

Allergy Elimination Diet

ELIMINATION/PROVOCATION DIET

This diet is used to determine whether or not you have food allergies which may be causing some or all of your symptoms. During a period of two to three weeks you eliminate foods from your diet which are the most likely culprits. If your symptoms improve during the three week period, you'll carefully add foods back into your diet one at a time to see which foods may be triggering symptoms. Make sure to read all labels carefully to find hidden allergens. Eat a wide variety of foods and do not try to restrict your calorie intake. If you find no improvement within three weeks either you do not have any food allergies, or you may have food allergies but there is yet another factor complicating the picture. There are no magical answers here; this is a journey of self-exploration and discovery.

ALLOWED FOODS: PLEASE READ ALL INGREDIENTS CAREFULLY. YOU WANT TO EAT ONLY THOSE INGREDIENTS THAT ARE SPECIFICALLY ALLOWED.

RICE: all types, 100% rice cakes, 100% rice crackers, rice noodles, Dry cereals: puffed rice cereal, rice milk (read all ingredients, do not use if has corn or other prohibited ingredients), Crispy Brown Rice, 100% rice bread

ADDITIONAL GRAINS: If desired you can add these specific grains: Quinoa, Buckwheat, Millet, Amaranth, Teff, Tapioca, and Potato Flour.

FRUITS: All fruits are allowed except for citrus fruits. Avoid: oranges, lemons, grapefruits, tangerines, tangelos, etc. If you suspect Candida, limit fruits or avoid completely during these initial three weeks. Use fresh, canned fruits in own juices, and you can also cook or poach fruits. You can drink diluted fruits juices. You can use a limited amount of dried fruit, unsulfured only.

VEGETABLES; Use a wide variety. All vegetables except corn are allowed. If you have arthritis, you may want to also eliminate the nightshade family foods: tomatoes, peppers (green, red, yellow, chili peppers, cayenne, chili powder, etc.), eggplant, and potatoes. You can use vegetables any way: steamed raw, juiced, roasted, salads, stir-fried, and grilled.

FISH: All fresh/wild fish are okay. Canned tuna packed in water only. Canned fish okay. Avoid shellfish, swordfish, shark, tile fish, and king mackerel.

POULTRY: Use organic chicken, turkey, duck, pheasant, lamb, wild game, etc.

NUTS AND SEEDS: Coconut, pine nuts, and flax seeds.

OILS AND FATS: Sunflower, olive, flax, ghee. Use cold-pressed or expeller-pressed, or virgin olive oils only.

SWEETNERS: Use sparingly: brown rice syrup, agave nectar, stevia, fruit sweetener, blackstrap molasses

BEVERAGES: Water is the best beverage, carbonated water (no flavorings), pure fruit juices without sugar or additives (dilute 50% with water), and herbal teas without caffeine, mineral water or seltzer.

DAIRY SUBSTITUTES: Rice milk.

SPICES AND CONDIMENTS: Salt in moderation, pepper, herbs either fresh or dried (without preservatives, citrus or sugar), garlic, ginger, onions, mustard, basil, carob, cinnamon, cumin, dill, oregano, rosemary, tarragon, thyme, and turmeric, and vinegar.

If you are a Vegetarian, replace fish with Legumes.

LEGUMES: Lentils, navy beans, black beans, split peas, string beans. Dried beans should be soaked overnight. Pour off the water and rinse before cooking. Canned beans often contain added sugar or other potential allergens. If you want to use canned beans, look to health food store brands.

TIPS: The first 2-3 days are the hardest. It's important to go shopping to get all of the foods you are allowed to have. Plan your meals and have a pot of rice available.

- ❖ Eat regular meals. You may also want to snack to keep your blood sugar levels normal. It is important to keep blood sugar stable. Carry food with you when you leave the house to avoid straying off the plan.
- ❖ Avoid any foods that you know or believe you may be sensitive to, even if they are on the "allowed" list.
- ❖ Try to eat at least three servings of fresh vegetables each day. Choose at least one serving of dark green or orange vegetables (carrot, broccoli, and winter squash) and one raw vegetable each day. Vary your selections.
- ❖ This is NOT a weight loss program. If you need to lose or gain weight, work with your practitioner on a program.
- ❖ Buy organic produce when possible.

POSSIBLE PROBLEMS: Most people feel better and better each day during the allergy elimination diet. However, if you are used to using caffeine, you may get withdrawal symptoms the first few days which may include: headaches, fatigue irritability, malaise, or increased hunger. If you find your energy lagging, you may need to eat frequently to keep your blood sugar levels (thinking, energy) level. Be sure to drink plenty of water.

TESTING INDIVIDUAL FOODS: Once you have completed three weeks you can begin to add foods back into your diet. **KEEP A JOURNAL OF ALL FOODS EATEN AND ALL SYMPTOMS.** Be sure to add foods one at a time, one every four days. Be sure to test foods in a pure form: for example test milk or cheese or wheat, but not macaroni and cheese that contains milk, cheese and wheat! Eat the test food at least twice a day and in a fairly large amount. Often an offending food will provoke symptoms quickly—within in 10 minutes to 12 hours. If this occurs, **do not** continue to eat the food. Many times you will eat a food one day and feel fine, but the second day you will notice that you are reacting to the food. Signs to look for include: headache, itching, bloating, nausea, dizziness, fatigue, diarrhea, indigestion, anal itching, sleepy 30 minutes after a meal, flushing, rapid heart beat. If you are unsure, take the food back out of your diet for at least one week and try it again.

THE RESULTS: By avoiding symptom provoking foods and taking supportive supplements to restore gut integrity, most food allergies/sensitivities will resolve within 4-6 months. This means that in most cases you will then be able to again eat foods that formerly bothered you. In some cases, you will find that the allergy doesn't go away. In this case either you must wait longer or it may be a "fixed" allergy that will remain lifelong.

AFTER THE TESTING: It would be advisable to return to your health practitioner for a follow up visit to determine next steps. If you find allergies in too many foods, you may want to explore a 4-day food rotation diet.