

---

# *Sulfur Exclusion Diet*

---

Cysteine is an essential amino acid and helpful for many body processes including (along with glycine and glutamic acid, the formation of glutathione (essential for detox). Sulfur foods are rich in the amino acids methionine and cysteine. Some children need to be fed more sulfur rich foods while others have too much free cysteine and need to restrict dietary sources.

Sulfur is a monothiol meaning that, when in excess, it can attach to heavy metals and “bounce them around” without actually causing them to exit the body in any significant amount. This creates some behavior issues and lots of yeast issues.

Unfortunately there is no longer any lab testing available to evaluate plasma cysteine status . This has nothing to do with cysteine status, plasma sulfate status, or liver sulfation status. These can be independently high low or normal. The only effective way of determining whether your child would benefit from high or low dietary sulfur intake is through a sulfur exclusion diet trial.

## **Indications:**

Difficulty controlling yeast even with large amounts of anti-fungals and probiotics. Yeast seems to acclimate to any anti-fungal used within a short period of time (this does not apply to Rx anti-fungals). A lot of hyperness, poor behavior, meltdowns, self limiting to sulfur foods, etc...

## **The sulfur exclusion trial is done as follows:**

All high sulfur/thiol foods and supplements containing thiol groups (see list below) are strictly avoided for a 5-7 day period to allow the effect of the last ingestion to wear off. The negative effects of sulfur occur over a 4-7 day period after the last sulfur ingestion, which means you need to exclude all sulfur foods AND sulfur supplements for at least a week before you know what is going on.

Then, after 5-7 days the high sulfur/thiol foods are added sharply back to your diet and you eat a lot of them for a week, noticing what happens to your health over this time. If you feel worse soon after introducing sulfur foods, you do not need to do this for a week as it indicates you are better off eliminating sulfur foods.

If your health improves while off the sulfur foods and regresses after adding them back, you have an intolerance to them and should avoid them.

*\*You can test for both sulfur and dairy intolerance. First reintroduce sulfur foods, avoiding eggs, dairy, and soy. Next bring back eggs. After a few days, bring back dairy. If your child does fine on the sulfur foods but reacts negatively to eggs, remove them for a few days, then reintroduce dairy separately. By this you should be able to determine if your child has a sulfur sensitivity or an egg or casein intolerance.*