



ITP Diet Suggestions

It is important to eat well to help regain your health.

In our [Survey of Non-Traditional Treatments in ITP](http://www.itppeople.com/surveyres/) (www.itppeople.com/surveyres/) about 40% of the responders reported some improvement in their bleeding symptoms and their platelet count with either the macrobiotic diet or the diet recommended in “Eat Right for Your Type” by Dr. Peter J. D’Adamo. Less success was reported for the Atkins, Zone, high protein, and low carbohydrate diets.

If you would like to implement some of the diet changes listed in this article, please make the changes slowly so your body can adjust. Sometimes diet changes can cause withdrawal and detoxification symptoms as your body processes the new foods and eliminates the old.

These suggestions are guidelines only. Be sure to discuss any diet changes with your physician.

1. Eat a wide variety of fresh food

Maximize the value of each bite. Eat food from as close to the source as possible and as soon as possible. Avoid canned and frozen foods and leftovers. The nutritional value of food deteriorates with time. A wide variety of food assures your body gets the variety of nutrients it needs.

2. Avoid wheat products

Eat a wheat and/or gluten-free diet. Rely on whole grains such as brown rice, millet or quinoa that do not contain gluten. Reduce the amount of white rice and processed grains. Processed grains are stripped of their natural nutrient-rich coating. Gluten may exacerbate autoimmune diseases in individuals sensitive to the substance.

3. Eat organic foods

Eat un-sprayed foods grown using natural fertilizers. Some pesticides and herbicides have been shown to exacerbate autoimmune diseases and lower platelets. Additives and preservatives can increase the disease-causing free radicals in your body.

4. Reduce sugar

Reduce the amount of white refined sugar as well as fructose, corn syrup, honey and other sweeteners. Limit fruit and fruit juice. Sugar contributes to an acidic disease-promoting body condition.

5. Reduce dairy products

Reduce or eliminate milk, cheese, ice cream, and yogurt from your diet based on your reaction to these foods and other dietary needs. Dairy foods have been shown to contribute to mucus formation and exacerbate some autoimmune diseases.

6. Eat healthy fats

Use cold pressed oils such as olive or canola in cooking and baking. Avoid hydrogenated, partially hydrogenated or trans-fats. These contribute to free radical damage. Reduce the amount of deep fried food which also adds to the free radical load.

7. Eat green

Eat as many leafy greens as possible, especially kale and collards. Add sea vegetables (sea weed) to your diet. These choices contain large amounts of calcium, minerals, and vitamin K to help clotting.

8. Limit meat

Rely on lean, white fish, whole grains and beans and some nuts for protein. Meat is often laced with residual antibiotics, hormones, and saturated fat.

9. Avoid problem foods

Avoid alcoholic beverages which can damage bone marrow. Reduce the amount of blueberries, red/purple grape products, garlic, onions, ginger, ginseng, and tomatoes. These foods can interfere with blood clotting. Avoid food and drinks containing quinine. These can lower platelets. See www.itppeople.com/warnings.htm.

10. Avoid allergic foods

Many people have delayed food allergies that produce vague and difficult-to-diagnose symptoms. If you don't feel well, consider having a food allergy test.

11. Chew your food well

Chewing each bite until it is liquid can aid digestion, aid the passage of nutrients into your blood stream, and promotes healthy alkaline blood chemistry.

12. Drink pure warm water

Drink plenty of filtered or bottled water at room temperature or above. Taking periodic sips of hot water can cleanse impurities from the body. Ice water can slow and hinder the digestive process. Tap water may contain small amounts of chemicals that are harmful.