



➔ UltraInflamX[®] Medical Foods Program Guide



By taking action now, you can help your body better respond to inflammatory triggers so you can feel better. After just a few weeks, many people may notice fewer bothersome symptoms, such as pain.

Easy-to-Follow Program

To help you relieve underlying inflammation and related symptoms, this easy-to-follow program includes targeted nutrition, eating guidelines, basic exercise, and tips for managing stress. If that sounds simple, that's because it is.



Targeted Nutrition

Personalized nutritional recommendations, including a targeted medical food to help relieve inflammation and pain.



Eating Guidelines

For the next 25 days, eat a healthy, fiber-rich diet and avoid common foods that can trigger inflammatory processes and related symptoms.



Regular Exercise

Enjoy a minimum of 30 minutes of exercise 5 or more times per week (as tolerated)—with any activity of your choice.



Stress Management

Spend just 10 minutes each day relieving stress and relaxing with a variety of suggestions.

Professional Supervision



Your success can improve dramatically when you follow the guidance of your healthcare provider. Program adjustments may be made to better suit your specific health needs.

Targeted Nutrition



This program includes a scientifically formulated medical food for IBD to help address multiple underlying factors associated with inflammation and reduce related symptoms, including pain. It supplies a low-allergy-potential rice protein and specific amounts and types of carbohydrates and healthy fats, along with other targeted nutrients to promote a balanced response to potential inflammatory triggers.

Your healthcare practitioner may also recommend additional supplements—such as omega-3s—as part of this program. Take those as directed.

Eating Guidelines

Research suggests that many inflammatory reactions—including inflammation in the digestive tract—are triggered by sensitivities or responses to certain foods, ingredients, or additives. Unhealthy food choices (highly processed, high in sugar/saturated fats, low in fiber/nutrients) and eating patterns (overeating, stress-induced snacking, skipping meals) can also promote inflammation, obesity, and digestive upset.

Reducing offending foods and adopting healthier eating habits—such as selecting minimally processed, nutrient-rich foods that support a healthy response to inflammatory triggers—may provide symptom relief. It can also lay the foundation for better long-term health by reducing many dietary factors that lead to chronic disease development.

Note: Increasing fiber (from grains, nuts, seeds, fruits, vegetables, and/or fiber supplements) may temporarily increase digestive symptoms. If you have a known or suspected intolerance to certain nuts, or other foods/food additives [e.g., monosodium glutamate (MSG) or artificial colors, flavors, and sweeteners], do not consume. Your healthcare provider may also recommend eliminating nightshade vegetables (see General Food Choices).



2-Step Program

For best results, follow as closely as possible at home or when dining out.

Step 1 Days 1-25: Simple Dietary Changes + Medical Food

- For the next 25 days, refer to **General Food Choices**. Enjoy food and beverages on the RECOMMENDED list and eliminate items on the AVOID list.
- Eat more fiber and nutrients by consuming at least 5 servings of fruits and vegetables per day. Try for 1-2 servings per meal or snack, including a minimum of 1 dark green leafy vegetable serving daily. Also include a protein serving with each meal or snack.
- Take supplements as recommended and follow suggestions for exercise and stress management.

DOSAGE RECOMMENDATIONS FOR MEDICAL FOOD POWDER MIX

Days 1-2	1/2 scoop	2x daily
Days 3-7	1 scoop	2x daily
Days 8-25	2 scoops	2x daily

Eating Tips

- Drink 6-8 glasses of water daily (48-64 oz.).
- Limit coffee or regular tea to 2 cups daily. Herbal teas count as water servings.
- Avoid eating under stress (or in a stressful setting) or within 2 hours before bedtime.
- Avoid overeating and larger portions. Eat slowly and chew thoroughly.
- Limit alcohol consumption, such as red wine, to 1-2 drinks daily.
- Don't skip meals, especially breakfast. Eat 3 small meals and 2-3 snacks spaced evenly.
- For the fiber-sensitive, try fresh produce peeled, lightly cooked, or puréed.

Shopping & Preparation Tips

- Whenever possible, buy organic foods free of pesticides/chemicals. Eliminate chemical residue on non-organic produce with a fruit & vegetable wash or dilute of dish soap.
- Choose wild caught fish and free-range, hormone-free poultry if available.
- Check food labels for ingredients to avoid, including hydrogenated oils and artificial colors, flavors, and sweeteners.
- Gluten-free foods may contain dairy or sugars to avoid.
- Amaranth and millet flake cereals may also contain oats or corn.

Step 2 Day 26 & Beyond: Reintroducing Foods & Living Healthy

You should be feeling better now. Gradually reintroducing common food sensitivities one group at a time and monitoring potential reactions help determine if any may be triggers for your inflammatory symptoms. Here are some general guidelines for reintroducing foods:

- Try 2-3 servings of a single food group (e.g., dairy) on the same day.
- Continue to eat other foods as tolerated or that have been reintroduced successfully.
- Wait 2 days before reintroducing any other food group (e.g., gluten).
- Make a note of possible reactive symptoms that occur within 72 hours (see Tips).

Continue with food plan modifications that work for you, along with recommended supplements. Don't forget to eat healthy, exercise, drink plenty of water, and take steps to manage stress.

General Food Choices

For program success, select foods from this list or as advised by your healthcare provider.

CATEGORY	AVOID	RECOMMENDED (organic preferred)
Dairy & Dairy Alternatives (protein, fat)	Animal milks (all, even "lactose-free"), buttermilk, yogurt, cheese, cream, ice cream, sour cream, cream cheese, chocolate; non-dairy creamer Soy milk, cheese, yogurt	Unsweetened milk alternatives: rice, hazelnut, hemp, almond, coconut, gluten-free oat Vegan cheese from rice or almonds
Meat, Poultry & Fish (animal protein)	Eggs, egg replacers, beef, pork Poultry fed hormones/antibiotics Shellfish; farm-raised seafood Breaded patties, fish sticks Processed/canned meats, sausages	Free-range lamb, chicken, turkey Wild game Wild-caught seafood: fresh, frozen, or water-packed in can
Legumes, Nuts & Seeds (veg. protein, fat, carbs/fiber)	Soybean products: tempeh, tofu, textured vegetable protein, protein powder, edamame, wasabi peas Peanuts, peanut butter	All other canned, frozen, or dry beans/peas; hummus All other nuts/unsweetened nut butters All seeds/unsweetened seed butters
Grains, Breads, Cereals & Pastas (protein, carbs/fiber)	Cornmeal/flour, corn starch Foods with wheat and wheat flours (whole or white); processed cereals Spelt, kamut, rye, barley Oats (unless certified gluten-free)	Whole grains, flours, and other products from rice, millet, arrowroot, teff, tapioca, amaranth, quinoa, buckwheat Gluten-free oats/oatmeal Potato flour/starch*
Fruits (carbs/fiber)	Oranges, orange juice Fruits/juices/spreads/preserves with added sugars	Fresh, unsweetened, dried, frozen, or canned, water-packed fruits 100% fruit juices
Vegetables (carbs/fiber)	Corn; nightshade veggies (optional)* Breaded or creamed vegetables Veggies in cheese/butter sauces	All other fresh raw, steamed, sautéed, or roasted vegetables, greens & potatoes* Unsweetened vegetable juices

Food Reintroduction Tips

- Avoid foods belonging to multiple categories: cereal with milk (gluten/dairy), pastry (gluten/sugar), or ice cream (dairy/sugar).
- Signs of reaction include digestive symptoms, bowel irregularities, headaches, nasal/chest congestion, skin rashes, swelling, fatigue, joint/muscle pain, stiffness/achiness, or sleep changes.
- If unsure about reaction, immediately retest the suspected food trigger (same food).
- Discuss responses with your healthcare provider, who may suggest retesting (at a later date), rotation, or elimination of that food based on your reactions and history.
- If eliminating dairy permanently, maintain adequate protein/calcium intake.

CATEGORY	AVOID	RECOMMENDED (organic preferred)
Sugars & Sweeteners	Foods with: white/brown/powdered sugar, cane sugar/juice, corn syrup, sucanat, high fructose corn syrup (HFCS or corn sugar), molasses/sorghum, glucose, sucrose, dextrose Extracts (e.g., vanilla, almond)	Small amounts: raw honey, pure maple syrup, agave syrup/nectar, brown rice syrup, natural fructose, fruit sweeteners (juice concentrates), stevia Carob, cinnamon
Oils & Fats	Oil from soybeans, peanuts, palm Butter, margarine, shortening Processed and hydrogenated oils Mayonnaise and salad dressings with dairy, gluten, or sugars Fried foods	Oils: cold-pressed olive, flaxseed, canola, safflower, sunflower, sesame, walnut, pumpkin, almond, grapeseed, coconut Avocado; olives
Other Seasonings & Condiments	Soy sauce, wasabi (soy) BBQ sauce, ketchup, wet mustards Prepackaged seasonings with gluten/dairy/sugars	Lemon/lime juice All vinegars (except malt) Red pepper, cayenne, other peppers* Unsweetened salsa and tomato sauces* Garlic, onions, chives All other fresh or dry herbs and spices
Other Beverages	Flavored waters Sodas (all) Energy/sport drinks Drink mixes and mixers Beer, mixed alcoholic beverages	Water: tap, spring, sparkling, filtered, distilled, seltzer (add splash of fruit juice or slices to any water) Unsweetened tea and coffee (2 cups max.) Herbal teas (unlimited)

* Nightshade plants include tomatoes, tomatillos, pimientos, white/gold/red potatoes, eggplant (baba ganoush), peppers (bell, hot), and tobacco. Not in the nightshade family: black pepper, sweet potatoes, yams, and boniato (white sweet potatoes).

Sample Menu & Recipes

Helpful hints: Plan a week's menu and buy all the food you'll need. After shopping, wash and cut up vegetables for quick salads and portable snacks. Cook for multiple servings and enjoy leftovers.



Breakfast

Gluten-Free Oatmeal with fruit and nuts

8 oz. alternative milk or water
Cup of unsweetened hot tea

Gluten-Free Oatmeal (1 serving)

1 cup gluten-free oatmeal
1 ½ cups strawberries or 1 pear
2 Tbsp. nuts (pecans/almonds), chopped
Cinnamon to taste (optional)

Buy raw, unsweetened, gluten-free oats and follow cooking instructions. Top with cinnamon and nuts of choice. Mix in fruit of choice for a single dish, or serve as a side dish or dessert.



Mid-morning Snack

1 cup baby carrots with *Hummus*

Recommended serving of medical food blended with corresponding amount of water or alternative milk

Hummus (6 servings)

½ cup lemon juice
2 Tbsp. olive oil or flaxseed oil
2 cloves of garlic, crushed
¼ cup tahini (sesame butter)
16-oz. can garbanzo beans (chickpeas), or 2 cups home-cooked
1 tsp. cumin
Paprika, sea salt, and fresh parsley to taste

Drain beans and reserve liquid. Blend beans with remaining ingredients. If mixture seems dry, add some of the reserved liquid slowly to the blender to make a smooth paste. Garnish with a sprinkle of paprika and parsley. Use as a spread on rice cakes or as a vegetable dip.



Lunch

Grilled Chicken Salad with vegetables
1 medium peach

8 oz. water or herbal tea

Grilled Chicken Salad (1 serving)

¼ cup black beans or kidney beans
Olive oil and vinegar dressing
3 oz. chicken
1 cup dark salad greens (dark green lettuce, spinach, chard, kale, collard greens)
½ cup variety of chopped vegetables (tomatoes, cucumbers, beets, radishes, carrots, broccoli, etc.)

Grill or bake poultry. In a bowl, combine salad greens, beans, and chopped vegetables. Toss with olive oil and vinegar dressing. Chop poultry and combine with salad.



Afternoon Snack

Fruity Smoothie

Fruity Smoothie (1 serving)

8 oz. water
2 ice cubes
1 slice pineapple or ½ banana
2 scoops of medical food (Day 8 and beyond)

In a blender, mix ingredients until smooth. Use a variety of fruit for different flavors.



Dinner

Spaghetti Squash
3 oz. ground turkey breast: browned in skillet, seasoned to taste
½ cup unsweetened pasta sauce (mix with cooked turkey)
½ cup green beans

8 oz. water

Spaghetti Squash (6 servings)

1 medium spaghetti squash, halved with seeds removed

Place squash cut side up on a greased cookie sheet. Bake at 375° for about 40 minutes, or until easily pierced with a fork. DO NOT OVERBAKE. When cool enough to handle, scrape with fork to release spaghetti-like strands. Top with vegetables, stir-fry, pasta sauce, or olive oil and garlic.



Dessert/Late Snack

Fresh fruit serving or *Baked Apple*

Baked Apple (1 serving)

1 apple
2 Tbsp. water
1 tsp. brown rice syrup
Dash of cinnamon

Preheat oven to 350°. Core apple and peel top third only. Blend water with brown rice syrup and drizzle over apple. Sprinkle with cinnamon. Bake for 20 minutes or until tender.

Regular Exercise



Regular exercise helps keep your digestive system as well as your joints and muscles in good working order. It also keeps your spirits up and reduces inflammation. The important thing is to do something you like: biking, hiking, dancing, fitness DVDs/classes, etc.

Strenuous or prolonged activity is generally discouraged during this program to help your body rest and replenish reserves for a healthier response to inflammation. Even moderate weight training can increase inflammation, so use lighter weights and do more repetitions. Exercise bands also seem to cause less injury to muscle tissue than free weights.

Note: Certain forms of physical activity may not be possible with more intense symptoms, such as pain, digestive discomfort, or fatigue. Keep activities simple until you're feeling up to those that are more involved.

PHYSICAL ACTIVITY	SCHEDULE
Any fitness or recreational activity that gets you in motion	30 minutes 5+ days per week

Exercise Tips

- Get your healthcare provider's approval before beginning any exercise program.
- If you've been relatively inactive, consider starting with moderate walking and work up to a brisk pace.
- To increase muscle mass and tone your body, incorporate weight-bearing exercises.
- Gently stretch before and after exercise to improve flexibility and aid muscle recovery.
- **Hidden Exercise:** house cleaning, yard work, climbing stairs, interactive video games, parking farther away, or stationary exercises.



Stress Management

Stress contributes to inflammatory processes, and may cause symptoms to flare up or worsen. Your symptoms can also affect how you respond to stress. Or make it "feel" greater than it normally would be. You don't have to make big changes in your life to reduce your stress—just lessen the impact that stressful occurrences can have on you.

Sleep disturbances can be caused by stress, as well as affect your ability to manage stress. A lack of sleep has also been shown to increase inflammatory messengers in your bloodstream. Try to get a recommended 8 hours of sleep every night.

Make time for rest and simple stress relief daily.

STRESS RELIEF	SCHEDULE
Relax or unwind with at least 1 type of stress management technique	10 minutes 7 days per week

Stress Relief Tips

These quick and simple techniques make it easy for you to change your response to stress—and help you live a healthier life.

- Breathe from your belly
- Take a short walk
- Burst into exercise
- Listen to music
- Dance or sing
- Take a mental break
- Have a good laugh
- Write in your journal
- Take a power nap



Metagenics

www.metagenics.com