

Specialized Diets for GI Healing 1: Choosing the Right Diet

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Comprehensive Elimination Diet:

Inflammation/Leaky Gut/Food Sensitivities/Autoimmune

- Attention deficit disorder[1, 2]
- Celiac disease
- Crohn's disease[3]
- Down's syndrome [4]
- Eosinophilic esophagitis or gastritis[5-8]
- Fibromyalgia[9]
- Food allergy in children and infant[10]
- Hypersensitivity vasculitis[11]
- Irritable bowel syndrome[12, 13], and in small children [14]
- Migraine headaches[15]
- Multiple sclerosis[16, 17]
- Non-celiac gluten intolerance
- Rheumatoid arthritis[18]
- Sjögren's syndrome[19]
- Ulcerative colitis[20]

Gluten-Free/Casein Free:

Suspected or diagnosed celiac disease, non-gluten celiac disease, lactose intolerance, casein allergy

- Celiac disease & non-celiac gluten intolerance
- Autism[21-24]
- Pediatric GERD[25]

Anti-Fungal Diet

Chronic fungal infections.

- No published clinical studies at this time.
- Clinically useful.

FODMAP Diet

Irritable bowel syndrome, inflammatory bowel disease, post-colectomy, carbohydrate intolerance.

- Irritable bowel syndrome[26-33]
- Inflammatory bowel syndrome, pilot study [34]
- Reduced bowel frequency post-colectomy[35]

Specific Carbohydrate Diet

Carbohydrate intolerance, grain intolerance. Used empirically in Crohn's disease, ulcerative colitis, irritable bowel syndrome.

- No published clinical studies at this time.
- Clinically useful.

Gut and Psychology Syndrome Diet

Carbohydrate intolerance, grain intolerance. Used empirically in Crohn's disease, ulcerative colitis, irritable bowel syndrome.

- No published clinical studies at this time.
- Clinically useful.

Restoration Diet

Severe GI issues, post-surgery, illness recovery.

- No published clinical studies at this time.
- Clinically useful.

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