic conditions long-term!
- Goal is to get ketones. We can produce ketones ENDogenously—or on our own, usually from burning body fat—or Exogenously, from dietary fat and supplemental ketones
- Ketones are thought to be beneficial for people with the conditions above—for various reasons—but it’s not known if its preferable for chronic illness over glucose yet
- Keto—like any diet—depends on quality. We can have standard keto, which can include more processed foods vs a ‘whole food’ keto approach. I put together some example logs of both for our nutritional analysis.

Keto: Micronutrients

- A focal point of keto is fat. This can make it hard to get micronutrients like vitamins, minerals, essential fatty acids (omega-3s), and amino acids. Depending on your source, many fats do not contain many of these
- Similarly, keto can push someone to restrict protein pretty low in pursuit of ketones
- Protein is ESSENTIAL for a healing body!
- Carbs are a GREAT source of vitamins and minerals, too, but they are also limited
- Low-carb vegetables include lots of nightshades and cruciferous, but these can be problems for many with AI. High ox, too.
- Spectrum that you can eat becomes more and more limited; keto to begin with is already limiting on fruits, grains, some vegetables, beans, legumes, and some dairy

Keto: Seasonal Cycles

- As humans, we evolved to follow the seasons
- In spring: protein and fibre; in summer, protein and carbs, in autumn: fat, protein, and carbs (FATTEN UP!), and in winter: fat and protein
- We were never in one set macronutrient ratio for too long
- When we’re eating ketogenically all the time, we’re essentially stuck in infinite winter
- Winter = a prolonged fast-mimicking diet
- In fact, keto is said to be beneficial because it restrict the anabolic mTOR pathway and essentially has fasting properties
- Over time, this can have effects elsewhere on our bodies because…

Keto: Stress!

- Fasting is a stressor!
- When we are in a fasted (famine-like) state, our bodies perceive starvation. Which was pretty common in winter during the times we evolved
- Thus, it makes sense that a keto diet has been linked to higher cortisol levels (higher cortisol output)
- Many with chronic illness have pre-existing adrenal issues (and thyroid issues, and sex hormone issues). These all intertwine. So, more stress isn't the best in the long run
- You may feel better at first because you are literally running on adrenaline
- But soon, these organ systems take a beating the longer you're pushing keto (ESPECIALLY IN WOMEN, and MENSTRUATING women!!)

Keto: Minerals

- A low-carb or ‘no-carb’ diet functions as a diuretic.
- It can also be lower in core electrolytes, too, depending on the ‘type’ of keto you practice
- For someone with hurting adrenals, intestinal permeability, POTS, chronic fatigue, or MCAS, this can exacerbate your situation
- Electrolytes are THE SPARKPLUGS of your body!!

Keto: Digestion

- No matter what you hear, the human body was not meant to digest THAT much fat for prolonged periods…
- ESPECIALLY REFINED ONES!!! There's a reason eating pure oil gives you diarrhea!!
- In chronic illness, digestive function or hepatic/biliary function is impaired to some degree. This can impair the GI system and stress the liver even further, especially if fat is not digesting well
- Pathogens can feed off just about anything that isn't broken down properly—not just carbs!
- Many people go from the diet they used to eat to straight keto, and this is TOUGH
- Some who have epigenetically active mutations may struggle even more

A Conclusion on Keto: Some Pitfalls

- Cons
- Limited nutrient profile
- Stressor, increases cortisol
- Electrolyte imbalance
- Tough on digestion
- Tough on liver

- Pros
- Eliminates processed grains (usually)

Carnivore

- Has long been apart of Natasha Campbell McBride's GAPS diet in extreme cases (removal of all fiber). However, she only recommended it for short periods until stabilization of patient (usually UC, Crohn's)
- Similar to keto in the sense that it's high-fat. Also high protein, inherently.
- However, this one negates all carbs
- No long-term studies aside from anecdote
- Raw: has its own risks, especially considering most of the people 'going carnivore' are immune-compromised
- **Pros: protein, a good amount of minerals,**

Carnivore - Detox and Elimination

- Fiber is needed to bind to toxins in bile
- Thus, we can reabsorb them without fiber
- Also makes daily bowel movements difficult
- Simply doing carnivore and not addressing the root causes will leave you ‘stuck’ on this diet
- Certain epigenetic mutations (FUT2, ACAT) can make this difficult on one’s system

Carnivore: Difficult!

- Similar to a high-fat, keto diet it can be stressful on the HPA axis, thyroid, and reproductive systems (fasting)
- Hard to regulate electrolytes
- Hard to get complete array of nutrients unless working tediously to eat ‘nose-to-tail’
- Many report difficulties reintroducing any plant foods once committing to this diet
- Going from all or mostly plants to high-protein/fat can be a stressor
- If you can’t come off this diet (OR ANY!) without a return of physical, mental, or emotional symptoms, there is likely a root cause you need to mitigate

A Conclusion on Carnivore: Some Pitfalls

- Cons
- Limited nutrient profile depending on how you do it (Ca, Mg, K)
- Impeded elimination
- Electrolyte imbalance
- Digestive stress
- Increased hypersensitivity and trouble with reintroductions

- Pros
- Eliminates processed grains (usually)

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Shopping Guide

CARNIVORE

MEAT

- Beef steaks
- Beef roasts
- Ground beef
- Lamb chops
- Ground lamb
- Ground bison
- Pork belly
- Pork chops
- Bacon
- Chicken roast
- Chicken thigh
- Chicken wings
- Ground chicken
- Wild game
- Beef liver

SEAFOOD

- Fresh salmon
- Canned salmon
- Canned sardines
- Canned mackerel
- Canned achovies
- Canned cod liver
- Canned tuna
- Shrimp
- Oysters
- Crab
- Lobster
- Canned mussels
- Salmon roe

FAT

- Butter
- Ghee
- Beef tallow
- Bison tallow
- Lard
- Beef suet
- Duck fat
- Chicken fat
- Bone marrow
- Other animal fat

ADD-ONS

- Chicken eggs
- Duck eggs
- Bone broth
- Collagen powder
- Pork rinds
- Beef jerky
- Beef biltong
- Aged cheeses*
- Kefir*
- Full fat yogurt*
- Sour cream*
- Heavy cream*
- Raw milk*

SPICES

- White pepper
- Garlic
- Onion powder
- Ginger
- Dill
- Basil
- Chives
- Cilantro
- Parsley
- Thyme
- Sage
- Cinnamon
- Vanilla

*Dairy only as tolerated and might be worth avoiding or limiting if you have fat loss goals

Paleo and Whole 30

- Very similar though not the same; Paleo is WOL, W30 is followed by reintroduction after 30 days
- Both focus on whole foods and eliminate grains, seed oils, etc. Definitely less limiting than some of the others
- Removes dairy (calcium), beans, and legumes, which can be healthful foods if prepared properly
- The food market has caught onto these ‘trends’ and has begun producing ‘paleo’ and ‘W30-approved’ processed foods
- These diets also do little in terms of the macronutrient quality of the diet

COOKSMARTS

THE PALEO DIET: EAT THIS, NOT THAT

PROTEINS

EAT THIS	NOT THAT
 Meat (organic, non-GMO, grass-fed), Seafood, Eggs	 Grain-fed meat, Soy, Legumes (includes peanuts)

STARCHES

EAT THIS	NOT THAT
 Sweet Potatoes, Plantains	 Potatoes, Corn, Grains and Grain-based Products

FATS

EAT THIS	NOT THAT
 Nuts, Ghee, Oils (avocado, coconut, olive, nut, seed)	 Peanuts, Oils (canola, soybean, corn, hydrogenated)

PRODUCE

EAT THIS	NOT THAT
 All Vegetables and Fruits except ...	 Lima Beans, Snow Peas, Sugar Snap Peas, Potatoes

DAIRY

EAT THIS	NOT THAT
 Nut or Coconut-based Dairy Products	 Animal-based Dairy Products

SWEETENERS

EAT THIS	NOT THAT
 Maple Syrup, Stevia, Honey	 Cane Sugars, High-Fructose Corn Syrup

ULTIMATELY . . .

EAT THIS	NOT THAT
 Natural Foods	 Processed Foods

Autoimmune Paleo (AIP)

- Very limited repertoire of foods
- Meant for short-term use (reintroduction after 60-90 days), but many people stay on it as a WOL
- Can be heavy in high oxalate foods and high thiol foods, and it’s limited in foods that provide the nutrients that someone requires to tolerate ‘Antinutrients’
- Foods are heavy in rotation
- Can still eat ‘junk AIP’ similar to W30 and Paleo
- Also does nothing to lead people towards the MACROnutrients you’re supposed to consume

Recommended Order of Reintroductions

Source: https://www.thepaleomom.com/reintroducing-foods-after-following-the-autoimmune-protocol/?ref=766

Stage 1

- egg yolks
- fruit-, berry- and seed-based spices
- seed and nut oils
- ghee (from grass-fed dairy)
- occasional coffee
- cocoa or chocolate
- peas and legumes with edible pods (green beans, scarlet runner beans, sugar snap peas, snow peas, etc)
- legume sprouts

Stage 2

- seeds
- nuts
- chia seeds
- coffee on a daily basis
- egg whites
- grass-fed butter
- alcohol in small quantities

Stage 3

- eggplant
- sweet peppers
- paprika
- peeled potatoes
- grass-fed dairy
- lentils, split peas, and garbanzo beans (aka chickpeas)

Stage 4

- chili peppers and nightshade spices
- tomatoes
- unpeeled potatoes
- alcohol in larger quantities
- gluten-free grains and pseudograins
- traditionally prepared or fermented legumes
- white rice
- foods you are allergic or have a history of strong reactions to

W30, AIP, and Paleo In Review

- Cons
- Limited nutrient profile
- Eliminates some really nutrient-dense foods
- Market has caught up and we can now get W30, AIP, and Paleo ‘junk foods’

- Pros
- Eliminates processed foods

Pro-Metabolic/Ray Peat

- Eliminates a LOT of vegetables, which is a perfect good group of foods
- Recommends minimizing beans, seeds, legumes, and nuts, which can have health benefits if you tolerate
- Focus is on fruit, honey, and dairy. Fruit is not seasonal; this not only has environmental implications, but personal implications when you disrupt the body's diurnal rhythm like that (body is accustomed to eating fruits annually, in the summer)
- Recommends supplementing with sugar?
- Combines fat and carbs, which is the equation for modern junk food (micros might be better, but doesn't change the fact that this will keep your blood sugar high; body is not accustomed)

Pro-Metabolic/Ray Peat

- Has someone eating 4-6 meals per day, which disrupts the MMC and can exacerbate SIBO/candida
- Dairy is a health food, but we must remember it can mess with hormones (when consumed excessively, and as a staple) because it IS mother's milk
- Milk's purpose is to fatten up, after all
- Heavy on fruit juice, too, which can fuel blood sugar / hormone imbalance / adrenal issues
- Low in omega-3s because they are 'harmful PUFAs'
- Tribes like Masai eating this way are very active; they burn the fat-and-carb combo energy. Also do not eat as much.

Summary of Pro-Metabolic

- Cons
- Limits certain nutrients that research shows is highly beneficial (omega-3s)
- Limits other whole foods (veg, nuts, seeds) with benefits
- Fat-and-carb combo (junk food)
- Lots of sugar, can feed pathogens
- Frequent eating disrupts MMC
- Violates seasonal eating

- Pros
- Eliminates processed grains and oils

Terry Wahl's Protocol

- Seen this one do a lot more harm than good
- Very limited repertoire in terms of plant foods
- Also limits nutrient-dense foods like eggs and dairy
- VERY high thiol (sulfur) foods, which can make someone with SIBO or heavy metal issues (we'll talk about this in a bit) feel AWFUL and make them feel worse
- Because MS—the disease TW has—can have a metal component, this can make someone's symptoms go south

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Terry Wahl’s Summary

- Cons
- Can worsen metal issues
- Can exacerbate GI
- Limited nutrient profile

- Pros
- Eliminates processed foods

Low-FODMAP

- Some may find this early on if they received a dx of UC, Crohn's, or IBS; western GI docs use it - will relieve your SYMPTOMS but do nothing to address the problem
- Usually relieves enough problems that people can live regularly if they eat this way, which pushes them to NOT look for a root cause
- Removes a lot of nutrient-dense foods, like fruit, beans, alliums, cruciferous vegetables, and dairy
- Pretty limiting in terms of nutrient density, variety, etc
- Low-FODMAP + SIBO diet has further implications (more limiting) if done **long-term**

Low FODMAP Diet

A low FODMAP diet may help people with gastrointestinal problems like bloating, gas, or irritable bowel syndrome (IBS).

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Avoid

Excess Fructose

- Fruit: apple, mango, nashi, pear, canned fruit in natural juice, watermelon.
- Sweeteners: fructose, high fructose corn syrup, corn syrup, honey.
- Concentrated fructose: concentrated fruit, large servings of fruit, dried fruit, fruit juice.

Lactose

- Milk: milk from cows, goats, or sheep.
- Custard, ice cream
- Yogurt
- Cheese: soft, unripened cheeses like cottage, cream, mascarpone, ricotta

Fructans

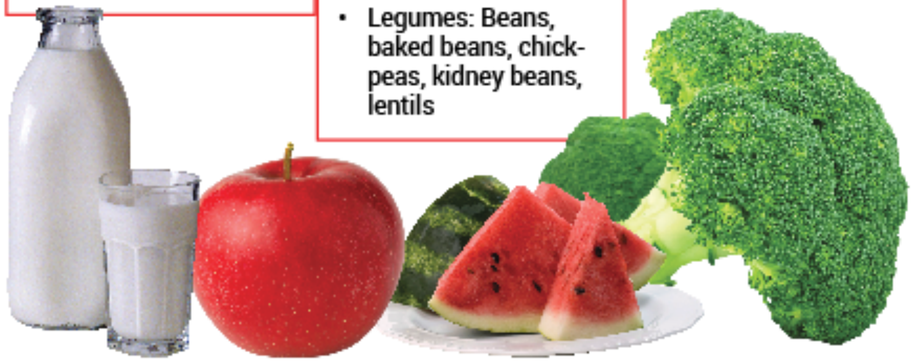
- Asparagus
- Beetroot
- Broccoli
- Brussels sprouts
- Cabbage
- Eggplant
- Fennel
- Garlic
- Leek
- Okra
- Onion (all)
- Shallots
- Cereals: wheat and rye in large amounts (e.g. bread, crackers, cookies, couscous, pasta)
- Fruit: custard apple, persimmon, watermelon
- Misc: chicory, dandelion, inulin

Galactans

- Legumes: Beans, baked beans, chickpeas, kidney beans, lentils

Polyols

- Apple
- Apricot
- Avocado
- Blackberry
- Cherry
- Lychee
- Nashi
- Nectarine
- Peach
- Pear
- Plum
- Prune
- Watermelon
- Vegetables: Green bell pepper, mushroom, sweet corn
- Sweeteners: sorbitol (420), mannitol (421), isomalt (953), maltitol (965), xylitol (967)



Enjoy

Fruit

- Banana
- Blueberry
- Boysenberry
- Canteloupe
- Cranberry
- Durian
- Grape
- Grapefruit
- Honeydew melon
- Kiwi
- Lemon
- Lime
- Mandarin
- Orange
- Passionfruit
- Pawpaw
- Raspberry
- Rhubarb
- Rockmelon
- Star anise
- Strawberry
- Tangelo

Misc

- Sweeteners - sucrose, glucose, artificial sweeteners not ending in "-ol", and sugar in small quantities
- Honey substitutes - small quantities of golden syrup, maple syrup, molasses, and treacle

Vegetables

- Alfalfa
- Artichoke
- Bamboo shoots
- Beat shoots
- Bok choy
- Carrot
- Celery
- Choko
- Choy sum
- Endive
- Ginger
- Green beans
- Lettuces
- Olives
- Parsnip
- Potato
- Pumpkin
- Red bell pepper
- Silver beet
- Spinach
- Summer squash (yellow)
- Swede
- Sweet potato
- Taro
- Tomato
- Turnip
- Yam
- Zucchini

Starch

- Gluten free bread or cereal products
- 100% spelt bread
- Rice
- Oats
- Polenta
- Other: arrowroot, millet, psyllium, quinoa, sorgum, tapioca

Dairy

- Milk - lactose-free milk, oat milk, rice milk, soy milk (check for additives)
- Cheeses - hard cheeses, brie, and camembert
- Yogurt (lactose free)
- Ice cream substitutes - gelati, sorbet
- Butter substitutes (e.g. olive oil)

Low-FODMAP Summary

- Cons
- Does not address the root cause
- Limited nutrient profile

- Pros
- Eliminates processed foods

GAPS

- Based off of Standard-Carbohydrate Diet (SCD)
- Elimination diet with staged reintroductions, similar to AIP. VERY focused on gut healing
- Lots of ferments (kefir, probiotics, yogurt); not ideal for high-histamine, or someone with severe overgrowth
- Fat and meat heavy, especially in stage 1
- Also heavy in thiol-rich vegetables (crucifers)
- Many think they feel so bad because they’re going through ‘die off’, which is helping them; many times it’s intolerances

GAPS

DIET FOOD PLAN STAGES

STAGE 1

- Fish, chicken, or meat boiled in water or broth
- Cauliflower, broccoli, onions, carrots, and leeks
- Summer and winter squash

STAGE 2

- Fermented veggies
- Fermented fish
- Egg yolk
- Homemade ghee
- Casseroles and stews
- Soft-boiled eggs

STAGE 3

- Ripe avocado
- Pancakes made from nut butter, squash, and eggs
- Scrambled eggs
- Fermented vegetables

STAGE 4

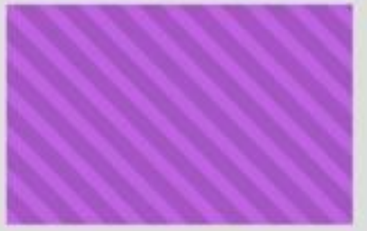
- Carrot juice on an empty stomach
- Bread made of eggs, almond flour, salt, and ghee or coconut oil
- Cold pressed olive oil

STAGE 5

- Raw vegetables and honey
- Applesauce
- Grilled, roasted, or boiled meat
- Juicy apples, mangoes, and pineapples

STAGE 6

- Foods from stages 1-5
- Raw and peeled apples
- Various raw fruits except for citrus fruits
- Baked goods with dried fruits as their sweeteners



GAPS

- Based on the reintroduction stages, look how deficient you can get by ‘eating GAPS’ for long periods!!
- Typical reintroduction is supposed to happen rather quickly
- Many use this (and other diets) to justify how they’re eating (ex: I can eat broccoli, broth, carrots, boiled meat; I am ‘doing GAPS’). No! This means SOMETHING IS WRONG!!

GAPS Summary

- Cons
- Limited nutrient profile
- Can be high histamine
- Can be high thiol
- Can be low carb if someone is stuck in phase I

- Pros
- Eliminates processed foods

Plant-Based (WFPB, and Standard Vegan)

- Similar to keto, a vegan diet that does nothing to improve diet quality will do nothing better than a standard-western diet (albeit make it HARDER to get nutrients because of bioavailability!)
- Standard vegan: relies HEAVILY on common allergens, like corn, soy, and gluten (molecular mimicry, digestive stress)
- WFPB eliminates processed foods, but makes it harder to get nutrients like iron, vitamin A (active form), omega-3s, protein, methionine (especially), tryptophan, calcium and zinc
- ALL of these nutrients are NECESSARY for a functioning and healing immune system!
- Body needs protein to heal

PB: Gut Health / Immunity / Bodily Function

- Many nutrients deficient on a PB diet are also needed to support gut health
- Low protein (healing, and precursors)
- LOTS of fiber is difficult to process and hard on system
- Also can feed overgrowth
- Nutrients in detail

Raw Diet

- Even harder to break down (cooking helps break down plant fibers)
- Even fewer foods in the repertoire
- Hard to eat beans, grains, legumes raw, so protein sources become even more limited
- Harder to get calories = must eat more = more digestive stress
- Deficient in all the same nutrients

Medical Medium

- Not vegan, but similar to vegan
- No scientific evidence whatsoever, this one gets a lot of people SO sick
- Low fat, low protein
- Gets people off processed foods
- Spirulina, chlorella, cilantro
- Some immune-stimulating herbs without knowing history or explaining the detriments
- Celery Juice

Vegetarian

- Some animal protein is better than none!
- Makes it easier to get some vitamin A, calcium, and protein (but you have to prioritize it!!!), but still sparse in zinc, omega-3s, and iron
- Usually vegan/vegtarian diets are high in copper/low in zinc, this can impair immunity (and contribute to toxicity)
- Can be inflaming if houses on soy, corn, grains

PB, WFPB, Vegetarian Summary

- Cons
- Can be very difficult to get adequate complete proteins depending on the version you’re doing
- Other nutrients are sparse or not bioavailable
- Might rely on soy, corn, or gluten for protein
- Tough on GI (fiber)

- Pros
- Depending on version, might eliminate processed foods

Lectin-Free (so begins our saga on Antinutrients)

- Eliminates processed foods
- Pushes someone towards high-oxalate; actually one of the most common reported ill-effects is kidney stones from LF
- Extremely limited repertoire of plant foods
- Gundry is also a big proponent of low protein; there is a keto version of it too
- Big fan of fasting also
- Both of these ideals make it even more nutrient limiting
- MOST lectins are destroyed at high heat (if it is really THEM that are a problem for you), and this has been demonstrated in studies

THE "NO" LIST

Refined starches

- ✕ Rice
- ✕ Bread
- ✕ Cereal
- ✕ Pastries
- ✕ Potatoes
- ✕ Flour
- ✕ Cookies

Sugars and sweeteners

- ✕ Sugar
- ✕ Agave
- ✕ Honey
- ✕ Maple syrup
- ✕ Aspartame

Fruits and vegetables

- ✕ Peas
- ✕ Beans*
- ✕ Legumes*
- ✕ Squash
- ✕ tomatoes
- ✕ Melon
- ✕ Zucchini
- ✕ Peppers
- ✕ Goji berries
- ✕ Lentils

*pressure cooked are ok in moderation

Soy

- ✕ Soy
- ✕ Tofu
- ✕ Edamame
- ✕ Soy sauce

Dairy

- ✕ Non-Southern European
- ✕ cow milk products
- ✕ Yogurt
- ✕ Greek yogurt
- ✕ Ice cream
- ✕ Ricota
- ✕ Cottage cheese
- ✕ Kefir

Seeds and Legumes

- ✕ Pumpkin seeds
- ✕ Chia seeds
- ✕ Sunflower seeds
- ✕ Peanuts
- ✕ Cashews

Oils

- ✕ Soy
- ✕ Grapeseed oil
- ✕ Corn oil
- ✕ Peanut oil
- ✕ Cottonseed oil
- ✕ Sunflower oil
- ✕ Canola oil

Grains

- ✕ Oats
- ✕ Whole grains
- ✕ Quinoa
- ✕ Rye
- ✕ Barley
- ✕ Buckwheat
- ✕ Corn
- ✕ Spelt

Meat

- ✕ Grain or Soybeans-Fed Fish
- Shellfish - Poultry - Beef
- Lamb - Pork

THE "YES" LIST

Oils

Extra virgin olive oil
Avocado oil
Walnut oil
Sesame oil
Coconut oil

Vegetables

Romaine	Red & green leaf lettuce
Kohlrabi	Mesclun (baby greens)
Spinach	Butter lettuce
Endive	Seaweed/sea vegetables
Parsley	Brussels sprouts
Fennel	Bok choy
Broccoli	Cabbage
Cauliflower	Asparagus
Bok choy	Radish

Nut

Macadamia
Walnuts
Pistachios
Pecans
Coconut
Hazelnuts
Chestnuts

Flour alternatives

Coconut flour
Almond flour

Resistant starches

Green bananas
Plantains

Fruits

All berries
Bananas
Mangoes
Papayas
Avocado
*in-season

Grains

Sorghum
Millet

Milk

Southern European
Cow's Milk
Goat's Milk
Sheep's Milk
Buffalo Milk
*consume in moderation

Meat

Grass-Fed,
Pasture-Raised
Meat

Lectin-Free (so begins our saga on Antinutrients)

- Some lectins DO have health benefits (antimicrobial, anti fungal, anticancer)
- Some of the most controversial ‘lectin-rich foods’ are gluten, other grains, soy, corn, and nightshades. These foods have other inflammatory compounds OTHER THAN lectins, so, what is causing your problems????
- Does not really include many fruits, carb sources are rather limited
- The market has caught up, and ‘junk’ lectin-free foods are now available
- Avoids processed foods, brings awareness to proper preparation, does advocate for prebiotics and grassfed/pastured meats and cheeses

Low Oxalate

- Oxalates truly are a big problems for some people; removing them offers solace for a lot of people who have joint pain, histamine intolerance, CFS, fibromyalgia, and autism

- But oxalates are a PRODUCT of the problem (again… we'll get there)

- Eating low ox pushes someone towards an extremely limited diet that is higher in salicylate, histamine, thiol, and lectin-rich foods.

-

High-oxalate foods include:

DR Becky CAMPBELL

drbeckycampbell.com

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Low Histamine

- Does not address root cause
- Nutrient limiting

Feingold/FAILSAFE

- Focus is to remove salicylates and polyphenols from foods (natural or synthetic) as they have a role in exacerbating autism symptoms
- Meat, fish, poultry are OK if tolerated
- Phenols (salicylate and polyphenols) are eliminated and foods that are low are allowed
- Phenols are found in: tea, coffee, some vegetables, chocolate, many fruits

Avoid "The Big 3"

1. **All Dyes**
   Such as Red #40, Yellow FD&C #6, Blue #1, Tartrazine, "Colors Added" Caramel Color (questionable)
2. **Artificial Flavors**
   Vanillin
   Artificial flavors or "flavors added"
   Natural flavors
   (sometimes questionable but more often OK)
3. **Preservatives**
   BHT, BHA, and TBHQ (sometimes not listed)

To learn more about the Feingold Diet, visit my blog at www.allnaturalmomof4.com

List of Common Salicylates

LOW

Pears, lemons, limes, watermelon, honeydew, pomegranate, mango, kiwi, papaya, asparagus, Brussel sprouts, broccoli, cauliflower, green beans, kale, lettuce, onions, peas, sweet potato, carrots, pumpkin, cashews, pecans, sunflower seeds

MEDIUM

Bananas, cantaloupe, avocado, canned pineapple, grapefruit, white potatoes, spinach, honey

HIGH

Apples, grapes, raisins, all berries, cherries, apricots, oranges, peaches, plums, prunes, dates, fresh pineapple, cucumbers, pickles, peppers, tomatoes, zucchini, almonds, molasses, clover honey, tea, coffee

Antinutrient Avoidance Diets

- Cons
- Limited nutrient profile
- Does not address root cause problem
- Some, like LF, lower protein intake and encourage fasting which can be detrimental to chronic illness

- Pros
- Usually eliminates processed foods

Genetic Tests (23AndMe)

- SNPs are the new ‘thing’
- Your SNPs are only as active as your nutrient deficiencies (nature vs nurture, epigenetics)

What is Involved?

Dr. D'Adamo advises that all people eat mostly fresh, natural foods, and cut out processed foods. Chocolate, coffee, and alcohol should not be eaten. Dr. D'Adamo also gives exercise advice. Here are the eating plans:

Blood Type	Foods That Can Be Eaten	Foods That Should Not Be Eaten	Exercise
Type A	Vegetables, fruit, grains, beans, legumes, nuts, and seeds	Dairy, meat, fish, poultry, eggs, and processed foods	Calming exercise like golf or yoga
Type B	Vegetables, fruit, grains, beans, legumes, meat, poultry, fish, eggs, and dairy	Nuts, seeds, and processed foods	Moderate-intensity exercise like walking, hiking, and tennis
Type AB	Foods on both the Type A and Type B diets are all okay, but a vegan diet is best most of the time	Processed foods	Both calming and moderate-intensity exercise
Type O	Meat, poultry, fish, and olive oil; limit: certain vegetables, nuts, seeds, and eggs	Dairy, grains like cereal; bread, pasta, and rice; beans and processed foods	Vigorous exercise like running

What Does the Research Say?

This weight loss plan is not supported by evidence.

Blood Type Diet

- Not evidence based
- Removes processed food
- Distribution of blood types are not DRAMATICALLY variable throughout the world. Genetic origin is not (how life has been bred into you, how environment has shaped your DNA).
- Many recommendations end up similarly (vegan, pseudo vegetarian, or pescatarian). Only Type O looks like they get red meat.
- Very strict. Hard to get nutrients. Benefits that were shown were deemed unrelated to blood type.

So… Why Do We Stay On These Diets?

- We’re avoiding our symptoms!

What Do These Diets Have In Common?

- THEY REMOVE PROCESSED FOODS!

But Before Long, Things Go Sideways…

- We fall into confirmation bias
- We reaffirm ourselves that people on reddit, IG, and TikTok say this diet is OK forever, that, ‘it’s a cure!’ (Case study vs cohort)
- We develop a false sense of security, this can influence our psyche
- We plateau, if not decline (nutrient deficiency and stress digs a hole)
- We develop food fears
- We have altered our QUALITY, but paid not attention to QUANTITY or FUNCTION

I’m Just A Young NTP, But…

- I’m not saying these diets have no clinical benefit; they were developed by professionals! While I may have some conflict with some of them, they are useful **when used correctly.**

- All too often, I hear the same storyline… ‘I eliminated corn, gluten, and soy and felt GREAT…. Then I got worse. So I tried XYZ, and I’m just not seeing results.’

- So what’s the problem?

A diet can do (and tell you) a lot, but it needs some help!

The True Purpose of Fad Diets

- A SHORT-TERM elimination diet where you work with someone to heal your issues
- For about 99.9% of cases, these diets are not long-term solutions
- Nutrient density is imperative for having the strength to heal, but it is not all there is to healing
- Many people stay sick because they don’t seek out care (or properly address their root causes) all the way through
- Long-term adherence to a fad diet can result in nutrient deficiency, lack of microbiome diversity, and food fear… among other things!

Where Fad Diets Fail

- Tell you what you CANT eat, not what you CAN eat
- They give you no direction as to what quantities of what you need to eat to do the most important thing…
- Hit your MACRO AND MICROnutrient foals for the raw ingredients that will help your body heal

But I Can’t Eat Differently, I Don’t Tolerate Anything Else!

- There are five main factors that contribute to intolerance of specific foods and food groups, and antinutrients (in particular):
  - Toxicity
  - Nutrient Deficiency
  - Chronic Infections
  - Stress/An Upregulated Nervous System
  - Poor Digestion

Toxicity

- Plant ‘toxins’ ARE toxins; the body has to process them or else they will build up to toxic amounts and cause symptoms
- Some are even produced endogenously as metabolic byproducts
- However, the amount we get from foods is usually minimal and a healthy body can rid itself of them
- When the body is overwhelmed by EXogenous toxins (environmental) or ENDOgenous ones (body-produced), it has too much to handle
- Consuming a food high in one of the antinutrients can fill a large portion of your ‘bucket’ until it overturns if your body is producing a lot, too
- Many of these plant and food toxins (salicylate/phenol, histamine, thiol, oxalate) are metabolized down the same pathways (methylation, sulfation)

Toxicity

- These pathways are often blocked in someone who is chronically ill, or they do not work effectively
- This is why so many intolerances seem to coincide, and why you may believe all plants are evil!
- Nonetheless, until you resolve your toxicity issues, it can be hard to tolerate one or all ‘antinutrient’ categories
- It is not uncommon to feel like you’re teetering on a fine line between them
- Exogenous toxicities that can strain these pathways and contribute to overwhelm include: mold, heavy metals, environmental estrogens, pesticides, etc

Chronic Infections (ENDOgenous Toxicities)

- Chronic infections create TRIPLE the problem for building your tolerance to foods
- Not only do they contribute to intestinal permeability in your gut (the breakdown of tight gap junctions between the cells that line your GI tract) which can allow for some to make a quick pass into your bloodstream, but they also
- Produce their own toxins that require processing. Some are, once again, handled down the same ‘chute’ as food components
- Some bacteria produce histamine, oxalate, phenol, and sulfurous compounds
- When these infections pile on, you may feel the ill-effects of these ‘Antinutrients’ without even eating a plant!

Nutrient Deficiency

- As we said earlier, salicylate, histamine, phenols, and other antinutrients are technically toxins
- To metabolize nutrients—or carry out any part of metabolism—we need nutrients to catalyze detoxification (especially phase II liver detox, like methylation and sulfation)
- If we don't have these nutrients, we do not detox them adequately and they back up
- When we are chronically inundated with chronic infection, mold exposure, and exposure to other toxins AND our nutrients are used up,
- We get trapped in an inescapable cycle… unless we intervene!

Poor Digestion

- Oxalate, phenol, and histamine all can be produced as a result of dysbiosis and maldigestion in an unbalanced microbiome
- Similarly, a more permeable gut leads to increased uptake of some of these substances
- There is no one-size-fits-all approach to digestion; it usually takes a bioindivideal approach of support to get someone ‘on track’!

Mind Stress

- Physical stressors are important to solving your chronic illness woes, but it is not all of it
- YOu attract what you believe, and you can create a reaction
- You can stress yourself into what you THINK, and what other people are telling you
- If reading about a certain ‘anti nutrient’ for hours on end has you convinced you will react to it, any little symptom of feeling off after eating it will feed your confirmation bias
- Once your mind believes it, it can take a lifetime to unwire your CNS… UNLESS YOU INTERVENE!

So, Do My Sensitivities Tell Me Anything?

- You can use your sensitivities to ‘reverse engineer’ and get an idea of where your body may need some support.
- Similarly, seeing your tolerance for certain food groups improve might indicate your issues are improving
- If you are still intolerant to them, it means you have work to do!

Oxalate

- Oxalates are metabolic products, soluble in blood but bind to minerals which make them a problem
- Mold exposure
- Bacterial overgrowth
- Chronic infections
- Heavy metal presence
- Vitamin and mineral deficiencies: B vitamins, Ca, Mg (there’s a reason you’re supposed to eat CREAMED spinach!) - I hesitate to talk about these

Salicylate and Phenol

- Mold presence
- Fungal presence
- Impaired methylation and sulfation
- Nutrients: magnesium, B vitamins like B6
- Goes for a lot of colorings in foods

Histamine

- Mold presence
- Environmental toxins (anything estrogenic)
- Dysbiosis
- Mind stress
- Systemic infections (Lyme, EBV)
- Nutrient deficiencies (methylation)

Thiol

- Heavy metal toxicity
- Bacterial overgrowth in the SI, usually SIBO
- Upper GI infections (H pylori), too
- Nutrient deficiency in molybdenum / SNP mutations that are active like SUOX and CBS

Lectins

- Intesintal permeability
- Chronic infections

Dairy

- Yes, there are genetic tendencies in dairy intolerance
- A good chunk of people I work with, though, can remember a noticeable decline in ability to breakdown dairy-containing foods
- I do not believe this is coincidence, and the research reflects it
- Chronic infections (parasites, bacterial)
- Pancreatic enzyme impairment
- Nutrient Deficiency
- Anecdotal evidence!

So, What Makes a Good Diet?

- Nutrients!
- …FROM FOOD!
- Supplements are not in the forms our bodies recognizes, and most are isolates. Vitamins and minerals usually have synergists and antagonists, so taking a HUGE amount of one can displace others.

What Nutrients Do We Need Anyway?

- **GI System/Digest**
- Protein
- B vitamins
- Vitamin A
- Zinc
- Water
- Salt
- Electrolytes

- **Immunity**
- Protein
- Antioxidant system (E, C, zinc, copper, iron, zinc, riboflavin, selenium)
- Vitamin D
- Vitamin A
- Calcium

- **Detoxification**
- Fiber
- Mg, vitamin C, water, salt, taurine
- B vitamins and amino acids (Ph I)
- Magnesium, methylated nutrients, Mb, amino acids, vitamin C (ph II)
- AND MORE!

- **Connective Tissue**
- Amino acids
- Iron
- Vitamin C
- Zn, Cu, Mg, Ca

How Do We Get Them?

- An array of nutrient-dense, properly prepared whole foods YOU can tolerate!
  - Focus on what you tolerate
  - Slowly introduce what you’re lacking (don’t shock your system)
  - Support digestion to improve digestability and absorption
  - Work with someone qualified to reduce the burden elsewhere

Remove What You Can’t Tolerate/What You Know Is Inflaming

- Soy, corn, gluten are common allergens
- Strict elimination is largely helpful for people with MCAS/autoimmunity, at least for 3 months to see if it makes a difference
- Remember: eliminating these foods during the week and cheating on the weekends is not eliminating! Takes 21-30 days to get OUT
- Processed foods are often made from these and are usually unfavorable for this reason
- While I’m now a fan of them, I do realize some people have different feelings about them for mental health. At the end of the day, it’s your choice… What I usually say is: A) If your body says no, that should be your answer and B) do the work now so you can have fun later!

How Do I Know If I Can Have Something?

- On removing foods:
  - If you suspect a certain food or group is giving you problems, test them individually by removing for 30-90 days
  - You can also test them individually by using the Coca's Pulse Test, which looks at the pulse to see if you're having a stress response to a food (next slide)
  - If you know you get achey, tired, moody, hot, swollen, gassy, or you have to run to the bathroom after a food, don't ignore it. Investigate it!
  - If you try to reintroduce something and it doesn't go well, it's not goodbye… it might just be a see you later! Give it some time healing on your new protocol, and you might surprise yourself!

How Do I Know If I Can Have Something?

- On reintroducing foods:
  - Once you feel that the foods you have in the mix now are not hurting you (it’s not a gamble),
  - You’ve been working on some of the root causes for some time,
  - AND you’re in a good head space,
  - It might be time!
  - And if you’re not there yet, **ask for help**.

End Points

- First and foremost, **pinpoint your root causes.** Begin working through them, bit by bit!
- Overall, **trust the process.** Things might take time (months and years, not days and weeks)
- If you have chronic issues, your problems won’t result acutely!
- **Maintain consistency**. Don’t give up and settle for a fad diet just because it makes your problems go away!
- **Don’t settle for a fad diet** just because it makes your symptoms go away!
- **Work on your mindset and emotional state!** What the mind says, the body follows!