



# INCREMENTAL *Health*

## An Introduction to AIP (autoimmune paleo diet)

The leading diet (short-term) to remove trigger foods and avoid food sensitivities to give the body a break from reactions and inflammation.

# AIP Diet

Please click the links below to jump to the relevant page

[Introduction to the AIP Diet](#) - 3

[Summary of foods to Avoid and Include](#) - 4

[Foods to Avoid and reasons why](#) - 5/6/7

[Foods to Include and reasons why](#) - 8/9

[Exclusion and Reintroduction](#) - 10

# AIP Diet

## Introduction to the AIP Diet

The Autoimmune Protocol (AIP) diet is designed to reduce gut and systemic inflammation, immune responses, and improve brain and mental health by eliminating potential dietary triggers for gut inflammation and autoimmune disorders.

It emphasises nutrient-dense foods to heal the gut and support the body's natural healing processes and encourages a break from all potential trigger foods before reintroducing slowly to monitor potential reactions to each food group.

**NOTE:** This is an extreme elimination diet, it should only be done under the supervision of a coach/health professional and for a short period of time.

Not everyone needs to adhere to this strict of a protocol.

The information in this guide is for educational purposes only and is not direct advice for any individual.

Not all the information in this guide will apply to every person. This approach must only be used in combination with a comprehensive individual health analysis.

# AIP Diet

## Summary of Foods to AVOID

Grains

Dairy

Eggs

Nightshades

Alcohol

Legumes

Refined Sugars

Nuts & Seeds

Coffee (some)

Tobacco & Vapes

## Summary of Foods to INCLUDE

Quality Meats

Fermented Foods

Healthy Fats

Cruciferous Vegetables

Wild Fish

Root Vegetables

Leafy Greens

Bitter Vegetables

# AIP Diet

## Foods to Avoid - Reasons

**Grains (including wheat, rice, oats):** Contain gluten and lectins that lead to gut lining damage, increasing intestinal permeability (leaky gut) and triggering systemic immune responses as contributing to brain fog. Grains are also a known source of Mould (mycotoxins).

**Seed oils, like Rapeseed, Vegetable and Sunflower oil:** Avoid due to their high linoleic acid content, which can promote chronic inflammation when consumed in excess. These oils can disrupt the body's omega-6 to omega-3 ratio, leading to increased oxidative stress and cellular damage, worsening inflammatory conditions and autoimmune responses.

**THESE OILS ARE EVERYWHERE IN PROCESSED FOODS AND SAUCES SO ALWAYS CHECK THE INGREDIENTS LIST.**

**Legumes (beans, peanuts):** Rich in lectins and phytates, which bind to nutrients preventing their absorption and also irritate the gut lining, exacerbating inflammatory responses and immune dysregulation. Beans and Legumes are also a known source of Mould (mycotoxins).

# AIP Diet

## Foods to Avoid - Reasons

**Dairy products:** Contain lactose and casein, which can trigger inflammatory responses in people sensitive to these proteins, leading to gut irritation and systemic inflammation.

**SOME PEOPLE DO FINE WITH DAIRY BUT OTHERS REALLY STRUGGLE. I ADVISE REMOVING FOR A FEW WEEKS AND ADDING BACK IN TO ASSESS YOUR PERSONAL TOLERANCE.**

**Refined sugars:** Usually found in processed foods. Cause rapid spikes in blood sugar and insulin levels, promoting inflammation, disrupting gut microbiome balance, and can impair the immune system's ability to regulate itself. Also causes worsened cravings making it harder to make better food choices.

**Eggs:** The proteins in eggs, particularly in the whites, can be allergenic and inflammatory for some individuals, potentially exacerbating autoimmune symptoms and gut inflammation.

**MOST PEOPLE DO FINE WITH EGGS. I ADVISE REMOVING FOR A FEW WEEKS AND ADDING BACK IN TO ASSESS YOUR PERSONAL TOLERANCE.**

# AIP Diet

## Foods to Avoid - Reasons

**Nuts and seeds:** Include phytates and lectins, which can irritate the gut lining and contribute to the leaky gut syndrome, as well as inflammation.

**Nightshade vegetables (tomatoes, eggplants, peppers):** Contain Lectins that lead to gut lining damage, increasing intestinal permeability (leaky gut) and triggering systemic immune responses as contributing to brain fog. Also contain alkaloids, including solanine, which can impact joint health and contribute to inflammation and pain for some individuals.

**Alcohol and tobacco:** Alcohol can damage the gut lining and liver function, increasing systemic inflammation and disrupting hormone balance. Tobacco smoke and using Vapes is highly inflammatory and can exacerbate autoimmune conditions.

**Coffee (not all coffee):** Avoid instant coffee's, and takeaway coffee's. Opt for organic, single origin high altitude filter coffee. Low quality coffee is known to include high levels of mould, pesticides, heavy metals and other contaminants

# AIP Diet

## Foods to Include - Reasons

### **Quality meats (grass-fed beef, lamb, organic chicken):**

Provide bioavailable protein and nutrients, such as B Vitamins, Taurine, Choline, which are essential for tissue repair and modulating inflammatory responses.

**Wild-caught fish:** A prime source of EPA and DHA, types of omega-3 fatty acids, which are potent anti-inflammatory agents helping to improve immune function and brain health.

**Fermented foods (sauerkraut, etc):** Rich in probiotics, these foods enhance gut flora diversity, strengthening gut health and immune system regulation.

## **FERMENTED FOODS SHOULD NOT BE INCLUDED IF YOU ARE EXPERIENCING HISTAMINE REACTIONS**

**Root vegetables (sweet potatoes, carrots):** Offer a wealth of nutrients, including beta-carotene and soluble fibre, supporting gut health, immune function, and providing anti-inflammatory benefits.



# AIP Diet

## Foods to Include - Reasons

**Healthy fats (avocado, olive oil):** Sources of monounsaturated fats and omega-9 fatty acids, which are vital for cellular health, reducing inflammation, and supporting overall health.

**Leafy greens (broccoli etc):** Contain important vitamins and minerals such as Folate, these vegetables are high in antioxidants that support cellular health, detoxification, and reduce oxidative stress and inflammation.

**Bitter Veg (radish, rocket, artichoke):** Helps stimulate Bile production leading to improved fat digestion which takes some load off the digestive system to help reduce inflammation.

**Cruciferous vegetables (broccoli, cauliflower):** High in sulforaphane and indole-3-carbinol, which support the liver's detoxification pathways and help modulate the immune system, reducing inflammation.

# AIP Diet

## Exclusion and Reintroduction

Initially, all potentially inflammatory foods should be strictly avoided for a period of at least 30 to 60 days.

After this period, foods can be gradually reintroduced one at a time, every 4-7 days, to monitor for any adverse reactions, such as increased fatigue, digestive issues, changes in stool, joint pain, or any other symptoms of inflammation.

Remember, individual experiences may vary, and it's important to listen to your body's responses and adjust accordingly.

**NOTE:** This is an extreme elimination diet, it should only be done under the supervision of a coach/health professional and for a short period of time.

Not everyone needs to adhere to this strict of a protocol.

The information in this guide is for educational purposes only and is not direct advice for any individual.

Not all the information in this guide will apply to every person. This approach must only be used in combination with a comprehensive individual health analysis.