

## [CONNECT] Oops! Here's the right one.

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From: Dr. Venus (team@doctorvenus.com)

To:

Date: Thursday, March 26, 2020, 12:25 PM PDT

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Welcome to Day 4 of the CONNECT TO HEALTH experience!

My apologies for the email that was mistakenly sent to you earlier today. There was a glitch in the system, and my Connect To Health participants received an email meant for my Let's Get Real program members.

In any case, here's the info I wanted you to get today....

This week, I've talked to you about meal planning. And if you're having difficulty trying to gather ingredients for the recipes I provided in this program's Recipe Guide, then yesterday I talked about just focusing on eating REAL food (rather than processed). I also suggested that you might take this opportunity to try out intermittent fasting.

[NOTE: if you missed yesterday's email, then you can download it [HERE](#).]

Today, I wanted to give you one other option for a nutrition plan.

Since I know that finding certain basic food items in the stores has been more difficult since COVID-19 came into our lives, this could be a good time to try out an **elimination diet**.

For example, if eggs are hard to come by, you could try eliminating eggs from your diet for several days and see if your body has any positive response to doing that. Let me explain...

If after eliminating a specific food or food group, you discover that you're feeling better in some way – more energy, fewer headaches, improved digestion, or maybe even a mood boost – then you'll have valuable information that can enhance your life.

Everyone is different. Everyone may respond to various food groups in different ways. Your body may react to certain things with an inflammatory reaction – big or small – while other people may have no reaction at all.

Joint aches you've been experiencing could be a chronic inflammatory reaction to foods you've been ingesting. Fatigue that seems to come over you every day may also be due to chronic inflammation. While you may not see it as a full-blown allergic reaction, your body may still have a certain amount of sensitivity to a specific food group. But you won't know until you test it in some way. An elimination diet is a great way to do that.

**How an elimination diet works: Pick a certain food or food group (e.g. dairy, gluten, gluten-free grains, red meat) and simply do not eat it for 10-14 days.** During that time, see how you're feeling. If you're feeling better in any way, at the end of the 10-14 days, add one small serving of that food group back into your diet each day. Continue ingesting that one serving for at least 3 days to determine if any ill effects return.

Once you have information about how certain foods make you feel, then how you proceed from there is completely up to you. Now you'll know that if you want to feel your very best, just avoid those foods that may cause bad reactions.

You could decide that you want to enjoy a scoop of ice cream, even though you've discovered that dairy causes some lethargy in you. But it's still your decision. At least you'll know what to expect.

Do you think you might want to try eliminating something from your diet over the next week or 2? Get in the Facebook group and let me know!

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**REMINDER:** There will be a LIVE workout in our [Facebook group](#) today, March 26th. 4:30pm PT / 7:30pm ET (USA/Canada). Dress appropriately for an "aerobics class" type of workout.

Then on Saturday, March 28th, 10am PT / 1pm ET (USA/Canada), I'll be leading you through a relaxation meditation, and then stay on afterwards to chat and answer any questions you may have.

So mark your calendars and I'll see you there!

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Stay Fit! Be Happy!

-Dr. Venus  
DoctorVenus.com

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