

Paddison Program Possible Reintroduction Sequence

Prioritize the reintroduction of foods that provide **energy, nutrient diversity or healing** (i.e. pain relief or gut repair)

BASELINE - Day 2 - 12. These are also the 'reset' foods when called upon later.

Sweet Potato Buckwheat Quinoa Amaranth Cabbage Cabbage juice Carrots (raw/cooked) Celtic Sea salt Himalayan salt	Seaweed Dulse Wakame Nori All leafy greens: Bok choy Baby spinach Romaine lettuce Rocket Swish chard etc	Celery Cucumber Celery/Cucumber Juice Sprouts Mung bean Alfalfa Fresh herbs Cilantro Mint Basil Oregano etc	ONLY IF UNDERWEIGHT ALSO INCLUDE Basmati Rice Miso Paste Orange Juice Oatmeal Honey
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RELATIVELY SAFE: Wait 12 Days+ before testing

Energy	Nutrient Diversity	Healing Properties
Pumpkin Millet Basmati rice	Zucchini Yellow Squash Coconut water Onion	Cantaloupe/Rock Mellon Papaya Lemon Garlic Fermented Foods (unpasteurized) Miso paste

MODERATELY ADVANCED: Allow around 30 - 90 Days before testing

Energy	Nutrient Diversity	Healing Properties
Brown Rice Potatoes Corn Moong Dahl Bananas Honey Edamame beans Oat Sourdough Bread (low oil)	Broccoli Cauliflower Sprouted pumpkin seeds Sprouted Almonds Sprouted Macadamias Strawberries Blueberries Tamari Sauce Nutritional Yeast Apples Tomatoes	Oranges Oatmeal (for breakfast) Fermented Foods (unpasteurized) Sauerkraut Pickles Kimchi Mixed cultured vegetables

ADVANCED: For stable, robust digestive systems that can handle many of the above foods first.

Energy	Nutrient Diversity	Healing Properties
Wholegrain Bread Dry-roasted nuts (cashews, almonds, macadamias) Beans (Black, Pinto, Kidney, Garbanzo) Wholegrain pasta Rice cakes Spelt Bread Tahini Avocados Naan (no ghee/butter)	Olives Coconut meat	Fermented Foods (unpasteurized) Kombucha Water Kefir