

Food Allergy Elimination Provocation Process



Dr. Ritamarie Loscalzo

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.

3 Methods of Food Elimination

1. Water Fasting



2. Juice Cleanse



3. Rare Foods Diet



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 * / /
MM DD YYYY

Name *
First Last

Beverages

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 at the time of this program.

Coffee - Regular

Coffee - DeCaf

Tea - Green

Tea - Herbal

Identifying Your Trigger Foods (No, Go, Maybe Protocol)

★ On the printout of *Food Frequency Assessment* form:

- ✓ Circle your favorite foods
- ✓ Put a square around the ones you eat most frequently

★ Open the *Learning to Spot Potential Trigger Foods* documents and follow along:

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



Designing Your Elimination Diet

STOP the recording.

Open and print the Food Allergy Grid, aka *The Elimination Diet Menu Plan*:

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

Elimination Diet Menu Plan

Rare Foods Diet Grid and Food Plan

Food Category	Day 1	Day 2	Day 3	Day 4
Green Leafy Vegetables				
Salad Vegetables				
Rainbow Vegetables				
Herbs and Spices				

Are You a Good Candidate for Fasting?

STOP the recording and complete the *Detoxification Capacity* assessment

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

Go to your e-mail and open your assessment results or print before restarting the recording.

Vibrant Living Members (VLM) Assessments
Detox Capacity

VLM Assessment: Detox Capacity

There are certain environmental, dietary, and health history factors which affect your ability to detoxify your environment. The higher the score, the more likely you are to have uncomfortable reactions if you cleanse too rapidly, especially if you attempt to do a water-only fast or a juice-only cleanse.

Answer all the questions below to calculate your detox capacity score. You may need a calculator and a pen and paper handy to calculate your score.

Important: Track all your sub-totals on a scrap of paper so that you can complete the final total.

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Name *
 First Last

Email *

Today's Date: *
 / / MM DD YYYY

Part 1: Detox Capacity Score
Answer each question as accurately as you can.

Each multiple choice question has a numeric value that is also your "score" for that question.

Tracking Foods and Symptoms

Open these files NOW:

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

OR

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

AND

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



Diet and Symptom Trackers