FOOD INTOLERANCE, ALLERGY OR SENSITIVITY?

The critical differences and how confusing them is keeping you sick

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FOOD INTOLERANCE, ALLERGY OR SENSITIVITY ?

WHY IS IT SO DIFFICULT?

If you're reading this, you've probably tried to eliminate "trigger foods" before. Maybe you went gluten-free. Or dairy-free. Or both. Maybe you cut out sugar, caffeine, or nightshades. Maybe you followed an elimination diet you found online. And maybe it helped... for a while, then the symptoms came back. Or maybe it didn't help at all...

HERE'S WHY

Most people don't understand the difference between **Food Intolerances, Food Allergies, and Food Sensitivities**. They use these terms interchangeably—as if they're all the same thing. But they're not. They are very distinct and separate food reactions. And this confusion is exactly why you can't figure out your food triggers.

IN THIS GUIDE WE'LL EXPLAIN...

- The three types of food reactions (and how they're completely different and why this is so important)
- Why the **TIMING** of your symptoms makes this nearly impossible to figure out
- Which **type** of reaction is actually causing your chronic inflammation (it's probably not what you think)
- What this means for **YOUR** specific elimination diet

By the end, you'll understand why your previous attempts failed. And more importantly: what you need to do differently. We'll start with the basics which most patients are never educated on. **Food Intolerances.**

FOOD INTOLERANCES

NON-INFLAMMATORY FOOD REACTIONS

When you eat a food and feel bad afterwards, you might call it a food intolerance, a food allergy or a food sensitivity. Most people use these terms interchangeably.

But technically, these are three **COMPLETELY** different biological processes. Understanding the difference is the key to figuring out your triggers. Let's start with food intolerances because they're the easiest to understand.

The classic example: Lactose intolerance.

You eat or drink a dairy product containing milk sugar (**Lactose**)

↓

You don't have enough of the enzyme **Lactase**, to break down and absorb the **Lactose**

↓

The Lactose doesn't get completely absorbed in the small bowel so it goes to the large bowel (colon) in undigested form

↓

The colon is a trash compactor filled with **yeast and bacteria** (gut flora)

↓

What does yeast and bacteria do to sugar in a warm wet environment? It **Ferments**...

↓

So the colon fills up with gas and fluid to the point where it can't fill up anymore

↓

You run to the toilet with **cramps, gas, loose stool and diarrhea**

Now here's the critical point:
In that entire process, I never mentioned your **immune system** or **inflammation** once.
You ate a food. You didn't digest or absorb it in the small bowel. It went to the large bowel undigested. Yeast and Bacteria fermented it, producing gas and fluid and you run to the toilet with cramps, gas, loose stool and diarrhea. There was **no direct immune system** and **no inflammation** involvement.

That's a food intolerance.

FOOD INTOLERANCES

KEY POINTS - FOOD INTOLERANCES

- ➔ **Don’t involve the Immune System, don’t cause Inflammation**
- ➔ **Symptoms only affect the GI Tract (mouth to rectum) because they aren’t absorbed into the blood stream**
- ➔ **Symptoms occur quickly after ingestion (minutes to an hour or two)**
- ➔ **Symptoms resolve quickly after food is eliminated**
- ➔ **Common Symptoms: Gas, Bloating, Cramps, Abdominal pain, Diarrhea**

NO INFLAMMATION, NO ISSUES OUTSIDE THE GI TRACT

Because the food never enters your bloodstream, it can't bother you outside the digestive tract. And because it doesn't involve the immune system, it can't cause an inflammation issue directly. It only affects your gut.

Food intolerances are not typically associated with systemic inflammatory symptoms. **Their effects are limited to the digestive tract.**

No Skin Issues
No Joint issues
No Muscle issues
No Gland issues

If you have Inflammatory issues **IN the digestive tract** related to your diet, these would be **Food Allergy or Sensitivity** related as Intolerances don’t directly cause Inflammation.

If you have chronic inflammation anywhere in your body (skin, joints, organs, etc.) and it’s related to your diet, it’s NOT a food intolerance causing it. It has to be a food allergy or sensitivity. **It has to be an immune system inflammatory response**.

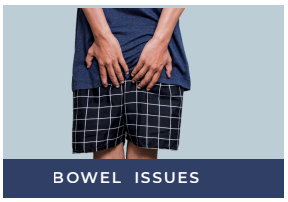
FOOD ALLERGIES

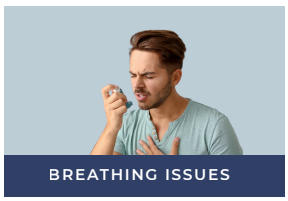
THE IMMEDIATE INFLAMMATORY REACTIONS

KEYS POINTS - FOOD ALLERGIES

- **Are Immunological, Inflammatory reactions to foods**
- **Cause inflammation through IgE Antibodies and the release of Histamine**
- **Symptoms occur quickly after ingestion (minutes to hours)**
- **Symptoms resolve quickly after food is eliminated**
- **Can affect the ENTIRE body (not just the digestive tract)**
- **Standard food allergy testing is for either IgE Antibodies or Mast cell reactions**

Histamine doesn't just cause Anaphylaxis in the throat...
Histamine can be associated with...





Histamine can cause something as simple and benign as **Constipation** (this is how opioid medication can cause constipation) These can ALL can be IgE / Histamine related reactions—even though the throat isn't involved.

FOOD ALLERGIES

THE IMMEDIATE INFLAMMATORY REACTIONS

When most people hear "food allergy," they often think of anaphylactic peanut allergies. A child eats a peanut and their throat **immediately** swells up. These are called anaphylactic reactions and yes, these are true food allergies.

The classic example: Peanut Allergy

Allergic food (ex. Peanuts) is eaten

↓

Immune system (white blood cells, mast cells) interacts with the food **Immediately**

↓

Immune system responds by releasing Histamine in the tissues and or blood stream

↓

Histamine triggers in inflammation response (redness, swelling, itching, hives, etc)

↓

Severe anaphylaxis can be a medical emergency and requires **immediate** medical attention

The keyword mention above (several times) is **IMMEDIATE**

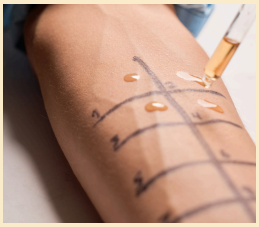
You eat the food. You react **immediately** (seconds to minutes). And the reaction can go away quickly (within minutes to hours) if treated.

FOOD ALLERGIES

THE IMMEDIATE INFLAMMATORY REACTIONS

The Good news about Histamine reactions to foods

Because the reactions happen so quickly after eating the food, quite often (not always!) we can correlate out these histamine reactions with foods in our diets



The Bad news about Histamine reactions to foods

Standard allergy testing (**blood tests** and **scratch tests**) can often miss these allergies. The IgE antibody can have a **VERY short half-life** in the body—sometimes clearing from your system within hours of exposure. This is why the reactions come and go so quickly.

CASE EXAMPLE	*EXPLANATION*
• *Young man had Pistacio at a restaurant, immediate swelling of lips, tongue, nausea*	• Because the IgE antibody in the bloodstream from the Baklava was long out of his system when he had the blood testing done.
• *Was sent for serum allergy testing and all nuts came back negative on testing*	• IgE testing can have a high false-negative rate because of the rapid breakdown of the antibody in the system.
• *Purchased pistachio, challenged them by rubbing them on his arm, and showed immediate irritation of the skin where it was challenged*	• You CAN have an IgE histamine reaction to a food even if testing shows nothing.
• *Irritation resolved within minutes*	• But IgE histamine reactions aren't the main problem for most people with chronic inflammation.

*B*ut IgE histamine reactions aren't the main problem for most people with chronic inflammation. The real culprit is the third type of reaction...

FOOD SENSITIVITIES

THE DELAYED HYPERSENSITIVITY REACTIONS

The Ones you can't Figure Out

This is where things get tricky. And this is what's causing many people's chronic inflammation. Food sensitivities can be considered a type of allergy. They are just a **DIFFERENT TYPE** of allergy.

Celiac disease involves an IgA antibody response against Gliadin (Gluten). This is in the delayed hypersensitivity family. Patients with celiac disease aren't told they are sensitive to gluten, they are told they are allergic to gluten.

The definition of an allergy is a white blood cell interacts with an allergen/antigen, producing an antibody / cytokine inflammatory response.

Immediate Hypersensitivity Reactions	Delayed Hypersensitivity Reactions
A **white blood cell** interacts with an **allergen/antigen**, producing an IgE **antibody**, and ultimately a histamine **inflammation** response.	A **white blood cell** interacts with an **allergen/antigen**, producing an IgG/ IgA antibody, and an **antibody** / cytokine **inflammation** response.

These are both immune cell reactions to an allergen leading to an inflammation response. They can both be considered allergies, **they are just different types of allergies** (Immediate versus delayed hypersensitivity reactions)

- They are both immune inflammatory reactions.
- They both involve white blood cell reactions against allergens
- Antibodies are produced in both and Inflammation happens.
- But the antibodies are different.

Instead of **IgE** (which causes immediate reactions), food sensitivities produce **IgG antibodies and IgA antibodies.** These cause inflammation through a very different mechanism.

This is where the difficulty lies...

FOOD SENSITIVITIES

THE DELAYED HYPERSENSITIVITY REACTIONS

Immunoglobulin G (IgG) Immunoglobulin A (IgA)

These Antibodies are the Antibodies associated with...

- **Celiac Disease** (IgA Antibodies to Gliadin)
- Many **autoimmune** and inflammatory conditions
- **Vaccine** Antibody Responses

Vaccine Antibody Response

Step 1: ~1/2 ml of vaccine is injected in the body

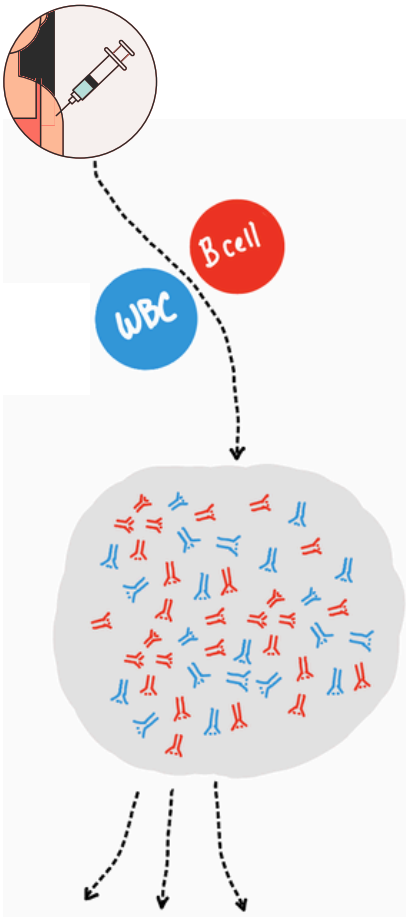
Step 2: Various **white blood cells** (T cell, Macrophages, APC's) bind to the vaccine, and present it to B cells / plasma cells and they begin printing off **Antibodies** and **Cytokines**

Step 3: Million fold **Antibody response** goes out in the body in search of **"Enemies"** to attack that look like the Vaccine

Step 4: These Antibodies take about 2 - 4 weeks to reach their peak levels in the blood stream. and they can last for months to years (Tetanus).

KEY POINTS

- **Tiny dose** of Vaccine (1/2 ml)
- **Million** fold Antibody Response
- Takes **2-4 weeks** for production
- Last for **months to years**



Inflammatory Attacks

- **Micro-organisms**
- **Infections**
- **Cancers**
- **Tissues (Autoimmunity)**
  Molecular mimicry

FOOD SENSITIVITIES

THE DELAYED HYPERSENSITIVITY REACTIONS

WHY THE VACCINE TALK?

You get a **tiny dose** of vaccine. It produces a **Million-Fold** antibody response. That response can stay in your system for **months to years.**

KEY POINTS

- Tiny dose of Vaccine (1/2 ml)
- Million fold Antibody Response
- Takes 2-4 weeks for production
- Last for months to years

One more critical thing about vaccines:

When you get the vaccine TODAY, it takes 2-4 weeks for the antibodies to get produced. If you're traveling and you need to have a vaccine before you go, they recommend you get the shot at least **two to four weeks** before you travel.

Why? Because the antibody “photocopy shop” takes time to produce the antibodies.

This is simply how your immune system creates memory—the same process happens with natural infections. It's a normal immune function that can work against you when it comes to food proteins.

HERE’S THE BIG PROBLEM

The same way you can produce a **Delayed**, **Magnified** and **Long Lasting** Antibody response to a Vaccine, **You can do it to a Food.**

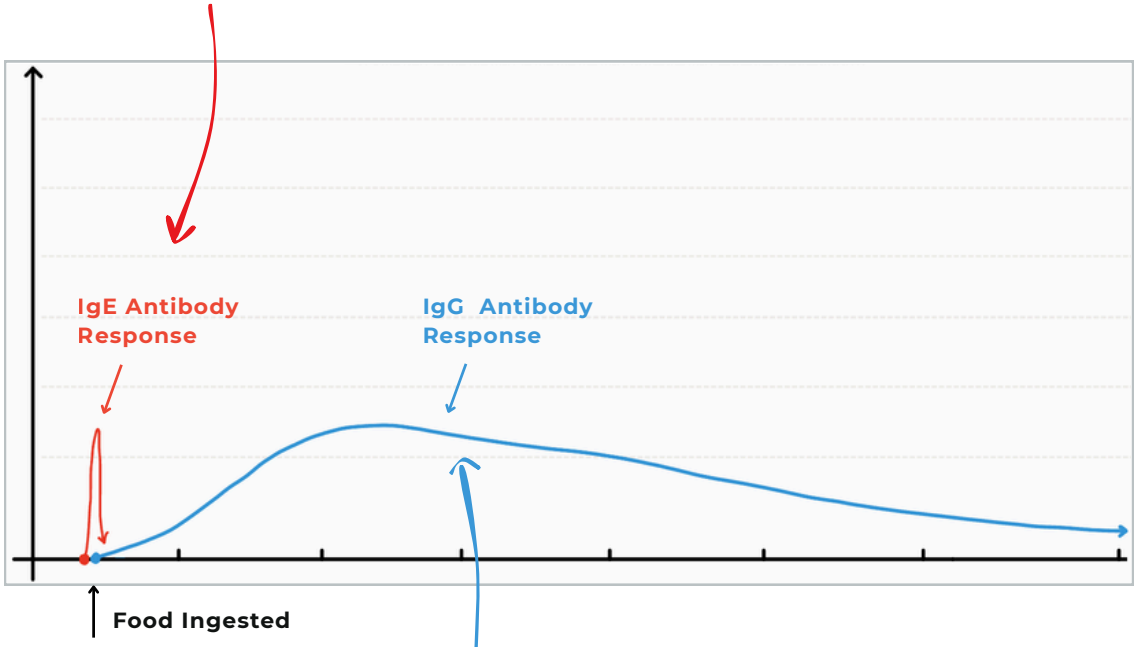
The **Delayed** part of the response is where all the trouble begins when trying to figure out these reactions to foods out diets.

FOOD SENSITIVITIES

THE DELAYED HYPERSENSITIVITY REACTIONS

FOOD ANTIBODY RESPONSE PROFILES

For **Immediate Histamine** responses to foods (Red Line), the antibody gets produced quickly and degrades quickly in the blood stream.



Delayed antibody responses to foods (Blue Line), the antibody can take up to 2 to 4 weeks for peak levels to be reached. And the antibody can take weeks to get out of the system and for inflammatory symptoms to show improvement.

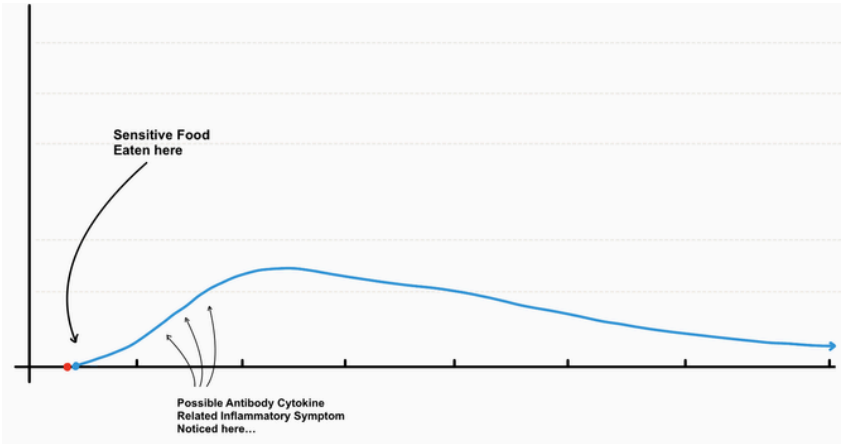
Now lets consider how this delayed food antibody response would look when the food is eaten repeatedly...

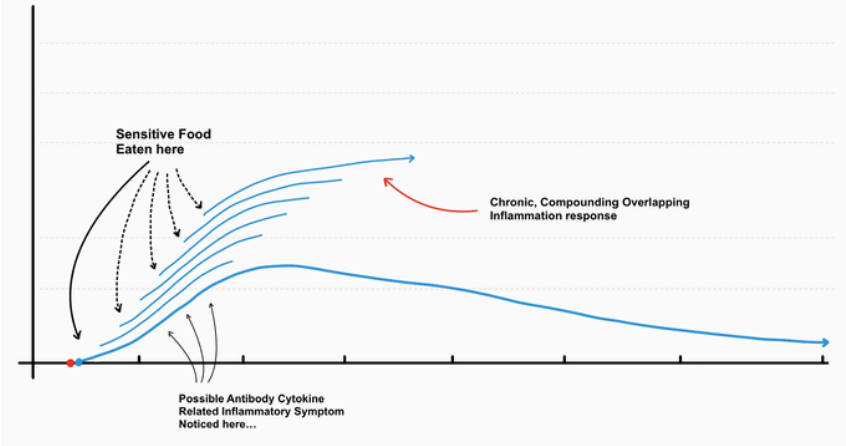
FOOD SENSITIVITIES

THE DELAYED HYPERSENSITIVITY REACTIONS

FOOD ANTIBODY RESPONSE PROFILES

You can eat a food, and the antibodies can several days to get produced and to get into the tissue where they cause an inflammatory symptom. If you eat a food today and have a symptom 3-7 days later from that food, you're unlikely to correlate the symptom to the food.





Because we don't correlate the food to the delayed symptom, we keep eating that food over and over again. Each time you do, you can initiate a antibody response. The antibodies begin compounding.

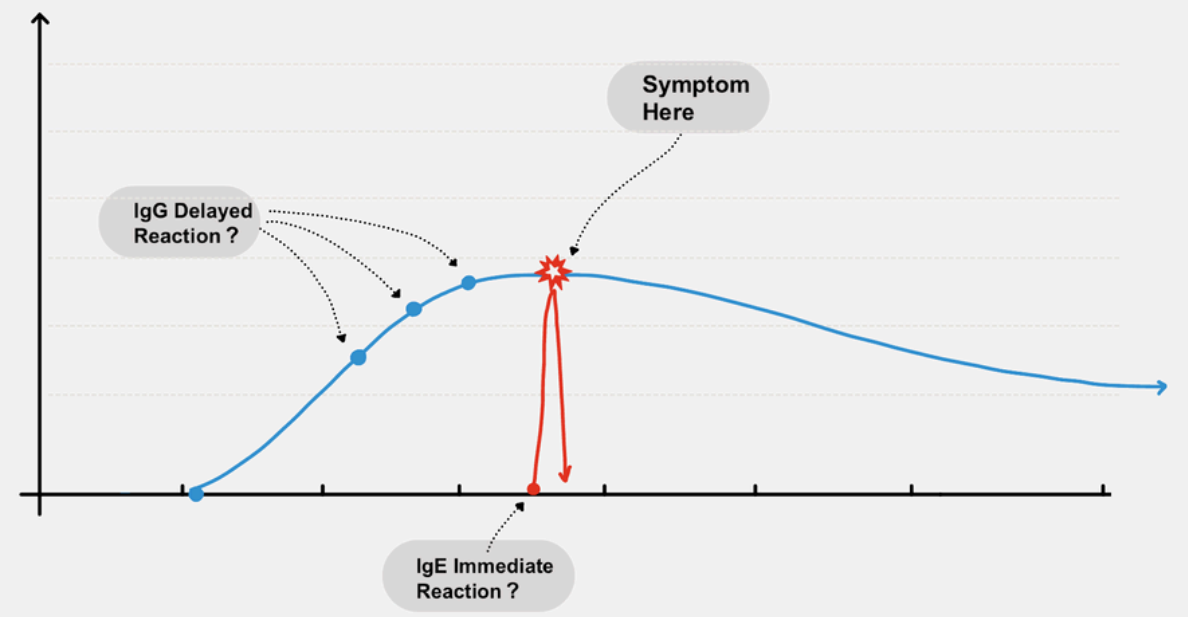
The can lead to a chronic, compounding and persistent inflammation that we never correlate back to a food our diet. **Chronic Inflammation**

We eat a food today that bothers us a few days from today. So we eat the food again, and again and again...

THE DELAYED HYPERSENSITIVITY REACTIONS

Immediate and Delayed Reactions causing the same symptom...

We can **immediate histamine** reactions to some foods cause a specific symptom, and we can have **delayed antibod**y reactions to other foods cause **the same symptom**.



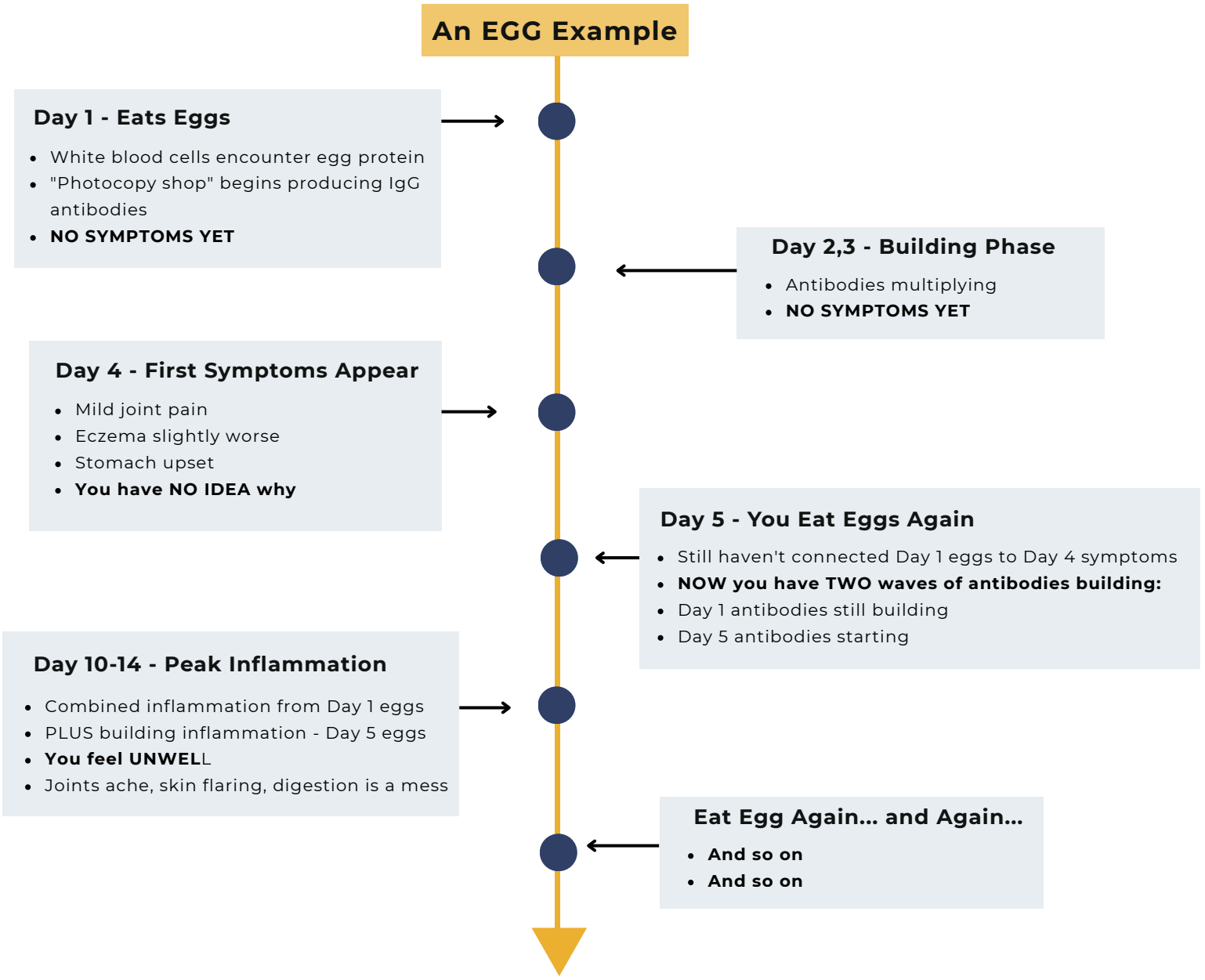
So imagine you have stomach upset after supper one evening. Was it an intolerance or immediate histamine reaction to a food you ate at supper? Or a delayed antibody reaction to a food you ate yesterday, 3 days ago, 5 days ago, etc. etc?

This is where all the confusion comes from.

The combination of food intolerances to some foods, immediate histamine reactions to some foods and delayed reactions to other foods that can be so confusing for people trying to sort out the root causes of their dietary symptoms.

FOOD SENSITIVITIES

The Delayed Reaction Timeline - Connecting Foods to your Symptoms



Chronic, **overlapping**, **compounding** inflammation that you **NEVER** correlate back to eggs.

You eat the food today. It bothers you next week. But you ate 50 other foods in between the first egg ingestion and the onset of your symptoms. How are you supposed to figure that out?

FOOD SENSITIVITIES

THE DELAYED HYPERSENSITIVITY REACTIONS

KEYS POINTS - FOOD SENSITIVITIES

- **Are Immunological, Inflammatory reactions to foods**
- **Cause inflammation through IgG, IgA Antibodies and Cytokines**
- **Symptoms occur Several Days after ingestion**
- **Symptoms can persist for days to weeks**
- **Can affect the ENTIRE body (not just the digestive tract)**
- **Standard Dermal allergy testing (Food allergies - IgE) does not test for IgG or IgA Antibodies or Cytokines**

Common Symptoms that can be associated with these Inflammatory reactions

- **Celiac Disease** (IgA Gliadin)
- Skin Disorders (Eczema, Psoriasis
- Irritable Bowel Symptoms
- Headaches and Migraines
- Chronic Fatigue issues
- Inflammatory Arthritis
- Gastritis, Reflux conditions
- Autoimmune Disorders

KEY POINTS

SIDE BY SIDE COMPARISONS

FOOD INTOLERANCE	FOOD ALLERGY	FOOD SENSITIVITY
Don't digest and don't absorb the food, No direct Inflammation	Inflammatory Histamine reaction to a Food	Inflammatory Antibody Cytokine reaction to a Food
Affects the Digestive only as food doesn't get absorbed	Can affect the Digestive tract (Gastritis, Nausea) but also systemic (Hives, Headaches etc)	Can affect the Digestive tract (ie Celiac Disease) but also systemic (muscle, joint, skin etc)
Symptoms happen within mins to an hour after ingestion	Symptoms happen within mins to a few hours after ingestion	Symptoms can happen several days after ingestion
Symptoms recover quickly after the food is eliminated	Symptoms can recover quickly within mins to hours	Symptoms can take several days to weeks to recover
Common symptoms: Gas, Bloating ,Cramps, Diarrhea	Common Symptoms: Acute reactions, Hives, Throat swelling, Nausea, vomitting	Common Symptoms: Chronic Skin, Muscle or Joint pain, Fatigue, Chronic Digestive issues
Example: Lactose Intolerance	Example: Anaphylactic Peanut or Shellfish	Example: Celiac Disease, Chronic Inflammation

You have THREE completely different biological processes.
But they work on completely different timelines.

Now you can see why this is SO confusing

WHY IT'S SO HARD TO FIGURE OUT

Different Food Reactions... Different Timing for each...

Let's say you have chronic inflammation.

Maybe it's skin issues that won't clear up. Joint pain that comes and goes, IBS symptoms daily with chronic reflux , fatigue and sleep issues. You suspect it might be food-related.

So you try an elimination diet.

- **You eliminate dairy for two weeks** - Nothing changes. You conclude: "I guess it's not dairy." You add dairy back.
- **You eliminate gluten for two weeks** - Nothing changes. You conclude: "Not gluten either."
- **You try eliminating sugar, nightshades, FODMAPs** - Nothing works.
- **You give up.**

Here's what went wrong

Problem #1

Elimination Diet was too short

Remember: IgG antibodies may take several weeks to gradually decline, often requiring 4–8 weeks before symptom changes are noticeable.

You need 6-8 weeks minimum on the diet to let the antibodies degrade to the point where symptoms will show improvement.

Your 2-week dairy elimination wasn't long enough.

There are 3 more problems... keep reading !

WHY IT'S SO HARD TO FIGURE OUT

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Problem #2

Delayed reaction covered up your IgE reactions.

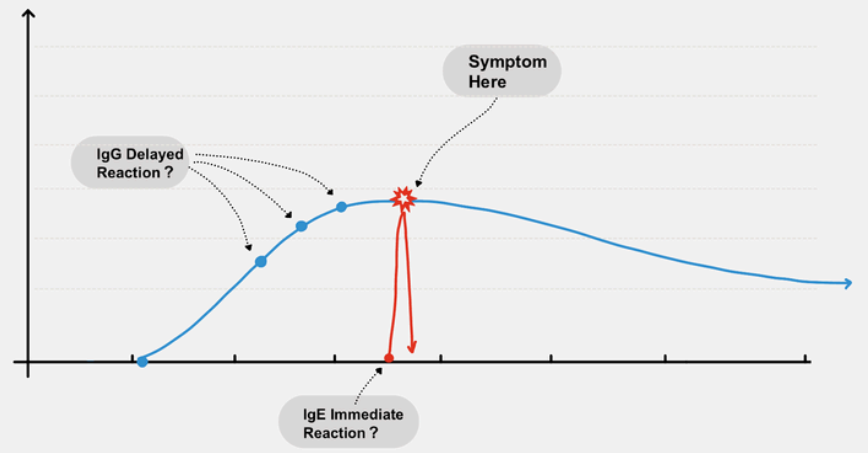
You can have immediate reactions and delayed reactions cause the same symptom.

Let's say you have an IgE (immediate) reaction to eggs as well as a delayed IgG reaction.
You eat eggs for breakfast. You feel bloated and uncomfortable an hour later.

But... You ALSO have an IgG sensitivity to dairy that you ate three days ago. That IgG inflammation is still present (it can last several days). So your baseline inflammation is already high.

When you eat the eggs and have a small histamine reaction, you don't even notice it. It's buried under the chronic IgG inflammation. Once those start to clear (6-8 weeks), THEN the IgE reactions become obvious.

This is why you have to eliminate the IgG reactions FIRST.



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Problem #3

You're eliminating one food at a time.

Most people don't have just ONE food sensitivity. They can have multiple.

Think of it like a combination lock: Imagine the following inflammatory food profile:

- **Dairy, Egg, Oats, and Almond.** You have 4 "numbers" in the combination to your "lock" but you're unaware of what they are.
- **You eliminate dairy (one number)** - Nothing changes.
(You need all 4 numbers to unlock it, not just 1.)
- **You give up, add dairy back, try gluten next - Still nothing.**
(Gluten isn't even one of your numbers.)
- You cycle through these diets for months, never getting all the numbers of the "combination lock" right at the same time. **You may not feel better, even though at times you may have eliminated an inflammatory food.**
- **You need all the numbers of the lock lined up at the same time... to open up the lock and to feel better**

WHY IT'S SO HARD TO FIGURE OUT

Different Food Reactions... Different Timing for each...

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Problem #4

You're not eliminating the right foods.

- Generic elimination diets tell you to remove:
  "The Top 8 Bad Foods"
- But what if YOUR triggers aren't in the top 8? What if you're fine with gluten but reactive to rice? What if dairy doesn't bother you but almonds or oats do?
- Your immune system doesn't care about "generic". It doesn't care what FaceBook, YouTube or Instagram says is bad for you. It doesn't care what your favorite online health "guru" says.
- It cares about what your genes and DNA tell your white blood cell receptors to react against in your diet.
- **What is healthy for others may not be healthy for you**. If you're eating "healthy" and you're still inflamed, then something you're eating with good intentions likely isn't healthy for you.

  We have to figure **YOUR individual inflammatory food puzzle**.

CASE EXAMPLE

43 Year old Woman with...

- Chronic Gastritis, Nausea, GERD
- Long history of Anemia (Periods were normal, so Iron Malabsorption likely

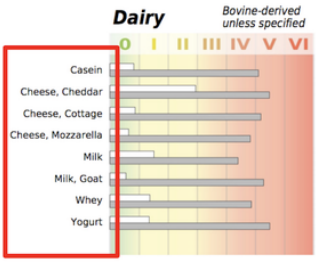
Before her clinic visit...

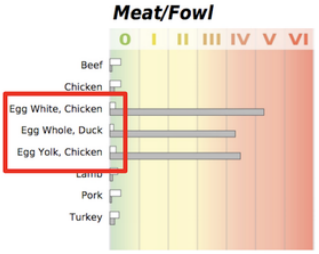
- **No Dairy** for 2 months, **no improvement** in symptoms
  She put Dairy back in her diet.
- **No Gluten** for 2 months, **no improvement** in symptoms
  She put Gluten back in her diet.

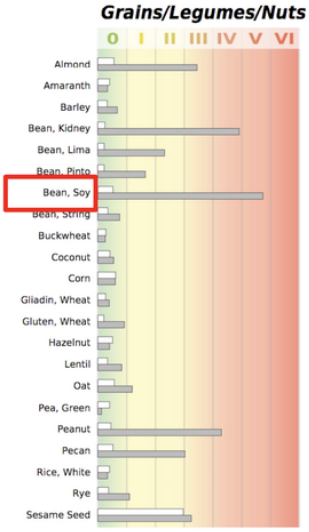
She came to the clinic **frustrated** and **discouraged** from her diet attempts.. She chose to proceed with...

ELISA food sensitivity testing for IgG / IgA antibodies.

- **Dairy** - **HIGH** reaction
- **Egg** - **HIGH** Reaction
- **Soy** - **HIGH** Reaction
- **Almond** Protein - Moderate
- **Peanut** - Moderate Reaction
- **Sesame** - Moderate Reaction







- She didn't feel better going off **Gluten because she wasn't reactive to it...**
- She went off Dairy and didn't feel better **even though she WAS reactive to it**... Because she was using **Almond and Soy** as Dairy replacements. She was reactive to Almond and Soy.
- When she **eliminated ALL of her tested triggers** at once: **Dairy, Egg, Soy, Almond, Peanut, Sesame**—all gone. Within 10 days: Her **nausea and gastritis improved by 90%**.

This is the combination lock problem.

You have to identify ALL the numbers. And eliminate them ALL at the same time.

WHAT THIS ALL MEANS FOR YOU

Now you understand:

- The three types of food reactions (intolerances, IgE allergies, IgG sensitivities)
- Why the **delayed timing** makes IgG sensitivities impossible to identify on your own
- Why many elimination diets fail (**wrong foods, wrong timing, wrong approach)**
- Why you need to eliminate ALL triggers at once (**combination lock**)

Now it's time to figure out...

- **Which Proteins are YOUR Triggers:** Unique to you and you alone, Generic 'healthy' may not be healthy for YOU....
- **How to Design YOUR Elimination Diet:** What to avoid? how long to avoid? Avoiding unnecessary eliminations
- **How to Challenge Foods correctly after Eliminations:** Timing, Dose and Order of food challenges, Figure out Which foods cause Which symptoms.
- **How to Troubleshoot your Elimination Diets:** Other factors affecting your symptoms.
- **Repairing the Inflammatory Damage:** Gut Flora balancing, Leaky gut repair, Metabolic support

It's a Short Term Process to Figure it Out

I know what you might be thinking right now: **"Do I have to give up my favorite foods forever?" Let me re-frame this for you.**

This is NOT about permanent deprivation. **This is about getting information.**

Think of this as a short-term process to figure out what's actually happening in YOUR body. **Once you know your triggers, you get to make informed choices**.

WHAT THIS ALL MEANS FOR YOU

Here's a common scenario...

You eliminate your trigger foods for 6-8 weeks. You start feeling significantly better—better energy, clearer skin, less pain, better digestion, etc. Then, at some point, you decide to eat one of those foods again. Maybe at a special occasion, a holiday or vacation. Maybe you're just testing. And within hours or days, the symptoms return

Your body gives you clear feedback.

At that point, **YOU** decide. You know exactly what to expect if you eat that food. You know how long the symptoms will last. And you know how to course-correct when you're ready.

Over time, most people naturally choose to avoid their trigger foods—not because they're following strict rules, but because **feeling good becomes more valuable than a few minutes of taste.**

The more you test your inflammatory foods and experience the consequences, the less appealing they become. **Eventually, you'll decide it's just not worth it.** Because it feels so good to feel so good.

This isn't about perfection or restriction. It's about understanding YOUR body, YOUR triggers, and YOUR choices.

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KEY POINTS SUMMARY

INTOLERANCE, ALLERGY OR SENSITIVITY

Not all food reactions are the same
Food reactions fall into three categories: intolerance (digestive), allergy (IgE), and sensitivity (IgG/IgA). Understanding these differences is essential for identifying the true cause of symptoms.

Food intolerances are digestive, not inflammatory
Intolerances occur when a food is not properly digested or absorbed. Symptoms are limited to the digestive tract and usually appear quickly, then resolve once the food passes through the system. The are usually Non-inflammatory symptoms

Allergies and sensitivities are immune-driven inflammation
Because these reactions occur in the bloodstream, they can affect any part of the body — including skin, joints, brain, lungs, hormones, energy levels, and mood — not just the gut.

Immediate and delayed reactions create confusion
IgE reactions occur within minutes to hours and involve histamine. IgG and IgA reactions can appear days to weeks later and accumulate, and often mask underlying histamine food triggers.

Food allergies often lead to food intolerances
Chronic immune-driven inflammation can impair digestion, reduce enzyme production and alter gut flora balance, which can then create secondary intolerances. The underlying problem is usually the inflammatory immune reaction.

Bottom Line

If symptoms are inflammatory or occur outside the digestive tract, the root issue is likely an immune-based food reaction — not a simple intolerance.

YOUR NEXT STEP...

A Framework, Not Just Another Diet

Most elimination diet programs tell you WHAT to eat. "**Remove these foods. Eat these foods. Follow this meal plan**."

But those programs fail because:

- They don't explain the technical details that are so important to understand
- They don't teach you the systematic approach to the elimination diets

This course is different.

It teaches you a systematic approach and framework built on those important details.

You've tried enough diets.
You've eliminated enough foods.
It's time to stop guessing.
And start understanding.
The answer isn't in another food list.
It's in understanding how YOUR immune system reacts to your diet.
This course can help you figure it out

Course Modules

MODULE 1: Why Generic Anti-Inflammatory Diets Fail You
The fundamental flaw in one-size-fits-all approaches.

MODULE 2: Food Allergies vs Sensitivities vs Intolerances
(You just learned this—more in depth in the course)

MODULE 3: Proteins—The Inflammation Trigger
The lock-and-key mechanism explained in detail.

MODULE 4: Leaky Gut and How Food Triggers Inflammation
The mechanism behind gut permeability and immune reactions.

MODULE 5: The Elimination Diet Algorithms
Step-by-step approach to implementing YOUR elimination diet protocol.

MODULE 6: Food Reintroduction Protocols
How to properly challenge foods and interpret responses.

MODULE 7: Troubleshooting & Optimization
What to do when things don't go as planned.

MODULE 8: Food Allergy & Sensitivity Testing
ELISA testing explained, pros and cons of the test, and how to interpret results.

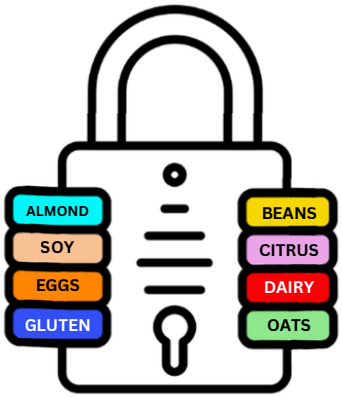
MODULE 9: Repairing the Damage
General approaches - Leaky gut repair, gut flora support, and metabolic support. (Not specific products, dosages etc. as they are highly patient specific)

MODULE 10: Summary of the Foundations for Reference
A short "first patient visit" version of all the key points

WHY MOST PEOPLE NEVER FIGURE OUT THEIR INFLAMMATORY FOOD TRIGGERS

Most people try multiple diets before they see any improvement. Gluten-free, Dairy free, Low FODMAP, Paleo, AIP

They eliminate foods, wait a few weeks, see little change, and assume: "Food probably isn't the problem." But the issue usually isn't effort. It's approach.



Most Elimination diets fail because:

- **They don't do them long enough**
  Delayed immune reactions can take 4–8 weeks to calm down.
- **They only remove ONE food at a time**
  Most people have multiple triggers (the "combination lock" problem).
- **They eliminate the wrong foods**
- Generic elimination lists are based on population trends — not your individual immune reactivity.

Many people try 5–10 different diets before they see even partial improvement.
This program gives you a structured way to help you find your answers the first time.

On the next page, you'll see how the full program is designed to help you identify your triggers systematically and safely.

WHAT MAKES THIS DIFFERENT

This is not...

- Another generic meal plan
- Another list of “good” or “bad” foods
- Another “One size fits all” approach

This is...

- A clinical framework
- A step-by-step system
- Designed to identify YOUR specific triggers

After completing the program, you’ll know:

- How to identify which foods trigger your symptoms
- How long to eliminate (and why timing matters)
- How to challenge foods safely to identify the culprits
- How to recognize delayed immune reactions
- How to troubleshoot if results stall
- How to manage flare-ups and make confident food decisions

This isn’t about restriction.

It’s about understanding how your diet may be impacting your health and being able to make informed and healthy decisions about YOUR diet.

Ready to stop guessing?

Dr. Scott Woodworth, BSc ND

“25+ years clinical experience studying Inflammatory and Immune System Disorders and helping thousands of patients treated for inflammatory conditions patients identify their unique inflammatory triggers”

WHAT MAKES THIS DIFFERENT

Watch a Video presentation of this guide.
Video format is similar Online Course Format.
www.ImmuneND.com/fiasvideo

Learn more about the program
www.ImmuneND.com/course

- **5+ Hours** of online video instruction
- **Supportive Downloads** (Diet guides, algorithms, Module summaries)
- **100% Money Back Guarantee** through the first 3 modules
- Learn the basics **Risk Free**

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The dietary information discussed is based on general research and Dr. Woodworth's professional opinion, but is not a substitute for personalized medical advice, diagnosis, or treatment from your own healthcare provider. Always consult with your physician, registered dietitian, or other qualified healthcare provider before making any changes to your diet, especially if you have existing health conditions, are taking medications, or are pregnant or nursing.

Individual nutritional needs vary based on age, health status, medications, and other factors. Never disregard professional medical advice or delay seeking it because of information you have read in this document. By viewing this content and disclaimer, you acknowledge that Dr. Scott Woodworth, or his course, website or channel are not liable for any adverse effects or consequences resulting from the use of the information presented.

If you are experiencing symptoms of inflammation or any other health concerns, please seek appropriate medical care. In case of a medical emergency, call your local emergency services immediately.