

- THE -  
*Happy Gut*  
AT HOME PROGRAM

A BIT MORE ABOUT EACH TRIGGER FOODS:

**Nightshades:** test one at a time, either tomatoes, eggplants or capsicum. Please note that these foods are also high in food chemicals.

**Eggs:** You might have already been eating egg yolks as part of the safe diet. If not, we recommend trying egg yolks first, as the egg white is what most people react to. The reaction can be either an immune type reaction, or a histamine reaction (egg white is a histamine liberator).

**Corn:** try to source organic corn, otherwise it is likely to be GMO. Corn is in a lot of processed foods, and in many supplements (maltodextrin and some other additives are often derived from corn. Vitamin C is almost always derived from corn). This means that if you find that you do react to corn, you should also check your supplements.

**Dairy:** start with butter, hard/aged cheese\*, then 24-hour yoghurt\* (lactose free yoghurt), soft cheese, heavy cream. Try milk last, as it is most likely to cause a reaction. Raw milk, if you can get it, would be the safest, as it contains enzymes and is easier to digest.

\* However, aged and/or fermented dairy products are very high in histamine. If that's an issue for you, start with soft cheese and cream.

Reaction to lactose vs casein:

**Lactose:** Lactose is the sugar in milk and is a FODMAP. Therefore, it usually causes digestive symptoms, the most common being bloating and diarrhea. The reaction can be very quick!

Many people genetically lack the enzymes to digest lactose (very common in Asian population). You can also become intolerant to lactose if you have SIBO or other imbalances in your gut. Milk is high in lactose, but the process of fermentation greatly lowers the lactose content. Foods like cheese and yoghurt will be much lower in lactose. The longer the fermentation, the lower the lactose content (but remember that histamine increases with fermentation). That's why 24-hour yoghurt is likely to be tolerated. Most commercial yoghurt is only fermented for about 6 hours.

That's why many people, even if lactose intolerant, tolerate aged cheese (which contains close to 0 lactose), but not milk.

Butter and heavy cream are mostly fat, so many people will tolerate these.

**Casein:** Casein is the protein in milk. Like lactose, casein can cause gut symptoms, but the reaction is usually not as quick. However, the most common reactions to casein tend to be more of a systemic/immune type reaction (fatigue, brain fog, anxiety, skin issues, etc).

There are two main types of casein, A1 and A2. Most commercial milk contains A1 protein, which is the most allergenic. A2, found in jersey milk and some 'A2 milks', tends to be better tolerated. The protein in goat's milk also tends to be better tolerated. Camel milk, although expensive, tastes surprisingly good, is well tolerated and might even offer some healing benefits.

Here again, butter and heavy cream might be tolerated as they mostly contain fat. If you don't tolerate butter, try ghee (which is casein free if prepared properly).

Experiment with the few different dairy foods and see what works for you.

**Soy:** Only buy organic soy, otherwise it will be GMO. We do not recommend eating a lot of soy, but a little in the form of tamari sauce, if tolerated, is OK. Tamari is better than soy sauce as it's gluten free.

Other form of fermented soy such as miso or tempeh can also be great option.

Again... remember that fermented foods are high in histamine. Many soy products are also high in oxalates.

**Nuts and seeds:** Nuts and some seeds are VERY high in food chemicals, especially oxalates. We recommend eating them in very small amounts and not making them a big part of your diet (avoid eating lots of nut flours/butters).

Try activated seeds first (see note) and then nuts. Sunflower and pumpkin seeds are lowest in oxalates. Cashews are lowest in histamines and salicylates but are higher in oxalates and FODMAPs... choose your poison!

Choose only one type of nuts/seeds to try at a time, as you might find that you can tolerate some but not others.

*\*Activated nuts and seeds have been soaked for a period of time (4 to 12 hours) in water and salt and then dehydrated. This process increases their nutrient value, but perhaps more importantly, makes them easier to digest by*

*breaking down some problematic compounds, such as phytic acid and enzyme inhibitors.*