

4 DAY ROTATIONAL DIET

Eat “allergic” food every 4th day for 6 weeks

If allergic to more than 1 food, start with food that is missed the most.

The first 3 trials may produce symptoms; however continue the rotation for at least 6 times (3 weeks) unless symptoms are too severe.

After 6 weeks with 1 allergic food, then introduce the 2nd allergic food

EXAMPLE:

Patient is allergic to eggs and corn.

Patient wants to start rotation with eggs

PHASE 1: Start by eating 1 meal with eggs on Monday

Eat 1 meal with eggs on Friday (4 days from Monday)

Eat 1 meal with eggs on Tuesday

Eat 1 meal with eggs on Saturday

Eat 1 meal with eggs on Wednesday

Eat 1 meal with eggs on Sunday

At this point if patient is really not doing well (symptoms are too much), stop the rotation with eggs and wait 6 weeks to begin rotation with a different “allergic” food.

If patient is tolerating well, can start eating “allergic” food (in this example its eggs) for multiple meals but continue only eating it every 4th day.

After the 6 weeks of rotation is finished, the patient can continue eating the first allergic food every 4th day.

PHASE 2: At this point we can add another allergic food on that 4th day if easier or a different 4 day cycle

Eat 1 meal with corn, and can have multiple meals with egg on Thursday.

Eat 1 meal with corn, and can have multiple meals with egg on Monday

Eat 1 meal with corn and can have multiple meals with egg on Friday

Eat 1 meal with corn and can have multiple meals with egg on Tuesday

Eat 1 meal with corn and can have multiple meals with egg on Saturday

Eat 1 meal with corn and can have multiple meals with egg on Wednesday

Eat 1 meal with corn and can have multiple meals with egg on Sunday

PHASE 3: At this phase the patient can continue the rotation as long as needed. We recommend a 4 day rotational diet for 6 months before increasing the food frequency.

Continue to eat foods that have passed a 6 week trial, re-eliminate foods if patient chooses, and add 1 “allergic” food every 4th day for as many 6 week trials needed to complete all “allergic” foods in question.