

Elimination Diet – STAGE 1

For 6 ½ days your diet should be *totally* restricted to the following:

Sunflower oil	For cooking
Lamb	Grilled or roasted (hot or cold) Lamb's liver or kidneys also permitted
Salmon }	
Cod }	
Trout }	
Mackerel }	Grilled, steamed, or fried in sunflower oil.
Hake }	<i>Only fresh or frozen (not tinned or smoked)</i>
Plaice }	
Haddock }	
Kiwi fruit }	
Pear }	Raw or boiled
Carrots }	
Chinese bean sprouts	Raw or fried
Sweet potatoes	Boiled, roasted or cut into penny slices and deep fried in sunflower oil until brown
Parsnips }	
Turnips }	Boiled or roasted, or in frozen form when out of
Swedes }	season
Marrow }	Fried, boiled, or raw
Courgettes }	

Drink only still or sparkling spring water.

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

Use only sea salt

Elimination Diet – STAGE 1

Stage 1 of the elimination diet consists of 6 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 on page 1.

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 seven 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 certain food substances. You will have discussed any problems concerning stopping medications you are on during your initial consultation. Wheat, corn and yeast are all used as base materials or fillers in a wide range of pills such as oral contraceptives*, antidepressants, tranquillisers, painkillers, blood pressure pills and some vitamin / mineral supplements. Many medications are also sugar coated.
**Please note that oral contraceptives 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 toothpaste (not the mint flavoured or other varieties).
5. Avoid licking stamps or envelopes as the glue contains corn and other chemicals.

Please keep a comprehensive record of how you feel during the 6 ½ days. This is very important, even if you do not notice any symptoms, as this will be used as the basis to decide the next stage of your treatment.

It is quite possible 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.

You will need to see me and discuss your response on the seventh day of this diet, whilst still restricted.

Preparing for stage 2

In total there are 22 new foods to be introduced in stage 2. The first four foods to be assessed are avocado pear, chicken, grapes, and green beans. If you wish you can buy these at the end of stage 1 ready for the start of stage 2.

Food Allergy Investigation – STAGE 2

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 page 4 have been chosen 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 STAGE 3, when you will be testing foods that are more likely to cause a reaction.

When testing a new food, the most important thing to look for is the return of any symptoms which have either disappeared or improved by the end of stage 1. 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.

During the food allergy investigation, each meal should only include foods already passed as safe, plus 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 4 ½ 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 symptoms 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 RE-TEST A DOUBTFUL FOOD UNTIL AT LEAST 5 DAYS AFTER THE ORIGINAL TEST. If a doubtful food is retested earlier than five 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 four days to avoid the possibility of a false negative reaction occurring due to cross reactions within the same food group.

STAGE 2 Diet Sheet

<u>Day 1</u>	Avocado pear Chicken	If not already tested in stage 1. Grilled or roasted in own fat. <i>Whole bird or chicken pieces</i>
<u>Day 2</u>	Grapes Green beans Broccoli	Any sort Fresh or frozen
<u>Day 3</u>	Tomatoes Melon Beef	Fresh grilled, fried, or raw (not tinned) Fresh Grilled or roasted in own fat
<u>Day 4</u>	Tap water Rice Lettuce	Brown or white Any sort
<u>Day 5</u>	Banana Soya beans <u>or</u> pure soya milk Onions	Beans soaked and then boiled – can be tested as <u>pure</u> tofu. <i>An important test as soya is found in many 'multiple' foods.</i>
<u>Day 6</u>	Cow's milk Cabbage Turkey <u>or</u> Duck	Grilled or roasted in own fat. Whole bird or pieces.
<u>Day 7</u>	Tea Apple Yeast	Any herbal or ordinary One teaspoonful of brewer's yeast powder (raw or dried). Most people find this unpleasant to take on its own. You may sprinkle it on a food you are already including in your diet.
<u>Day 8</u>	Pineapple Butter Pork	Fresh, not tinned <u>Do not do this test if you had a reaction to cow's milk on day 6.</u> Grilled or roasted, joint or chops

Food Allergy Investigation – STAGE 3

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 by doing a maximum of only two foods per day.

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

	<u>MORNING</u>	<u>EVENING</u>
<u>DAY 1</u>	Eggs	Potatoes
<u>DAYS 2 & 3</u>	<i>Wheat. Test either as pure shredded wheat or whole wheat spaghetti. One of these wheat products should then be eaten in every meal for the next 2 days. Often a reaction will not occur until mid or late on the second day.</i>	
<u>DAY 4</u>	<i>If both the wheat test (above) and the yeast test (done in stage 2) are satisfactory, you should now test wholemeal bread (from a local private baker) at every meal for 1 full day.</i>	
<u>DAY 5</u>	Fresh ground coffee	Mushrooms
<u>DAY 6</u>	<i>Cane Sugar (Jamaican, Trinidad, or other West Indian demarera sugar, such as muscovado). Take 2 teaspoons at each meal for one day.</i>	
<u>DAY 7</u>	Orange (<i>not</i> orange juice)	Black pepper
<u>DAY 8</u>	Beet sugar (silver spoon, etc.)	<i>Bacon (but only if the pork test was satisfactory). Check that there is no sugar in the bacon.</i>
<u>DAYS 9 & 10</u>	<i>Corn. The test material is corn on the cob and glucose (for the latter use pure glucose powder, which is always made from corn and is called 'corn sugar' in the USA. Start each meal with corn on the cob. Finish each meal with 2 teaspoons of glucose powder. Take at all 3 meals for the next 2 days.</i>	
<u>DAY 11</u>	Lemon	Peanuts (<i>loose – not the packet variety</i>)
<u>DAY 12</u>	Cheddar cheese	Spinach (<i>fresh or frozen</i>)

Food Allergy Investigation – STAGE 4

- DAY 1** White bread – do not test if allergic to wheat, corn, or yeast.
Garlic
- DAY 2** Peas – fresh or frozen (check no sugar or mint added)
Grapefruit
Dates
- DAY 3** Cucumber
Celery
Cauliflower
- DAYS 4 & 5** Rye – use ryvita (plain). Take some of this at every meal for 2 full days (unless reaction occurs earlier)
- DAY 6** Tuna fish (fresh, or tinned in brine)
*Rhubarb
*Honey – a natural honey
- DAY 7** *Instant coffee – test nescafe gold blend. *This is a chemical test. Do not test if allergic to ordinary coffee. Caution – many other instant coffees contain corn.*
Asparagus
Lemon
- DAY 8** *Olive oil
Lentils
*Tinned carrots – do not test if allergic to carrots. This is a test for the phenolic resin lining of the tin. Check that the tin contains no sugar (on label)
- DAYS 9 & 10** Oats – porridge oats – take at each meal: a two day test like wheat.
- DAY 11** *Monosodium glutamate – this is a flavour enhancer used in many tinned foods, sauces, etc. Can be obtained in pure form from some supermarkets, chinese restaurants and food shops. Sprinkle lightly on some meat.
*Prawns or shrimps
*Brussels sprouts
- DAY 12** *Saccharin tablets – hidden constituent of many soft drinks etc.
*Herrings
*Almonds
- DAY 13** Malt extract – obtainable from chemists and some supermarkets. Spend one full day on this. Take 2 teaspoons at each meal.

DAY 14

Green or red pepper
Raisins

DAY 15

Chocolate – often contains wheat, corn, and sugar. Do not test if allergic to these items.

Please note that items marked with an asterisk* are unrelated to other items and can be interchanged as long as the spacing between other foods is undisturbed. Food dyes, emulsifiers, etc., have not been assessed, but when standard foods have been evaluated reactions to such chemicals are usually fairly obvious.

You have at this point assessed 65-70 different food items, which accounts for the vast majority of what most people eat.

Seasonal fruit such as cherries, plums, peaches, apricots, strawberries, raspberries, gooseberries and blackcurrants are so seasonal in their pure form that they have not been included. You should test these during their season.

Complicated foods such as Bovril, Marmite, jams, confectionery, sauces, and alcoholic beverages are mostly mixtures of items already tested.

If you are faced with a multiple food such as marmalade which contains one or two items you have not tested, then by all means try the product and observe if you react.