

Dietary Elimination and Rechallenge Protocol

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Principles and Concept

The aim is to rapidly determine if food allergy, intolerance or sensitivity is contributing to your health problems. It may be a major or minor contribution, or may play no part in your illness.

The rationale is simple, and may help prevent your need to go on long term dietary trials with little likelihood of benefit, and the possibility of unnecessary dietary restriction leading to inadequate nutrition.

If the result of this program is that you find that some foods do cause reactions, a more complete formal elimination diet with a broader range of challenges may be indicated.

It is important to differentiate minor improvements and minor positive challenge results from more significant reactions. This is a "quick and dirty" test, and is mainly designed to quickly reach an answer to the question, "Do adverse reactions to foods contribute to the health problems of this person?"

Protocol - Step by Step

STEP 1

Prepare for the diet by purchasing foods allowed, while finishing off any foods eliminated in the diet.

STEP 2

Cut out the following food groups for a period of between seven and ten days.

You may experience some withdrawal reactions and/or cravings after withdrawing foods. If you can, continue with the withdrawal, and you will find these unpleasant reactions will drop away after a few days.

You may be prescribed a food supplement such as UltraClear powder, and certain nutritional supplements. Do not take products apart from those specifically prescribed during the elimination phase.

(Note: Check for these items on the label of packaged foods)

- Wheat, rye and barley
- Products containing gluten
- All cows milk products
- Peanut
- Egg
- Shellfish
- Citrus
- Yeast and fermented products
- Sugar and soft drinks
- Coffee, tea or caffeinated products
- Artificially coloured or flavoured products

For people who consume a lot of soya products (tofu, soy milk, tempeh, etc), it is often wise to cut out soya as well.

It is always worth considering the possibility of adverse reactions to foods which form a major part of your diet, even if they do not appear on the list above. If there are alterations in gastrointestinal function, almost any protein containing food may become a problem.

STEP 3

What you do next depends on result after 10 days on STEP 2.

If there was NO obvious change in your symptoms, it is not likely that foods will be playing a significant part in your health problems. The exception, of course, is when the adverse reaction is to foods which have been left in the diet.

Thus, if there was NO obvious change in your symptoms, simply re-institute your normal diet over the next few days. Look out for adverse reactions when you do, but this is unlikely.

If there WAS an obvious improvement in your symptoms, then it is likely that foods play a significant part in your health problems. You now need to move on to STEP 4, the rechallenge.

STEP 4

You need to rechallenge the foods one at a time in order to identify which food or foods are responsible for which symptoms.

You need to write down the foods you eat and the reactions you have (including dates and time) in a food diary, so that the link between foods and symptoms can be established.

Remain on the foods you have been eating through the withdrawal phase of the diet for background nutrition, including any food supplement such as UltraClear Maintain.

Only one food is challenged every two days. It is taken as a meal, and a large serving is taken.

Observe symptoms which may develop over the 48 hours following the challenge. Most adverse reactions begin within 4 to 6 hours, but others are delayed in onset. Not all symptoms, their severity, and the time of their onset.

Having symptoms following a food challenge does not PROVE that the food caused the symptoms. A second challenge is carried out a week or so later, and if the reactions and the timing are much the same, this makes it highly likely that the food is the cause.

Foods which cause no reaction can be left in the diet while further challenges are done.

If there is a reaction to a food, it is removed from the diet, and the next item is not challenged until TWO DAYS AFTER all signs of the reaction have disappeared.