



Pelvic Pain Elimination Diet

Based on “Anti-inflammatory Nutrition for Endometriosis and Interstitial Cystitis” by Dr. Jessica Drummond of the Integrative Women’s Health Institute.

Some Healthy “Ground Rules”:

1. Watch the videos or read the articles from Stephanie Yeager, WHNC with Pain ‘Down There’ on:
 - a. Explaining Food Sensitivities
 - b. Resting the Digestive System
 - c. Optimizing Digestive Function

2. Remember, there is no such thing as a “protocol” elimination diet. So use this resource as a guide, personalizing it for your individual needs. Do Not add into your diet something on the “Foods to Enjoy” list if you have a known allergy or sensitivity to it.

3. Consult your physician before you make dietary changes. Use these resources to find a Function Medicine, Integrative Medicine, or Naturopathic Practitioner in your area:
 - a. Institute for Functional Medicine
 - b. Academy of Integrative Health & Medicine
 - c. The American Association of Naturopathic Physicians
 - d. Paleo Physicians Network

4. Please see our User Agreement & Disclaimer

Foods to Avoid:

- Alcohol
- Artificial Sweeteners
- Caffeine
- Corn
- Dairy
- Eggs
- Nightshades
- Peanuts
- Processed & Fast Food / Preservatives
- Shellfish
- Soy
- Sugar
- Wheat & Other Gluten-Containing Grains (Rye, Barley)

Foods to Enjoy!

VEGIES

*Organic preferred because these tend to appear frequently on the "dirty dozen" list

- Asparagus
- Avocado*
- Beets
- Black Olives
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery*
- Chives
- Cucumber
- Green Beans
- Leafy Greens: collard, kale, mustard, swiss chard, spinach*, bok choy, most other salad greens
- Mushrooms
- Onions / Green Onions
- Pumpkin
- Sweet Potatoes
- Radishes
- Rhubarb
- Rutabaga
- Squash: butternut, spaghetti, zucchini
- Turnips

HERBS & SPICES

- Allspice
- Almond Extract
- Anise
- Basil
- Bay Leaf
- Black Pepper
- Cinnamon
- Coriander/Cilantro
- Cumin
- Dill
- Fennel
- Garlic
- Ginger
- Marjoram
- Mint
- Mustard
- Oregano
- Parsley
- Rosemary
- Vanilla Extract
- Sage
- Sea Salt
- Thyme
- Turmeric

PROTEINS

- Chicken (preferably organic & pasture raised with no fillers)
- Turkey (preferably organic & pasture raised with no fillers)
- Fish (preferably wild caught)
- Bacon (nitrate & sugar free ONLY)
- Beef, veal, liver (preferably grass fed and organic)
- Powders (only if you occasionally need a protein added smoothie to make things easier): Rice, hemp, collagen (grass fed)

FATS & NUTS

- Almonds
- Avocado Oil
- Bacon Grease (only from the nitrate and sugar free bacon you make yourself)
- Cashews
- Coconut, Coconut oil, Coconut Milk
- Ghee

BEVERAGES

- Lots of Water!
- Mint Herbal Tea
- Chamomile Herbal Tea
- Carbonated Water (No Flavorings)

FRUITS

*Organic preferred because these fruits tend to appear frequently on the "dirty dozen" list

- Apples*
- Bananas
- Blackberries
- Blueberries
- Cherries*
- Dates
- Mangos
- Peaches*
- Pears*
- Plums
- Raspberries
- Watermelon

GRAINS

- Rice & Rice Pasta
- Quinoa

Tips & Planning:

Going out to eat? Do your research ahead of time! Find a “Farm to Fork” type restaurant as they will be more sensitive to special requests. View their menu online and decide what you’re going to get before you get there, then stick to your decision. Alternatively, you can ask that the chef cook your meat in plain olive oil and salt then order plain rice or quinoa on the side with salad or roasted veggies (no dressing). Then bring with you a small, secure bottle of your own homemade dressing and a baggie of a few herbs to add flavor: basil, parsley, etc.

Optimizing digestive function: Be sure to revisit the key points from this section. While you’re resting the digestive system with the elimination diet you’ll also want to optimize digestive function at the same time. They go together.

Grocery Shopping & Meal Planning: Brainstorm what might work best for you. Lay out a few options and then see which one feels good in your body (tingly, excited, open, comfortable). For instance:

Option 1: Plan meals and compile the grocery list on Saturday morning for the next two weeks. Take notes on your meal plan when you’ll need to return to the store over the next 2 weeks to pick up fresh produce and herbs that won’t last two weeks. Actually go grocery shopping on Saturday afternoon. Go to the grocery as needed for that fresh produce and herbs during the next two weeks. Repeat this again every other Saturday.

Option 2: Plan meals and compile the grocery list on Sunday afternoons for the coming week. Grocery shop that evening and then grocery shop again on Wednesday if needed. Repeat every Sunday.

Option 3: Some variation / Your own version 😊

Portions & Variety: Each meal needs veggies, protein, and fat. Aim to cover your plate with at least 50% vegetables. Add a small amount of either starchy vegetables (like squash or sweet potato) OR rice, rice pasta, or quinoa (½ - 1 cup). Limit fruits to two servings per day.

Get creative with the guidelines so that you eat as much variety as possible during this time. Don’t rely on a few foods. Mix it up a lot!

Meal Timing: Prep as much ahead of time as possible, making things in big batches so they’re ready when you need them. You’ll want to plan to eat every 3-5 hours so you don’t get caught hungry.

Things to make ahead of time and store for later:

- Peel bananas and cut them in slices then freeze in baggies for smoothies. About 1 – 1 ½ bananas per baggie.
- Quinoa / Rice and store in the fridge (if you know you're having it that week)
- Roast a whole chicken with veggies then use the bones for bone broth and left over chicken/veggies to make a soup!
- Almond & Cashew Milks
- Cut & refrigerate veggies to easily add to salads, lunches, or quinoa

Treat Yo Self: Be fully prepared that the elimination diet and the food challenging phase that follows will bring up some negative emotions. You may feel tired or achy, especially at first. You may feel irritated, frustrated, or grouchy especially during the moments you would have normally reached for some “comfort” foods or drinks. So sprinkle in some things that make you feel happy, relaxed, rejuvenated, joyful. Here's some suggestions but add your own:

- Take walks in nature, not just for the movement but to really enjoy your surroundings: really notice the trees, the plants, the flowers, and animals.
- Buy yourself flowers! Place them in your home and just enjoy their beauty. Take time to stop and smell them often.
- Go to a concert, musical, or play.
- Go to an art museum or gallery.
- Start your day with prayer or guided meditations. Relax into the luxury of just taking a few moments in the morning to gather your energy, breathe, and become aware of the present moment.
- Spend some time in water. Take a long bath. Float around in the ocean or lake. See if you're closest big city has an Ancient European-style bathhouse.
- Have some fun! Get out the super soakers. Find a slinky and a bunch of stairs. Bust out the sleds. Try a Zip line. Spray some silly string.

Meal Ideas:

This is meant to get your creative juices flowing and encourage you to find your own recipes and try new things. Ultimately it's up to you to plan and prepare. If you find you could use some extra support beyond that of a physician or nutritionist, consider hiring a Women's Health Coach. You can find one here:

<http://integrativewomenshealthinstitute.com/provider-directory/>

BREAKFAST:

The American habit of sweets at breakfast can be hard to break! Keep in mind that at every meal you're going for veggies, protein, and fat. Beyond that, limited grains or starchy vegetables (squash, sweet potato) and 2 servings a day of fruit.

Smoothies:

For the *occasional* breakfast smoothie you'll need those frozen bananas and some homemade cashew or almond milk. Just Google "Homemade Cashew Milk" or "Homemade Almond Milk" to make some of your own!

- Blend up the frozen bananas and the nut milk, add more less nut milk depending on thick or thin you like your smoothies.
- Throw in a handful of some berries
- Throw in a handful of some leafy greens
- One scoop of protein replacement powder (see Foods to Enjoy List)
- Blend it all up again and enjoy

Hot Options:

- Just Google "AIP Ground Turkey Breakfast Sausage" and you'll get a ton of results that's likely to work with the Food List
 - Make in bulk and freeze some for later
- Cook up that Bacon (only nitrate and sugar free!) and be sure to reserve the "grease" in a glass jar and keep in the fridge for use as a fat later on.
- Try Mackerel or Sardines from "King Oscar" at your local store or on Amazon
- Sautee some Leafy greens in fat and serve on the side (add onions, mushrooms, and/or broccoli too!)
- If you just have to have a "cereal" make a granola with plain coconut flakes, almonds, cashews, and berries and serve it with nut milk. But have it alongside protein and veggies from the above.

LUNCH:

Invest in some glass food containers if you don't already have some so you can take lunches with you on the go. But if at all possible, don't work while you eat lunch and create a completely stress-free environment while you eat. See the article/video on Optimizing Digestive Function. Taking dinner leftovers for lunch the next day is easy but here are a few other ideas for lunch:

- Always keep fresh cut veggies on hand in the fridge for lunches
 - Have them as a side along with protein/fat
 - Dip them in home-made avocado mash
 - Spread cashew or almond butters (all-natural, sugar free) over celery or apple slices
- Salad and homemade dressing* with roasted chicken leftovers, bacon, avocado, variety of other veggies
- Make a big batch of bone broth soup over the weekend and divide into several servings for lunches during the week

- Spaghetti squash with Pesto dressing* as a side to chicken, beef or turkey meatballs/cutlets, or fish
- Diced and roasted sweet potato with bacon & chives or green onion

DINNER:

As with the other meals, fill your plate with at least 50% veggies and then fats & proteins with either a starchy vegetable (like sweet potato or squash) or limited grains (½ cup of rice/rice pasta or quinoa). So just start putting combinations of these from the “enjoy” list that sound good together!

Soups, stews, and casseroles that combine them all together is always fun, too! Use Google and YouTube to help you if you’re not sure how to prepare a certain food. And below are some great resources for recipes. If you come across an ingredient in the avoid list then just exclude it, move on to the next recipe, or ask Google if it can be substituted for something else (that is on the enjoy list).

You may find slow cooker or Instant Pot cooking especially helpful on busy workdays.

<https://whole30.com/category/recipes/>

<https://aiplifestyle.com/recipe/>

<https://wellnessmama.com/category/recipes/>

<https://ultimatepaleoguide.com/recipes/>

<https://www.paindownthere.com/blog/paleo-ground-turkey-cutlets>

<https://www.thepaleomom.com/category/recipes/aip-recipes/>

<https://www.mindbodygreen.com/recipes/page/1>

<https://getthehealthyu.com/recipe/>

<https://elanaspantry.com/special-diets/keto-dinner/>

*DRESSING RECIPES:

Blueberry Basil:

¼ cup fresh or frozen blue berries
 ½ cup olive oil or avocado oil
 ¼ cup of packed, fresh basil

Combine ingredients in blender and blend until smooth

“Soy” Ginger:

¼ cup olive oil
 1/3 cup almond butter
 1/3 cup coconut aminos
 1 tsp powdered ginger or 1 Tbsp fresh ginger
 1/3 cup water
 Sea Salt to taste

Combine ingredients in blender and blend until smooth

Italian:

¼ cup fresh basil
1 Tbsp fresh chopped oregano
1 Tbsp fresh chopped rosemary
1 Tbsp fresh thyme leaves
2 garlic cloves
¾ cup olive oil
Sea salt to taste

Combine ingredients in blender and blend until smooth

Pesto:

4 cups fresh basil leaves (2 large bunches)
¾ cup olive oil
3-5 garlic cloves
1/3 cup cashews
Sea salt to taste

Combine ingredients in blender and blend until smooth