



## ELIMINATION & CHALLENGE DIET

- Objective**
- Diagnostic and curative
  - Remove foods which may cause symptoms
  - A small amount does matter - "acts like a switch"
  - Reintroduce foods to assess reactions

### 12-16 days restricted diet with "safe foods" 4 day Rotations:

Day 1: Peeled sweet potato & pears, Veal

Day 2: Rice, pawpaw, chicken

Day 3: Tapioca, peeled delicious apple, whiting or bream

Day 4: Sago, lamb/kangaroo/rabbit, buckwheat

## CHALLENGE PHASE:

Introduce one food at a time, start with favorites:

Dairy, gluten, beef, gelatin, egg, chicken, citrus, tomato, strawberry, preservatives, shell fish, peanut.

### Methods of Challenging:

Challenge with main suspect –

**Dairy:** 3 glasses of milk,

**Gluten:** 3 weetbix,

**Egg:** white only in small amounts over the day,

**Yeast:** 1 tsp vegemite,

**Salicylates:** 4 glasses of OJ

Small amounts at first –

### No reaction:

Wait 24 hours until next food introduced.

### Reaction with small amount:

Don't continue with challenge of that food.

### Reaction with a larger amount:

Wait until symptoms have subsided, usually 3 days.

- Vegetarians substitute with lentils or dried peas
- The following may be added at any time: millet, rice crisp bread, lettuce, celery, cabbage, cashews, bamboo shoots, swedes
- 1 cup allowed of: green beans & peas, chives, red cabbage, leeks, brussel sprouts, choko, mung bean sprout
- All food to be washed & peeled before eating
- Filtered water only
- Pear juice allowed

## FOOD INTOLERANCE SYMPTOMS:

**Joints:** aches, stiffness, swelling, red

**Skin:** itch, hives, eczema, sweating, dryness

**Head:** headache, migraine, pressure

**Fatigue:** exhausted, exercised induced, tired, afternoon nap, fog brain

**General:** dizzy, light-headed, cold, hot flushes

**Depressed:** withdrawal, indifferent, crying, lifeless

**Stimulated:** hyperactive, anxious, irritable, intoxicated

**Muscle:** tremor, cramps, spasms

**Nasal:** post nasal drip, sinusitis, blocked nose

**Mouth, Throat:** sore, swollen, bad taste, bad breathe

**Ears:** otitis media, earache, ringing

**Chest:** wheezing, asthma, cough

**Eyes:** red, burning, itchy, bulging

**Vision:** blurred, loss

**Gut:** bloating, constipation, diarrhoea, abdominal pain, feels full, belching, nausea

**Immune:** inflammation involving any body organ

## REMEMBER

Any symptom of disease can be food intolerance,  
Food intolerance runs in families.  
Disease can begin with food intolerance  
Change of diet is a relatively inexpensive  
and drug free method of "treatment"