

Is Dairy Free Right For Me?

Common signs of a dairy sensitivity:

- Acne
- Allergies
- Bloating
- Diarrhea
- Flatulence
- Headaches
- Migraines
- Nausea
- Sinus Congestion
- Difficulty losing weight
- Dry, flaky skin

What should I do? Follow these 4 steps:

1. A dairy free experiment! Remove all dairy sources from the diet for 4-6 weeks. Ideally, this includes butter and whey protein (although for most people, even with a dairy sensitivity, they are able to tolerate these).

2. Stock up on dairy-free alternatives:

- Almond Milk
- Avocados
- Coconut Cream
- Coconut Milk
- Coconut Oil
- Nuts
- Nut Butters
- Olive Oil
- Seeds
- Unrefined Mayonnaise
- [Dairy Free Protein Powder](#)

3. After 4-6 weeks, gradually reintroduce dairy in the following order, adding in one item every 3 days. When you introduce a food back in, have a LOT of it that day (several servings). Pay attention to your body. Report any changes to your Dietitian Coach!

1. Ghee
2. Butter
3. Goat Cheese
4. [Whey Protein](#)
5. Kefir/Yogurt
6. Aged hard cheeses (asiago, cheddar, gouda)
7. Heavy Cream
8. Soft cheeses (cream cheese & cottage cheese)

4. If you felt better and noticed improvements without dairy, leave it out! Learn More in Module 6 of the flagship program, [Bye Bye Belly Fat!](#) "Uncover Your Body's Food Sensitivities: Simple, effective strategies to easily discover what your body really wants."