Luna Herb Company

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Elimination Diet Journal

As you reintroduce foods back into your diet, one at a time, keep track of any reactions you might experience. Reintroduce 1 food on day one, wait 3 days then introduce food again. Continue adding foods back one at a time using this method, keeping note of all reactions or lack of.

Date / Time	List all foods, beverages, medications consumed.	Date / Time	Symptoms experienced including bloating, gas, heart burn, cramping, headaches, mood changes, energy levels, etc.

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