

## ST. JOSEPH'S EAR, NOSE & THROAT CLINIC

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### FOOD ALLERGIES AND THE ELIMINATION-CHALLENGE DIET

The elimination-challenge diet is the gold-standard test to detect if you have a food allergy. Frequently, we become ill from eating foods that we are unaware are affecting us. The elimination-challenge diet is designed to uncover these "hidden" food allergies.

#### **METHOD**

1. The food to be tested should be used at least once daily every other day for at least two weeks prior to the test.
2. Totally eliminate the suspected food or food group from your diet for six days. Symptoms often get worse in the first few days as you go 'cold turkey.' They may then improve by the sixth day as your body is "cleared" of the offending food.
3. Challenge yourself on the morning of the seventh day. The test food must be used in its most pure form prepared individually without added condiments or other food ingredients. Beginning one half-hour before the feeding, record any symptoms such as congestion, headache, nasal drainage, etc. An average portion of the test food should be consumed within a short amount of time.
4. Symptoms are then noted and recorded for one hour. If there is a significant reaction, the test is positive and a food allergy is present.
5. If there is no obvious reaction in one hour, eat at least 4 servings of the food over the next 8 hours. Watch for any symptoms to appear. These are usually delayed 10 to 14 hours, rarely as late as 20 hours after the test in delayed food allergies.
6. If you suspect and have eliminated several foods, do not challenge them all at one time. We would not know which food caused the problem. Instead, challenge one new food every 48 hours, starting on the 7<sup>th</sup> day.
7. Should uncomfortable symptoms develop take Alka-Seltzer (Gold) Antacid Formula without Aspirin. This usually is an excellent remedy.
8. When a food causes a definite reaction, the food should be avoided. If there is no reaction after a challenge, you may confidently eat the food. Sometimes you may not be sure whether there was a reaction or not. This can usually be resolved by a second elimination-challenge diet.
9. These tests are reliable but not perfect. The most common cause of an invalid test is failure to eliminate completely the test food. Many foods are hidden as additives and can sneak into our diet without our knowledge. Milk, for example, is in hot-dogs and Coffee-Mate. Aspirin tablets contain corn! Even eating a tiny amount of the suspect food during the 7-day elimination phase may ruin the test results.
10. The second most common cause of an invalid test is multiple food allergies. If a person is allergic to many foods, the response to just one may be "drowned out" by the symptoms of all others.
11. The elimination-challenge test for food allergies is usually dependable and has no cost. It is ideally suited for an easily identifiable food, like tomatoes or apples, which are relatively easy to keep out of your diet. Corn, soy, wheat, and coconut oil are much harder to eliminate. Other tests may be needed to identify these allergies. Combining different test techniques and common sense usually give the answers to the riddles of food allergy.

## FOOD LIST

Apples	raw apples of the variety most often used
Beef	1 slice of roasted or broiled, without added products (or homemade hamburger)
Chocolate	1 tsp. full of Hershey's cocoa in water, sweetened with pure cane sugar
Coffee	2 cups black of usual brand
Corn	cooked cornmeal
Eggs	2 hard or soft boiled
Lettuce	1 small head raw
Milk	1 pint of usual brand
Oranges	2 medium, or 8 oz. pure, fresh orange juice
Pork	2 chops, fried in their own fat
Potato	1 large baked
Tomato	1 large ripe or 8 oz. pure tomato juice
Wheat	bowl of cream of wheat

### **CHILDREN ALLERGY/SENSITIVITY TO FOOD**

#### COMMON SYMPTOMS AND SIGNS

##### First Month

Colic, vomiting/reflux, cyclic crying-irritable, fussy, won't cuddle, clear "runny nose, "Burned-Butt" Syndrome, foul stool odor, and formula intolerance and changes.

##### One to Six Months

Continued signs and symptoms of the first month, especially ear infections, eczema, constipation; diarrhea, gas, abdominal distention, eyelid swelling and skin itching.

##### Six to Twelve Months:

Still not sleeping through the night, signs of unexplained pain-head banging, crying, unhappiness, and wheezing.

### One to three Years:

Growth and/or development delayed - height, weight, mental, personality (Jeckyl/Hyde), hyperactivity, impulsive, bronchitis/asthma, recurring ear infections or sinus infections.

### Three to Six Years:

Beginning of "The Syndrome Era", all previous signs and symptoms worsen, onset of more typical adult manifestations of inhalant, food, and chemical sensitivities.

## OBSERVED SYMPTOMS/SIGNS IN AFFECTED CHILDREN

Red ears/earlobes, red "rouge patches, on cheeks, clear throat or "clucking" from itchy throat, swollen/ cracked lips, wiggling, jittery extremities, excessive thirst, malaise (not feeling well), unexplained facial pallor, and/or extreme ticklishness.

## OBSERVED PERSONALITY CHANGES IN AFFECTED CHILDREN

Overactivity, loudness, silliness, irritability, aggressiveness/hostility, vulgarity, persistent yawning, falling asleep, easily distracted, impulsiveness, depression, fatigue, refusal to be touched or obey simple commands, crawling away behind or under furniture (escape), and/or changes in writing or drawing (dyslexia).

## **ADULT ALLERGY/SENSITIVITY TO FOODS**

### COMMON SYMPTOMS AND SIGNS

#### Respiratory:

Nasal obstruction (edema), rhinorrhea, thick postnasal drainage, sneezing, cough, bronchitis/asthma, hoarseness, repeated infections or antibiotics, sore throat (tickling, itching, burning, scratchy), and/or "sinus."

#### Gastrointestinal:

Gas, belching, abdominal distention, bloating, loose stools, constipation, heartburn, bad breath, geographic tongue, itching palate, and/or colic.

#### Genitourinary:

Frequent urination, burning on urination, large proportion of patients also experience PMS, dysmenorrhea, vaginitis and/or symptoms fluctuation with menstrual cycle.

#### Skin:

Eczema, generalized or midscalpular skin itching, nonpigmented "sandpaper rash", circles under eyes, baggy eyes, lid swelling, and/or food contact skin redness.

Neurologic:

Headache (includes migraine), short attention span, learning disabilities and dyslexia, mental fatigue, insomnia (either difficulty falling asleep then sleeps well or falls asleep easily then awakens around 1 a.m. - 4 a.m.), postprandial behavior problems, “Jeckyl/Hyde” personality, irritability, and/or food addictions or compulsions.

Otologic:

Chronic serous/mucoid ear infections, chronic mucoid ear drainage, dizziness, lightheadedness, and/or ringing in ears.

Miscellaneous:

Itching inner part of eyes, itching deep in ears, fatigue, neck pain, itching mid-back, itching inner surface of elbow, and/or muscle and joint aches.

**BERRIES**

Blackberry  
Boysenberry  
Raspberry  
Strawberry

**BOVINE FAMILY**

Beef  
Veal  
Milk Products  
Butter  
Cheese  
Ice Cream  
Yogurt  
Whey  
Caseio (caseinate)

**GRASS FAMILY**

Barley  
Malt  
Corn  
Millet  
Oat  
Rice  
Rye  
Wheat  
Bran  
Flour  
Gluten  
Graham

**FISH**

Cod  
Flounder  
Halibut  
Salmon – Trout  
Shark  
Sole  
Tuna

**FUNGI**

Molds  
Dried Fruits  
Aged Cheese  
Leftovers  
Non-fresh/Fruits/Vegetables  
Processed Meats

**GOOSEFOOT FAMILY**

Beef and Beat Sugar

**CITRUS FAMILY**

Grapefruit  
Lemon  
Lime  
Orange  
Tangerine

**CHICKEN FAMILY**

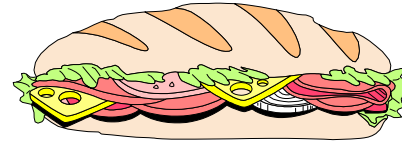
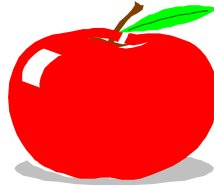
Chicken  
Eggs

**MINT FAMILY**

Marjoram  
Peppermint  
Rosemary  
Sage  
Spearmint

**MUSTARD FAMILY**

Broccoli  
Cauliflower  
Horseradish  
Mustard Seed  
Radish  
Turnip



ST. JOSEPH'S  
EAR, NOSE & THROAT  
CLINIC

**JAMS**

Sweet Potato

**SWINE FAMILY**

Pork  
Bacon  
Ham  
Sausage  
Lard

**MALUS**

Apple (Pectin)  
Pear

**POTATO FAMILY**

Eggplant  
Pepper  
Bell  
Cayenne  
Chili  
Curry (Contains)  
Paprika  
Pimento

**CARROT FAMILY**

Anise  
Caraway  
Carrot  
Celery  
Coriander  
Cumin  
Dill  
Parsley

**MOLLUSK**

Clam  
Oyster  
Scallop  
Squid

**YEAST**

Bread  
Beer  
Many Vitamins  
Most Spirits  
Vinegar  
Wine

**GOURD FAMILY**

Cucumber  
Melons  
Pumpkin  
Squash

**CRUSTACEAN**

Crab  
Lobster  
Prawns  
Shrimp

**LEGUME FAMILY**

Alfalfa (Sprouts)  
Beans  
Carobs  
Chickpea (garbanzo)  
Gum Tragacanth  
Lentil  
Pea  
Peanut  
Soybean  
Flour  
Hydrolyzed Veg. Protein  
Broth (Veg. Broth)  
(Soy or Veg. Oil is Okay)

**COMPOSITE FAMILY**

Lettuce (all types)  
Safflower (Oil)  
Sunflower  
Tarragon (Herb)

**LILLY FAMILY**

Asparagus  
Chives  
Garlic  
Leek  
Onion

**PRUNUS**

Almond  
Apricot  
Cherry  
Peach (Nectarine)  
Plum (Prune-see fungi)

**LAUREL FAMILY**

Avocado  
Bay Leaf  
Cinnamon

**COCA FAMILY**

Chocolate  
Coffee  
Cola