

# Which Diet is Right for You?



**Selecting the most appropriate healing diet as a focus for yourself or someone you care for can be confusing or overwhelming.**

**It is important to have a thorough understanding of what your options are in order to make the best selection.**

## Professional Advice For The Right Healing Diet

Being guided by a knowledgeable practitioner who has assessed your entire health picture can support you in getting the best dietary guidance. By consulting with a skilled practitioner, such as a naturopath, nutritionist or integrative medicine physician, you are giving yourself an opportunity to receive an objective perspective of your health from a professional.

Your practitioner will develop a good understanding of your health goals, and upon treating, particular attention and focus will be placed on the areas of your health which requires nurturing.

## Choosing A Healing Diet - Ask The Right Questions

Below are a few key points to consider when selecting a healing diet. Ask yourself the following questions.

This list is by no means exhaustive, however, it makes for a great starting point.

- Do you have food sensitivities?
- Are you in need of digestive support?
- Is blood sugar management a concern?
- Is weight loss a priority?
- Do you have an autoimmune condition?
- Do you suffer from skin conditions such as eczema, psoriasis, acne rosacea?

## Mindd Healing Diet Protocols

There are many healing diet protocols and principles that help children and families with ADHD, asthma, allergies, and autism also help individuals suffering from Coeliac, Colitis, Crohn's, Irritable Bowel Syndrome, anxiety and depression – and more challenging conditions.

Individuals dealing with metabolic and digestive disorders require special diets to avoid foods that trigger allergies or harm the digestive tract. There are a number of “elimination” diets that can help in this way. While elimination is sometimes necessary, in many instances certain foods can be reintroduced once the gastrointestinal tract has had time to heal.

## In General, We Recommend:

- Organic, fresh, whole food diet
- No/minimal refined flours and sugars
- No processed foods, artificial additives, colorings or preservatives
- Plenty of filtered water containing minerals is essential.



## Autoimmune Paleo Diet

### KEY ATTRIBUTES

- Reduces inflammation
- Focuses on autoimmune conditions
- Focus on gut health
- Strict cutting of food groups

### PROS

- Nutrient dense
- Plenty of variety
- Many tasty and exciting AIP recipes

### CONS

- May be expensive
- Strict avoidance of triggers
- Could be difficult eating out
- Not suitable for vegetarians/vegans
- Could be a long-term commitment

### CONDITIONS

- Autoimmune diseases
- Coeliac Disease
- Adrenal Fatigue
- Recurrent infections, low immunity
- Polycystic Ovarian Syndrome (PCOS)
- Multiple Sclerosis

[Read more...](#)

## Body Ecology Diet

### KEY ATTRIBUTES

- General 'clean eating' and 'body balancing'
- Combines Eastern medicine and Western philosophies

### PROS

- A well-rounded whole foods diet
- Can be 'personalized'

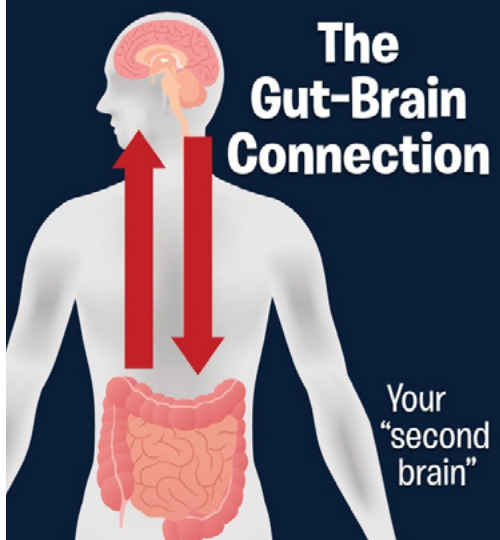
### CONS

- Structural, may not suit everyone
- 7 principles to adhere to

### CONDITIONS

- Autism
- Irritable bowel syndrome
- Adrenal fatigue
- Food allergies and intolerances
- Type 2 diabetes, insulin resistance
- Hormonal imbalances
- Leaky gut syndrome
- Various autoimmune diseases
- Mold disease/exposure

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## The Elimination Diet

### KEY ATTRIBUTES

- Dietary method to identify foods which may be causing unpleasant physical reactions
- Focus on gut healing once offending foods are eliminated

### PROS

- Useful method to pinpoint offending foods
- Systematic, structural method to follow
- Majority of people will experience an improvement

### CONS

- Time-consuming
- It is easy to make a mistake and stray from the structural nature of the diet
- Not for anaphylactic reactions to food
- Eating out may be hard

### CONDITIONS

- People who are having difficulties pinpointing whether their symptoms are linked to specific foods

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## The GAPS Diet

### KEY ATTRIBUTES

- A strict diet which focuses on gut and brain health
- Systematic protocol to follow in order to 'reset' gut health

### PROS

- Supports overall gut function
- Re-balances flora and healing of gut wall
- Supports immune function and detoxification

### CONS

- Restrictive, hard for children at school
- Not much variety in the initial stages
- Histamine and glutamate sensitive people may react negatively to bone broth
- Not suitable for vegetarians/vegans
- Eating out is hard
- Long-term commitment
- A lot of preparation and cooking

### CONDITIONS

- Coeliac disease
- Crohn's disease
- Ulcerative colitis
- ADHD
- Autism Spectrum Disorders
- Bipolar
- Schizophrenia
- Depression

[Read more...](#)



## Gluten Free Casein Free Diet

### KEY ATTRIBUTES

- Avoiding inflammatory foods to optimize gastrointestinal function
- Reducing inflammation and autistic symptoms

### PROS

- Aids to stabilize moods in children with autism
- Reduces inflammation in gut

### CONS

- Can be difficult for children who are not familiar with what foods contain gluten and casein
- Can be quite restrictive when eating out
- Many 'kids foods' contain gluten and/or casein

### CONDITIONS

- Autism Spectrum Disorders
- Irritable Bowel Syndrome

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## The Ketogenic Diet

### KEY ATTRIBUTES

- Low carbohydrate
- High fat
- Targeted for weight loss, however, there are many benefits for neurological conditions

### PROS

- Effective once you are in ketosis

### CONS

- Eating a very low carbohydrate diet can be very hard
- Requires preparation
- Need to regularly check ketone levels
- Easy to slip out of ketosis
- Not suitable for vegetarians/vegans

### CONDITIONS

- Epilepsy
- Multiple Sclerosis
- Obesity
- Alzheimer's Disease
- Parkinson's Disease

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## The Paleolithic Diet

### KEY ATTRIBUTES

- Modern paleo diet includes meat, vegetables and fruit
- No dairy, and no grains
- High protein, high fiber, medium to high fat, and medium to low carbohydrates

### PROS

- Good ratio of fats, low in inflammatory fats
- High antioxidants, from a high intake of fruit and vegetables
- Better quality meats from grass-fed and/or organic sources
- Can aid in weight loss

### CONS

- People may struggle with elimination carbohydrates in the form of grains
- Can be expensive
- May be too low in carbohydrates for some athletes
- Social events and dining out may be challenging

### CONDITIONS

- Autism
- Irritable bowel syndrome
- Adrenal fatigue
- Food allergies and intolerances
- Type 2 diabetes, insulin resistance
- Hormonal imbalances
- Leaky gut syndrome
- Various autoimmune diseases
- Mold disease/exposure

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## Low FODMAP Diet

### KEY ATTRIBUTES

- For those with a sensitivity to certain fermentable carbohydrates found in plant matter

### PROS

- Systematic, with an elimination and reintroduction phase
- Still plenty of room for variety in the diet

### CONS

- People will usually need to stick to a low FODMAP diet long-term
- Can be complicated to determine what your threshold for a certain food is

### CONDITIONS

- Irritable bowel syndrome

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## Specific Carbohydrate Diet

### KEY ATTRIBUTES

- Only monosaccharides are allowed to be eaten, other forms of carbohydrates are not allowed as they require much more effort to digest.
- Focus on rebalancing gut bacteria

### PROS

- Long-term dietary solution
- Aids in a majority of digestive conditions
- May aid with immunity, mood and balances gut flora

### CONS

- Strict and rigid
- Requires preparation and commitment
- Challenging to dine out or eat at social events
- Not for vegetarians/vegans
- Trigger foods are permanently eliminated
- Histamine and glutamate sensitive people may react negatively to bone broth

### CONDITIONS

- Autoimmune diseases
- Coeliac Disease
- Adrenal Fatigue
- Recurrent infections, low immunity
- Polycystic Ovarian Syndrome (PCOS)
- Multiple Sclerosis

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## The Weston A Price Diet

### KEY ATTRIBUTES

- Non-refined foods and food ingredients
- Whole animal products including organ meats, cartilage, skin, and lard
- Includes whole grains
- Encourages fermented foods

### PROS

- Nutrient dense, high in vitamins, enzymes, minerals
- Plenty of variety
- Fermented foods beneficial for gut health

### CONS

- High fat intake may be difficult for some to tolerate
- Not easy to follow for vegetarians/vegans

### CONDITIONS

- Dental problems
- Musculoskeletal issues (e.g. arthritis, osteoporosis)
- Diabetes
- Irritable Bowel Syndrome

[Read more...](#)

## Further Reading:

Visit [Mindd.org](https://www.mindd.org) for more useful health advice and Integrative health practitioner referrals.

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