

Next Steps After your Food Sensitivity Test

“Real food doesn’t have ingredients. Real food is ingredients.” — Jamie Oliver

Now that you know which foods your body is sensitive to, the goal is to reduce internal inflammation, rebalance your digestion, and restore your energy levels.

By temporarily removing foods that trigger your immune system and focusing on whole, nourishing ingredients, you’re giving your body a chance to reset and heal. This allows your gut to function more efficiently, supports clearer thinking, steadier energy, and even better sleep.

Think of this phase as pressing the “reset button” — a short, intentional period where your body can calm inflammation, repair, and return to balance so you can feel your best from the inside out.

What to Expect

As your body begins to rebalance, you will start to feel the difference — sometimes in subtle ways at first, and then more noticeably as inflammation decreases and your gut begins to heal. Many clients report improvements in digestion, mood, focus, and energy within just a few weeks. Stay consistent and trust the process — healing starts at the cellular level before it’s fully visible on the outside.

Digestive Signs of Food Sensitivities

These symptoms often show up in your gut and digestive system — your body’s first line of response to foods that cause inflammation.

- Bloating
- Gas
- Constipation
- Overactive bowels
- Inconsistent bowels
- Nausea
- Gallbladder pain
- Lethargic after eating

Systemic (Non-Digestive) Signs of Inflammation

When food sensitivities trigger inflammation, the effects can extend beyond digestion in the following ways:

- Acne
- Joint pain
- Stiffness
- Redness
- Swelling
- Headaches
- Runny nose
- Insomnia
- Restless sleep
- Cognitive decline
- Depression
- Aging of the skin
- Blood sugar issues
- Unable to lose weight



Here are the best tips to help you apply the knowledge you have gained today:

1. **Print Your Results:** Print your test results so you can easily review and highlight them.
2. **Proof:** Go through your results and highlight the foods that tested well — especially the ones you enjoy eating. Post this list somewhere visible (like your fridge or pantry) and share it with anyone who helps with meal prep or grocery shopping.
3. **Pick your start date:** Choose a realistic date to begin your reset — give yourself a few days to prepare mentally and practically.
Mark it on your calendar so you can plan your grocery trip and food prep.
4. **Purge:** Remove any foods that you now know you're sensitive to. Donate unopened items to a local food bank if possible — that way, nothing goes to waste. This step helps reduce temptation and sets your environment up for success.
5. **Purchase:** Check out our [website's recipe section](#), browse Pinterest, or look in cookbooks to find new recipes that incorporate your best foods. We find a simple Google search for "AIP" (auto-immune protocol) or "Paleo" is very helpful. At your next grocery shop, bring your new list with you and get shopping!
6. **Prep:** Once you're home, start meal prepping! Our most successful clients spend 2–8 hours per week preparing food for the days ahead.

It can take a few weeks to find your rhythm with new foods — that's normal!

Everyone's body responds differently, so be patient with yourself and track how you feel.

Remember, this isn't about restriction — it's about *reconnection*. You're learning which foods make your body feel best so you can eat with confidence and clarity.

Over time, you can expect steadier energy, sharper focus, better sleep, reduced bloating, and a renewed sense of vitality. This is your body moving back toward balance — and the more consistent you are, the stronger and more lasting those results will be.

