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# STONE - ATWATER

## ACUPUNCTURE & NATURAL HEALING

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### Elimination/Challenge Diet

The elimination and challenge diet is designed to omit suspected food intolerances and irritants from the diet for 7 to 14 days. Once this is done, it is possible to reintroduce suspected food irritants or intolerances one at a time back into the diet, while checking for adverse reactions. Ideally, the diet should be set up so that foods in the same family are not repeated within a 3-day period.

#### *Foods that may be eaten for the 7~14 day period*

- Rice
- Broccoli
- Squash
- Peaches
- Turkey (organic)
- \*Prunes
- Millet
- Cauliflower
- Cabbage
- Cherries
- \*Cranberries
- Quinoa
- Sweet potatoes
- Lettuce
- Olive oil
- Filtered water
- \*Apricots
- Teff
- Yams
- Spinach
- Rice vinegar
- Sea salt
- \*Beets
- Juices from the fruits listed above
- Eat grains
- Use organically grown fruits and vegetables whenever possible.

*\*Cook these foods to decrease antigenicity (decrease potential allergy reactions)*

#### **Common food irritants and intolerances: AVOID THESE FOODS**

- Dairy
- Citrus
- Seafood
- Beef
- Refined sugar
- Peanuts
- Eggs
- Potatoes

### ***ELIMINATION/CHALLENGE DIRECTIONS***

- Ideally, a six-week elimination diet should be undertaken to accurately assess food intolerances and irritants. However, one may notice a favorable response within two weeks.
- Eat the hypoallergenic diet for 7 ~ 14 days as above.
- Keep a diet diary and record any symptoms that develop during the period.
- Introduce one food that has been omitted for the last 7~ 14 days and eat it at each meal for 1 - 2 days. If there is a reaction to the food, discontinue eating that food and wait for the symptoms to clear before introducing the next food.
- If there is no reaction from the food it is possible that you are not sensitive to it.
- Reintroduce a second food in the same way and observe any effects.
- Continue reintroduction of additional foods until all foods have been checked.

***The following is a partial list of reactions that have been noted in reaction to food irritants and intolerances:***

The following reactions can occur during the “withdrawal phase” of the elimination diet or during the reintroduction/challenge phase. If an unpleasant reaction should occur, discontinue the food and make a note of the reactions (feelings, bloating, mucous production, mental change, chills, etc.) in the symptom diary.

- ***Skin reactions*** – itching, burning, hives, red spots, sweating, etc.
- ***Ear, Nose & Throat*** – sneezing, runny nose, sore or dry throat, hoarseness, ringing in the ears, dizziness.
- ***Eyes*** – Blurring, spots before eyes, watering, pain, twitching, sensitivity to light, redness and swelling of lids.
- ***Respiratory*** – wheezing, mucous formation, shortness of breath, tightness of chest, asthma.
- ***Cardiovascular*** – pounding heart, increased heart rate, flushing, tingling, faintness.
- ***Gastrointestinal*** – increased salivation, canker sores, indigestion, bloating, stomachache, heartburn, colic, constipation, pain, diarrhea, gas, itching or burning of rectum or anus. One may also experience weight gain from a food intolerance.
- ***Genitourinary*** – frequent, urgent or painful urination, inability to control bladder, itching, discharge, pain, water retention.
- ***Musculoskeletal*** – Fatigue, weakness, pain, swelling, stiffness of joints, backache.
- ***Nervous System*** – headache, migraine, drowsiness, inability to concentrate, depression, irritability, restlessness, hyperactivity, dizziness, numbness, tremors.