



## The Dairy Experiment



How much dairy do you consume each day, each week?

Do you suffer with a runny nose, itchy eyes, mucus, poor digestion, stomach ache, bloating, fatigue, gas and indigestion?

If you answered yes to any of these questions then you may want to experiment with letting go of dairy for a week or two.

This is an amazing experiment that many of my courageous clients and myself have tried. I encourage you to do the same.

**It is very simple. Stop eating dairy – milk, yogurt, ice cream, cream, cottage cheese, eggs, and cheese for a week or two.**

In your journal write about how you feel, how your body feels and any resistance or amazing insights you may be experiencing.

***"But Amanda where do I get my calcium from?"***

Great question! Eat more green leafy vegetables and sesame seeds instead.

I believe in you!

*Amanda* 