

## **Bruce's thoughts on following the elimination diet**

The food groups highlighted on my test results made it hard for me due to a lot of the substitutes for gluten were also on the list. I treated it as a pyramid, dairy up the top, then gluten, then rice, then egg.... And my focus was always based on that if I couldn't be 100% on everything.

The results have been great. I've had eczema all my life, rarely been totally free and often regular bad flair-ups. Since starting this program I have gotten through most times, even the seasonally environmental changes that usually affected me badly, with no or very little eczema.

As discussed in the case study report, there has been eczema on my hands but this is I am sure a result of Covid and constant washing and sterilising, under normal times I believe this would be clean as well.

Lately we have had my son visit from overseas for a month over Xmas, this led to many breaches of my diet and as such, eczema has flared up and I have put weight back on. We will be travelling again this year but I feel confident that I will be back on the diet (using my pyramid of focus/importance) and I will get my weight and eczema back under control and maintainable.

In summary, I believe the IgG testing and elimination diet work and that if I stick to the food groups flagged, even when mostly using my pyramid/hierarchy, then I can stay relatively eczema-free, and if I stray, I know I can get back to a clean state pretty quickly.

I also noticed that my inflammation levels decreased overall. I have also gone through a hip replacement that went well and I am sure all the work we have done in this program has helped with the recovery process.

Overall, my symptoms improved by 80%-90% from baseline.

I know eczema can be controlled pretty well to zero if I do the right thing with the diet. I accept there are situations/times the diet can't be strictly adhered to and that I will 'pay for it' for a short period of time. My main trigger seems to be dairy, and I can generally live without it.