

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 by e-mail.

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Date: / /

Name:

Age:

Sex:

Frequency:

Coffee:

Coffee:

Tea:

Tea:

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