

Food Allergy Elimination Provocation Process



Dr. Ritamarie Loscalzo

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Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional, and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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3 Methods of Food Elimination

1. Water Fasting



2. Juice Cleanse



3. Rare Foods Diet



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Food Frequency Assessment

★ **Stop the recording now** and fill out this form:

<http://www.drritamarie.com/go/FoodFrequencyChecklist/>

- Check your e-mail for completed form and print it.
- Gather some colored markers or highlighters: **green**, **yellow** and **red** (or if highlighter – **orange** or **pink**)

Food Frequency Checklist VLM Assessment: Food Frequency Checklist Please complete the form below as thoroughly as possible. You will receive a copy of your completed results to print.	
Page 1 of 10 - Healthy Data *  Name * <input data-bbox="931 1564 954 1567" type="text" value="First"/> <input data-bbox="962 1564 984 1567" type="text" value="Last"/>	
Directions: For each of the following foods and beverages, please indicate how often you eat the food. (NOTE: Some foods may be seasonal [i.e. you eat more of them in season]. In this case, please indicate the frequency that you are eating such foods NOW on the basis of this program).	
Coffee - Regular <input data-bbox="1132 1550 1191 1552" type="text" value="Never"/> Coffee - Decaf <input data-bbox="1132 1556 1191 1560" type="text" value="Never"/> Tea - Green <input data-bbox="1132 1564 1191 1567" type="text" value="Never"/> Tea - Herbal <input data-bbox="1132 1573 1191 1575" type="text" value="Never"/>	

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