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## FAUQUIER EAR NOSE & THROAT CONSULTANTS, PLC



### Rotary Diversified Diet for Allergic Patients

It is important for the person who has allergies to learn how to live on a diet that not only will sustain them comfortably but will at the same time reduce the possibilities of contributing to their symptoms. We know that at least half of our patients who suffer sensitivities to substances inhaled with the air also are apt to have symptoms produced by some of the things they eat. These symptoms vary greatly and the patient must be continually alert to watch for and report them to the doctor. Do not try to remember symptoms from day to day. Write them down!

Symptoms to watch out for, in addition to the stopped up runny nose, are headache, itching or tacking in the palate or throat, dizziness, bloating, gas, excessive feeling of fullness in the stomach long after the meal is eaten, excessive drowsiness right after a meal, diarrhea, swelling of the hands, feet, and ankles. There are other possible symptoms, such as mental disturbances, insomnia, canker sores, recurrent sore throat.

In general, common foods that are eaten every day are more apt to cause trouble than those eaten sporadically. Some of us already know what particular food may disagree with us. Ask the doctor about it. However, the foods most often found to be offenders are wheat, milk, corn, egg, citrus (orange, grapefruit, lemon), potato, chocolate, tomato, spices, yeast, malt, nuts, beef, and pork in roughly that order. It is seen that these foods are eaten every day by most of us.

It is also known that avoidance of a food leads to its tolerance, and that repetitive ingestion of a particular food, particularly in large amounts, increases ones sensitivity. Therefore, the allergic individual must learn to rotate their foods from day to day, and to diversify or vary the type of foods ingested. This means that if beef is eaten on Sunday, it must not be eaten again until Wednesday or Thursday. If potatoes are eaten with this Sunday meal, the same rule applies. The rule applies thus to all foods, including what we drink. Try to eat one particular food no more often than every fourth day.

Try to vary beef (or veal) with pork, lamb, fowl (chicken, turkey, duck, etc) or fish. Vary your vegetables as much as possible. Potatoes and tomatoes must not be eaten daily. Your salad must not always be lettuce salad. Watch the salad dressings! Try to eat fruits (and their juices) other than citrus. Some people have orange juice every day of their lives. It is not necessary for adult sot have milk every day in order to stay healthy. Learn to drink something other than milk or coffee with meals. Try anything new or different! If you have to have bread, go to the health food store and find a bread made from something other than wheat flour. Do you have cereal always in the morning? If so, learn to eat oats or rice cereal. Breakfast is most often apt to be the most unvaried meal. Break up this monotony! Once rotation and diversification of diet has been established, and a symptom suddenly occurs, it is much easier for the patient and the doctor to identify what caused it.

The rules apply to children too, and their diet is often more unvaried than that of the adult. In children, wheat and corn cereals, peanut butter, chocolate, cola drinks and popcorn are frequent offenders in addition to the above. Do not allow the allergic child to snack on anything he wants, because he will invariably crave the very thins that will give him symptoms. We realize that these rules will necessitate careful observance of the child as well as some discipline.

Adults should remember that all alcoholic drinks contain corn, yeast, malt, and other cereal grains. If just one or tow drinks give you unpleasant symptoms of any type, strongly suspect an allergy. We do not expect that a continuous rotary diet is pleasant for most people, for it requires constant thinking and work. However, as your allergy is brought under control and you begin to feel better, it is possible to reinsert offending foods back into the diet, one by one, provided that you do not eat it too often orin large amounts.

In most instances, the strict rotary diet must be followed for at least four to six weeks. Many patients have to follow it only during their bad season, such as during grass pollinating season (May, June) or ragweed pollinating season (AUGust, September). It is entirely possible that you are not allergic to any foods. The purpose of the rotary diversified die tis to force you to think about what you eat and the possible consequences. Learn to read labels on cans and bottles! What do they contain? Keep in mind that almost all foods purchased in the grocery store have added sweetening agents, chemical preservatives, coloring agents, and other substances which may effect you. If you are a food sensitive patient, and approximately 60% of allergic patients are, you simply must familiarize yourself with what you eat. An occasional lapse is not apt to be harmful but repetitive ingestion of an allergic food will complicate your allergy and prolong your symptoms indefinitely in spite of otherwise good allergic control.