



THE CHALLENGE PHASE

1. There is no specific order in which the foods should be tested; in fact, the food that is missed most should be tested first. It is recommended that the dairy, wheat, Salicylate and natural colours be tested before other foods, as this group of foods makes up the bulk of a normal diet.
2. If no worsening occurs over the 3 days of testing, continue to use that food and go to the next preference. However, if a reaction does occur, abstain from that food and any other food in the same group being tested. Once the symptoms have subsided, continue with the next challenge. This usually takes two to three days.
3. All foods must be tested within each group before a decision is reached on the foods causing the symptoms.
4. This food rotation and challenge program should be performed during periods of low social activity, as there is a possibility of sickness during the program. Furthermore any pre-existing infection may increase the severity of symptoms.

METHOD OF CHALLENGING

Challenge with the MAJOR ALLERGENIC FOOD item within each category

FOOD GROUP	METHOD OF CHALLENGE
Dairy Foods	Have 3 glasses of milk per day for three days. If no reaction try natural yoghurt, cheese and other dairy products.
Wheat and grain	Either 3 Weet-Bix per day with milk or pear juice (milk must be proven safe before use or non-milk based scones provided that they are yeast free. Other grains to be tested in order are; oats, barley, rye.
Egg and Egg products	Egg white in small quantities to be introduced slowly throughout the day.
Yeast	Take a teaspoon of vegemite or yeast for three days.
Salicylate and natural	Drink 4 glasses of orange or tomato juice with no added preservatives or



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colours	colours.
Preservatives and Colours	Consume lolly snakes, raspberries and jubes in large amounts.
Seafood	Shell fish and mullet taken in small amounts.
Alcohol	Test beer, wine or spirits.
Tap water	Take 3 large glasses.
Cane Sugar	1 tbsp in a cup of warm water
Beef	Ground steak or roast

ALL SYMPTOMS MUST BE RECORDED



SYMPTOMS TO LOOK FOR DURING TESTING OF FOODS AND CHEMICALS

	SYMPTOMS
Depression	Withdrawal, listless, vacant, indifferent, confused, dazed, crying, sobbing, depressed.
Ears	Blocked, itching, and ringing in the ears, earache, hearing loss and sensitivity to noise.
Eyes	Itching, burning, tearing, red, allergic shiners, feeling of heaviness
Fatigue	Tired, generalized heaviness, sleepy, yawning, exhausted, easily falling asleep
Generalised Symptoms	Dizzy, lightheaded, unbalanced, vertigo, chilly, hot/cold flushes, bed wetting
Gut – Abdomen	Nausea, belching, bloated, vomiting, wind, diarrhea, constipation, hunger, thirst, excess acidity, abdominal pain
Head Pain	Headache, migraine (pressure, throbbing, stabbing pain)
Immune System	Infections, inflammation, poor immunity
Joints	Aches (pain, stiffness, swelling) erythema (warmth, redness)
Kidney	Mild urge to urinate, painful and difficult urination, genital itch
Lungs – heart	Coughing, wheezing (heavy/tight chest), rapid breathing, chest pain, rapid pulse, palpitations, irregular heart beat
Muscles	Muscle tremor, jerking, cramps, spasms, weakness
Nasal	Sneezing, itchy nose, discharge, post-natal drip, stuffy feeling, sinus discomfort, build up of mucus
Skin	Itching (local or general), scratching, hives, flushing, pallor, sweating and redness
Stimulation	Silly, intoxicated, talkative, hyperactive, tense, restless, anxious, apprehensive, panic, fear, irritable, angry
Throat, mouth	Sore, tight, swollen, difficulty in swallowing, hoarse, metallic or bad taste, salivation
Vision	Blurred, flashes, floaters, double vision, vision loss, and glare affects eyes



TREATMENT OF ADVERSE REACTIONS

Adverse reaction may be moderated by taking:

C powder w Bioflavonoids	1-3 tspn in water
Alkali	1 tspn in water

Or

Neutralizing solutions of quercetin/rutin should be used to neutralize adverse reactions.

MSG sensitivity reduced by taking B6 and Vit C. Sulphite sensitivity is reduced by molybdenum (mineral matrix) supplementation. Formaldehyde sensitivity can be reduced by B5 or pantothenic acid supplementation. Salicylate sensitivity may be reduced with glycine supplementation (Glycoamines).

OTHER CONSIDERATIONS

Colouring may also be found in medications and prescriptions. Patients should consult their physicians about suitable alternatives but when none is available the following may be helpful:

- a) Coloured capsules – remove contents from the capsule and discard the coloured gelatine capsule or empty the contents into a clear gelatine capsule (obtainable at pharmacies).
- b) Coloured tablets – wash off the coloured coating under the tap if possible.
- c) Injected medication may contain preservatives and sensitive patients should consult their doctor about suitable alternatives.
- d) A child's medicated syrups e.g. panadol elixir should be avoided. Alternatively, take a panadol tablet, break off appropriate dose, crush powder and mix into golden syrup.
- e) Contraceptive pill – only permissible vegetable dyes are used which do not cause adverse reactions.
- f) Cough mixtures - use zinc C lozenges for any cough or throat soreness
- g) Constipated patients should be encouraged to try psyllium husks or rice bran.
- h) Diarrhoea – Lomotil may be tried in small doses if the Diarrhoea is severe and uncontrollable. Maintain fluid balance with rice water.
- i) Gastrointestinal pain – patients should use uncoloured, unflavoured preparations like Dijene or Neutralon if required for severe pain.
- j) Headache – panadol and or codeine preparations may be used, but aspirin containing drugs should be avoided. Use BioEnhanced magnesium or the headache relief spray for headaches- apply to the forehead and back of neck.