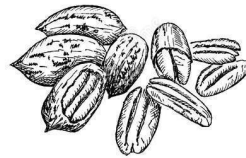


Reactive FOODS

Take those foods out during an elimination diet to find out if they might be causing some of your symptoms.



Tomatoes



Nuts & Seeds



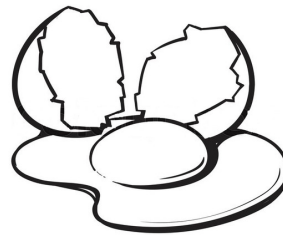
Gluten



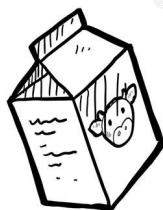
Soy products



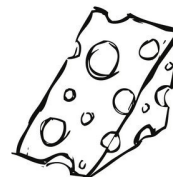
Corn



Eggs



Dairy (milk)



Dairy (cheese)