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How food sensitivities can prevent you from reaching your health and fitness goals. [Infographic]

Bonus: How to fix them with an elimination diet.

By John Berardi, PhD, CSCS

Lethargic, bloated, foggy-headed, uncomfortable... they're all common symptoms that can keep people from their health and fitness goals for years. Sometimes, undetected food sensitivities are to blame. Here's how to root out and fix the problem.

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In the Precision Nutrition Coaching program, a lot of clients show up for the first day with a case of the “blahs”. It's how they've been feeling for years, and they mostly blame it on their failure to lose weight.

But what if it were something else?

As we start to take a deep look at their eating habits, we sometimes discover that one or more food sensitivities are making them tired, or crampy, or foggy-headed, or allergic, or headachy — or any other of a host of symptoms food sensitivities cause.

Lightbulb.

Of course, food sensitivities can have serious consequences for your health. They're also not doing you any favors in the gym, yoga studio, or on the trail.

Once the root of the problem is eliminated, though, most clients quickly find an energy and strength they didn't know they had in them. And they start checking off lifestyle goals fast.

If you suspect you have a food intolerance/sensitivity of your own, or if you work with clients and suspect they're experiencing one, today's guide to doing an elimination diet — the gold standard for rooting them out — will help.

Download the infographic for your printer or tablet. Keep it in your kitchen or bring it to your next doctor or nutritionist visit. (If you're a health and fitness pro, share it with your clients).

If you're feeling overwhelmed, don't feel like you should go it alone. It's generally a good idea to get help with challenging diet-related changes. Talk to your doctor or nutritionist to get some guidance. **(Click here to print a free copy to bring to your next appointment).**

If you're a coach, or you want to be...

Learning how to coach clients, patients, friends, or family members through healthy eating and lifestyle changes—in a way that's personalized for their unique body, preferences, and circumstances—is both an art and a science.

If you'd like to learn more about both, consider the **Precision Nutrition Level 1 Certification**. The next group kicks off shortly.

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