

COMMON REINTRODUCTION FOOD REACTIONS

These are many of the common food reactions you may experience if a food is still negatively affecting you. Other things may crop up on this list, so pay close attention to how you feel through the whole process.

Digestive:

Bloating
Burping
Constipation
Diarrhea
Gas
Heartburn
Nausea
Stomach Pain
Undigested Food in Stool

Fatigue

Low Energy Levels
Afternoon energy dips

Sleep:

Trouble falling asleep
Trouble staying asleep
Waking up throughout the night
Not feeling rested after sleep

Pain*

Joint
Muscle
Tendon
Ligament

*common with nightshade reintros

Skin:

Flushing
Rashes
Hives
Itchiness
Acne
Breakouts

Mood:

Anger
Anxiety
Depression
Irritability
Low Stress Tolerance
Tearfulness
Rage
Irritability

Miscellaneous:

Dizziness
Coughing
Headache
Itchy Eyes, Mouth, or Ears
Lightheadedness
Phlegm, runny nose, postnasal drip
Racing Pulse\Sneezing
Return of Autoimmune Symptoms (or worsening)