

# 104: Navigating Food Toxicity, from Allergies to Sensitivities Affecting Nearly All of Us

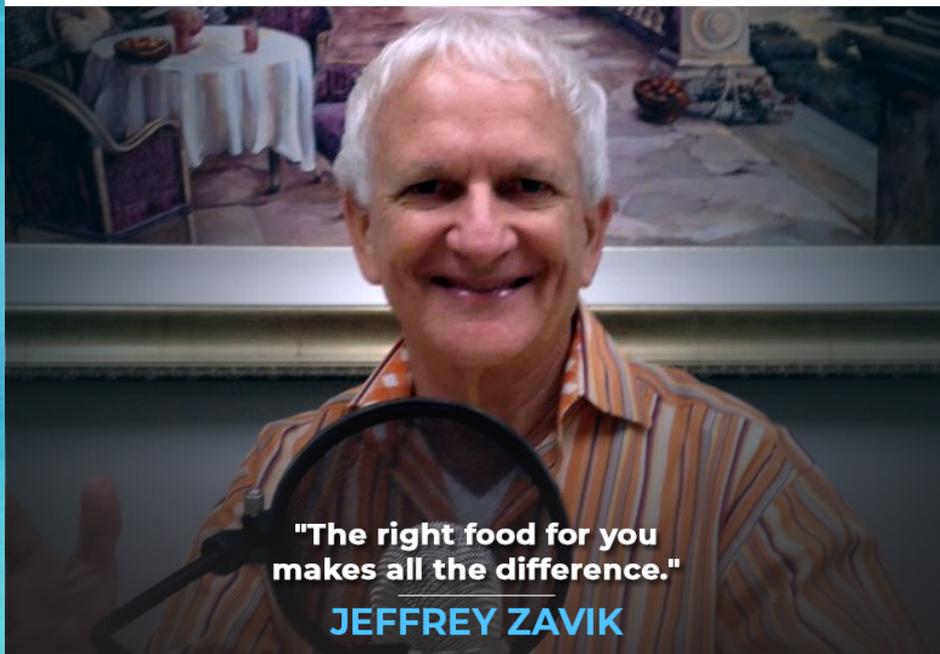
## 10 Point Checklist

**Jeffrey Zavik**

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **11 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

*Get* **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 11 steps that can move you closer to your goals – today.**

- Understand that there's a difference between food allergy and food sensitivity. The former has a rather quick reaction compared to the latter, whereas food sensitivity may take a few days or weeks to affect people.
- When I experience recurring pain such as diarrhea, constipation or headaches, it may be because I ate something that my body is reacting to. Try a few changes in my diet or consult a medical professional who can enlighten me on my condition.
- Use the Elimination Diet to pinpoint food sensitivities. I can limit food reactions by avoiding certain foods and gradually reintroducing them into my diet.
- Learn about and explore food substitutions by going online and looking for answers from health experts.
- Create a complete list of foods that are right for my body. Look for quick and easy recipes I can follow and incorporate into my daily routine.
- Avoid inflammatory foods like gluten, yeast, tomatoes, wheat and more. Get the list of the top 21 most reactive foods by signing up for the mailing list at [FoodSignals.com](http://FoodSignals.com).
- Experiment with different kinds of diets to find out what works best for me. Each one has different benefits and detriments for individuals.
- Take local, raw, unprocessed honey whenever I get seasonal allergies.
- Aim to support my microbiome and probiotics instead of taking antibiotics to regain the health balance my body needs.
- Thoroughly chew my food and even some of my drinks (such as smoothies) to aid with digestion and activate enzymes found in saliva.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/navigating-food-toxicity-allergies-to-sensitivities-jeffrey-zavik/>