
Food Intolerance Protocol

Reignite

By Sam Guest

IMPORTANT: Where a link is given in this document it is to help you identify what it is you're looking for, do not feel obliged to buy these particular products.

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The Protocol

For the first 3 days of the protocol you are going to follow a very strict (and quite frankly weird) diet:

The Rules

Leave at least 3 hours between meals

Do not eat 3 hours before bed.

Eat nothing else but what is given below.

You may drink water, tea and coffee (all black) nothing else.

Day 1

Green banana's (you should be able to peel them but have to chew them quite a lot)

Grapefruit

- Every meal eat 2 bananas for every grapefruit you eat. Make sure you eat the grapefruit flesh...not just the juice.
- You can eat as much as you like at each sitting just ensure to maintain the ratio of 2 bananas for every 1 grapefruit.

Day 2

Strawberries, blackberries, blue berries, raspberries

Walnuts

- Every meal eat up to 500g of 1 of the berries (do not mix the berries within the meal itself, so don't for meal 1 have strawberries and blueberries but it is fine to have strawberries for meal 1 and then blueberries for meal 2).
- Add 25g of Walnuts to each meal.

Day 3

Lean steak (grass fed steak is best but any lean protein will suffice)

Sweet potato, Plantain, Yuca

- You can eat as much as you like each meal but be sure to maintain the ratio of 1 fist of protein to every 2 fists of carbs.
- Ensure you let the carbs cool for at least 15 mins, this allows the resistant starch within them to change to the type which your bugs love the best!

Day 4

Eat very clean, ie all home cooked food, lots of veg, fresh fish etc.

Then starting immediately from Day 4

Week 1

Peels from 2 apples (organic) or 1 scoop Apple Peel Powder first thing in the morning

Week 2

Peels from 3 apples (organic) or 1 scoop Apple Peel Powder first thing in the morning

HMO (Human Milk Oligosaccharides) (1 serving) with the apple peels (if you notice bloating from this discontinue use and let me know)

Week 3

Peels from 3 apples (organic) or 2 scoops Apple Peel Powder first thing in the morning

HMO (1-2 servings) with the apple peels

Red Phenol Powder (1 tablespoon a day)

Week 4

Peels from 4 apples (organic) or 2 scoops Apple Peel Powder first thing in the morning

HMO (1-2 servings) with the apple peels

Red Phenol Powder (1-2 tablespoon(s) a day)

Week 5

Start to reintroduce the food you are intolerant to in VERY small doses. So for example if you are intolerant to chick peas on day 1 I would add in half a chickpea. If you notice no ill effects increase it to a whole chickpea on day 2 and so on. If bread, start with half a fingernail of bread on day 1 and go from there.

If you notice a reaction to the food, drop the dose back to a level where you do not have a reaction and start building up again.

Week 6, 7, 8

Start taking the red powder ,apple peel and HMO again and continue to introduce the food you struggle with.