

ELIMINATION DIET - STAGE I

For 6½ days starting on your diet should be *totally* restricted to the following:

Olive oil

For cooking

Venison

] Grilled or roasted (*hot or cold*)

Lamb Lamb's liver and kidneys also permitted

]

Sea Bass

]

Cod

]

Sole

]

Trout

]

Only fresh or frozen (not tinned or smoked)

Mackerel

]

Grilled, microwaved, steamed or fried in

Hake

]

olive oil.

Plaice

]

Haddock

]

Red Snapper

]

Sharon (Persimmon) fruit

Pears

Carrots

]

Green Beans

]

Only fresh or frozen (not tinned)

Peas

]

Spinach

]

Obtainable from many

Chinese Bean Sprouts

]

supermarkets all year round, or in frozen

Parsnips

]

form out of season.

Turnips

]

Swedes

]

Raw, microwaved, boiled, roasted or fried

Marrow

]

Courgettes

]

Cucumber

]

Sweet Potatoes

Boiled, roasted or cut into penny slices and
microwaved/deep fried in olive oil until brown.

Still or Sparkling Bottled Water *Malvern, Perrier, Evian, Volvic or any other spring waters are
obtainable from supermarkets or off-licences*

Nb: Sweet potato crisps & golden parsnip crisps can be found in some supermarkets.
(They do contain sunflower oil which is almost as low risk as olive oil)

A pear or fruit juice drink can be made by removing the skin and liquidising the fruit with
bottled water.

Use only sea salt.

Continued overleaf

ELIMINATION DIET - STAGE 1

The Elimination Diet consists of 6½ days on a very low risk allergy diet. It is important that you only eat the foods that are listed on the Stage 1 Diet Sheet over the page.

It is vital to the whole investigation that there is absolutely no break in this diet. A small sip of coffee, for example, in the six days could completely change the pattern of response which is crucial to accurate diagnosis.

Important Notes for Stage 1

- 1) In the morning of the first day you should take teaspoons of Epsom salts in ¼ pint of warm spring water to evacuate from the bowel foods that you have eaten on the days preceding the diet.
- 2) Medications should be stopped as they almost always contain food substances. You will have discussed any problems concerning stopping medications you are on during your initial consultation. *Wheat, corn and yeast are all used as base materials or fillers in a wide range of pills such as the contraceptive pill*, antidepressants, tranquillisers, painkillers, blood pressure pills and some vitamin/mineral supplements. Many medications are also sugar coated.*
* Please note that the contraceptive pill must NOT be stopped mid cycle
- 3) As well as restricting your diet, IT IS VERY IMPORTANT NOT TO SMOKE AT ALL during the Elimination Diet.
- 4) Whilst on the diet, do not brush your teeth with ordinary toothpaste. Teeth can be cleaned with sodium bicarbonate or the Original Sensodyne (not the mint-flavoured variety or Sensodyne F) can be used.
- 5) Avoid licking stamps or envelopes as the glue contains corn and other chemicals.

Please make sure that you keep a comprehensive record of how you feel during each day of the 6½ days. This is very important, even if you do not notice any symptoms, as this will still be used as a basis to decide the next stage of your treatment.

It is quite probable that you will feel worse than usual on this diet, especially during the first 3 days. Some of the symptoms you may notice are, for example, headaches, fatigue, dizziness, aching muscles, catarrh, swollen ankles, depression, lethargy, tension, etc. These and other symptoms may be helped by taking 2 teaspoons of sodium bicarbonate in ½ pint of hot spring water.

YOU WILL NEED TO SEE ME AND DISCUSS YOUR RESPONSE ON THE SEVENTH DAY OF THIS DIET, WHILST STILL RESTRICTED

Preparing for Stage 2

In total there are 22 new foods to be introduced in Stage 2. The first 4 foods to be assessed are chicken, grapes, broccoli and avocado pear. If you wish, you can buy these at the end of Stage 1 ready for the start of Stage 2.