

Beyond Fibromyalgia (FMS): Elimination Diet

Many participants are concerned about cost. The list of foods below contains some that are expensive. The person on a very limited budget need not worry about those foods, because the inexpensive foods on the list will get the job done just as well as any on the whole list. Things will just be a little more tedious and boring, but you can do this program well, spending less than usual on food. If organic versions of food are available and affordable, great. If not, that's okay.

Introduction

Welcome! For the next four weeks or so, you will be avoiding quite an assortment of foods you are accustomed to eating. They are the most notorious fibromyalgia triggers, the ones most likely to give you a flare. In many cases, the changes caused by this simple experiment are stunning. The regimen is able to banish many fibromyalgia (FMS) flares that have been resistant to medication. Save this document as a favorite or a bookmark so you can return easily.

Some patients say that the relief from fatigue, depression, insomnia, headaches, indigestion, IBS, plus the rapid weight loss (for those who need it) equals the pain relief in importance. The detox period teaches us an astounding lesson. We discover that certain ordinary foods we have taken for granted, eating every day without suspecting a thing, are capable of triggering a wide variety of symptoms. The same is usually true of certain inhalant triggers in the air.

These results are so unexpected and contrary to normal experience, we can't expect people to accept our predictions on faith. If you saw this happen to a friend earlier, you may already be convinced. If not, the chances are that you are very skeptical indeed. Fortunately, it only takes about two weeks to see convincing trends for yourself. So faith isn't required; just the willingness to put our theories to the test for a little while. Buying, preparing, and eating the detox foods is an exceptional change in your usual lifestyle. During the first few days, it is confusing and awkward. Just about the time you start getting used to it, you may have two or three days of withdrawal symptoms that often mimic the flu minus a fever. That phase is followed by a dramatic reduction in fibromyalgia pain, fatigue, lower gastrointestinal (GI) tract disturbances, appetite, headaches, heartburn, and many other symptoms.

Using the Materials

Everything you need to know is contained in this text. There is a reading for each day that parallels the short daily lectures on video. The streaming video lectures on the Internet provide emphasis and clarification, but not as much detail as this text, so you will be fine without the lectures if you can't access them with your computer. The converse is not true. If you depend on the lectures only, you'll be at a huge disadvantage. Please limit your reading to the assigned day. Reading ahead spoils the sequential learning designed into the program. If you haven't covered multiplication yet, then you aren't ready to try the long-division problems that come later in your math book, and if you tried, it would only lead to confusion and discouragement. That principle is even truer in a program like this. Let's take this process one day at a time.

Day One

The Big Picture

We start with about four weeks of what we call *immune detox*, during which you avoid foods that trigger the immune response and the many FMS symptoms associated with immune activation. During this time your appetite shrinks, you'll eventually be satisfied with less food, and you will experience no cravings, hunger, or wishful thoughts of food between meals. Self-control becomes effortless, making healthy eating decisions easy, but during the first few days you will probably be missing your favorite foods and finding the safe foods repulsive. Visit www.BeyondFibromyalgia.com/doctor.htm to survey background documentation and technical information about the biological mechanisms involved, if this interests you. If you have not seen the free DVD of our lecture at St. Peter Hospital, request it and study it.

The majority of our patients, about 75%, achieve these results within four weeks or so and feel transformed. They go on to spend two months testing foods to identify those that trigger symptoms. Then they spend another three months learning how to avoid those foods, maintain relief from the health problems they trigger, and develop eating habits that become a permanent way of life. About 25% of students find that detox is too demanding, or can't clear symptoms for biological reasons outside our control. These people usually drop out, but a few are so determined or desperate that they keep trying. Often they are rewarded with positive results many weeks later.

Symptom Graphing

We will be tracking changes in symptoms such as pain, mood, fatigue, indigestion, appetite, and several others, and

we will track blood sugar or blood pressure if you have diabetes or hypertension. The graph generated by these daily self-ratings is the compass that steers you through the detox process.

You can see your progress at a glance by graphing your total score each day. This graph lets you know you're getting better and provides you with the information you will need to get to your desired destination. The program's support system and coaching depends on your graphed data. People who are careless about this record-keeping tend to get confused and lose their way. Be fanatical about scoring symptoms daily. It should take no more than five minutes or so to reflect on the day and score your symptoms.

A zero for muscle or joint pain means being totally free of such pain. A nine means the worst you have ever experienced. What would be a zero rating for compulsive eating or hunger? This would be a day you did not think of food and you would have missed meals if the clock had not reminded you to put some fuel in your tank. A nine would be a day you struggled against or surrendered to overwhelming eating compulsions.

Don't worry about whether your ratings are equivalent to someone else's. Your scores just need to be fairly consistent to compare one day to the next. Some people give themselves conservative scores, while others exaggerate. Either is fine, because what we need to track are the changes in you. If you get stuck in the process, your graph will show us how to guide you to success. Start graphing tonight using the electronic system on the internet.

Note that there are four empty boxes for putting in additional symptoms. Here are some examples: sinus problems, rhinitis (hay fever), cough, asthma, any skin problems, any special area of pain, the tenderness of your trigger points, numbness or tingling, or any other chronic condition that bothers you.

The "remarks box" is very important. It is your daily journal of events that will be a gold mine of information when you are tracking down specific FMS triggers later. **Always label your remarks with the day of detox you are on.** Without that, your data are meaningless to you later, or to any coach trying to help you. Note extraordinary occurrences that could have caused a flare. Perhaps you were in a house where there was fresh paint and felt sick afterwards. This will help explain the spike on your symptom graph when you are analyzing your results later. Any time a new food is eaten, note it in the remarks box. These remarks are a vital part of the clinical picture. You can see a complete record of your "remarks box" entries by clicking on "view progress detail" which will be available on a later page. You can scroll as much text into the remarks box as you wish.

The first time you rate symptoms, you will be filling out questionnaires, and at the end, you will see an automatic diagnostic report. From then on, it will be different. After rating symptoms each night, you will see a graph that shows your total score for each day. If you feel worse, the graph goes up. If you feel better, the graph goes down. This graph will guide you through several crucial decision points coming up in the next few weeks.

So that is your nightly routine: You go on the Internet each night and start by rating symptoms and journaling observations. Then you view the brief video lecture for that day. You might decide to look at these lecture notes for the day online, and print any pages containing information you want to read more closely. This introduction is especially long compared to the average day. Usually you will be able to get in, get it, and get out, within ten minutes.

The Immune Detox Procedure

This is called *immune detox* because your immune system has been carrying a heavy load every day. This load is exposure to various triggers, certain molecules you breathe and eat that trigger the immune response. The immune response in turn leads to inflammatory pain, mental changes, and a wide variety of other health problems. If you stop eating and breathing immune triggers, the load on your immune system is removed and you experience a completely different level of health, both physical and mental. While each person has their own reactions to different foods, detox consists of eating foods that are rarely triggers for most people. In just a few days, you will see noticeable benefits, but you will need to continue with the following limited selection of decocts foods for about three weeks.

You might well ask, "Why do I have fibromyalgia and others don't, if it is caused by eating common foods?" That's because you were born with a hyper-reactive immune response, with a tendency to be allergic. This genetic predisposition was exacerbated by insults to your immune system caused by drugs, toxins, trauma to tissue, stress, and continued exposure to foods to which you were born allergic. Now, having come all this way and sustaining all this damage, your body becomes inflamed from head to toe when you eat or breath allergenic molecules. The trouble is, this kind of inflammation doesn't respond to modern drugs and doesn't show up in lab tests. Since it is hidden, your pain and fatigue is blamed on all sorts of other imagined causes, including your personality.

Here are the detox foods you will be allowed. There should be no additions or substitutions. Each food is on the list for a reason, but **any brand is OK as long as the ingredients label lists the same contents.** If you passionately love anything on this list, and you tend to snack on it often, leave it out because it may be a trigger food for you. Eat all you want. If you find it boring, you may need to force yourself to eat to keep fuel in your tank. You don't *have* to eat any particular detox food. If you don't care for it, skip it. It's what you *aren't* eating that counts.

People always ask questions like, "Why filtered water? Why not tap water? Why Uncle Ben's Rice and not some

other brand? Can I have my herb tea? How about my vitamins? If not, why?" The answer is always the same. The detox foods got on the list by being less allergenic to fewer people. Everything on the list is there for that reason. Everything off the list is off the list for the same reason. Right after detox is successful, you can re-introduce your vitamins and your herbal remedies and your tea and find out if they have triggering properties. But, for now, you should stick to the detox foods except for prescribed medication.

Specific Detox Food Selections

Each person is going to have access to different stores with different brands, many of which will not be listed here. What counts is under the *Ingredients* section on the label. Here's a guide to a typical store. It is called Ralph's Thriftway, in Olympia, Washington, and it's used here as an example.

Start in the meat department in the back left hand corner of the store. There you will get Acme Young Turkey Breast and any lamb you wish to have. Any plain turkey is okay. Check labels carefully to avoid vegetable broth, MSG, or other adulterants in the turkey.

In the seafood section, you can buy true cod, salmon, dover sole, halibut, frozen ahi steaks, frozen swordfish steaks, and frozen calamari steaks.

In Aisle Two, buy plain rice cakes, Ener-G Yeast Free Rice Bread (only edible if heavily toasted), canned green beans.

In Aisle Three, Uncle Ben's Converted Rice is the most safe. Buy a big bag of it.

In Aisle Four, buy De Boles Rice spirals, Rice Penne, Rice Pasta, Lundberg's Brown Rice Pasta, and Brown Rice Spaghetti.

In Aisle Five, buy Knudsen's Organic Pear Juice. Take this sparingly, diluted with club soda or ice. Too much too often may trigger diarrhea.

In Aisle Six, buy club soda.

Aisle Seven contains mostly prepared foods that are each a no-no.

The next aisle contains organic vegetables, where you can buy all types of yam, squash, sweet potato and baby spinach, romaine lettuce, papaya, mango, plum, apricots, pears, and peaches, avocado, and broccoli.

In Aisle Eight, buy Pacific Rice Drink Plain, Bob's Red Mill White Rice Flour, Spectrum Brand Avocado Oil, and Rice Bran Oil. The recipes in this book were written before these oils were discovered, so feel free to add them to any recipe here.

In Aisle Ten, buy a box of Alka Seltzer Gold, to be taken as a remedy for withdrawal symptoms and food reactions.

In Aisle Thirteen, the inhalants are very strong. Hold your breath and grab Baby Foods such as Pear and Wild Blueberry, Green Beans and Rice, Winter Squash, and Sweet Potatoes. These are for spreading over rice cakes as snacks. Get out of this section as fast as you can!

Here are the detox items offered by a different supermarket. Another good source is the health food section at Fred Meyer. If you live elsewhere, you may not be able to find these brands, but you can shop around for the generic type and find equivalent products.

1. Broccoli
2. Yellow Squash
3. Zucchini Squash
4. Cut Squash
5. Romaine Lettuce, thyme, oregano, basil
6. Pears
7. Several Squash Varieties
8. Avocado
9. Yam
10. Sweet Potato
11. *Ener-G* Yeast Free Rice Bread
12. Salt
13. *Ener-G Rice Mix* [For muffins, pancakes etc.]
14. White Rice Flour
15. *Pacific Rice Drink* [Plain]
16. Rice Bran Oil
17. *Pastariso Brown Rice Fettucine*
18. Plain Brown Rice Cake
19. Psyllium Husk Capsules
20. *Alka Seltzer Gold* (Ask Pharmacist If Not On Shelf)

21. Plain Turkey Breast, or
22. Whole Plain Turkey, no additional ingredients [eat only breast, no skin]
22. Other Brands like *Washington Natural Turkey* OK if no added ingredients
23. Veal [to be eaten no more than once or twice a week during detox]
24. Lamb, buffalo, also wild game like venison, elk, moose, OK
25. Sole
26. Snapper
27. True cod
28. Halibut
29. Water free of chlorination, club soda, well water, filtered or bottled water
30. *Taylor's Canned Sweet Potato* [Handy for travel or quick snacks]
31. Any canned green beans without additives [i.e., *Delmonte Green Beans*]
32. Any peaches and/or pears in pear juice only, no sugar. Read Ingredients Examples: Heritage Farm Bartlett Lite Pear Halves, Heritage Farm Lite Sliced Peaches, Libby's Lite Sliced Peaches
34. *Uncle Ben's Converted Rice*
35. *Nabisco Cream of Rice Cereal*
36. Baby food. Good for snacks and travel. Spread over rice cakes. Read ingredients labels to avoid sugar and other additives. Some acceptable ones: *Gerber's Simple Recipe Sweet Potato and Turkey*, *Gerber Sweet Potato or Pears or Peaches*, *Earth's Best Pears or Sweet Potato or Squash*.
37. Jiangxi Rice Vermacelli (or any thick rice noodle)
38. *Nabisco Cream of Rice Cereal*
39. *Hol-Grain Brown Rice Cracker*

Clarification

You don't have to find exactly these brands. Some will be impossible to find in your town. Find an equivalent product by reading the fine print under "ingredients." Read the small print on turkey packaging to be sure it doesn't have MSG, vegetable oils, and other additives. Deli turkey won't do. None of the deli meats are okay during detox because of the additives they contain. Ground turkey is rarely all right, because of the flavorings that have been added, and because they contain skin and dark meat. If you can be sure the ground turkey is pure, it is a welcome addition, but butchers tend to have a different definition of the words "plain" or "additive free." Ground lamb can be very useful in a variety of recipes. .

Rice cakes are a staple item. The more expensive *Lundberg* organic rice cakes have the advantage of not falling apart. The diet is quite simple; there are hardly any food choices during this period. The detox procedure is not meant as a life-long nutritional plan. It is a testing procedure and brief intervention designed to change behavior, habits, motivation, and, most of all, identify problem foods. It is not intended to meet long-term nutritional needs. You won't get a nutritional deficiency during the relatively brief time you are eating this Spartan fare. Your first job is to stock up on the safe foods. Next, we will provide recipes to make eating them more interesting.

Warnings

Taper off caffeine slowly: Patients always underestimate the problems caused by caffeine withdrawal. They quit cold turkey, because they can't imagine that a two-cups-per-day coffee habit will be much of a problem. Even minor caffeine withdrawal can trigger a migraine in susceptible people. Others may have a non-migraine headache for days. Taper off caffeine slowly - no more than 15% per day. Be sure to take into account the caffeine in soft drinks, chocolate, coffee, tea, and such medications as Excedrine.

Medication concerns: People on blood pressure and/or diabetes drugs may become over-medicated within a week. Check with your doctor about lowering your medication dose if detox begins to drive you into low blood pressure or blood sugar zones. Test yourself more often during the first two weeks so that you will see the drop coming. If you feel dizzy right after getting out of bed or jumping out of a chair, this means your blood pressure medication is no longer needed at its present dose, and you have low blood pressure from being over-medicated. If you are accustomed to taking prescription pain medication every week for migraine, there's the possibility of rebound headaches if you go off the medication suddenly. These people need to take special precautions and discuss the situation with their physician and coach. Do you find yourself needing pain pills within three or four days of the last headache? This probably means you are on the rebound headache merry-go-round. In such cases, expect an extended period of detox. The best way out of this cycle is to taper pain medication off very gradually and take small doses between headaches to prevent drug withdrawal headaches. It's slow and cumbersome, but it's really the only way out of that painful trap. This is a complicated procedure that must be carried out in close consultation with your coach.

Insulin is a special case: If you are on high doses of insulin, you can't afford to do this detox for long without lowering your medication dose. If you started detox without a plan for reducing insulin dose as required, you could put yourself into a potentially dangerous hypoglycemic crisis. Your physician will probably be surprised by how rapidly your blood sugars fall. You can expect at least a 30% drop in the first week, even as you reduce your insulin dose. Some people have dropped even faster. Speak with your physician about this phenomenon and make a plan for adjusting your drug dose. Even if you eat the same number of calories as before and the same grams of carbohydrate, your insulin requirements will be much lower on detox and your blood sugars will be going down fast. The night insulin dose is especially risky. During the first two weeks, check your blood sugars at 2:00 or 3:00 AM now and then to avoid an unexpected hypoglycemic crisis. If you are watching, these trends will reveal themselves long before the risk becomes critical.

A physician who refers a lot of diabetic patients to this program, and who has first-hand experience in observing dramatic reductions in blood sugars, wrote this in a letter to a patient starting the program: "Don't let your blood sugar get below 130 during this transition time. You need a cushion of safety, and if you let your blood sugar stray lower than that during your first month in the program it's too easy to miscalculate and go dangerously low. After you have become accustomed to the new rules your glucose metabolism is playing by, then, and only then, should you allow blood sugars below 130. That will take at least a month. Then it is OK to let your blood sugars fall into the normal range." Incidentally, blood sugar falls only in cases of Type II diabetes. Juvenile onset Type I diabetes is a different story entirely, and these people should not be using this detox.

Day Two

What To Look For On Your Graph

The first plot on the graph is your baseline score, pre-detox. The highest we have seen was 133. Any score above 60 is regarded as a severe case. Scores under 20 are regarded as exceptionally mild. This number is a rough estimate of your overall immune status for that day. When your immune system is hyperactive and doing mischief several places in your body at once, this generates higher scores. When your immune response quiets down and behaves itself, this is reflected in lower scores as symptoms clear. In probably 20% of cases, the first day or two of detox sees the graph drop sharply. This is usually a temporary "calm before the storm." A load has been taken off your immune system, but there has not yet been time for a rebound withdrawal effect to mobilize. In another ten percent of cases, the graph starts to go down on the second day and never stops. It just keeps heading South until the person is largely free of symptoms within just a few days. May you be so fortunate! The majority of graphs will start to edge up by the end of the second day of detox because of withdrawal effects.

Preparing Detox Foods

This is a new way of cooking and eating, so during detox it would be better to ignore your usual cooking habits. Check the detox list to see what you can eat. *If it isn't on the list, don't eat it during detox.* The following section is a brief guide to preparing detox foods. People who put effort into making detox meals attractive and interesting have much better success than those who eat the same dull meal over and over. The lazy way creates boredom and leads to defeatism. Using the cookbook improves your chance of success.

Patient Recipes

When many of these recipes were contributed back in the '80s, we had not yet discovered rice bran oil or avocado oil. Feel free to use these cooking oils liberally. Don't be shy about eating lots of avocado and dishes with avocado oil. This contains very healthy mono-unsaturated fats that are good for your heart. The rice oil is also a great source of healthy mono-unsaturated fats and other very special micro-nutrients so tasty you will find it suitable as a salad dressing, condiment, sauce, or a way to make a soup or gravy, richer. Local stores may not carry rice oil. You can order a half gallon for about \$15 plus shipping, at <http://www.californiariceoil.com>, which would be a wise thing to do right away. The amount of this kind of fat in your diet is not a problem. Use the butternut squash soup and/or chicken stock as sauces to liven up bland turkey and rice dishes (but only after your graph is dropping in the second week).

Turkey Stock

Stock is obtained by simmering a turkey carcass in a pot of water for many, many hours. Skim off fat after cooling. Remove all solids by straining through colander.

Turkey Gravy

1/4 cup defatted turkey stock, 1/4 cup water, 1 tablespoon rice flour, 2 tablespoons water

Stir rice flour into 2 tablespoons water. Stir rice flour mixture into stock and heat over medium heat. Stir until thickened and smooth.

Makes one serving. Double recipe as needed.

Optional: You can use vegetable stock in place of water for added nutrition. Try adding gravy to turkey soup for a creamy soup base.

Turkey And Rice Dinner Patties

1 cup cooked rice, 1/2 cup cubed white meat turkey, 1/8 cup turkey broth, 2 tablespoons rice flour, 1/4 teaspoon salt
Form into patties. Brown lightly in non-stick pan.

Turkey Patties

1 pound ground turkey (being sure it is unadulterated), 1/2 to 1 cup cooked rice, 1/4 cup rice flour,
Mix ingredients and shape into patties.

Brown patties on both sides in a non-stick skillet. Use small amount of avocado or rice oil. Good as is, or on rice bread.
Cooked patties may be frozen for use later.

Turkey Soup

Turkey carcass, diced turkey, rice or rice noodles, green beans, sweet potatoes

Place turkey carcass in large kettle or Dutch oven. Cover with water.

Simmer for 1 to 2 hours until meat falls away from bone.

Strain and retain turkey pieces for soup. Add other ingredients listed as desired or able to eat.

Chuck's Pates De Riz Farfelues Au Court Bouillon

1 package thick round rice noodles (purchase from oriental grocery stores; especially Thai or Vietnamese) such as Guilin Rice Vermicelli (large) or JiangXi Rice Vermicelli, 5 cubes of frozen turkey stock (frozen in ice cube trays and stored in zip-lock bags in freezer.

Boil noodles until not quite done. Rinse thoroughly in colander. Simmer in large frying pan with turkey stock until all stock is absorbed.

This becomes the basis for many other stir fry type ingredients and flavorings, depending on what you can eat.

Fried Rice

1 tablespoon or more of concentrated turkey stock, 1 to 2 medium sized zucchini thinly sliced, 1 to 1 1/2 cups cooked rice, 1/2 to 3/4 cups cooked white meat turkey cut in small pieces

In a non-stick pan, melt about a tablespoon of concentrated turkey stock from which all the fat has been removed.

Add the zucchini and cook on medium-high heat until it begins to brown a little, turning it often. Add more stock if needed, but be careful not to make it soupy; the idea is to use just enough to fry with it.

Add the cooked rice and continue to fry it with the zucchini.

Add the turkey and mix it in with the other ingredients long enough to warm it.

Serve with sea salt.

Baked Rice

1 cup rice, 1/2 teaspoon sea salt, 2 cups turkey stock (with fat removed)

Put the rice and the salt in a 1 & 1/2 to 2 quart casserole dish.

In another pan, bring the stock to a rapid boil and pour it over the rice. Stir the mixture. Cover and cook in the oven for 30 minutes at 300°.

Cook the rice for 20 minutes. Check to see if all the liquid has been absorbed.

Turn off the oven, remove the cover, put a folded paper towel over the top of the casserole and leave the oven door open to dry it out. You may use water in place of stock, but the stock gives it a great flavor. Be careful about the salt.

Peach Cobbler

1 can peaches (canned in peach or pear juice), 1/2 cup rice flour

1/4 cup pear juice (found in baby food section)

Pour juice from canned peaches into a glass loaf pan (or other medium-size glass dish).

Mix rice flour until crumbly (mixing with hands works well).

Sprinkle 1/2 flour mixture over peach juice.

Arrange peaches over flour layer. Sprinkle remaining flour mixture over peaches.

Bake for 20 minutes at 350°. Remove from oven and drizzle pear juice over top layer to moisten rice flour mixture. Bake an additional 15 minutes at 350°.

Peach Shake

Place 1 to 2 ice cubes in a blender and chop into small pieces.

Drain a can of peaches reserving liquid. Put desired amount of peaches in blender and blend on medium.

Add reserved liquid a little at a time until desired consistency is reached.

Green Bean Soup

2 cans green beans (kitchen cut green beans work best), 1/2 teaspoon salt (optional)

Puree green beans in blender or food processor.

Cook over medium heat until heated through.

Rice, cubed turkey, or cooked vegetables can be added if safe.

Sweet Potato Casserole

3 to 4 cooked sweet potatoes, sliced, 1 can pears or peaches

Layer sweet potatoes and pureed fruit in casserole dish.

Bake at 350° until heated through.

Stuffed Squash

1 medium squash of your choice (zucchini and yellow squash work well),

1/2 cup cooked ground turkey or lamb, 1/2 cup cooked rice

Parboil squash about 10 minutes.

Cut in half and scoop out centers. Mix squash centers with cooked rice, ground meat (lamb, turkey, or veal), salt to taste.

Fill squash cavities and bake for 30 minutes at 350°.

Rice Bread

(Not a detox food but a safer alternative to wheat bread, not to be tried until your graph is going down well) This is easily prepared and is good toasted or plain.

Liquid Ingredients: 1 cup + 3 tablespoons almond milk (read the label, use some other rice milk alternative if necessary), 3 tablespoons vegetable oil.

Dry Ingredients: 1 teaspoon salt, 1-3/4 teaspoons xanthum gum, 1-1/2 cups white rice flour, 3/4 cup brown rice flour, 1-1/2 teaspoons active dry yeast (If dough appears dry, add 1 teaspoon water at a time up to a maximum of 2 tablespoons)

This cooks very well in the Wellbilt 2200T bread maker (cost approximately \$99); however, other bread machines should work.

Breakfasts

Fried Rice

1 cup cooked rice, 1 egg yolk

Using a non-stick fry pan with a little water (1-2 Tbsps) in the bottom to prevent burning, heat the rice on low. Beat the yolk in a small bowl. When the rice is hot, make a hole in the center of the rice and add the egg yolk. Work it into the rice.

When the yolk is cooked, remove from heat and serve immediately.

Cooked Rice Cereal

1 cup rice, rinsed

Use 1 1/2 times the amount of liquid normally called for to cook the rice. Use peach/pear juice for half the water needed.

Cook the rice normally. It will end up thinner because of the additional liquid. The juice in the water will add a little bit of sweetness to your morning cereal. If you like a thicker cereal, add less additional liquid. You can run the rice through a food processor, after rinsing and before cooking, if you prefer a more cereal-like texture.

For an added treat, you can dry some of your peaches or pears in the oven. Simply lay them on aluminum foil (shiny side up) on a pan in the oven. Set temperature at 200 degrees and check your fruit after about an hour. It can take several hours for the fruit to dry adequately. Let them dry to your taste. Store the dried fruit in the refrigerator to avoid any mold growth on them. You can add these treats to your morning cereal.

Yam Bread

1/2 medium yam or sweet potato, cooked; or 1/4 cup cooked squash,

1 slice lightly toasted rice bread, rice cracker crumbs

Spread the yam, sweet potato, or squash on the toasted bread. Sprinkle with cracker crumbs. Place in toaster oven for 2-5 minutes, just long enough to heat the yam and crisp the cracker crumbs.

Lunches

Sandwiches (On rice bread or on rice cakes)

Spread mashed avocado on bread or rice cake. Top with meat. Heat if desired.

Salad

Lettuce, Avocado, String Beans, Turkey Breast

Steam string beans. Cook turkey breast. Let all cool. Mix all into a salad bowl. Dry a piece of bread in oven and crumble over top, or use cracker crumbs.

Dressings

Mash avocado, mix with water and sea salt.

Use juice from canned pears or peaches, diluted with water, to create a sweet dressing.

Lettuce surprise

Lettuce, Avocado

Wrap in lettuce leaves. Poke toothpick through leaves to hold in place.

Ideas For At-Work Lunches

Bring a baked yam or sweet potato, in the skin. Eat it cold or warm it up in a microwave. Scoop it out with a spoon. This can satisfy both hunger and sweet craving. Yams and sweet potatoes are very sweet.

There are many possibilities depending on whether your workplace has a refrigerator and/or a microwave for your use. Remember to feed yourself well in the middle of the day, so your strength is up when facing a tiring (and often tempting) afternoon. Avocado on a rice cake or toast is the quickest, most satisfying snack. It satisfies cravings very well.

Dinners

You can always rotate dinners made up of:

- a meat/fish choice
- a choice of yam, or sweet potato, or squash
- a choice of string beans, salad, or Lettuce Surprise
- a choice of peaches, pears, a small mixed fruit salad, or dried fruit

For Variety:

- bake veal, turkey, or lamb in diluted pear or peach juice for a different flavor.
- add a little diluted pear or peach juice to your yams, sweet potatoes, or squash, to taste.

Rice Casserole

2 cups cooked rice, choice of meat, 1/2 avocado, string beans, yam, sweet potato, or squash.

Mix and heat your meat and rice. Slice avocado over top. You may also add yam, sweet potato, or squash to your rice and meat mixture. You may add cut, cooked string beans, or have them on the side.

Burgers

1/2 a baked yam or sweet potato or 1/2 cup cooked squash, 1 cup rice

Mix rice and yam together in bowl. Mash slightly if it helps to hold mixture together. Form into balls and flatten into patties. "Fry" on low heat in a non-stick fry pan with a little bit of water in the bottom -or use rice bran oil or avocado oil.

Meat Patties

1/2 cup cooked meat (pureed in food processor) 1 cup cooked rice

Mix meat and rice together. Form into balls and flatten into patties. "Fry" on low heat in a non-stick fry pan with a little bit of water in the bottom -or use rice bran oil or avocado oil.

Desserts

Small fruit salad of peaches and pears with small amount of peach or pear juice diluted with water if desired.

Two or three pieces of dried fruit.

Day Three

What to Look For On Your Graph

By the end of your third day of detox, you are well into the withdrawal zone. One typical profile is a graph that shows a little spike only about five to ten points high that lasts only a couple of days. In those cases, the line rapidly goes down afterwards.

Don't be surprised if your scores skyrocket on day three or four. Some of these withdrawal graphs are mountainous with high sharp peaks. When you see this on your graph, you can be assured you are right on schedule.

Withdrawal

Two to five days into detox some people experience withdrawal symptoms that last two or three days. Trigger food withdrawal can result in marked fatigue. Some people might just feel weak and tired for a couple of days. Patients often think they have caught a mild flu. The most common withdrawal experience is to ache all over and feel tired and irritable, in other words expect some aspects of your fibromyalgia to get worse for a while. Some people obtain relief from a variety of withdrawal symptoms by taking Alka Seltzer Gold (not Blue). If you take two tablets in a half glass of water, this will probably help just about any withdrawal symptom. On the other hand, no remedy can be assured to be helpful if you happen to be allergic to it. So discontinue it if it disagrees with you.

Be very careful that you don't get exposed to germs during withdrawal. Wash your hands several times a day. During withdrawal you are immune-compromised and especially vulnerable to infection. When that phase is over, you will have a much stronger immune response, able to protect you from almost any infection.

The majority of withdrawal headaches are caused by going off caffeine too suddenly, but a rare few are caused by withdrawal from massive daily doses of sugar or artificial sweeteners in soft drinks. Remember to taper off caffeine gradually and feel free to use pain medications when needed. For most people, the worst withdrawal symptoms last no more than two days.

If you have diabetes or hypertension, this is an important time to do frequent blood sugar or blood pressure testing. You will soon see healthier levels, which will encourage you to continue. Don't forget to avoid becoming overmedicated by adjusting your dose downwards in consultation with the person who wrote the prescription.

A key withdrawal symptom may be irritability or grouchiness. Patients have been known to experience unprecedented attacks of rage at this stage. Restrain yourself, and remember that your anger is another typical withdrawal symptom. Don't blurt out an irrational insult you will regret forever. Restraint of tongue and pen is the best policy!

If detox is painless, this may mean that your eating habits aren't as toxic, since the intensity of the withdrawal is often proportional to the severity of the problem. Experiencing withdrawal is unpleasant, but is a good sign that the benefits will be dramatic. In fact, ferocious withdrawal symptoms occur in cases where the most miraculous healing transformations are seen soon afterwards.

What To Do If The Detox Food Becomes Too Revolting To Eat

One common withdrawal symptom is a feeling of revulsion towards detox foods. This may start on the second or third day and go away by about the sixth day as other withdrawal symptoms clear. About 30% of patients report a mild version of this, but a few experience it strongly for days. Accept this as a normal part of detox. The food is bland, but there is nothing poisonous about it. Your aversion is psychological and will go away with the other withdrawal symptoms.

During withdrawal, your body and mind may accept no substitute for trigger foods. In rare cases, these feelings continue to haunt you because you are not clearing symptoms on schedule due to exposure to inhalant or food triggers (hidden among the detox foods). If the problem persists, this may mean one of the detox foods is a trigger. Later, you will be shown how to deal with that problem. The detox foods will cease being aversive, and you will find them quite satisfying as you begin to clear symptoms.

When the withdrawal crisis is resolved, you get a deep sense of serenity and calm satisfaction. Your body is no longer on edge anticipating the next trigger food "fix" or recovering from recent trigger food toxicity.

Constipation

Mild constipation is common during the detox period. Perhaps the gastrointestinal tract is not accustomed to such a quiet state, so food transit time through the bowel is slower because there is less irritation, spasm, and inflammation. Don't be concerned if bowel movements occur less often. If you do experience significant constipation, zucchini will help because it is high in fiber. If that fails, get psyllium husk powder capsules at a health food store and use with *lots* of water. Unflavored Metamucil is the same thing. If you go for many days without a bowel movement and all of the above have failed, try some senna, found at local health food stores.

Smoking

Tobacco smoke has about 3,000 components, any one of which can be an FMS trigger. While some smokers are able to clear symptoms, smoke may be an insurmountable obstacle to progress. Smoking may enhance persistent hunger and compulsive eating. If you are ready to try quitting, this is a wonderful time to do so because we can support you during the early difficult weeks, and we can show you the techniques that work best. However, a nicotine relapse should not stop you from continuing. Go ahead with detox. Get back on the wagon. It's worth a try.

Cravings

Trigger food cravings peak during the early days of the withdrawal period. You will be able to succeed because of the following:

1. You know relief from cravings and compulsions is in sight. Before, when you tried to avoid chocolate or sweets, you didn't know it would be effortless in just a little while. But now you know better than to give up the day before you get into the clear. Relief is just hours away.
2. You now have guidance and a support system to help you.

In the past, you might have been overwhelmed by the temptation to have some of that chocolate or sugar you swore off. But now you expect those cravings to become stronger for a few days before dropping off to zero. You will be vigilant. Forewarned is forearmed.

Day Four

What to Look For On Your Graph

By day four or five, your graph should be reflecting withdrawal suffering. On day four, it may not have peaked yet. If you see no withdrawal signs by the end of day four, this is a first sign that you may be one of the lucky people who has no significant withdrawal and cruise painlessly through that zone.

Sequencing

The material has been organized so that you can have about a ten-minute nightly dose of information. This is vital because we are helping you change attitudes, values, beliefs, and long held habits regarding food. Small chunks of information need to go in every night. It won't work to catch up on your reading once a week. Please, for your own sake and for the success of this program, get in the habit of reading just a few minutes every night.

Tips for Increasing Success

For many people, the fourth or fifth day is when withdrawal discomfort peaks. Soon you will be feeling much better, but right now you may be feeling discouraged. Don't give up! Over 80% of patients will have cleared symptoms in another six days. You will probably be feeling substantially better within 72 hours.

Here are some tips: Keep busy. Don't accept dinner invitations right now that will cause you to violate the detox protocol. Just a little later, you will know how to go out to dinner safely but this is too soon. Warn your family that you may be moody, irrational, and irritable. Keep social obligations to a minimum, seeking out only your most tolerant and understanding friends. Be nice to yourself and schedule such special rewards as a sauna or a massage. Remember that exercise, sweat, heat, and drinking lots of water will speed up the detox process. Don't forget, this is a temporary testing period. You won't be eating this narrow assortment of foods much longer. Soon you will be testing foods and adding the healthy ones to your repertoire of safe foods.

This may be the first time in your adult life you have gone this long without certain foods in your system, some of which may be immune triggers capable of eliciting drug-like actions and cravings in your brain. Withdrawal symptoms imply that something unwholesome has been going on. If all foods were benign for you, they would not cause sickness in their absence. In other words, if it does injury on the way out, it probably wasn't doing you any good on the way in. Because this detox state may be unprecedented in your life, some of the sensations will be new to you. Don't be alarmed. They aren't dangerous. Be patient and they will fade in a couple of days.

Do this assignment before reading tomorrow's material: **List which foods you have missed the most during detox.**

Day Five

What to Look For On Your Graph

By the end of day five, it is getting to be too late to see withdrawal commence. If your graph is dropping, you probably have missed that withdrawal ordeal, almost unheard of any later than this. Most people are going to find day five or day six to be the worst day of withdrawal with the graph's spike peaking on that day, followed by a sharp drop in symptoms.

Most Common Trigger Foods

Soon you will be experimenting to identify trigger foods, but the list you just made has probably done half the job, because trigger foods are usually those you miss the most. This is important, as it will be used to help confirm food-testing results. The most common trigger foods are listed below:

1. Beer, wine, liquor, and other alcohol-containing products
2. Caffeine in soft drinks, chocolate, tea, coffee, some drugs
3. Chocolate
4. Sugar-containing products
5. Dairy products
6. Wheat and yeast-containing products
7. Potatoes, tomatoes, corn, green pepper, eggplant
8. Peanuts, soy products, chicken eggs
9. Citrus Fruits

Compare this list to yours. Did your list miss some of these most frequently occurring trigger foods? Now that you are aware of the most common ones, are there any changes you might make to your list? People tend to crave and overeat immune trigger foods. Looking at your history, you may be aware of compulsive eating patterns that create suspicions towards certain foods.

Overcoming Obstacles

We wish to stress that it would be reckless and foolhardy to attempt being a hero and doing this program alone. Without support, the chances of success are small. People may unintentionally work against you in a number of ways. Your family may expect you to prepare foods you are trying to avoid or eat foods they have prepared for you. Most social activities include eating, and it would seem rude to not participate. Don't believe it. You have a perfect right to avoid trigger foods.

During detox, accidents are almost guaranteed if you accept dinner invitations or go to restaurants. Later, you will become adept at avoiding trigger foods without causing inconvenience to yourself or others. Right now, it is too soon to take on these challenges. If you must attend a banquet or a business lunch, eat safe food before you go and then push the food around on your plate without eating it. Nobody will notice. Or order something like grilled halibut, plain rice, and steamed vegetables. Or take a brown bag meal and explain to your hosts that you are "in the middle of a medical procedure, and, if I cheated on the protocol, it would ruin two weeks of preparation for food allergy testing." They usually accept this kind of explanation. When traveling, avocado and cooked yams will keep for a week without refrigeration. Rice cakes are light and easy to pack. In most restaurants, the chef is willing to steam vegetables, serve plain rice, poach a fillet of sole, etc.

Day Six

What to Look For On Your Graph

This is a tough day for most people. A few fast responders are already feeling lots better, and their graphs are dropping fast. But the vast majority are right in the thick of the withdrawal, and they are getting worn out. It is extremely unlikely that your graph could peak any later than today, so it is safe to consider this to be your final challenge.

Background Reading

Today is a good day to visit www.BeyondFibromyalgia.com and read all the essays there. By this time, you are often in the thick of your withdrawal symptoms, and you may be running out of patience. You may rest assured that the people who got well felt just as discouraged on day six as you do. The rewards are just a few days away. Don't be the person who gives up the day before the miracle!

Day Seven

What to Look For On Your Graph

You are right on the cusp of a big transition now that you are leaving the withdrawal zone. The chances are very good that you are seeing a hint of being on the other side of the peak, a sign that relief may be just a few days away. Naturally a graph that drops steeply suggests rapid improvement, and we expect that trend to be sustained. Right now, it is too soon to expect to actually feel better.

Food Compulsions/Cravings Or Persistent Hunger

Many patients notice that detox food doesn't satisfy their hunger. If it were real hunger, then real food would be satisfying. Does water satisfy the thirst experienced by an alcoholic? Not a bit. That's a craving, not true thirst. In the same manner, trigger foods are craved no matter how much food is in your stomach. You may have confused these feelings with real hunger in the past. This phony hunger created in the brain by trigger foods explains why people become

obese. Without that artificially inflated appetite, they would not be compelled to overeat. And the proof is the experience you will have when you are off trigger foods: cravings disappear, and you lose weight effortlessly while watching pain and fatigue diminish.

By this time, about 50% of patients already see the beginnings of promising trends on their graphs. If you don't, it is too soon to jump to the conclusion that it is not going to happen for you. Many people have to be more patient to experience the benefits of detox. The ones who find this the most difficult are those who don't yet experience a marked reduction in compulsive eating, food cravings, appetite, or the tendency to overeat. We won't start worrying about a plateau on your graph for a few more days. The passage of time may be sufficient to get the job done.

This is a good time to consider the plight of the person who still craves foods they aren't allowed. We know from experience that people whose food cravings remain intense will not be able to last much longer. The stress inexorably wears them down, and finally they go back to their trigger foods. My advice to such a person is, "Hang on for just another couple of days, and if it doesn't get any easier, you'll be reading about interventions likely to solve the problem."

Other patients may be perplexed, since they are experiencing contentment and a loss of interest in food. That's the definition of a zero rating for food compulsions, cravings, and overeating. When you reach that place, you have achieved a state of grace. Many people find it liberating, and it is our sincere hope you are on the threshold of experiencing this liberation from your slavery to food compulsions.

Troubleshooting interventions are indicated in a couple of days for people who feel stuck and frustrated. We need to wait that long because many problems resolve themselves soon, simply with the passage of time.

Day Eight

What to Look For On Your Graph

Now it is fair to expect a dropping graph, telling a story of relief. If you peaked in the 80s we might expect you to be in the 60s by now. If you feel worse, it is too late to blame it on withdrawal. Other forces are at work we will be addressing soon. If your graph is dropping, don't change a thing. Hold to the program and let the passage of time get the job done. If your graph has not shown a downwards trend by now, study the following very carefully.

Getting Stuck In Withdrawal

During withdrawal, many symptoms become worse, so we want to get through that stage as fast as possible. Detox withdrawal symptoms do not resolve themselves if you are eating small amounts of trigger foods. Sometimes, we find that a food on the detox list is a trigger food to the person who cannot seem to clear. In both cases, withdrawal symptoms persist, which causes unnecessary suffering. If your withdrawal crisis hasn't resolved by now, it is time to troubleshoot the system and simplify your list of safe foods for a few more days. We want to rapidly resolve the withdrawal phase to relieve you of these unpleasant symptoms.

Getting Into the Clear

The detox procedure is useful only if it can completely free you of compulsions to eat certain foods. Once you are in the clear for a day or two, you have personally experienced just how good you can really feel, and you will be motivated to continue.

Detox can be contaminated and ruined by just a few daily bites of the wrong substances. At this stage in the program, there is no margin of error to allow cheating. Later the rules will loosen up, but now you need to be a perfectionist. You are wasting your time if you continue to chew gum, suck mints, or sneak even a few bites of other foods each day. For instance, even one sip of coke spoils your efforts for that day. People who cheat a little bit during detox suffer in vain. They experience deprivation, yet they never clear symptoms.

We have seen cases in which withdrawal symptoms made a person feel worse. This state then persisted as they continued to be exposed to triggers they were eating or breathing. To understand how this can happen, let's look at the work of Hans Selye, the famous Canadian psychologist who virtually established the modern meaning of the word stress.

Selye And Stress

When you eat trigger food every day you build up such tolerance to it that you might not notice it is making you sick. Some people incorrectly assume such tolerance is a healthy adaptation, since when they lose their tolerance, they feel worse: more sensitive and reactive to certain trigger foods and inhalant molecules than before.

Let's look at two classic cases of tolerance. Hans Selye did his pioneering studies by daily injecting chemical irritants into the abdominal cavities of rats. He noted three phases of reactions: *alarm*, *adaptation*, and *collapse*.

In the *alarm* phase, the rats became very ill. This is equivalent to the sick feeling people get from their first cigarette. After the *alarm* phase came *adaptation*. The rats adapted to the daily injections and showed no signs of distress. This is equivalent to the decades a person might smoke cigarettes without experiencing nausea or dizziness. During the

adaptation phase, we are lulled into a false sense of security because our immune system is doing its job of quietly absorbing a tremendous amount of punishment. This is what is meant by developing and maintaining tolerance. Then the day finally comes when the immune reserves have been used up, and we can't keep up the facade of wellness any longer. Selye calls this the *collapse* phase. The lab rats remained in the *adaptation* phase for months and then suddenly fell over dead. With cigarettes, the *collapse* phase usually means cancer or emphysema.

What this means for us is that losing tolerance for certain food and inhalant molecules is a move from the *adaptation* phase back toward the earlier *alarm* phase. Continued intermittent exposure to triggers make you feel worse since you are not longer protected by tolerance. As a result, reactions may be sudden and explosive. But the alternative is to continue living in the *adaptation* phase, which means chronic health problems that escalate as you near the *collapse* phase, leading eventually to catastrophic illness and death.

Longevity

The ideal place to live is in the pristine state, preceding the alarm phase, with relatively few exposures to triggers. Selye's rats would be best served by no poison injections. Smokers would be best served by abstinence. This contributes to longevity, because the primary upper limit to a person's natural life span is immune function. The immune system deteriorates over time, and this inevitable loss of function is the reason why older people develop diseases that rarely bother the young. For those of us with the bad luck to be born with genetic predispositions to immune dysfunction, avoiding triggers becomes an important way to make the best of what we have. Life takes its toll on every immune system, but let's not make that toll any greater than it has to be. After all, when your immune system is finally worn out, you die.

The immune system of a smoker or heavy drinker patiently absorbs toxic punishment decade after decade in the adaptation phase. When collapse finally comes, it's often sudden. Fibromyalgia sufferers are seeing their adaptation stage begin to fail them. Selye's alarm phase is a young person's immune status. We can recapture some of that immune strength. One indicator of this is that when you are off triggers, you become bullet-proof to germs. People off triggers rarely get sick. Those same people often come down with a cold within hours of compromising their immune system with a major trigger food exposure. Later, when you are testing foods, bear in mind that you will be temporarily more susceptible to germs during a trigger exposure. The most important thing Selye teaches us is why you will now begin to notice keenly any remaining triggers getting into your bloodstream. As you move from adaptation to a pristine state, you will surely encounter the alarm stage when you get whacked by a trigger.

Day Nine

What to Look For On Your Graph

Now you are in a zone where certain triggers show themselves for the first time. One such graph goes down for a few days after the first week and then gets stuck on a plateau halfway down the chart. This is a classic case of remaining triggers hitting harder. The most likely cause of this is a detox food that isn't as safe as we would have hoped. But now is a good time to look hard at possible interference from inhalant triggers too.

When Food Cravings Won't Leave: Inhalants

Some patients are able to get a few symptom scores down close to zero, yet their appetite rages. Despite their efforts, each day continues to be a struggle because their cravings for trigger foods peaked and then stayed at ratings like 5, 6, 7, or 8. These patients are jealous of classmates who breeze through effortlessly with no interest in trigger food, and they wonder what is wrong with them that they are still voraciously dissatisfied all day long, bitterly resenting the detox foods. They are probably experiencing undiminished fatigue and chronic pain.

In the majority of cases, these people are reacting to a detox food, or they are especially sensitive to inhaled chemical fumes or exposed to very high doses of these inhalants. Even mild fumes may be enough to trigger the urge to eat. One such patient worked near a spray paint booth in a metal shop. Another was being exposed to chemicals at a beauty parlor. Someone else had to breathe chlorine fumes at a hot tub spa. None of these cases could have a happy ending as long as the inhalant exposure continued. We have seen inhalants affect an entire school staff when they moved into a new school with toxic carpet and adhesive fumes. Most teachers gained at least 25 pounds during their first year in this sick school. Inhalants are capable of triggering every single symptom foods elicit.

A most unfortunate tragedy unfolded at the college campus in our city. Numerous employees were chronically exposed to toxic fumes in their offices. The most susceptible workers experienced immune-system damage leading to debilitating multiple chemical sensitivities and general destruction of their health. The milder cases experienced chronic fatigue, headaches, compulsive eating, irritability, and other symptoms of immune insult to the brain. Many of these people are too disabled to work. Throughout the industrialized world, these stories are increasing in frequency and severity.

The person who can clear symptoms on many of the checklist problems, but continues to experience fatigue, chronic pain, or food cravings, should take a closer look at air quality and possible inhalant reactions. The best way to test this hypothesis is to get away for a weekend, preferably to a beach with an onshore breeze far from city smog or country molds or pollen. If you can't get to a beach, go for altitude outside of town. The higher you climb, the more smog you leave behind at sea level. But beware of motel rooms. They probably shampooed the carpet lately. If you eat only the safest foods during that weekend, you will probably see your hunger vanish. Go home, and note if the hunger or other symptoms return. If it does, your air quality is probably contributing to the problem.

Your immune system can't tell the difference between molecules that enter the bloodstream via the intestinal wall and those that enter through the lung, but the difference to you is dramatic. Food molecules can be seen, avoided, or chosen with a fair degree of precision. Inhalant molecules are usually invisible and sometimes odorless.

Sensitivity to inhalants is related to the severity of an inherited biological predisposition plus the damage to the immune system sustained by exposure to toxic substances. For the person with very mild FMS, mild food reactions, moderate hunger, and not much of a weight problem, there will rarely be a serious problem with inhalant sensitivities. On the other hand, if your symptom scores were very high in the beginning, you are likely to have pronounced reactions to inhalants.

Hypersensitivity

People usually underestimate the importance of inhalants, because they have built up such a tolerance. After the first week, that tolerance begins to fade away, revealing a hypersensitivity to fumes and odors you never imagined existed. Notice how your sense of smell has increased 200%? If you can sniff things like a bloodhound, that's early evidence of you moving out of the adaptation stage as you lose tolerance for triggers you previously used daily.

Many people jump to the conclusion that detox has made them worse or weaker, because they have become susceptible to odors and fumes as never before. Look closer at the situation. Heavy smokers aren't bothered by smoke-filled rooms while non-smokers are. Of the two groups, which is going to live longer? Having a high tolerance for noxious fumes only indicates long-term prior exposure, and there's nothing healthy about that.

Remove from your home all deodorizers, scented candles, potpourri, incense, and other products with an odor. Don't breathe fumes from bleach, Ajax, Tilex, and other chlorine-based agents. Insist that smokers in your household smoke outside for the next four weeks.

When you first get home, do a quick sniff test of the whole house during a rapid walk-through, before your sensors habituate. The odor should be neutral or associated with cooking, nothing else.

Beware of where you are storing garden products, especially insecticides and herbicides. Get them out of the garage if it is part of your house. That goes for paints and solvents too. The most common triggers are oil-based petrochemical products. One home was rendered unfit for habitation for an FMS patient because of a gasoline stain on a cement basement floor. Sometimes, a little bit goes a long, long way. Some people will stay sick because of the tiny amount of fumes coming from the pilot light on their gas range or gas water heater. Take a hard look at your home's heating system since it is a common culprit. In Olympia, we loan out powerful air cleaners with heavy activated charcoal filters, and later sell new ones to people who have grown to depend upon them for total relief. You can see these units at www.austinair.com. Don't depend on air cleaners lacking *pounds* of activated charcoal. There are several brands on the market, and several independent comparison websites you can find through google.com. The agents most important to avoid are not going to be removed by lesser filters.

This is not the time to remodel your house or even repaint. Make sure the fumes associated with hobbies, repairs, and cleaning are quickly aired out of the house. Try to protect your airspace from such attacks. Please try to live without your aftershave, perfume, and hand lotion for the next four weeks at least. Find an odorless shampoo. If you must use hairspray, apply it outside.

Would it be possible for your pet to sleep somewhere other than your bed for the next three weeks? If so, launder the bedclothes, vacuum the floor, and leave the windows open all night if possible. If your pet won't move, could you sleep in a different room during days 10 through 15 of detox? By then, we will be needing all the relief from inhalants we can get.

During detox, do no painting or heavy cleaning. Avoid trips to the dentist or other buildings where fumes exist. If you *must* work in a building with bad air, consider putting an air cleaner next to your desk.

Appreciate your newfound bloodhound's sense of smell. This hypersensitivity will enable you to identify dangerous inhalant triggers that used to be too subtle to notice, yet still strong enough to give you chronic symptoms. Don't fall into the trap of assuming that you have become weaker or more ill. The elegant solution to these problems is not go back to being toxic and sick with a regained tolerance. It is to avoid triggers and entirely remove yourself from Selye's three stages of stress.

Day Ten

What to Look For On Your Graph

This is the turning point. If there is *any* trend showing the graph dropping, no matter how slowly, you don't need to change anything yet. But now is the time for an intervention if you are stuck on a plateau or showing spikes. A saw-tooth profile says the same thing.

Interventions

As the detox days go by, any remaining trigger exposures will put you deeper and deeper into that youthful place Selye called the Alarm Stage. You are losing your tolerance for a wide variety of molecules, and only a few mild triggers prevent you from leaving his unhealthy Adaptation Stage altogether. With each day, your sensitivity to remaining triggers becomes more pronounced. Now we have a much better chance of making fine discriminations about what is safe and what isn't. We have to be precise about this. If we trust our detox foods when in fact one of them is a subtle trigger, we will never understand why long-term recovery cannot be ours. That one insidious trigger will undermine everything we try to create in the way of a new lifestyle. Instead of a firm foundation for a new life, we will be building on sand.

By this time, a few fortunate people have seen many of their symptoms virtually disappear. It's wonderful inspiration and encouragement for their classmates because the majority of patients are still struggling against something less than perfect relief from fibromyalgia. If your graph is dropping steeply and shows every sign of continuing in that direction, don't bother with the following intervention. If it works, don't fix it. But if you aren't seeing a clear trend and your graph is more horizontal than vertical, it's time for the Two Lists intervention described below.

Most of us are not going to achieve a significant loss of symptoms until we have identified very subtle triggers hiding among our detox foods. The bad news is that we will only discover the truth about them by radically simplifying our food choices. The good news is that we have come so far in detox, free of so many problem foods, that the final clearing of symptoms will come very fast indeed. Forty-eight hours of safe food does the job in all but a few rare cases.

The Two Lists Method

If you aren't feeling a lot better, the most likely reason is that one or more of the detox foods are triggers. Any of them can be a trigger. Rice products are the most common problem. Rice is the safest grain, but the grains per se are exceptionally prone to being triggers. If you intuitively suspect that rice is not agreeing with you, toss all rice products out for 48 hours. That's all it takes. If it were rice, you would feel a huge difference in two days.

If you have absolutely no reason to suspect rice, then try the Two Lists Method. You assign the detox foods to one of two lists, named A and B. On list A, put no rice products whatsoever – and your least interesting detox foods. This would include detox foods you find so dull that you haven't been eating them for the last ten days.

On List B, put rice products and the more interesting detox foods. Now eat off List A for two days. If there is a trigger on the other list that has been holding you back, two days will show a significant change. If you are feeling lots better at the end of the second day, then the next thing to do is to introduce foods from List B, one per day, until you hit one that steals your progress from you. The graph will often identify that food before it registers in your consciousness.

If there's no improvement on List A, then switch to List B for two days. If you feel better by far on that list, do the reverse and introduce List A foods, one per day, until you hit a problem.

The Two Lists Method works in about 60% of "stuck" cases. It is assumed that you have already done a painstaking and thorough inventory of possible inhalant problems and have gone to great lengths to mitigate their influence. If the Two Lists doesn't deliver relief, the next level of intervention is called rotation. You will be ahead several days in your readings by then, so then you would come back here to follow the rotation instructions. At this point in time, neither the Two Lists nor the Rotation or, for that matter, the rice experiment are intended for the person who is seeing their graph continue to fall. If it works, don't fix it.

Rotating

If you aren't feeling a lot better by now, you are probably feeling pretty discouraged and fed-up with the detox foods. Now would be the time to use an intervention called rotation to break through into the clear. When you have been off a trigger for a while, your immune system gets less vigilant about searching for it and attacking it. You may have to eat it a few times before you start to get sick on it again. We use this to our advantage by never eating the same food more often than once every four days. We aren't testing for triggers. We are trying to move so fast, we can get away with eating mild triggers because your immune system doesn't have time to mobilize an attack.

Some triggers, however, are too hot to rotate, and they will make you sick every time you eat them. You will be able to identify and eliminate them as you go along, but they can make the process difficult if you run into too many. Usually you have the rotation "tuned up" by the third or fourth cycle of four days.

Briefly, rotating is four sheets of paper, each listing breakfast, lunch, dinner, and snacks for that day. Any food that appears at a meal will not be seen *anywhere else* on the four pages. When you eat pinto beans, you won't be seeing them again until that page comes around again in four days. Don't pack many closely related foods on the same day. For instance, on a day that you have pinto beans you wouldn't want other beans for the other two meals. You will be rotating the detox foods by this schedule, plus a large army of new foods.

The easiest way is to improvise at a market that has a lot of healthy food, free of adulterants. Here's a rotation guide to a local market called Ralph's Thriftway.

Go to the Organic Vegetable section and get one different vegetable for each meal of the day and a couple of fruits. Stay away from tomato, potato, peanut, banana, and citrus. Go to Aisle Three and pick out an organic bulk bean for the day and an organic bulk cereal or grain you will use for baking or as a hot cereal. If you have a rye flour-based food once, you won't be eating any rye product until that day comes around again. Skip the wheat flours. They are probably too hot to rotate. Go to the seafood counter and pick any seafood for the day. Now get a meat; any plain meat that isn't shot full of additives. Write all your choices down as you eat them. That's the first day of your rotation. You will do this four times, either shopping other days or putting your purchases in a different bag or section of your cart. You eat each food only once during the day. Portions can be as large as you like. The more the better. Eat only two items with each meal the first time. That way if the meal doesn't agree with you, there's a better chance of guessing the trigger. Expand to three and then four, etc. each time you go through the four-day cycle.

Let's say you have done this for four days. On the fifth day, dig out list number one and start all over again. As you go through this rotation, you will have good days and bad days. That's because some foods are such strong triggers they are too hot to rotate. If you have any degree of indigestion, diarrhea, headache, increased fatigue, or aches in the period between meals, then toss the previous meal from your list and substitute new additions the next time you shop on that list. Gradually as you refine your list this way, it will become more powerfully effective. As mentioned above, your detox foods should be spread out among the days just as any other food.

Rotations are more powerful than simple detox, but the administration is complicated enough that we don't resort to this measure so soon unless detox is not doing the job. After almost two weeks of straight detox, rotation is a welcome relief from the tedium of monotonous eating and symptom relief is just around the corner.

Refer to the most common and most powerful trigger foods listed on Day Five. Attempting to rotate these foods is like Russian Roulette with several bullets in the revolver. Stay away from them for now. Later we will test them in a unique and especially safe manner.

Day Eleven

What to Look For On Your Graph

Now your graph has a new purpose if you are doing the Two Lists or the Rotation. Often it will indicate reactions to triggers too subtle for you to notice. Your reactions are magnified by the rating process, and the graph may be more valid than your subjective impressions. Keep your eye on the graph as you conduct these interventions. As mentioned earlier, you can expect a clearing trend within 48 hours of getting the right combination of safe foods and air. More than ever the graph is your compass to steer by.

For The People Who Are Well On the Way

If your scores have dropped 70% or better compared to when you started, now you may introduce the four special treats on the end of your detox list. Keep them if you feel okay after eating them for a few days, but discontinue them if your graph starts creeping up instead of down. The rest of today's readings are for people who have not seen symptom scores go down 70% or better.

Moving On

By this time, you are probably either eager to move on to the food-testing stage or you are feeling so good you are reluctant to rock the boat with food testing. If you are feeling impatient to move on, by definition your compulsiveness about food is not a zero. If it were zero, detox food, even straight squash, would not be boring. Paradoxically, you are ready to move to the next stage when you stop caring about it. If you still care about food, wait patiently for just one or two more days, and the chances are you will break through into that spectacular domain of almost total lack of interest in food. For people who have been obsessed by food most of their lives, this revolutionary experience is not to be missed.

Day Twelve

What to Look For On Your Graph

Any sign that your immune load is a little lighter? If it is heavier, your graph will creep upwards.

Getting Relief from Persistent Hunger

If you can't get substantial relief from the symptoms we are tracking, you won't benefit from this program. For this reason, we will be focusing our attention on getting everyone into the clear before we try to do anything else.

We put so much emphasis on persistent hunger/food cravings because it is crucial to your success. If you cannot get relief from the hunger, you will feel deprived of the foods you crave and bored to tears by the simple detox foods and the safe foods to follow in the program. This can destroy your ability to cope with the inconveniences of the meal plans. Before long, you will want to quit. People who break through into the clear don't feel deprived. They say such things as, "I don't care if I eat this way the rest of my life. Food just isn't a big issue to me any more. I eat to live instead of living to eat." That's why the symptom on our checklist that predicts success most powerfully is your hunger/compulsion score.

Note that people tend to have a neutral attitude towards foods that are transparent to their immune system unless they are really hungry, and true hunger is a state rarely experienced by most citizens of the industrialized world. (People *think* they are hungry but it's usually desire for a trigger food fix.) If you are feeling discouraged and negative about your progress thus far, the underlying problem is probably your lack of satisfaction with the detox foods. That will only go away when we have you off trigger foods and inhalants. Until then, expect to feel deprived, angry, irritable, and resentful. Until then expect to feel defeatist and frustrated. Very soon, you should be able to enter a realm of peace and serenity where eating simple foods no longer feels like torture. When the burden is finally lifted from your shoulders you are surprised to hear your own voice saying, "Heck, the detox foods satisfy me just fine. If I had to eat this way forever it would be no big deal."

Self Awareness

Most of our patients have had so much chronic pain, general ill health, and self-loathing because of overweight that they have tended to not live in their bodies. They have felt more comfortable not looking at or feeling themselves. You may be able to relate to the idea of not feeling at home in your body. Patients have tended to numb their emotions and eat trigger foods in a semi-trance. This trance-like eating and constant focus on food creates habits of tuning-out in relationships as well. Being fully present in your body, and in relations with others, is harder than it sounds.

Detox changes some of these patterns. Explore the experience as your body becomes less aversive to you. Many patients find this uncomfortable. One morbidly obese woman with FMS told us after two weeks of detox, "This is strange and weird. This is not the 'me' I know. This body and mind seem to belong to someone else; someone different from who I thought I was. Maybe it is more healthy, but it feels bizarre. I'm not even sure if I like it. This is certainly going to take some getting used to."

Make some notes about changes in how it feels to be in your body.

Describe a couple of situations when you commonly are not all there, such as the way you may drift off when your spouse is talking to you. Think of some ways to remind yourself to remain fully present. Do something physical that will make you have to feel your body at work.

Day Thirteen

What to Look For On Your Graph

If you have the right combination, your symptoms will continue to abate. How far? Hardly anyone can expect to post zeros only. A score in the low teens is probably the best most of us can hope for. If you get down that far and then stabilize there with a horizontal graph, this may be the successful end of your detox. On the other hand, if you are one of these fast responders, now might be a good time to see just how far down you can get your scores before moving into the next phase.

The Most Dangerous Trigger Foods

Did you know that almost 100% of dieters gain their lost weight back within five years? They never intended for that to happen and they were highly motivated to keep the weight off. So many of these people were bright, determined, and accustomed to success in all things to which they turned their minds. But the weight came back because they did not understand the nature of the problem. Certain trigger foods are addictive, and people will gradually drift back into using them because of compulsions too sneaky, subtle, and insidious to control. Our patients have drifted back into trigger-food use and the migraines they caused. People with severe fibromyalgia have identified the foods that triggered flares, spent months free of pain and then very gradually descended back into trigger food eating and crippling FMS symptoms. Many people have lost 150 pounds or more in the program and then gained it all back. Hard to believe? At first we couldn't believe our eyes when we saw it happen. We assumed that FMS symptoms would be such a stern and demanding taskmaster that patients would stick to the straight and narrow, fearing the pain and fatigue that would come from straying off the path of safe foods. We clearly underestimated the power of these food addictions. Today, the program is heavily equipped with rehab curricula designed to prevent slippage back into trigger food eating and FMS symptoms.

Day Fourteen

Being On a Pink Cloud

People become ecstatic as their symptoms dramatically clear. They feel liberated. Alcoholics in the first weeks of sobriety after a hospital detox typically experience a high called a *pink cloud*. It is pleasurable, but is viewed by veterans as dangerous. Why should feeling good about getting clean and sober be anything but wonderful? The person on a pink cloud feels confident and masterful. "I've finally got the problem licked. Now I know how to get out of the dilemma I used to be in, and so I don't need any more help." Of course we know that this is when newly sober alcoholics are most likely to drift away from recovery into slippery situations that lead them to relapse, with no support or outside reality check.

Trigger food users also often become overconfident during this pink cloud phase; they decide that meetings with their doctor, support groups or further study are unnecessary. And it does make sense. They say, "I know I'll never go back to being a slave to trigger foods again. Why would anyone go back to trigger foods after discovering how good it feels without them?" And although almost every patient at this stage says, "This feels so good, I could never give it up," the crux of the problem is that *most* do exactly that. They go back to trigger foods with little lies like "Just one piece won't hurt." One becomes five, then ten. The cravings and compulsions return stronger than ever. It becomes harder to go back to safe foods. They'll say, "I can always quit tomorrow. I'll start detox again then," but detox never lasts more than two or three days. People who have a foundation of education in self-care and daily recovery habits such as charting symptom data and journaling, are the people who go back into detox and chalk their relapse up as a learning experience. They clear symptoms again, and they eventually learn they can't handle certain key trigger foods at all.

The people who go from a pink cloud into a relapse without education and support become confused and demoralized by the power of their cravings and compulsions. They try to conquer the problem with willpower, which backfires. In a short time, they are living a sick life again. The brief time they were free of trigger-food symptoms becomes a vague memory they would prefer to forget.

The trouble with the pink cloud is that it lasts only a few days, weeks, or months. The ecstatic feelings associated with being freed of pain, depression, fatigue, food cravings, and other complaints are replaced by reality, which most people can't face alone. They go back to trigger food as a way of dealing with the stress.

What are the difficult truths that must be faced to stay clear of trigger foods? The answer is different for each person, but going off trigger foods exposes feelings that were obscured and numbed by fatigue, mental cloudiness, and the trance-like oblivion that accompanies all compulsive behavior including trigger-food consumption. The following program directions will help you survive the pink cloud phase and go beyond to a steady state that will last the rest of your life.

The people who are lucky enough to find all detox foods safe are able to be free of chronic pain and other symptoms the whole time. They can't stop smiling, and they make it look easy. The rest of us have to work hard to get that way. because we have a very mild allergy to one or another detox foods that won't show itself until the rotation experiments bear fruit.

For Those Who Are Starting To Feel Great

Of course we have to focus on trouble-shooting the situations where the hoped-for miracles are not yet happening. But we shouldn't neglect the ecstatic people who are starting to feel better than they have felt in decades. If you are getting there, here's what to do next.

Let the graph fall until it goes horizontal on you. Then we can say that it has stabilized after a few days of consistent scores. Then you ask yourself, "Am I content with this degree of recovery, or should I use this unique opportunity to discover just how good I can feel, as pristine as I'm ever going to be in my adult life?" It's really up to you, but if you want to know the truth about how well you can feel, end detox with a trip to the ocean or the mountains or someplace else with great air, and then spend 48 hours eating almost nothing but the very most-trusted detox foods.

This becomes the "gold standard" in the sense that you can weigh cost-benefit decisions against this most pure experience of detox. Almost nobody is going to try to live that well from now on. The inconvenience would be too great. Living in the city puts a load on your immune system no matter what you do there. It's a price you pay, but the compensations are legion: careers, standard of living, access to friends, pleasure of many kinds. Of course you aren't going to give that up. But if you can experience that peak of wellness you might be inspired to revisit it whenever possible, and fit it into your busy schedule. Once experienced, that mental and physical state might become a priority as never before.

When the trigger foods are out of the picture, the only thing that stands in the way is the polluted toxic air of the industrialized world. But there are ways around it.

You owe it to yourself to discover just how good you can feel on clean air. How about a trip to the mountains or seashore?

Rotation Revisited

After investigating these upper limits of detoxification, go back to the reading on day ten and look at the rotation section. If you tried the rotation now, here is what it would do for you:

1. After you tuned it up by locating foods too hot to rotate, it would give you all the benefits of detox with ten times the food choices.
2. Later when you are testing foods, a good steady reliable rotation would be the perfect background for trial and error experiments with specific foods.
3. If you know how to rotate, then when you are traveling or otherwise unable to access safe foods, you can use this technique to minimize the damage while eating new foods.
4. A rotation plan that works is a safe haven where you can lick your wounds after a tough reaction to a food, and it is far less boring than detox.
5. The first couple of times through the four day cycle, you might feel worse. But after you have screened out the “too hot” foods, this plan becomes a powerful tool you can use effectively for the rest of your life. It’s worth the bother.

How It Happened

There is much to be learned from previous mistakes in the program – quicksand we must avoid to succeed in holding on to detox benefits permanently.

The Context

If detox worked for you, you are experiencing an awakening. Perhaps you are becoming aware of how powerful trigger foods are in your life. You may be interested in the history behind this technology. Two hundred years ago, some American physicians wrote in their journals about trigger food symptoms and cures accomplished by elimination diets. In the 1930s, Albert Rowe, MD, used these techniques to achieve results similar to those you have observed. When medical journals wouldn’t publish his findings, Rowe became disillusioned and quit trying.

Theron Randolph, MD, was aware of Rowe’s work and didn’t give up as easily. He eventually published many books and articles on trigger foods and the symptoms they cause. Randolph’s books never made it into mass circulation or acceptance by the medical community, and the technology remained obscure. In fact, Randolph lost a medical school professorship for his radical ideas, despite the fact that he was clinically outperforming his peers. Throughout his long career which ended with his death at age 89 in 1995, legions of formerly ill patients proclaimed him as the man who saved their lives. Today, probably no more than a few thousand physicians in the entire USA appreciate Randolph’s historical importance. Bill Rea, MD, is a heavyweight in the field and the author of the key reference texts in this field. His environmental illness hospital in Dallas, Texas is internationally regarded as the place where the most advanced and effective technologies are practiced. Here’s what he had to say about Theron Randolph, MD:

The Giant of Giants, by William J. Rea, MD (reprinted with his permission)

Dr. Ted Randolph originated and described a new paradigm in medicine. His observation and description of the syndrome of chemical sensitivity was one of the major advances in 20th Century Medicine. His perceptive thinking will eventually change the direction of preventive medicine.

Dr. Randolph should have won the Nobel Prize, but he wasn’t in the right political circles. The same for the Tyler Prize; he always came in second. This is not true for the thousands of patients that he helped directly or indirectly, or the physicians that he taught. He always came in first. He was an outstanding teacher, writer, and researcher. If I needed to confirm an idea or get it evaluated, I would always run it by Ted Randolph. Usually, he had tried it or had already thought of it; if not, he would still give you a careful evaluation.

Dr. Randolph created the first loving medical society that I had ever been involved in. When I joined it, I was astounded at the fact there were no rivalries or internecine wars that prevailed in most of the medical societies of the day. The underlying prevailing attitude in this society was that everybody’s opinion was important, and there was one goal, and that was to help further the knowledge that would help the patient. Personally, I owe my career and life to Dr. Randolph, as does my family. Even though I was never really a patient of his, I read the books and papers he wrote to treat myself and my family. When I realized the power of his ideas, I immediately launched into the study of chemical sensitivity, for I knew that the concept of Dr. Theron Randolph was going to be the medicine of the future. It was the greatest advance in the 20th Century. We are going to miss you, Ted.

Interestingly, William Crook, MD, of *The Yeast Connection* fame, published accurate and insightful reports of similar food allergy interventions in the 1950s. Later he recanted and decided that candida albicans was more important.

In the 1970s, Stephen Gislason, MD, was practicing medicine in British Columbia. After experiencing the health benefits of this kind of technology, he became a crusader, devoting his medical practice to the treatment of trigger-food health problems. He made numerous improvements in the technology, and named it the Core Diet. He has been a prolific writer and was exceptionally generous to Chuck Bates in sharing his knowledge over many years. Incidentally, anyone wishing to really get to the heart of this kind of technology should go to the two best original sources, Gislason's website <http://www.nutrained.com/>, and Randolph's last book *Alternative Approach to Allergies*, or for that matter anything he ever published.

It should be noted here that every pioneer in the area of food allergy has basically been given a choice between a lucrative medical career or being true to a technology that would eventually cause them to be ostracized in their profession. These men sacrificed their standard of living and their professional reputations in the belief that it was worth the price to see people's lives reclaimed where modern medicine had failed. One nice thing about history: later when important truths are generally acclaimed, the people who spoke them first are often given their long overdue recognition. Dr.'s Randolph and Gislason are pioneering heroes who history will remember respectfully.

Day Fifteen

What to Look For On Your Graph

By this time, many people who got stuck are making progress with the Two Lists. The rotation is going to take longer, and it is entirely likely that the first time you go through the four-day rotation, you will feel worse instead of better, because of bad luck in running into triggers too hot to rotate. Persevere if this is the case, because the next time through will usually tune up the lists well enough that you will see some results. Let the graph be your guide.

Day Sixteen

Status Check

Anyone stuck on a plateau above 18, or feeling compulsive about food, needs to extend the use of the Two Lists or Rotation.

Historical Notes Continued

Now comes an opportunity for you to learn from some of our early mistakes. Bates started publishing books, articles, and research papers about food allergies in 1984, treating individuals and teaching the technique to groups. Clinical results were positive, with no follow-up to determine how long those changes persisted. In 1993, the Olympia program was expanded with the publication a new book and large classes were formed. The program lasted one month and seemed to succeed. Patients were astounded by the benefits of detox. Graduates felt confident of their new lease on life and reported plans to continue abstaining from trigger foods. Later reports trickled in that they were not flourishing as expected.

Long-Term Success Rates

People were going back to their trigger foods, even though they knew it meant returning to fibromyalgia pain, fatigue, blood pressure medication, migraines, and many other problems. Most astounding of all, people with Type II diabetes who had learned to stay off medications and maintain safe blood sugars were going back to trigger foods. This meant that they faced the threat of amputation, blindness, kidney failure, and early death from heart disease. We attended the funerals of patients who literally ate themselves to death. One used to tell us for years that sugar to her was precisely the same as alcohol to an alcoholic. She left a young daughter behind, knowing that she was killing herself. It all seemed so tragically unnecessary and illogical.

We were so blind. Trigger foods on the way out give rise to withdrawal symptoms bearing a spooky resemblance to heroin withdrawal. When testing for trigger foods, people usually discover that some foods elicit overwhelming cravings and eating compulsions. Certain trigger foods turned out to be addictive mood-altering drugs because of immune agents released during the allergic process.

Other patients did not have these addictions. They had no history of compulsive eating and dieting. However, they became easily confused when testing foods and soon couldn't tell the difference between friends and foes.

Inhalants were an especially confusing set of problems that people had trouble solving alone. As we became increasingly aware that patients were not maintaining their health benefits, we focused with more depth and intensity on food addiction rehabilitation principles. We expanded the program to almost six months, with 50 classroom hours, reading assignments, several texts, and study sheets. We also focused on the importance of helping patients develop and maintain support groups over the long term. Our long-term success stories came from those people who attended classes

consistently, did the homework, and participated in the aftercare support groups regularly. We now know that if you are truly interested in permanent freedom from trigger food symptoms, success is dependent on establishing permanent new self-care habits and becoming a food addiction expert. Most challenging of all is finding the willingness day after to day use those principles of recovery.

A Realistic Expectation

Smoking cessation programs are considered fabulously successful if 20% of participants are still off cigarettes a year from graduation. Weight loss programs consistently produce long-term success rates in the neighborhood of one percent. We should probably be proud of our 60% long term FMS success rate in light of those dismal statistics, but a 40% failure rate brings us no joy. The bottom line is that we can show you how to succeed. It's no secret how it works. We can show you all the skills and tools you need. What we can't supply is your willingness to use them. If you really want to end up in the winner's circle, all you have to do is follow our instructions faithfully. Don't end up among the 40% of patients who do their own treatment planning, seeking an easier softer way. Most of all, don't end up among the patients who are so over-confident and complacent that they try to do this alone. Changing lifestyle and losing bad habits is a well-understood process. Hundreds of good solid studies in the behavioral sciences have revealed consistently that people need outside help to change for good. Anybody can change for a little while. After graduation, operating solo, most revert to their old ways. Don't let this happen to you.

Day Seventeen

“There is one human characteristic that consistently outperforms intelligence, education, talent, creative brilliance, good looks, genius, physical prowess, coordination, will power, bravery, and being born rich. That is persistence. In this domain, persistence conquers all.”

Troubleshooting

For people who have not cleared symptoms by 85%, there remains a period of troubleshooting and fine-tuning. Some of these people will identify subtle triggers hiding among the safe detox foods, while others will discover connections between their symptoms and air quality issues at work or home. Every day of detox is a struggle for people who still have trigger food cravings and symptoms. If you're still not clearing symptoms, time has just about run out for you, and we must give the highest priority to resolving the issue now.

Day Twenty One launches the food-testing phase of the program using a printed manual with another 150 daily readings. You cannot test foods until you have succeeded in reducing most of the symptoms we have been tracking, by at least 85% Until that happens, spend your time trouble-shooting the process, and move on to Day Eighteen only when the desired goal has been achieved.

Review the information on Day Ten concerning detox troubleshooting strategies if you have not yet reached daily symptom totals under 15.

If you have done all the troubleshooting you can bear and still you suffer, reconsider. You have invested a tremendous amount of time and trouble in getting here. It's unlikely that you will ever again eat such spartan fare for such a long time. This is just about as pristine and pure as you will ever be. What a cruel joke it would be if one single trigger were preventing you from enjoying these truly ineffable benefits to mental and physical health. You might be just one type of molecule away from the miracle, and the offending molecule might be an inhalant. So, for the person who is bound and determined to test the food allergy hypothesis to the maximum degree possible, realizing that there will probably never be an opportunity like this again, we recommend a radical experiment. It only takes 48 hours to know for sure. Spend that much time in an environment with the best air quality possible, preferably out of town, away from traffic, on the seashore or in the mountains. During that period, eat only small amounts of the very most trusted detox foods, fasting for the most part.

If this clears symptoms significantly, then you are ready to start testing foods. In your case, the detox foods will have to be reintroduced one at a time to identify the trigger or triggers that prevented earlier symptom relief. Go on to Day Eighteen.

If, on the other hand you have not cleared symptoms with scores of less than 15 or so, there's another way to look at the situation. About ten percent of patients have so many sensitivities and are so hyper-reactive, three weeks of detox isn't sufficient to get the job done. These people are only going to heal over a longer time span, while relying on rotation strategies. You are one of these people if your graph has gone down very slowly often with a series of saw-toothed spikes and valleys. In such cases, the dedicated patient with better-than-average patience and persistence is able to make a brilliant recovery by hanging in there. They may have to stay in detox for six weeks to do it, but it's worth it when they finally clear symptoms. Rotation strategies are indicated for the person who seems to react to almost everything they try to eat. This technique will often put out inflammatory fires that have burned brightly all the way through detox thus far.

Day Eighteen

Now that you've been clear for several days (hopefully), you should spend the next two months emphasizing food testing. This gets messy because testing a Primary Trigger food causes appetite increase. These may be so subtle that you will only notice a weight loss plateau, followed by very gradual weight gain as the other symptoms gradually return. Testing the common Secondary Trigger foods only causes muscle pain, sensitive trigger points, headaches, fatigue, joint pain, diarrhea, irritability, and a host of other possible mental and physical symptoms. Primary Triggers can do that too, *plus* bring increased appetite and a tendency to eat forbidden foods "by accident." This can lead to disorganized food testing that gradually gets out of control, becoming confusing and demoralizing. Guidance and frequent reality checks with others are vital to your success. Things get simpler but more intimidating too.

Most of the trigger foods you identify will be mild enough that you can eat them from time to time without losing your clarity and freedom from compulsiveness. The point is to learn your limits with those foods. But some foods will elicit such pronounced appetite or cravings that their dose can't be controlled. This leads to overeating more trigger foods, which snowballs further out of control. These key trigger foods may not be the ones you expect. The key to your future health is identifying these Primary Triggers (there are rarely more than three) and then learning to live without them. Some Primary Triggers are so subtle, the only evidence of their impact is observed on the bathroom scale. Then there is the problem of the Drug-of-Choice Primary Trigger food. People often have one such food that is especially hard to discontinue eating or avoid in the future, despite their very best intentions. The rehab curriculum is focused on that problem.

Most people who take this program have a history of compulsive eating and overweight. We recommend that these people complete the entire 168-day program since this is their best chance of never having to diet or struggle against weight problems again.

Other people take the program because of FMS not associated with compulsive eating. These people are not overweight and through a lucky accident of genetic endowment, they do not experience cravings or compulsions. They may consider themselves done after their food testing strategies are perfected in about two months.

The last three months of the program focus on lifestyle changes that will make detox clarity a permanent way of life. This means dismantling old habits and developing new eating habits that are satisfying enough to be self-sustaining. Much of this work resembles the treatment technologies used in the addictions industry to rehabilitate alcoholics, smokers, or drug addicts. This is because Primary Trigger foods (not the Secondary ones) cause brain chemistry changes similar to those caused by addictive drugs. Most readers will discover that avoiding Secondary Trigger foods is fairly easy, but abstaining from Primary Trigger foods is as difficult as stopping smoking.

The Ingredients of Long-Term Success

The people who get well and stay well are willing to change. They follow the recommendations, leave their comfort zone, and give up problem-solving techniques and attitudes from the past, which have not worked. They are open to change, despite finding it uncomfortable at first. You, too, can have life-long relief from trigger food symptoms by investing just a few minutes each day in these new habits.

By this time, everyone who has experienced a breakthrough in health during detox is aware that they have discovered valuable new possibilities for a longer healthier life. Many people already recognize that freedom from fibromyalgia pain and eating compulsions are exceptionally precious commodities, a newfound freedom from slavery. Why would a person give it up? Why would they let this slip through their fingers? The men tend to be overconfident, thinking that they don't need any more guidance. For both genders, the most common reason is vanity and pride. During food testing, most people are going to experience periods of out-of-control eating. These will be more obvious and severe than compulsive eating in the past. People with inflated pride based on a shaky self-esteem will find it impossible to speak the truth about these experiences. They will "save face" by keeping it a secret because the culture considers out-of-control behavior to be pathetic, crazy, and disreputable. We have to overcome our own foolish pride and vanity, replacing those phony ego defenses with the strength of honest humility (not humiliation - there's a world of difference).

Long Term Success

Those who fall by the wayside are reluctant to invest the time, or they believe they are different and don't need to adhere to the program. They drop out of email support groups thinking, "I'm not as sick as those people." Mainly they revert back to old dieting habits that have failed them in the past, relying on willpower and self-criticism while sabotaging themselves with delusions such as, "Just one won't hurt," and "I can always start detox tomorrow." The trouble with that idea is that solo detox only works for a few days and falls apart long before the cravings leave.

Trust the process. Let it take you to a better life. Do it by the book.