

Food Allergy Elimination Diet

The basic elimination rotation diet is a simple plan to help uncover food allergies and sensitivities. Food sensitivities can be extremely subtle reactions that are difficult to notice in daily life unless you actually challenge your body with that substance, as in the elimination diet. Below is a simple procedure to follow, a list of the primary food allergies, and also some conditions in which this has been proven extremely effective.

Procedure

The procedure of the diet is simple; eliminate the food you would like to test completely for two weeks, reintroduce the food for a day, and then watch for reactions. Let's take milk, for example. For a two-week period, avoid any and all products containing milk. This includes the obvious (milk, cheese, yoghurt, butter) and also the hidden, so check the ingredient list on products like crackers, cookies, bread, cakes, snack foods and salad dressings. It is extremely important that milk and dairy be eliminated completely so that your immune system has a chance to stop reacting to that product.

After the elimination period, we have a reintroduction day. The goal this day is to eat anything and everything possible with milk or dairy ingredients. Eat all of the ice cream, yoghurt, milkshake and cheese that you could possibly want. After milk day keep a close watch on symptoms for the next four days. In this period people who have some milk sensitivity will report symptoms like increased nasal drainage, increased joint pain, irritability, depression, mood swings, aggressive behavior, poor digestion and "brain fog." It is also possible that the system is affected by the reintroduction day enough to become ill, typically some type of viral illness. The display of any of these signs or symptoms is considered a positive reaction.

1. Eliminate the food to be tested completely for two weeks.
2. Reintroduce the food for a day
3. Watch for signs, symptoms or illness for the next four days.

The Big Four Food Allergies:

Wheat/Gluten
Dairy/Milk Products
Corn/High Fructose Corn Syrup
Soy

Others to Watch For:

Nightshade Family
Chocolate
Citrus
Beef

Conditions Commonly Related to or Aggravated by Food Allergies

ADD/ADHD	Scleroderma	Mood Disorders	Headaches
Celiac Disease	Asthma	Low immunity	Poor Digestion
IBS/IBD	Depression	Autoimmune Dz.	Bloating
RA	Memory Loss	Fibromyalgia	Insomnia
Allergies	Sinusitis	MS	Psoriasis
Crohne's	Arthritis	Chronic Fatigue	Anxiety
Lupus	Eczema	Behavioral Prob.	GERD