REMEDY WELLNESS

How to Challenge Foods

CLEANUP METABOLIC CLEANSE | REMEDYCHARLESTON.COM

The challenge phase is where the cleanse pays off: you reintroduce the eliminated foods one at a time and find out exactly which ones your body reacts to. Go slowly, keep records, and trust the process — rushing your challenges is the fastest way to end up confused and starting over.

Start

Begin challenging when you've been on the elimination diet for at least 3 weeks, and you've had at least 5 days in a row without symptoms — or your symptoms have clearly decreased.

Challenge

Challenge one food or food group at a time, eating the recommended amount of that food for 1 day. Have at least 3 servings that day.

Stop

If symptoms occur, stop the challenge. Don't start the next challenge until you've had 1 full day free of symptoms.

When you challenge, keep a record of both your physical and behavioral symptoms. Be patient — reactions can take up to 48 hours. If a reaction is doubtful, wait until the end of the challenge period and repeat the challenge to confirm it.

How it works in practice: eat one serving of the challenge food three times in one day, then stop eating it and wait. Record any symptoms during the next 48 hours. Say you challenge milk on a Monday: have it three times that day, then stop. If you have no symptoms on Tuesday, you can challenge the next food on Wednesday. If you do have symptoms, wait until they clear before introducing the next food.

Challenge	Food	Serving Size
Milk	Whole milk	1 cup
Cheese	Cheddar	1–2 ounces
Wheat / Gluten	100% whole-wheat cereal (Wheatena) or 100% whole-wheat noodles	1 cup
Yeast	Nutritional yeast	1 tablespoon
Corn	Fresh or frozen corn	¾ to 1 cup; 1 cob
Egg Yolk	Yolk-scrambled egg	1 egg yolk
Egg White	White omelet	1 egg white
Soy	Tofu; soy milk (plain or vanilla)	½ cup; 1 cup
Peanuts	Boiled or roasted	About 20 nuts

REMEDY WELLNESS

Potential Adverse Symptoms

CLEANUP METABOLIC CLEANSE | REMEDYCHARLESTON.COM

Watch for these during the 48 hours after each challenge. Check off anything you notice, along with the food you challenged and when the symptom appeared. Reactions can be physical, digestive, or behavioral — and delayed reactions count just as much as immediate ones.

Symptom Checklist

- ☐ Headache (common)
- ☐ Migraines
- ☐ Earache
- ☐ Ringing in ears
- ☐ Itching in ears
- ☐ Itching in eyes
- ☐ Dry eyes
- ☐ Runny nose
- ☐ Stuffy nose
- ☐ Itching in mouth
- ☐ Ulcers in mouth
- ☐ Sores on tongue
- ☐ Itching throat
- ☐ Sore throat
- ☐ Stiff neck
- ☐ Swollen lymph nodes
- ☐ Muscle soreness
- ☐ Upper back / shoulder pain
- ☐ Low back pain
- ☐ Stomach pain
- ☐ Indigestion
- ☐ Gas / bloating
- ☐ Meal feels heavy in gut
- ☐ Nausea
- ☐ Menstrual cramps
- ☐ Reflux / heartburn
- ☐ Urinary frequency
- ☐ Urinary urgency
- ☐ Constipation
- ☐ Diarrhea
- ☐ Anal itching
- ☐ Pain in any joint
- ☐ Mood swings
- ☐ Heart palpitations
- ☐ Fatigue
- ☐ Hand / feet tingling
- ☐ Sleep disturbances
- ☐ Flutter feeling in chest
- ☐ Chest pain
- ☐ High blood pressure
- ☐ Anxiety / panic
- ☐ Depression
- ☐ Brain "fog"
- ☐ Dizziness / lightheaded
- ☐ Shortness of breath
- ☐ Acne
- ☐ Skin rash with itch
- ☐ Skin rash no itch
- ☐ Mucus in throat
- ☐ Mucus ("rattle") in lungs