

Four-Day Symptoms Log

It is very common, when you eliminate certain foods from your diet to feel worse before you feel better, due to the die-off of toxins in your body. This is a sign that your hard work is paying off. You may experience “brain-fog”, headaches, rashes, or fatigue. It is also very common to crave the food you are trying to eliminate. The foods we crave are often the very foods we are sensitive to. It is important during this time, to drink lots of water, and get plenty of rest so your body can heal and rejuvenate.

Please use this log to write down how you feel and what symptoms you are experiencing, if any. Be sure to write down if you feel better or worse, after eliminating the offending food and how you felt when it was re-introduced.

**Day 1
of elimination**

**Day 2
of elimination**

**Day 3
of elimination**

**Day 4
of elimination**

**Day 5
Introduction
of offending
food**

Two hours after eating _____ I felt:

Additional Comments:

