

# Navigating Food Toxicity, from Allergies to Sensitivities

## 10 Point Checklist

## Jeffrey Zavik

Want to gain as much knowledge as possible out of The Optimized Geek? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

*The* **OPTIMIZED GEEK** 

HOSTED BY **STEPHAN SPENCER**



**"The right food for you makes all the difference."**

**JEFFREY ZAVIK**

# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.**

- Understand that there's a difference between food allergy and food sensitivity. The former has a rather quick reaction compared to the latter, whereas food sensitivity may take a few days or weeks to affect people.
- When I experience recurring pain such as diarrhea, constipation or headaches, it may be because I ate something that my body is reacting to. Try a few changes in my diet or consult a medical professional who can enlighten me on my condition.
- Use the Elimination Diet to pinpoint food sensitivities. I can limit food reactions by avoiding certain foods and gradually reintroducing them into my diet.
- Learn about and explore food substitutions by going online and looking for answers from health experts.
- Create a complete list of foods that are right for my body. Look for quick and easy recipes I can follow and incorporate into my daily routine.
- Avoid inflammatory foods like gluten, yeast, tomatoes, wheat and more. Get the list of the top 21 most reactive foods by signing up for the mailing list at [FoodSignals.com](https://www.foodsignals.com).
- Experiment with different kinds of diets to find out what works best for me. Each one has different benefits and detriments for individuals.
- Take local, raw, unprocessed honey whenever I get seasonal allergies.
- Aim to support my microbiome and probiotics instead of taking antibiotics to regain the health balance my body needs.
- Thoroughly chew my food and even some of my drinks (such as smoothies) to aid with digestion and activate enzymes found in saliva.