

A top-down view of a dark ceramic bowl filled with a variety of fresh and cooked ingredients. On the right side, there are several pieces of teriyaki chicken, which are golden-brown and coated in a dark sauce, topped with white sesame seeds. To the left of the chicken, there is a pile of shredded orange carrots and a smaller pile of shredded white cabbage. Below these, there are several large, vibrant green spinach leaves and two sliced cherry tomatoes. A small wedge of yellow lemon is visible in the upper left corner of the bowl. The bowl is set on a dark, textured placemat.

YOUR
**Food
Journal**

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THE ULTIMATE GUIDE
TO YOUR FOOD SENSITIVITIES

Lori Coultrup

Welcome to Your Food Journal!

What brought you to this point? Have you been feeling bad with no understanding of why? Do the docs say you're fine, but you don't feel fine? Boy have I been there!

Hello, I'm Lori Coultrup, and I have multiple food sensitivities. I react strongly to grains, dairy, and grrrr sugar. It all started way back in 1997 or so when I finally got fed up. The doctor had just prescribed *another* antibiotic, cough syrup, inhaler trifecta, and I asked him why I kept getting the sinus infection/bronchitis combo. He said, "I have no idea. But these scripts will fix it." Yeah, right! Little did I know they were making me worse. That's a different book.

I went on a restrictive diet a naturopath told me about and I felt better in 3 days! Three. Days! I took gluten, dairy, and sugar out of my diet, and it changed my world.

I didn't have support other than that naturopath and some of my family members. This book is dedicated to my mom and dad, Paul and Susan Kryswaty, who were more supportive than I can describe. I was in my 20's and living at home, and Mom and Dad changed *their* diet for *me*. Thanks. Mom & Dad. Love you tons!


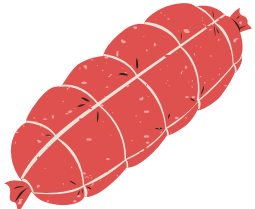
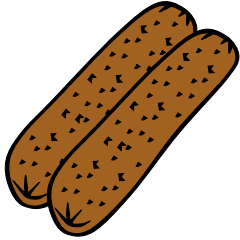



This book will make it easier for you than it was for me. Very few people knew about food sensitivities 20+ years ago (there was no such thing as gluten free flour!), but today, many people have them. There's support groups (speaking of which, check out mine: **Thriving with Food Sensitivities** on Facebook--love to have you there.)

You'll track lots of different things: food, sleep, symptoms, emotions, pain, poop. Yep I went there.....

Yep. Poop is gross. But it can tell a lot about your state of health. So let's track it.

Every time you go, check out the Bristol Stool Chart to decide where your health is. Are you constipated? Are you normal? Or are you inflamed? Many times, our digestion will tell us which sensitivities we have. You'll keep track of this for the duration of your tracking, so it's time to get past the yuck factor and look in the loo every time you go!

Bristol Stool Chart

	Type 1: separate hard lumps	Very constipated
	Type 2: lumpy and sausage like	Slightly constipated
	Type 3: Sausage shape with cracks in the surface	Normal
	Type 4: Like a smooth, soft sausage or banana	Normal
	Type 5: Soft blobs with clear-cut edges	Lacking fiber
	Type 6: Mushy with ragged edges	Inflammation
	Type 7: Liquid with no solid pieces	Inflammation

Pain Chart

Pain is another thing you can track.

When I eat grains, my joints hurt. I get red splotches on my wrists, elbows, knees and on the bottom of my feet. It's the strangest thing. This is something you can track. Where is your pain level?

You've probably seen the charts at the doctor's office:



This goes from horrible pain to no pain.

We don't need to be as specific here as we are with the doc. Just note where you feel the pain. You can also note what kind of pain it was: throbbing, sharp, ache, burning, stabbing, dull, etc.

Emotion Chart

Emotion Intensity	Happy	Sad	Angry	Afraid	Ashamed
High	Elated Excited Overjoyed Thrilled Exuberant Ecstatic Fired Up Passionate	Depressed Agonized Alone Hurt Dejected Hopeless Sorrowful Miserable	Furious Enraged Outraged Boiling Irate Seething Loathsome Betrayed	Terrified Horrified Scared Stiff Petrified Fearful Panicky Frantic Shocked	Sorrowful Remorseful Defamed Worthless Disgraced Dishonored Mortified Admonished
Medium	Cheerful Gratified Good Relieved Satisfied Glowing	Heartbroken Somber Lost Distressed Let Down Melancholy	Upset Mad Defended Frustrated Agitated Disgusted	Apprehensive Frightened Threatened Insecure Uneasy Intimidated	Apologetic Unworthy Sneaky Guilty Embarrassed Secretive
Low	Glad Contented Pleasant Tender Pleased Mellow	Unhappy Moody Blue Upset Disappointed Dissatisfied	Perturbed Annoyed Uptight Resistant Irritated Touchy	Cautious Nervous Worried Timid Unsure Anxious	Bashful Ridiculous Regretful Uncomfortable Pitied Silly

Did you know that you can have emotions from food?

Me neither, but my anxiety got much better when I stopped eating dairy. Argh! I sure love cheese and haven't found an appropriate substitute. But I also love not having anxiety!

So, every day, you can note the feelings you have. I found it easier to narrow down the category of emotion (the top row). Then I decide how intensely I feel the emotion. It's easier to track the true feeling down.

Let's Do This Thing!

Are you ready?

Get out a pen or pencil and get going. Remember anything you can from today, and make sure to put all your symptoms down. At the end of this journey, look over your symptoms and see how many of them you still have.

How Not to Get Overwhelmed

Ok, I know there's a lot here. If it's overwhelming for you, don't do it all. The most important things to cover are the foods (and drinks) you ingest, and your symptoms.

The reason I've included All. The. Things. is because you can have soooo many kinds of reactions to foods. Just make sure you make a list of all your symptoms before coming off a food, and note if you see a change. Then when you add it back in, see if the symptoms return.

Symptom List

Here's your chance. Take an inventory of yourself. Top to bottom, inside out. I'm listening to every single symptom. Go for it.

I like to start with my head and go to my feet. Think about how your skin feels, how your hair feels. Do you itch? Are your eyes watery? Ears ringing? Sores in your mouth? Write it all down!

I'm gonna give you two pages for it:

Symptom List

Daily Journal

MEAL 1	TIME	TIME	MOOD/REACTION/SYMPTOMS

NOTES/SNACKS


MEAL 2	TIME	TIME	MOOD/REACTION/SYMPTOMS

NOTES/SNACKS

MEAL 3	TIME	TIME	MOOD/REACTION/SYMPTOMS

NOTES/SNACKS

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	EMOTIONS WHICH VERSION?	HAPPY	SAD	ANGRY	AFRAID	ASHAMED
		HIGH	MEDIUM	LOW		

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