

Why We Give Our Bodies a Rest From...

During P20 we suggest giving your body a break from a few types of foods and ingredients. Here's why!

Gluten

There is a significant amount of research being done around gluten. Even those without celiac disease (an autoimmune disease in which your body attacks your small intestine when gluten is consumed) have reported improvement in symptoms when they remove gluten from their diet. These symptoms include, but are not limited to, gastrointestinal upset (digestion issues), brain fog, fatigue, headaches, and skin rashes. There is also research that suggests consuming gluten in any amount (whether you experience symptoms or not) damages the intestinal lining leading to “leaky gut” and systemic inflammation but the jury is still out on that. Either way, the best way to find out if you're sensitive to gluten is to eliminate it from your diet for at least 20 days and see how you feel!

Dairy

For most of our lives it's been drilled into us that we need to drink milk for healthy bones. That's simply not true. Sure, dairy is a good source of calcium. But conventional dairy is highly processed and produced by cows who are under extreme stress, living in terrible conditions and are likely being pumped with growth hormones and antibiotics. Plus, dairy is one of the most common food intolerances. People who are lactose intolerant or sensitive to dairy may experience symptoms like bloating, gas, diarrhea, constipation, acne, and eczema. So if you're eliminating dairy, how will you get your calcium? Easy! Green leafy veggies like spinach, collard greens, and kale; almonds; sesame seeds; sardines or canned salmon with bones; and edamame are all great non-dairy sources of calcium. After P20, if you choose to reintroduce dairy into your diet, we recommend organic dairy foods from grass-fed cows.

Why We Give Our Bodies a Rest From...

(continued)

Sugar

You may be thinking, “Oh, easy! I don’t eat very much sugar. This will be a cinch.” But are you checking your food labels? You may be surprised to discover where sugar is lurking!! Naturally, sugar is in treats like candy, chocolate, cake, ice cream, pastries, and other sweet treats. But it also sneaks its way into salad dressings, bread, pasta sauce, nut butters, “health” bars, and more! We’re simply eating WAY too much sugar so we want to wean you off the sweet stuff for 20 days and recalibrate your palate to enjoy naturally sweet foods like fruits and root veggies (yes, veggies can be sweet!). But why is sugar so bad? When we eat sugar, our blood sugar rises and our bodies respond by sending insulin to help move the sugar out of our blood and into our tissues. This is why we get those energy spikes (when blood sugar is high) and crashes (when blood sugar is low after insulin responds). In addition, since insulin is closely linked to other hormones like estrogen and testosterone, a high-sugar diet can lead to hormone imbalance, exacerbating PMS and menopause symptoms and leading to other hormone-related symptoms like anxiety. As if energy crashes and hormone imbalances weren’t enough, high sugar diets are also linked to heart disease, weight gain and obesity, type 2 diabetes, cancer, acne, and depression. Eek!

Alcohol

We know, we know... “But we thought red wine was healthy!” “I heard one glass a day was good for me!” True, there is research backing these claims. But alcohol is also a toxin, plain and simple. Plus, alcohol increases estrogen levels, increasing the risk of certain cancers (like breast cancer) and making PMS symptoms worse. It’s also dehydrating, can cause gut dysbiosis (alters the balance of good and bad bacteria in the gut), and taxes your liver and other organs. So just trust us on this one... you can have your dry martini or glass of vino back in three weeks!