

## **The “Irish” Diet or “Eating Cleanse”**

The purpose of the “Irish Diet” is to help identify if there are any IgE/Histamine reactive foods in the diet, AFTER removal of the delayed IgG/IgA reactive foods have been eliminated.

Once any delayed hypersensitivity reactions (IgG/IgA) are identified, removed from the diet and any symptoms relating to these reactions have resolved, then we know any remaining inflammatory food reactions must be IgE/Histamine related. These reactions happen very quickly after eating the offending food(s) (usually within minutes to a few hours) and once food is removed the inflammatory symptoms related to that food will resolve quickly as well (within hours to a couple days).

If we don't identify and remove the delayed reactions first, and we have an inflammatory symptom occur, there is no way of knowing if that reaction is to a food we have just eaten (IgE response) or to a food that was eaten a few days to a week or more before the symptom occurred (IgG / IgA response)

IgE / Histamine reactions are often to foods that most of us perceive as being very healthy for other reasons. Many fruits, nuts, seeds, grains (rice, oats, etc) and spices are common IgE reactive foods for many patients. These are also foods that people tend to increase in their diets to be “healthy” when they aren't feeling well. We can have immunological and inflammatory reactions to ANY food, regardless of whether we may think it to be healthy for us or not.

The idea with this diet approach is to remove as many of the possible and common histamine reactive foods ALL AT THE SAME TIME in order to clear the histamine and inflammation response from the system. Because histamine and IgE antibodies have an extremely short half life (often minutes to hours), removal of these inflammatory foods can lead to very quick improvements in our symptoms.

If we have 3 different foods causing histamine issues, and we only remove one of them, we may not see much or any improvement in the symptoms, even though the food was inflammatory. It's like have a lock with a 3 number combination to the lock, but we only ever guess one number correctly each time we try to open the lock. It won't open until we get all the numbers lined up at the same time (ie all the inflammatory foods removed at the same time).

### **“Irish Diet” basics**

- We need a protein, a starch and fiber/vegetable every time we eat (to help maintain a stable blood sugar and provide fuel to function while on the diet)
- The more foods we can eliminate and maintain the ratio above, the better the chances are for the diet to work
- If you begin the diet and your inflammatory symptoms worsen immediately, it means one or more of the foods you left in the diet, or replacement foods you introduced into the diet, are likely inflammatory, and because you are eating them more frequently, the symptoms worsen. Stop the diet and book in to see your practitioner right away to identify the aggravating food.
- If you begin to notice significant improvements in both your physical inflammatory symptoms and also subjective symptoms (brain fog, focus, mood and anxiety, energy, sleep etc) within a couple days of starting the diet, it means you have removed any inflammatory / histamine reactive foods from the diet. You can begin reintroducing the foods
- How you reintroduce the foods (dose, duration etc) is critical in order to figure out which foods are reactive and which ones aren't.
- If you put many (or all) back in at the same time and you feel worse, you're right back at square one again as you won't know which food caused which reaction
- **It's best to start the diet and see the practitioner you are working on this program with, on the LAST DAY of the Irish diet, so it can be assessed if it helped or not, and if it did help, the best way to reintroduce the restricted foods in order to identify the culprits.**

## **Two ways to “View” the diet**

### **What you CAN eat...**

- Meat or Fish
- Sweet potato (possibly Potato)
- Root Veggies (Turnip, Parsnip, Carrot), Squash
- Asparagus, Broccoli, Cauliflower
- Salt, Pepper, oils, limited (small portions) vinegar.  
(Only if these foods were not identified as Delayed Hypersensitivity Food Allergens on testing)

**Or...**

### **What you are to AVOID...**

- Grains (Gluten, Oats, Rice, Corn, etc)
- Legumes / Beans (Pea, soy, chickpea, lentil, broad beans)
- Leafy Greens
- Onion, Tomato, Garlic
- Dairy protein
- Eggs
- Nuts
- Seeds
- Fruits
- Spices (except salt and pepper)

### **Sample diet day:**

**Breakfast:** sweet potato, veggie and meat hash

**Lunch:** soup, stew or stir fry

**Supper:** Meat, starch veggie meal.

This is actually could be thought of as a decadent way of eating for a few days.

### **Tricks to success:**

Take some time to prepare for the diet. Make some soups or stews that fit the restrictions, make some stir fry mixes, roast a chicken or other meat. Have several of these options prepared for when you start the diet program. Have a variety of them as well so you can mix things up for each meal. The more thought you put into preparing for the diet, the easier it will be and the better the chances for success.