

ELIMINATION DIET - STAGE I VEGETARIAN

For 6½ days starting on your diet should be *totally* restricted to the following:

Olive oil

For cooking

Sweet Potatoes

Boiled, roasted or cut into penny slices and microwaved/deep fried in olive oil until brown.

Parsnip]

Turnips]

Swedes]

Boiled, microwaved or roasted. Obtainable from many supermarkets all year round, or in frozen form out of season.

Carrots]

Green Beans]

Peas]

Marrow]

Courgettes]

Spinach]

Fried, microwaved, boiled or raw

Chinese Bean Sprouts]

Bamboo Shoots]

Raw or fried

Lettuce

Cucumber

Avocados

Sharon (Persimmon) fruit

Pears

Cashew Nuts

Macademia Nuts

Camomile Tea

Still or Sparkling Bottled Water

Nb: Sweet potato crisps & golden parsnip crisps can be found in some supermarkets. (They do contain sunflower oil which is almost as low risk as olive oil)

A pear or fruit juice drink can be made by removing the skin and liquidising the fruit with bottled water.

Use only sea salt.

ELIMINATION DIET - STAGE I VEGETARIAN

The Elimination Diet consists of 6½ days on a very low risk allergy diet. It is important that you only eat the foods that are listed on the Stage 1 Diet Sheet over the page.

It is vital to the whole investigation that there is absolutely no break in this diet. A small sip of coffee, for example, in the six days could completely change the pattern of response which is crucial to accurate diagnosis.

Important Notes for Stage 1

- 1) In the morning of the first day you should take 2 teaspoons of Epsom salts in ¼ pint of warm spring water to evacuate from the bowel foods that you have eaten on the days preceding the diet.
- 2) Medications should be stopped as they almost always contain food substances. You will need to discuss this with your herbalist during your initial consultation. *Wheat, corn and yeast are all used as base materials or fillers in a wide range of pills such as the contraceptive pill*, antidepressants, tranquillisers, painkillers, blood pressure pills and some vitamin/mineral supplements. Many medications are also sugar coated.*
** Please note that the contraceptive pill must NOT be stopped mid cycle*
- 3) As well as restricting your diet, IT IS VERY IMPORTANT NOT TO SMOKE AT ALL during the Elimination Diet.
- 4) Whilst on the diet, do not brush your teeth with ordinary toothpaste. Teeth can be cleaned with sodium bicarbonate or the Original Sensodyne (not the mint-flavoured variety or Sensodyne F) can be used.
- 5) Avoid licking stamps or envelopes as the glue contains corn and other chemicals.

Please make sure that you keep a comprehensive record of how you feel during each day of the 6½ days. This is very important, even if you do not notice any symptoms, as this will still be used as a basis to decide the next stage of your treatment.

It is quite probable that you will feel worse than usual on this diet, especially during the first 3 days. Some of the symptoms you may notice are, for example, headaches, fatigue, dizziness, aching muscles, catarrh, swollen ankles, depression, lethargy, tension, etc. These and other symptoms may be helped by taking 2 teaspoons of sodium bicarbonate in ½ pint of hot spring water.

Preparing for Stage 2

In total there are 20 new foods to be introduced in Stage 2. The first 4 foods to be assessed are kiwi fruit, banana, grapes and rice. If you wish, you can buy these at the end of Stage I ready for the start of Stage 2.

Food Allergy Investigation - STAGE 2 VEGETARIAN

The object of the next 8 days is to obtain a list of about 20 foods to which you are NOT allergic

The foods on the list overleaf have been selected for their relatively low chance of producing an allergic reaction (although NO food is completely 'safe' in this respect). In this way you will be able to build up your diet before you start on STAGE 3, when you'll be testing foods that are more likely to cause a reaction.

When testing a new food, the most important thing to look for is any return of symptoms which have either disappeared or improved by the end of Stage I. If no symptoms occur or no increase in symptoms occur within 5 hours of eating the food then that food is normally considered safe and can be included in your diet from then onwards. *In a very small proportion of patients, reactions can take longer than five hours to occur but it will become obvious to you quite quickly if this is happening.*

Therefore, during the food allergy investigation, each meal should only include foods already passed as safe, plus the one new food being tested for the first time. **Only introduce one new food at each meal in the order listed on the diet sheet.**

The commonest time to react to a food is 2-3 hours after eating it, although it can be as short as ½ hour or as long as 4½ hours. **Food reactions can be strong, medium or mild.** Strong reactions are very obvious - you can feel extremely well until you try a certain food and then symptoms return in full force. Other reactions may be moderately obvious such as a recurrence of symptoms like fatigue, a headache, joint pains or a stomach pain, etc. which can be a reaction to a food or can sometimes occur after you have perhaps had a particularly stressful day, mentally or physically. If you are unsure whether you have reacted to a food or not, put a question mark beside it and do not include it in your diet.

Follow these rules:

- [1] **If in doubt about a food leave it out of your diet for the time being,**
- [2] **NEVER RETEST A DOUBTFUL FOOD UNTIL AT LEAST 5 DAYS AFTER THE ORIGINAL TEST.** [If a doubtful food is retested earlier than 5 days from the original test, you are unlikely to get an immediate response reaction even if you are really sensitive to that food]
- [3] **If any sort of food reaction occurs, WAIT until your symptoms have cleared for a few hours before moving on to the next food to test. This is important as you will find it difficult to assess another food if you are still feeling unwell.**

Please note: The design of the diet is such that foods that are in specific food families are separated by 4 days to avoid the possibility of a false negative reaction occurring due to cross reactions within the same food group.

STAGE 2 DIET SHEET VEGETARIAN

<u>DAY 1</u>	Kiwi fruit Banana	
<u>DAY 2</u>	Grapes Rice Tomatoes	White or Red Brown or White Fresh grilled, fried or raw <i>[not tinned]</i>
<u>DAY 3</u>	Lemon Tap Water Sheep's Milk	
<u>DAY 4</u>	Tea Onions Celery	Without milk - Ordinary Tea or Herbal
<u>DAY 5</u>	Soya beans <u>or</u> pure soya milk Red/Green Peppers	Beans are soaked and then boiled [Available from Health Food Shops] Can be tested as <u>pure</u> Tofu. <i>A form of soya should be eaten at both breakfast and lunchtime.</i>
<u>DAY 6</u>	Eggs Potatoes	
<u>DAY 7</u>	Cabbage Peas Spinach	Fresh or frozen
<u>DAY 8</u>	Apple Yeast	One teaspoonful of brewer's yeast powder (raw or dried) <i>[Most people find this unpleasant to take on its own. You may sprinkle it on a food that you are already including in your diet]</i>

Food Allergy Investigation - STAGE 3 VEGETARIAN

We are now going to test major basic foods, many of which are common allergens. As these foods are very basic to our diet, it is very important that we test them carefully.

Since WHEAT and CORN are absorbed rather slowly and frequently have a rather muted and delayed response, these are tested at every meal for 2 full days each.

<u>DAY 1</u>	Cow's Milk	Whole milk <i>Have some milk with every meal for 1 full day</i>
<u>DAYS 2 & 3</u>	Wheat	Pure Shredded Wheat or Whole Wheat Spaghetti <i>Test one of these wheat products in every meal for the next 2 days or until such time as a reaction occurs</i>
<u>DAY 4</u>	Wholemeal Bread	Only test if you had <u>no</u> reaction to both wheat and yeast <i>Test wholemeal bread from a fresh bakery at every meal for 1 full day</i>
<u>DAY 5</u>	Fresh Ground Coffee Broccoli Mushrooms	
<u>DAY 6</u>	Cane Sugar	Jamaican, Trinidad or other W. Indian Demerara sugar, such as Muscovado <i>Take 2 teaspoons at each meal for 1 full day</i>
<u>DAY 7</u>	Orange Butter	<u>Not</u> orange juice
<u>DAY 8</u>	Beet Sugar	Silver spoon white sugar [A sample can be obtained from the clinic] <i>Take 2 teaspoons with every meal for 1 full day.</i>

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STAGE 3 DIET SHEET [VEGETARIAN] contd.

<u>DAYS 9 & 10</u>	Corn	Test Corn on the Cob and glucose [Available in shops as Dextrose or Glucose with Vit. C] <i>For the next 2 full days [or until such</i> <i>time as a reaction occurs] start each</i> <i>meal with Corn on the Cob and finish</i> <i>each meal with 2 teaspoons of glucose</i>
<u>DAY 11</u>	Melon Black Pepper Vegetarian Cheese	Any vegetarian cheese made with Goat's, Sheep's or Cow's milk
<u>DAY 12</u>	Dry White Wine	Only test if you had <u>no</u> reaction to both grapes and yeast

Food Allergy Investigation - STAGE 4
VEGETARIAN

<u>DAY 1</u>	White Bread Garlic	Only test if you had <u>no</u> reaction to wheat, yeast and corn
<u>DAY 2</u>	Grapefruit Chick peas Dates	Natural dates can be obtained from a Health Food Shop
<u>DAYS 3 & 4</u>	Rye	Use pale original Ryvita (the original rye crispbread) <i>Test Ryvita at every meal for 2 full days [or until such time as a reaction occurs]</i>
<u>DAY 5</u>	Honey Rhubarb Cauliflower	Any pure natural honey
<u>DAY 6</u>	Instant Coffee Asparagus Lentils	Test Nescafe Gold Blend (caution - many other instant coffees contain corn) Only test if you had <u>no</u> reaction to fresh ground coffee <i>This is in effect a chemical test.</i>
<u>DAY 7</u>	Pineapple Tinned Carrots Almonds	Fresh <i>[not tinned]</i> Only test if you had <u>no</u> reaction to fresh carrots [check that the contents do <u>not</u> include sugar] <i>This is in effect a test for the phenolic resin lining of the tin used for tinned foods.</i>

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STAGE 4 DIET SHEET [VEGETARIAN] contd.

<u>DAYS 8 & 9</u>	Oats	Use natural porridge oats and/or Nairn's oat biscuits <i>Test at every meal for the next 2 days or until such time as a reaction occurs</i>
<u>DAY 10</u>	Monosodium Glutamate	Available in its pure form at Chinese and some other supermarkets [A sample can be obtained from the clinic] Sprinkle a little on a food that you are already including in your diet. <i>This is a flavour enhancer which is often used in Chinese food and in many readymade meals and sauces.</i>
	Mango	
	Brazil nuts	
<u>DAY 11</u>	Saccharin	Available as drops, tablets or powder <i>This is an artificial sweetener hidden in many soft drinks, etc.</i>
	Peanuts	
	Mixed Herbs	Fresh or dried
<u>DAY 12</u>	Raisins	Only test if you had <u>no</u> reaction to grapes <i>This is in effect a test for Sulphur Dioxide which is often blown over fruit in the drying process.</i>
	Chocolate	Only test if you had <u>no</u> reaction to wheat, corn and sugar
<u>DAY 13</u>	Malt extract	Only test if you had <u>no</u> reaction to wheat <i>Take 2 teaspoons with every meal for 1 full day</i>

This is the end of the standard daily food investigation.

If there are any foods/fruits etc., which you have not tested and which you would like to include in your diet you can now test them individually. Also, if you now want to include a product which contains one or two foods that you have not tested, you can try this product as a test on its own and observe any reaction.