

# AIP REINTRODUCTION PROCEDURE

Reintroducing foods on AIP is a simple process, but can take a long time to correctly do it. You want to repeat this process below with each new food.

## The Reintroduction Steps:

1. Choose a food to reintroduce. Start with the Stage 1 foods. See the "AIP Reintroductions" handout for reference.
2. Eat a small nibble of the food. If you are reintroducing a spice or powder, dip your finger into it to get a small amount and then lick off of your finger.
3. Wait 15 minutes.
4. If you have any reactions STOP and read the instructions on the next sheet. If there are NO reactions, eat a larger bite of the food or 2 dips of your finger into the spice. (Common reactions to look out for can be found on the "Food Reactions" handout.
5. Wait 15 minutes.
6. If you have any reactions STOP and read the instructions on the next sheet. If there are NO reactions, eat an even larger bite of the food or 3 dips of your finger into the spice.
7. Wait 2-3 hours.
8. If there are NO reactions, eat a normal portion of the food and wait 3-7 days. Do not reintroduce any other new foods and do not eat this food again during that period. **If you have NO reactions after 3-7 days, you can bring that food back into your diet and then repeat the process with a new food.**

# If you have a reaction:

If you have any reactions at all, stop and do NOT include this food back in your diet at this time.

Wait at least 7 days until you feel as you did before you tried to introduce this food. Depending on the severity of your reaction you may want to go back to the elimination portion of the diet until you feel better. This could potentially take a long time if you had a particularly strong negative reaction.

If it was just a minor reaction though, it's typically ok to continue eating the foods up to where you last left off (prior to this food you had a reaction to).

In either case it's extremely important to wait until you feel better before you continue so you can determine if you react to the next food or not.

Skip this food when you restart and if you are able to move onto the next phase and there is another food from this same food group, skip that as well. For example, if you had a reaction to ghee in Stage 1, do not try to reintroduce butter in Stage 2.

If you aren't SURE you reacted (which is actually quite common), make sure you note it in your journal and make the decision whether to include it into your diet or not. If you do include it, keep a watchful eye out for that symptom(s) again, and if it continues to happen and/or gets worse, go back to the reintroduction point before that food and wait until you don't feel that symptom anymore. Then skip over that food and continue onto the next reintroduction.

Also do not lose hope. A reaction just means you cannot tolerate it at this moment. It's possible with more healing that you may be able to successfully reintroduce it. Wait at least a few weeks before re-trying though.

# Things to note:

- It's best to keep a journal throughout this process so you can write down any foods you are eating and reintroducing, anything else out of the ordinary (less sleep, more stress, more exercise, etc) and the symptoms you might be experiencing. This comes in handy with a lot of the more subtle symptoms or ones that don't necessarily show up for a few days (You can use the printable 30-day or 90-day journals provided or [buy my pre-printed one off of Amazon](#)).
- Do not attempt to reintroduce anything that you might have a severe or anaphylactic allergy to. The reason you react to these is different than the reason you react to foods due to a leaky gut and unfortunately this reason will not go away.
- If you had to eliminate some additional foods during the elimination phase, like high-FODMAP foods or an elimination-compliant food you were having reactions to, try those first before moving onto Stage 1 foods. If you had eliminated high-FODMAP foods and still react once you reintroduce them, you might want to get in contact with your healthcare provider and see if anything else is going on (like SIBO - diet will not heal SIBO alone).
- Sometimes you may tolerate a food on an occasional basis but not on a regular basis. This should be easier to determine when you journal.
- Food allergy testing does not replace this process as it's often unreliable and usually points towards a leaky gut and not a true allergy. Intolerances and sensitivities can generally be reversed with diet and lifestyle changes whereas a true allergy cannot.
- There may be several foods you might not WANT to reintroduce, and that's ok. This often happens with stage 4 foods, particularly some of the grains, legumes and dairy. This is a totally individual process and do what works for you.
- Some reactions to Stage 4 foods in particular may take a long time to really show up. If you are doing well but a few weeks after reintroducing grains, for example, you have a flare-up of your symptoms, try removing the Stage 4 foods for at least a week and see if you feel better (you might have to go back to the elimination phase for a bit if you really feel poorly). You also may have to play around with the amount and frequency of eating these foods if you want to include them in your diet on an on-going basis.

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