



## ROTATIONAL FULL ELEMINATION DIET

The purpose of this diet is to remove all the common food and chemical allergens for a period of 12 to 16 days, followed by a challenge period to determine any food sensitivities.

The initial elimination phase of this program limits the consumption of wheat, corn, milk, dairy, egg, gluten, Salicylate, colorings and shellfish products.

This restriction last for 12 to 16 days before the challenge phase is introduced. During the elimination phase, symptoms may be accentuated and may last for 4 to 8 days due to withdrawal. Most symptoms, however, should disappear by the 12<sup>th</sup> day **provided that the rotation diet does not contain any idiopathic food sensitivities.**

The challenge phase comprises the rotation elimination diet plus the food being tested. Each suspected food is eaten in increasing amounts **for at least three days.** Symptoms are recorded during this period. If no symptoms are observed the food being tested may stay in the rotation diet and the next suspected food can now be tested. However, if symptoms manifest during the challenge phase, the tested food must be avoided and **at least two days** grace be given before the next food challenge in initiated.

### THE ELIMINATION PHASE

Foods given below may be eaten at any time with any combination provided that the foods eaten are those allowed for the day, i.e. foods listed on one day cannot be mixed or changed with another unless the foods are non-reactive to the individual.

DAY 1	DAY 2	DAY 3	DAY 4
Sweet Potato(peeled)	Rice	Tapioca	Sago
Pears(peeled)	Lemon	Delicious Apples (peeled)	Buckwheat
Veal or Rabbit	Pawpaw	Whiting / Bream or Tuna	Bananas
	Chicken or Turkey		Lamb



Vegetarians may substitute dried peas, red lentils, and brown lentils for any animal protein listed above. Avoid any genetically manipulated food items.

**In addition to the foods listed above the following may be added at any time:-**

Puffed millet, puffed rice, millet flour, rice wafers, rice crisp-bread, Hunza cashew paste, cashews, lettuce, celery, cabbage, bamboo shoots and Swede.

Restrict to half a cup - green beans, red cabbage, brussel sprout, mung bean sprouts, green peas, leeks, choko, shallots and chives.

Restrict to one tablespoon per serve - sweet potato, broccoli, parsnips, carrot, beetroot, spinach, onion, cauliflower, pumpkin, asparagus and turnip, cold pressed sunflower, safflower and linseed oil. Salt, garlic and parsley.

**ALL VEGETABLES MUST BE WASHED AND PEELED (IF POSSIBLE) BEFORE EATING.**

All water must be either boiled or filtered before use. Plain mineral or soda water and freshly squeezed pear juice may be used as desired.

Note: If during the rotation there is a spontaneous worsening of symptoms, this may indicate sensitivity to some food within the rotation. This food must be eliminated before the challenge phase can begin. **Taking buffered vitamin C and bicarbonate of soda or alkali can reduce symptoms or reactions.**