



Food Allergy Elimination Provocation Process: Testing

Transcript

Hello and welcome back, we are here for the testing and reintroduction of the food part of our *Food Allergy Elimination Process*. I'm really excited to have you back and by now you should have started to eliminate foods and hopefully you are starting to see some major improvements in your symptoms. Now it's time to see if we can introduce foods back and identify trigger foods.

It actually works better than most of the available lab testing, in fact in my opinion all available lab testing. The advantage of doing the lab testing is it can shortcut the process and it can streamline it a little bit and give you some additional information but the downside is they are very expensive and they are quite inaccurate.

Before we begin I want to remind you that the information that I'll be presenting is not intended to replace a one on one relationship with a qualified healthcare professional. It's not intended as medical advice. It's just intended as a sharing of knowledge and information from my experience and my research to you.

And I want to make sure that if you are under the care of a doctor for any condition at all or on any medication that you run this by your doctor before you embark on any major healthcare changes.

We are going to be reviewing a little bit about where you have been so far in the process.

We are doing diet testing and allergy detecting. We are going to make sure that you know that there are different types of allergies to foods, there are different types of intolerances, and there are sensitivities, and they are all a little bit different. An allergy is specifically an immune response to the food and you may not have that, you may not have antibodies coming out and attacking the food as you eat it.

You may have an intolerance meaning that there are particular chemical constituents in that food that you don't really digest or absorb or utilize properly. Examples of some major intolerances would be some people are very intolerant to oxalates which is a chemical found in vegetables and particularly in things like spinach and chard and rhubarb.



Some people are sensitive to those. They don't react badly to the spinach because they have an allergy to it, they may react badly because they have oxalate sensitivity. There are a number of different sensitivities like that. Intolerance is oftentimes the same as a sensitivity but intolerance may be that you just don't tolerate alcohol, you can handle it well, you get sick from it. An intolerance might be you don't handle fats very well and that could be because of intolerance in your gall bladder. And then some of the sensitivities and the intolerances we just don't even know what they are about.

Let's talk about review of what we've done through the elimination phase and how to know if you are ready to move on to the reintroduction phase.

As we talked about there are three methods of food elimination and hopefully by now you've decided which one of those you are going to embark on or you've decided on a combination, that's okay too. The main thing is that for a period of four to seven days, longer if you choose, you are going to be avoiding specific foods and you are going to be going ahead and seeing how you feel and observing and taking careful notes.

We talked a lot about how to determine which of those foods you are going to be eliminating. If you are doing water fasting as your elimination method it's easy, you just don't eat anything. It's actually the most effective but as we talked about before it's not for everyone and if you haven't already done that, if you are considering water fasting, make sure that you go back in the presentations and look at the method of determining whether you are a good candidate there was a little quiz that I gave you.

The other way is juice cleansing and juice cleansing can be especially good because it just eliminates all the solid foods from the gut and allows it to calm and heal during the process. The downside of juice over water is what if you choose to make a juice out of foods that you are sensitive to.

I'll talk about this a little bit when we talk about rare foods diet how we can combat that objection. And then the rare foods diet is where you just go and find all these foods that you just normally don't eat and you fill out a food frequency test and that helps you to determine which foods. If you are going to do juice cleansing, you also want to use foods that are rare in your diet. You don't want to be juicing something that you typically eat a lot of everyday or that you crave, and we'll review those in a moment. So, you filled out your food frequency assessment; if you haven't already done that stop this video right now and go ahead and fill out your food frequency.



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And when you have it you are going to have circled your favorite foods and put a square around the ones that you eat most frequently. This is to identify those foods that could be culprits in this whole foods sensitivity regime. The other thing you did was go through the no/go/maybe protocol to identify your trigger foods and again if you haven't already gone through this process go ahead and stop the video, and go to the link on the page and go through the process.

It has you basically highlighting various foods that you are going to be considering your *no* foods and there is criteria, your *go* foods and there are other criteria and then your slow foods/maybe foods, no/go/maybe, no/go/slow, those are where you are going to put them. So go ahead if you haven't already done that, stop the video and go to that particular document.

The next thing you did in the elimination process is to design your elimination diet. Again, if you are going to be doing water fasting you are done you don't have to do any of this. If you are going to be juicing you are going to stick to the food category of green leafy vegetables, salad vegetables, rainbow vegetables, herbs and spices and fruit. Those are really the only things that you are going to be able to juice. You are going to pick from those and the way you are going to fill out this chart or the way you did fill out this chart if you haven't already done is to just take the foods from your food frequency that you'd circled and then pick all the green foods, the ones you circled in green or highlighted in green and lay them out on this grid.

Hopefully you have four at least in the area of green leafy vegetables so you can alternate them day-to-day and same thing with salad vegetables, rainbow vegetables, herbs and spices. You'd have at least four of them and that chart goes on and you can look at it there at the food allergy grid location.

If you haven't already done this of course stop the video, you know the drill and go back and do it now. The next thing I had you do during the elimination phase was track your foods and your symptoms. This is a sample chart I gave you, you can make your own up. The reason I did my chart the way I did is that it keeps track of a lot of different criteria, how your energy is, your stress level, your pulse, if you wanted to do your glucose, you could even do that.

And then looking at before and after the meal and then of course your emotional state, any kind of exercise you did, location of pain, how your digestion is doing and then the other symptoms. You basically can keep track of your various foods and how you'd feel after you eat them.



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You have two choices, if you want to print it out and write it up for yourself, you can do it in the PDF version and if you want to track it online and just type your stuff in you can do it in the Excel version. Personally even though I love Excel and I do a lot of things online, I found it easier to print out a bunch of copies of this and keep them by my side and write. It's up to you though; we give you the options.

The other thing we started to look at while you were doing your elimination was the *Suspicious Foods Tracking Form*. If you eat foods and you are like wow I feel really energized, I feel awesome put them in the green column. If you eat a food during the elimination phase and it causes you problems like you get gassy or bloated or headache or fatigued then you are going to go ahead and put in the red column, foods that cause you problems.

Then you put in the middle column, the yellow column *Foods I'm Suspicious About*, stuff that you are not sure. You think maybe you feel a little bit more tired or you feel a little headache but maybe it's because you are out in the heat or maybe it's because your kids are bothering you, any number of reasons. So you put it in the *Suspicious* column and then you continue to proceed through the rest of the elimination phase only eating the foods that are in your original green or in the *Foods That Make Me Feel Great* column.

Next we are going to go look at how do you do the provocation: provocation, testing, food reintroduction, a lot of different words for the same thing. There are three documents, the links are on the page, go ahead and stop the video and download and print those out now and that way as we are going through the presentation, you are going to be able to follow along.

The three documents are the *Food Reintroduction Guidelines*, *The Provocation Phase Instructions* and *The Reintroduction Mistakes*. These are common mistakes people make that I don't want you to make so we are going to go through those. What we are going to do here is talk about the *Food Reintroduction Guidelines*.

What you've got in this document is a grid and the grid is labeled *Go, Slow and No*.

Basically, the foods in the *Go* column, you are going to be adding back first to your diet so you can build up an extended repertoire of foods that you can have as a base while you are testing the rest of this. The *No* column is stuff that you are not going to include you are not going to test back until, for some of them, ever, and for some of them a long time down the road. Give your body a longer chance to get rid of them.



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Then the *Slow* is foods that you are going to be adding back but not quite right away. Here is the way to fill it out. On the *No* side, you are going to list all the foods on the top allergy food list, you are going to eliminate those for at least a month before retesting.

Under *Digestive Irritants* you list all the foods in the *Foods That Hurt Your Gut* page found in the *Foods That Hurt Your Gut* PDF. The next category is *Known And Suspected Problematic Foods*. Here is where you are going to list every food that you've ever been told you are allergic to, ever been testing allergic to, ever had a bad experience with and felt like you may have a problem with these foods and all foods that you know leave you feeling badly.

These may not be foods that you are allergic to, it just may be high fat foods, starchy foods, whatever you don't do well with. Put them down, these are your known, you don't have to go back and test these, you already know. Then you want to list all the *Foods You Deliberately Avoid* no matter what the health benefits for these foods you won't eat them. You either do it because you don't like them or because of health or spiritual reasons so list any foods you are not going to eat.

The next category of foods you are going to list are binge foods, those foods that you crave, you know what I mean by crave? Crave means you have a little bit then you want more or you are someplace and you just start like you've got to have the M&Ms, you are going to list all the foods that you crave, foods that you binge on or foods that you would continue to eat even if you weren't hungry anymore.

Next we are going to list those energy zappers, processed foods, caffeinated beverages, decaf versions of those caffeinated beverages are often just as bad or worse than they are, like coffee, tea and soft drinks because of the chemical process that they go through to decaffeinate them, alcoholic beverages.

We are not going to do our reintroduction phase by reintroducing things that are not good for us. Down the road if occasionally those slip into your diet, may not be a problem but right now you are compromised and you need help, and I'm here to help you.

Then foods containing what's called oxidized fats, those will be fats that have been chemically damaged and are damaging to you when you take them in. So you are going to list margarine, heated oil, shortening, mayonnaise, etc. Now in some cases you don't need to write all those things down because you are already avoiding them in which case you could just leave them blank.



But write the ones that you are eating down and then in sweeteners I want you to list things like sugar, agave maple syrup, rice syrup, anything that has sweetness to it because that can throw off your gut and can throw off your absorption and make you more sensitive.

Let's look now at the foods that you are going to reintroduce or continue to eat during your reintroduction phase.

In the *Rare Foods* list under the go column that's all the foods that you probably had down on your elimination diet unless you were doing a water fast or a juice fast. All the foods that you consume less than once a month in general, maybe something where occasionally you'll have it twice in a month but most of the time it's once a month or less.

Those are considered your rare foods those are going to be the first ones that you are going to put in so if you've been coming from a fast or juice cleanse, that's where you are going to start. If you've been doing a rare foods diet most likely you are already on those foods and you feel fine so you can move on to the next step. The next thing to add back would be the foods that you eat infrequently.

Those are foods that you consume somewhere between once a week and once a month. The next foods that you are going to add would be the *Moderate Frequency Foods*, all the foods that you consume one to three times a week. Remember we are adding these foods back and I'll talk about how in a moment, we are adding these foods back and you are keeping track of how you feel.

The next thing you could list is all supplements that you continue to take during the elimination diet and you appear to respond really well to. Those you are going to be just on if you want to, that's your *Go* list. Stuff on the *Go* side are foods that you have already been consuming during your elimination diet or foods that you normally don't eat very often and you are going to add those back.

And as long as you are not having a negative reaction to them like the infrequent foods, you could actually do them in groups you don't have to do them one at a time if they are in the *Go* column. But what you need to be aware of is if you have a bad reaction to a group that you eat then you are going to have to do them one at a time. For example infrequent foods say you very infrequently eat cauliflower, green beans and asparagus. Well you can actually just make a meal and steam them up or put them in a salad and you eat those along with your rare foods or alone and see how you feel. If you feel just fine, dandy, great afterwards then no problem, those are good and you've got three in one fell swoop.



The problem arises if it turns out that you react badly to those then what you are going to be doing is be confused, right? You don't know which of the three or if it's the combination. Then you are going to go back and test each one individually. When we get to the *Slow* and the *No* foods we are going to be a lot more careful about food introduction but on the *Go* side you can pretty much start to add foods back.

Any foods that you consume one to three times a week that's getting more frequent, you list down and you add them back right at the beginning. One food, two foods or three do not go more than three foods at a time. Good if you test foods that are in the same food family together if that's possible and you are just going to pay attention to how you feel.

In all the regards that you are going to pay attention to how your body feels when you put these foods inside of it and then the last things you can have in your *Go* column is any supplements that you continued during the elimination phase and you did just fine, you feel okay.

Our next candidates are foods back in the *Slow* column you are going to list in that column any food that you eat a lot of four to six times a week. Then you are going to list your daily foods, any foods that you consume daily or multiple times a day, those go in that column. And then any suspects that you noted during the elimination phase, anything you said 'I'm not quite right,' I'm not sure you are going to put it in the *Slow* column.

Any supplements you stopped during the elimination phase they are fair game to cause you a sensitivity. Any new supplements that you would like to add, say if you've read about it or you've heard about it, you've heard me speak about it, like say gut healing nutrients wait and go slow on adding those back.

Next we are going to add and write in any foods that you saw on the *Foods That Heal Your Gut* sheet that you would like to add back in because we want to make sure that you get plenty of good foods.

And finally if you are finding that you need a little bit more sweetness do not go back to the sugars and the honeys and all those sorts of things. You can use things like stevia, xylitol, erythritol, Lo han, Lakanto and put those on the list. You are not going to blanketly think you can tolerate them, you are just going to put them on the list and see and you'll do them one at a time.

So that's your *No*, *Slow* and *Go* categories of foods and how you are going to add them back.



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The foods in general if you don't know whether you tolerate or not or you are suspicious that you don't tolerate it you want to make sure that you add back in large enough qualities to make a difference.

I want to take a few minutes to review some of the foods I had you put in the *No* column. These are foods that damage your gut or they are common allergens or of course they are your known allergens. Let's talk through these so you understand why they are in your *No* column.

They may not be permanently in the *No* column some of them and some of them may be in the *No* column permanently and some of them should be in the *No* column permanently because they are just damaging to your system. Alcohol is definitely a gut damaging food. It affects not only your gut it affects your brain, it affects your liver, cut it out.

It also feeds undesirable bacteria and yeast in your gut and it can cause an overgrowth, which can cause problems and malabsorption. We know that the reason we have food sensitivities and allergies sometimes is because the gut is leaky, so it's really important to pay attention to the stuff that hurts the gut and stay away.

Of course all the allergens like gluten, dairy, corn, soy, eggs and peanuts anything that you've already identified sensitivity to. Caffeine, which can be damaging to the whole gut lining from the stomach all the way down and it's also not so good for your adrenals; so caffeine can be problematic. Medications like non-steroidal anti-inflammatories are problematic for taking if you are trying to heal the gut.

And so yeah of course you have to take them if you have some really severe pain and it helps but what I notice is that as people go through this process and help heal their food sensitivities and get off the foods they are sensitive to, the need for the NSAIDs goes away because the pain levels go down.

I pulled dairy and gluten out of the food allergen list to mention them separately because they are irritants to the gut independent of whether you have an allergy. I'm going to say that again: dairy and gluten are damaging to the gut independent of whether you have an allergy. Dairy contains a protein called casein in very large qualities by the way of casein; about 80% of the protein in dairy is casein and in cow's milk dairy which is what most people eat.



It's maybe 40% in goats and in contrast to how do you base that on it's 20% in human milk. So 80% that's a lot and it's very glue-like and it can gum up and clog those villi in your intestines where the fully digested foods, vitamins and minerals and amino acids are supposed to be absorbed through and so that causes an inflammation which then can cause a leaky gut.

And then gluten is similar, very inflammatory and it can cause an inflammation in the gut even in people who don't have an allergy to it and it's a very hard protein to break down.

The next one in the list is one of the most unpopular when I put it on is nightshades. Not everybody really needs to stay away from nightshades but if you are doing the elimination, you might as well put them on the eliminate list for five to seven days and those will be tomatoes, potatoes, eggplant, red-bell peppers, cayenne things like that.

Those you can add back more quickly you don't have to wait as long as the gluten. If you are taking out gluten I would wait a good six months for your gut to heal before adding it back in and trying it and dairy. Personally I think you should probably just stay away from it completely because it's associated with so many health problems.

Next on the list is sugar and sugar alcohol. Now sugar is damaging to the gut because it promotes the growth of bad bacteria or a state called dysbiosis. It also promotes the growth of things like funguses and yeasts, and sugar alcohol is problematic for some people and there are different types of sugar alcohol and we go through that in another lesson.

But basically things like xylitol cause digestive upsets in a good percentage of people, not 100% but some 10 or 20%, sorbitol actually creates digestive upsets in most people and erythritol very few people. With the sugar alcohols I put them in the yellow column, in the *Slow* column so that after you've tested the good stuff you can go ahead and try that making sure you feel good before you try it and make sure it doesn't bother you and if it doesn't bother you, you are fine with it.

Trans fats like margarine and mayonnaise and baked goods, trans fats are oxidized fats another word for it, basically it's fats that have been damaged or altered and the shape is changed due to heat usually or a chemical process and they are just not good for you. They damage blood vessel walls, they damage the immune system, they interfere with your fat synthesis; they are no-no.



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And then vegetable oils, prefer to stay away from; corn, soybean, safflower, sunflower, especially when heated but even if you don't heat them, the processing to get them in the bottle did for most of them, there are very few of them are low-temperature processed. And let's look at your blank food reintroduction grid. It's very simple, a *Go* column, a *Slow* column and a *No* column.

I've already pre-populated the *No* with the things I think you should put in the *No* at least for now. *No* doesn't mean you are permanently going to leave them there, *No* means that you can test them back but not right away. The *Go* foods, you just list all those *Go* foods, the foods you don't eat all that often, the foods that you just know you feel really good with eating, or the foods that you found really good during your elimination phase.

What you are going to put in the *Slow* column is generally those foods that you eat more frequently. You can eat them daily, eat them several times a day, several times a week but they are the foods you eat more frequently and are more likely to be causing you to have a problem. Then the *No* column of course is all of the bad stuff and anything you crave and follow the directions.

This is what your chart looks like, this is what you are going to be having in front of you as you go through the directions in the document. And remember the document is more detailed than the physical papers I'm putting up here there is a lot of verbiage so you can review everything that I've said.

Last but not least, please, please fill this out. Follow things as you go along, every time you add a food decide which category it goes in. You are not going to add it after the first day of eating it, you are not going to add it after the second day of eating it but after the third day of eating it, if you still feel great with it or feel good or feel no change, it goes in foods that make me feel great.

If you are feeling like I'm just not sure, I don't feel quite as much energy, whatever, put it in the suspicious, but if you know for sure that it causes you problems that you eat it and almost immediately got a reaction or the next day got a reaction and then when you stopped eating it that your reaction went away surefire sign that it's a problem and you put it in the *No* column.

You are basically going to take the foods that are on your planning grid and as you eat them you are going to transfer them to this chart based on whether they make you feel great, you are not sure, or they make you feel bad. You want to make sure you know the process for adding foods back.



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You want to add significant amounts of the foods and you want to do it for three days straight. Sometimes you can get away with two days but I prefer three days and basically you start to eat that food several times a day. You can do it at each meal if you want and you do that for two to three days. And if you are still feeling no change, you feel fine and that's not a problem for you. But if you noticed any symptoms you put it in the appropriate column whether you are suspicious or they just seem to cause you problems.

That's what I have for you in terms of the provocation or reintroduction phase or food-testing phase of our *Elimination Provocation* module. Thank you so much. This is Dr. Ritamarie Loscalzo and we'll talk to you soon.