



Food Allergy Elimination Provocation Process

Transcript

Hello and welcome everyone. This is Dr. Ritamarie Loscalzo and I really want to take the time right upfront to acknowledge you for stepping out of your comfort zone. It's not easy to look at your diet and think about the possibility of having to remove certain foods because they're making you ill or keeping you overweight or affecting your energy.

It's not easy to make changes but you've recognized the importance of it. As you listen to me and as I guide you through some of the steps in this process you and I together are going to define an outline for you that I call your own personalized food allergy elimination diet.

I just want to say before I get into the presentation I just want to make sure that you are aware that what I'm presenting is not intended to replace a one on one relationship with a qualified healthcare professional. I'm not giving you medical advice I'm just sharing from my knowledge base to yours so that you might benefit from the expertise that I've had over the last couple of decades in working with people with these conditions.

But of course if you are on any medication or under the care of any physician make sure that you run any of the little tips and tricks that I share with you today by your physician so that you make sure that you are working as a team. So before I begin I'd like to take a moment to just review why we are here, review a little bit about what I mean by food allergy elimination diet and the elimination provocation process that we are going to go through.

Why you are here is because you recognize that there is something in your health in the way you are feeling that's just not quite right. It's just not up to the level that you'd like it to be, you are not feeling quite as energetic or spry, V8 maybe you've got some brain fog or digestive ailments, maybe you've got some rashes that you just don't seem to be able to identify, persistent headaches and the list goes on and on.

Or worse perhaps fibromyalgia has been in your picture, you've been diagnosed with fibromyalgia which is basically a very bad swelling and inflammation in your muscles or maybe you've been diagnosed with chronic fatigue syndrome or some sort of autoimmune condition. The good news is, many, if not all of these conditions can often be helped by a properly conducted food allergy elimination process and that's what we are here for.



Doing this process all on your own can be confusing at best and frustrating and overwhelming at the other end of the spectrum. I know because I've been there, I know because I went it alone when I was sitting on your shoes just wondering why these particular symptoms would come and they'd go and what was causing them. Why was my brain in a fog, why did I have headaches and stomach pain?

I read and I listened and I read and I read and I tried and I got confused and finally it all came together but it was after years of struggling and learning. And so what I've done is consolidate this into a 30-day program. Does that mean that by the end of 30 days you will be free of food allergy? No, that's not what this is about but by the end of 30 days you will have a clear picture of many, if not all of the triggers for your food allergy related symptoms.

If you have a lot of foods that are triggering you it may take a little bit longer than 30 days to fully identify them. And also if you have a lot of food sensitivities it generally means that your gut is very leaky and inflamed and that's where a lot of the attention needs to be put and that's going to be part of this program, giving you a full week to conduct your elimination process.

We are going to review the three different methods of doing an elimination diet and what really exactly an elimination provocation process is and why it's considered the gold standard in food allergy testing. Then we are going to go through a process of determining which foods just might be your culprits and actually designing your own food allergy elimination diet.

I am committed to providing the best experience possible for you. Let me talk a little bit about elimination provocation and how that's used to detect it in food allergy. A lot of people started to have food allergy suspect that when they eat certain foods they feel bad or when they eat foods they feel bad, they just really don't know which foods.

Others have been tested and there are some various types of testers, there are stool tests, there are saliva tests and there are blood tests. They all have their merits and they all have their downfall and then there is muscle testing and they can all be used in conjunction with each other as well.

So when you go through the literature on food allergies what stands out is that the gold standard and when they talk about the gold standard in medical community, they mean the test that has the most credence, the one that's considered the best test too is elimination provocation. The problem with doing it on your own is it's very confusing.



So we are going to take you through a process and we are going to help you design an elimination diet based on your needs. So the process of food elimination and provocation is this, number one you identify foods that you suspect might be causing you a problem or foods that you eat a lot or foods that you crave and we'll talk exactly about how to identify those and you eliminate them.

Or you come up with a rare food diet, which is what we are going to go into in detail, a rare food diet meaning a diet that consists of foods you rarely eat. Either never or less than once a month or they are foods that you just recently started eating even if you eat them more regularly long before the symptoms that you are trying to get rid of popped up.

Rare food diets is one way, another way to deal with elimination diets means removing the foods so you are going to basically get your diet down to a set of foods that is unlikely to cause you symptoms and you are going to stay there, anywhere from four to seven days before starting to reintroduce foods.

And during that time if you've eliminated the suspects and your symptoms are at least in part caused by food allergies you are going to notice the difference, most people do. Once you notice the difference and it's more than four days then you can one at a time, reintroduce the foods and I have a very specific process for doing that which I'll explain to you.

So the three methods of food elimination, number one fasting. Fasting is absolutely the best way because there is no guessing if there is still a food in your diet that you are allergic to because you are not eating any foods. When I say fasting I mean water fasting. I've done this a number of times in my early days before I knew what I was doing I read a book and it said you fast for four or five days and then you reintroduce foods back in and so I did that.

You know what? I felt amazing when I went without food. Yeah the first couple of days were a little bit rough but when I got used to it I felt so good when I didn't eat. Now when you feel really good when you don't eat it says one of two things; one you are allergic or sensitive or intolerant of some of the foods that you've been eating or two you have a problem with your digestion and you are not digesting your food real well and it's causing symptoms after you eat.

And three which is more likely is the combination of one and two above. The problem with fasting is that not everyone can do it and I'm going to help you identify if you are a good candidate for fasting. For some people the rapid detoxification that's caused by just drinking water is just too much for their bodies to bear and they feel awful.



Not just for a day or two and not just awful in the sense that the hunger feels awful but awful in the sense that symptoms come up, really uncomfortable symptoms. For one person I worked with it was symptoms like her brain was buzzing and she was having tremors, it was too much. Her body started releasing toxins too quickly, her detox mechanisms couldn't handle it, we had to stop her fast, we had to stop her cleanse.

That's happened to me before that even happens when you go on a food related, a rare foods diet but we are going to design it so that it's unlikely for that to happen if you happen to be a solid detoxifier or having an overburdened detoxification system.

The second method similar to fasting but you are going to just fast from solid foods you are going to be able to drink liquids and you basically drink fresh fruit vegetable juices preferably 90% or more vegetable juices because fruit juices can cause your blood sugars to go whacko. And when I say fresh I mean fresh, I mean fresh squeezed, I mean fresh pressed, I don't mean V8 and I don't mean Tropicana, I mean fresh, done. If you are going to do juices they have to be fresh pressed.

And then the third method is what I already alluded to which is called the rare foods diet. So if you have symptoms that are related to the food you are eating and you go on a cleansing process, an elimination process where you only eat foods that you never eat or rarely eat, you usually eat like a couple of times a year if you still have symptoms it's really unlikely that your problems are caused by food allergy.

Maybe something else related to food, it may be a digestive issue, it may be toxins in the food you are eating but it's unlikely to be due to a food allergy if you don't feel at least a little bit better in that period of time. Sometimes it takes longer to really feel the full results. So that's a rare foods diet so we are going to determine how to know what you should be doing.

Are you a good candidate for fasting, are you willing to do fasting and are you a good candidate for fasting, are you going to do a vegetable juice diet? And a vegetable juice diet really wants to be juices of vegetables that you rarely eat otherwise you could be running into problems although vegetables tend to be rarely allergenic.

For some people they are allergenic so we don't want to leave any stones unturned. The first part is a food frequency test and it basically asks you lots of questions about your food. It's a short period of time that you are going to be doing this food allergy elimination, it's not like I'm asking you to do a process for a month, two months, three months, forever.



We are asking you to do this for a period of time before you start introducing your foods back in. I want you to have in front of you foods we can see check lists. First thing you are going to do that is circle the list of your favorite foods put a square around the ones that you eat most frequently.

The best way to go through this, you've got your food frequency list and you've answered never, once a month or less, four times a week, all the way up to daily and several times a day. First of all, you want to mark in red you can take a marker or a highlighter and you want to mark in red all of those foods that you ever tested allergic to.

So if at one point in life you were told you were allergic to blueberries but you never really knew if that were true you were told that by muscle testing or by a blood test or some sort of test then mark those. The other thing I want you to mark in red are any of the foods that you know that you feel bad when you eat and as you are going through your list, if you've already done this, just keep this handy as I just review this quickly.

Any foods that you've suspected but never really confirmed like it seems like when I eat eggs I feel a little bit squeamish afterwards so I get a headache afterwards, that was one that bothered me but it didn't happen all the time. And here is the thing that is confusing about the food allergies is that it doesn't happen all the time like every time you eat the food you get a problem then you don't suspect it.

But in reality, sometimes the amount needs to build up. So for me I didn't suspect the eggs as a part of my headaches until I just started doing this a little bit more carefully and I discovered that if I ate eggs one day and I only ate one or two then I didn't have a headache but if I did a second day in a row or if I ate a big omelets and ate three eggs on one day I did get a problem, I did have a problem, I got that headache and that's because the quantity built up.

Even if you are not getting external symptoms if you have food allergy problems it's not a good idea to just eat that small amount that doesn't cause the external symptoms because they are triggering inflammation in your body on a deep level. Inflammation can damage you. It can irritate your small vessels; it can irritate your nerves; it can aggravate your immune system and that can cause havoc in your digestive tract.

So here is a biggie, go through the list and any foods that you crave like wow I really love that food, I really want more of that food mark those in red as well, any foods that you love so much that you are unwilling to give up no matter what the cost to health.



If there are any foods that you are that attached to that you are not willing to give up if you find out that they are hurting you, those are the foods you probably most likely need to give up.

And you may decide I can't I'm not going to, you may find that when you get everything else under control that if you have those just very occasionally it works and you may find that you really never can. But I guarantee you that when you have the rewards of feeling good and then you eat that food and you feel bad you'll decide on your own that you are not going to do it.

What I would recommend for now is that agree to give up those foods during this process, knowing that you can have as much as you want when you add them back into test. And if you find out that they are causing a problem at least you are making an informed decision that I know this is bad for me and I'm doing it anyway and I know the repercussions but I'm doing it anyway.

Most likely my guess is that you are going find that you don't like the way you feel and you are not going to do it anymore. The reason that foods that you crave are problematic is that they oftentimes trigger an endorphin reaction. It's kind of like an emergency stress reaction that causes all these feel good hormones to be produced to make you feel better to get you over the pain and you just keep craving it.

Things like bread actually contain morphine-like compounds in them, the gluten does when it's broken down. There are actually 20 different morphine-like compounds that have been identified in gluten so it has nothing to do with willpower when you eat a piece of bread and you can't stop. It has everything to do with biochemistry.

We are also going to have anything that you binge on that you tend to binge on even if you don't crave them per se but when you do eat them you tend to binge on and eat too much or you continue to eat them even if you are no longer hungry, they become suspects. So any processed foods, why?

Not because you are necessarily allergic to processed foods but the processed foods contain things that can aggravate your digestive tract and weaken your immune system. Remember we talked about, we don't want to just get rid of any of the foods you are allergic to we want to get you to the point where your body no longer reacts and that you can heal the underlying dysfunction.



So all processed foods but I want you to mark also in red any foods that you eat more than three times a week except for those you've just recently started to eat. Like let's just say that you just discovered arugula and you found out it's really good for you and just over the last couple of months you've been eating arugula, you've been eating it every day but you never had arugula before and these problems have been with you for years.

It's unlikely that arugula is causing the symptoms but we are going to just do the first pass through and then we take another pass through. We are going to also mark in red anything that has caffeine or decaffeinated versions of those like coffee, tea and soft drinks, again why, because of their gelatinous effect on your immune system.

Same thing with alcoholic beverages but even more so with alcoholic beverages is that most alcoholic beverages are made from grains and grains are on the suspect list for many people, corn and wheat are typical in grain alcohol and then beer and wine beer usually has hops, barley, those sorts of things and barely is a gluten containing grain.

So any foods that contain oxidized fats, the reason for that, oxidized fats are fats that have been heated or processed in such a way to make them inflammatory to your body and to cause free radical damage. Again we are trying to heal during this process so we'd like to eliminate those during the elimination process.

Sweeteners like sugar, agave, maple syrup, rice syrup those are problematic in that again we are trying to heal the gut and get your gut repaired in such a way that you can actually heal the food allergies and heal the lining that's allowing the food molecules to get into your system. One of the reasons and triggers for food allergies is that your digestive tract is inflamed and the spaces between what's called the villi get blunted and then the villi themselves get blunted and you get pores called leaky gut.

Instead of your intestinal linings filtering the foods so that you just get small fully digestive particles in you allow larger molecules in. And when you allow larger protein molecules into your bloodstream your body mounts an immune response and attacks and wherever that happens to be happening, wherever the location of the assault tends to be is where you'll get inflamed.

So you may have more of the antibodies built up, the army men built up against these foods, maybe in your sinuses, maybe in your gut, maybe in your brain and that's where you'll get some of your symptoms.



Then any foods that you deliberately avoid for health or spiritual reasons so you'll mark foods off that like they may be the foods you never eat because I don't need M&Ms because M&Ms are bad for me and I don't eat beef because my religion doesn't allow it or because I'm ethically opposed to the killing of animals or whatever the reason you avoid the food, mark it in red because we are not going to ask you to eat foods that you deliberately avoid for whatever reason.

And then we are going to have you mark off in red any of the foods on the top nine most common food allergens list and those are gluten and where you are going to find gluten is in wheat, rye, barley, kamut, sprout and triticale and then dairy which is found in milk, cheese, sour cream, ice cream and baked goods.

Then we have corn and corn is hidden in so many places, so that's why I had you take off processed foods because then you don't have to worry about the hidden sources of these allergens. If you just eat foods in their whole state and they can be cooked or raw, it's okay, but it's foods that are in their raw natural state like there is a big difference between potato chips and a baked potato, huge difference between them.

There is a huge difference between sweet potatoes as a whole thing and sweet potato chips and there is huge difference between a lot of the processed foods and the whole natural versions of them. So in addition to these corn, soy, eggs, peanuts, strawberry, citrus, shellfish and chocolate those are all on the top 10 allergy list and they are listed in this exercise, you don't have to memorize them, you can print them out. Mark those off on your list.

So those are the no foods. The ones that are marked in red so far are the no foods. We are not going to include those during your elimination diet phase. Does that mean you are never going to include them again? Does that mean you already have a problem with them? No but we want to get rid of things that are suspicious or damaging to your body during the elimination phase so you have the better likelihood of feeling really, really good.

Next we are going to highlight our goal foods. These are the foods that are not likely to be trigger foods for you. I recommend using green highlighter pen to mark these foods and these would be all foods you never eat and since we've already eliminated the foods that you never eat because of spiritual reasons or health reasons those are already marked in red, you are left with foods that you never eat just maybe because you've never eaten them before or tried them before or maybe you don't like them or you just don't do them.



There shouldn't be too many that you never eat and we are going to take these next level if you don't have any that you never eat we are going to actually move to the next level, which would be the ones that you eat less frequently. So, and again, foods that you've recently added to your diet because of their health benefits and you had not eaten before your symptoms started, you can mark those in green as well.

So in the case I said before, like say you suddenly started using arugula, you can put arugula in your go foods list. You just started a Spirulina supplement because you heard it was good, you've never had a problem before you started it, it's unlikely that that's creating a problem unless you started it and then you noticed a situation so those are your definite goal foods.

And then with your yellow highlighter, we are kind of simulating traffic lights with the yellow, you are going to go through the list of foods again and underline anything that has sugar substitutes like stevia and xylitol in some people those cause digestive upsets or cause problems so we don't know about you but we are not ready to take them off completely yet we are going to see how it goes.

And then any remaining grains or grain products like crackers, pasta, bread, chips they can get contaminated with gluten or contain ingredients or corn that you are sensitive to. A lot of times they contain dairy products or eggs but also the fact that they are processed so we are going to just eliminate those during the process.

Now if you almost never eat quinoa, that's already been marked in green that's fine, if you've never had millet before and that's on the list fine, we are going to give that a try. So the next thing I want you to do is to print out designing your elimination diet and it's the food allergy grid.

It's got five columns, the first one says food category and then it has day one, day two, day three and day four and what we are going to be doing with this is after we go through the list of foods and we come up with our own elimination diet we are going to come up with other foods at least four in many of these categories, it doesn't have to be in each of these categories but in enough of these categories to give you enough foods to make it through the day.

So let's go through this and then I'm going to talk about how do you know if you are a good candidate for fasting for all or part of your elimination phase.



The next step that we are going to do is we are going to look at this chart, this grid that says rare foods diet, grain and food plants, we are going through the list and we are taking these foods that you never eat or rarely eat.

And you don't do so by choice, you just do so because you just don't ever do it then those are the foods you are going to eat a lot during this day, during at least four days. Once the four days are over you should be noticing a difference, you should be noticing that you are doing better, you've got rid of a lot of the food and then what I would recommend when we talk about the reintroduction phases is that you start with adding back green leafy vegetables and seeing if those create a problem and if not still continue to eat them.

So on this food category list, let me explain this sheet, this grid. On the food category list there are green leafy vegetables, salad vegetables, rainbow vegetables, foods and spices, fruits, starchy vegetables, seeds and nuts and oils, grains, legumes, meat, fish, if you are not vegetarian, it doesn't mean you have to have foods identified in each of these places. But what you need is enough food to help you make it through the day.

You can eat four pounds of broccoli in a meal if you want to, that's fine but if you want to eat broccoli with a piece of fish or broccoli with a potato or broccoli with some sort of legume or grain that you don't eat on a regular basis, a lentil or quinoa or something like that you want to make the foods simple, you want to make the meals easy and you want to have five foods or less at each meal.

So you need to have enough of a variety to choose from because you are going to be choosing foods that aren't in your never, or once a month or less categories as long as they don't cause you a problem, as long as you are not avoiding them because of a problem that's happened in the past.

So as a review, you are starting out by making notes, putting a red mark on all the foods you've ever been allergic to, all the foods you know make you feel bad even if it's not an allergy, you just get a digestive upset from it, all foods that you suspect an intolerance to, so many muscle tested you for, you kind of noticed that you might have a problem with it, all foods that you've never eaten no matter what the health benefits of.

You've said I hate kales so much that I will never eat it, I don't care how good it is for me. Mark it off, you are not going to eat it, you've already told me that. Mark all the foods that you crave and any foods that you'd be unwilling to give up regardless of health implications you've got to mark those off during this process because those are most likely to be a candidate.



Of course then the processed foods, the alcohol, the caffeine and all that and then any of the foods you eat more than three times a week unless you've started them recently.

So foods that you eat on a daily basis are suspects. If you come up with a list at the end that doesn't have much food on it then we'll talk. I want you to have, once you've identified all those no's on the maybe's you can go back and say well do I have enough of the foods from the yes category?

And if your grid is kind of sparse then we can re-look at some of the maybe's and the maybe's are things like quinoa, millet, grain, rice cakes, things like that, gluten non-gluten bread, those are the maybe's. So if you don't have enough on your calendar here then you should have nuts and seeds.

I put the nuts and seeds, the grains, the legumes and the meat and fish at the bottom because it's optional, you are going to choose. You may not eat foods in any of these categories, you may be primarily raw food and you don't eat any starches and grains. It's all great, you don't have to, you'll just be eating raw nuts and seeds and fruits to fill you up and you just need to identify foods in those categories.

So decide which categories you'd like to include cross off the ones you are not, if you are vegetarian cross off the meat or fish. If you don't eat cooked foods except for maybe cooked vegetables like I don't eat cooked foods except for vegetables so I would cross off the grains and the legumes and the starchy vegetables.

I would also say well, I'm having trouble with fruit right now because of my blood sugar, say you just got off of the B4BGone program and you are still having issues with fruit you'd cross off the fruit, you are not going to include fruit. So basically what you've got are green leafy vegetables, salad vegetables, rainbow vegetables, herbs and spices and nuts and seeds.

So basically you are going to do at least four days of just nuts and seeds and fruits and vegetables. Sounds like a good plan, well it's a very good detoxification plan and you are going to feel better just by going on that even if you were not allergic to any of the foods if you've not eating some of the things that are harder to digest but you are going to come up with foods.

The next thing we are going to cover is your detoxification pathways test and that was the test that asked you questions and said at the end that if you have very altered metabolism of detox, if you have good detox mechanism and that was at the end of that so we are going to cover one of those.



Some people do phenomenally with fasting. I do phenomenally with fasting. I've worked with people who say yeah, I feel great when I fast. It's when I eat that I don't feel good. So for those of you who are going to choose to do the fasting number one, the score at the end of this program there's basically a range of scores based on your answers to these questions.

If you have a very high score it means that your detoxification systems are burdened. If you've answered to the question have you ever fasted on water, yes and you felt lousy when you did that's a clue you are not going to do that. You've got a high score and you've said that results with fasting that explains why. We don't want you to fast during this, we want you to eat enough calories but we want you to eat low allergen calories.

So if your score is zero on this detoxification quiz that means that your detoxification mechanisms are humming along and you can use any of the elimination diet options you'd like to. You can do fasting, you can do juicing unless you've done them before and had a bad reaction but unlikely if you have a score of zero.

If your score is between 1 and 5 your detoxification rate mechanisms are overall working well. You can most likely be very comfortable fasting or juicing during the elimination phase unless of course you've done it before and it made you uncomfortable. If your score is between 6 and 9 on this quiz your mechanisms are mildly impaired.

What that means is if you were to do fasting or juicing for your elimination phase then you would probably not feel so good for the first few days but after that you would feel fine. If you've ever juiced or fasted before and your score is between 6 and 9 and you had good results, you really liked it, then you are welcome to try it during this process and I'll give you the specifics in just a moment of how to do that.

If not then you want to go with the rare foods diet approach. If your score is between 10 and 90 you have moderately impaired detoxification mechanism. You could benefit from a faster juice fast but you might feel really bad and you won't get a good idea of whether you are feeling better as a result of them eliminating your allergens because you'll feel worse because you are eliminating your toxins.

So I would prefer if your score is above 10 that you probably choose to do the rare foods diet unless of course you have fasted or juiced in the past and done well and felt good then you are welcome to do it. If your score is above 20 you most likely have very impaired detoxification mechanism and you are going to need a lot of extra support to successfully detoxify.



And therefore it's not a good idea at all that you do fasting or juicing. A better idea is to follow the rare diet plan and to make sure you are eating enough to keep your energy levels up so that you don't go into a serious very strong detox approach. If you are pregnant or nursing you definitely are not going to do the fasting, you are going to do the rare foods diet.

If you have serious blood sugar swings then you are not going to do the fasting and if you feel cranky, irritable, dizzy, unstable if you miss a meal or stay longer than three hours apart then you are not going to do fasting, you are going to do the rare foods diet. So let me summarize the profile of a person who fasting would be good for.

Number one, if you scored 5 or less on the detoxification survey and you've fasted before and felt great then fasting would be good for you. The profile of somebody who it's not good for, you have greater than 20 as a score on the detox profile or you have fasted or done juicing before and you just didn't feel good the whole time and it was hard for you to recover your strength and stamina afterwards and then there is all of you that fall in between.

If you have questions about whether you qualify, if you really are curious and you'd like to try fasting for a day or two or three or four then do your analysis and bring your results to me on the calls and we'll help you decide. The last thing I want to talk about is tracking. There is the food allergy symptoms tracker and there is a PDF version and Excel version.

What I'd like you to do right now is open that file up and have that in front of you opened. This is a very comprehensive sheet to help you to track your symptoms. So as you start your elimination diet I want you to start tracking what you are eating. What you'll see is a wider column during the first third of the page that says foods and beverages.

That's where you are going to write down your meals. So you'll start out by saying the dates. My energy level on a scale of 1 to 10, and I'll tell you up at the top how to rate those, on a scale of 1 to 10 my energy level is a 9, my stress level is a 5. My pulse, now why do we have pulse there? Pulse is a way to tell if your body is sensitive to foods it's not 100% but it's adding to the mixture.

So if you take your pulse before each meal and I don't expect that you are going to remember to take it before every meal but if you take it before the meal and then you take it again after the meal and it's gone up by more than 10 points that's a suspicious food or the foods in that meal are suspicious.



Unlikely to be happening during the elimination phase because you've eliminated foods, but before you actually start your elimination phase this would be a good chart for you to fill out over the next few days and that will help you to identify further any suspicious foods. So any food that causes your pulse to go up 10 points or more after you eat it you want to put that on the suspicious list and leave it out during the elimination phase.

If you have a glucose meter you can take your glucose before because sometimes when you have an allergic reaction to a food, the glucose goes up. Those are more of the people that have been on the B4BGone program and know how to check their glucose. So you write down all the foods and beverages, if you've had any more water write that down.

You check your pulse after, you check your glucose after and you just tune in to what's my energy like? You may eat a meal and then 15 minutes later you feel really tired so your energy went from a 9 to a 2 that's another clue that some of the foods in that meal are suspects and you are going to mark them in red on your food frequency chart.

And then throughout the day you are not going to necessarily have a bowel movement with every meal but if you have a perfectly working system you will. But mark another line for your bowel movement or put within there you have the time you had the meal put the time you had the bowel movement and you can look up at the top to see how to rate the bowel movements.

Certain bowel movements indicate that you are having an issue with digestion. Your emotional state, are you stressed, are you calm, are you relaxed, are you irritated, frustrated? Write that down. Again exercise is there, if you are exercising use a separate line for exercise, don't put it on the same line as your food.

So say you ate at 9:00 and then at noon you ran you have another entry that says 1:17 noon run and you write the exercise time and type over there. The reason we are doing that is to just see how things affect you and three important columns are the last three, this is where you are going to record throughout the day either related to a meal or not when you have pain.

If you have a headache, if you have stomach pain, if you have joint pains you note them down, you note the time, you note the location and we are going to teach you how to be a good food allergy sleuth so that you can tell if maybe one of these foods that you are eating is causing that. And when you go on your rare foods diet, your elimination diet or your fast and you see a decrease in those pains that's going to give you a clue that ah I'm on the right track.



Before I started my elimination diet I had pain three or four times a day at a level 8 and now I'm only having pains once a day at a level 2. That shows that you had a major improvement and so when you do this over the course of several days you are going to get clues as to how food is affecting you and we are going to help use this information in helping to design our re-introduction phase, our provocation phase.

Any other symptoms that you have, you can put them on the outside column and rate them; a rash, itching, stuffy sinuses, buzzing in your head, whatever happens, anything at all like that that happens. Alright so this is your chart now what I recommend that you do is you print out several copies of this chart, staple them together and carry it around with you and that way, whenever you eat something you jot it down.

If you are the techie type and you like to do it online we do have an Excel spreadsheet and that's the other file. It's the identical thing to this. Identical except it's an Excel spreadsheet so you can open it up and you can write things down.

I know some of you who like to keep really good notes what you like to do is print off the charts, keep track of it and then when you get home at night, you transfer the information into your Excel sheet. The cool part about putting things in an Excel sheet is that you get to be able to see some trends.