

## **Specialized Diets for GI Healing 1: Choosing the Right Diet**

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### **Comprehensive Elimination Diet:**

#### ***Inflammation/Leaky Gut/Food Sensitivities/Autoimmune***

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

### **Gluten-Free/Casein Free:**

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

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

### **Anti-Fungal Diet**

#### ***Chronic fungal infections.***

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

### **FODMAP Diet**

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

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

## Specific Carbohydrate Diet

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

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

## Gut and Psychology Syndrome Diet

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

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

## Restoration Diet

*Severe GI issues, post-surgery, illness recovery.*

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

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