

WISH

World Integrated Systems in Health
Dr. Sandra J. Bevacqua

How to use a Rotation Diet

The goal of a rotation diet is to identify and control current food allergies and prevent the formation of new ones. Tolerated foods are eaten at regularly spaced intervals of 4 to 7 days. This approach is based on the principle that infrequent consumption of tolerated foods is not likely to induce new allergies or increase any mild allergies, even in highly sensitized and immune-compromised individuals.

Any food, if eaten repetitively, can cause food allergies in allergy-prone individuals or people with “leaky guts.” One of the risks of eliminating foods that you are allergic to is that you may develop allergies to the foods that you have used to replace the original problem food.

A rotation diet helps you pick out allergies to foods for which you were not tested and may not have suspected were problems. If you eat a food on Monday, for example, by Friday, when you eat it again, the “masking” antibodies your body makes specifically for that food will be diminished. Therefore, you will realize you are reacting to it, even though you did not have obvious symptoms when you ate it on a daily basis.

It’s not simply a matter of rotating tolerated foods; food families must also be rotated. Food in the same family may cross-react with allergenic foods. For example, a person who is allergic to wheat can produce antibodies that can react with other grains in the wheat family. Overconsumption or too frequent consumption of foods from the same family can lead to allergies.

Food families don’t need to be rotated as strictly as individual foods. It is usually recommended to avoid eating members of the same food family two days in a row in people prone to food allergies.

A rotation diet allows you to eat foods to which you have a mild or borderline allergy and which you might not tolerate if you ate them often. Sometimes your reaction to borderline foods may depend on your stress level, other illness or infection, lack of adequate rest, or the season of the year. (For example, grain allergies tend to be more pronounced when the grass is pollinating).

Identifying food allergies

There are two types of tests that can assist in identifying food allergies:

1. The Skin-Prick Test – This test checks for IgE-mediated allergies, however only about 10-15% of food allergies will show up using this method. With this type of test, food extracts are placed on the skin using a scratch or prick method. If the person is allergic to the food, a welt will form immediately as the allergen reacts with IgE-sensitized cells in the person’s skin.
2. Blood Tests – are a much more effective method of testing for food allergies. The test, called ELISA (enzyme-linked immunosorbent assay) can measure IgE, IgG, IgG4 and IgA antibodies, therefore identifying both the immediate and delayed allergic reactions.

WISH

World Integrated Systems in Health
Dr. Sandra J. Bevacqua

Food Family Groups					
Vegetable					
Legumes	Mustard	Parsley	Potato	Grass	Lily
Beans	Broccoli	Anise	Chili	Barley	Asparagus
Cocoa bean	Brussels sprout	Caraway	Eggplant	Corn	Chives
Lentil	Cabbage	Carrot	Peppers	Oat	Garlic
Licorice	Cauliflower	Celery	Potatoes	Rice	Leek
Peanut	Mustard	Coriander	Tomato	Rye	Onion
Peas	Radish	Cumin	Tobacco	Wheat	
Soybean	Turnip	Parsley			
Tamarind	Watercress				
Laurel	Sunflower	Beet	Buckwheat		
Avocado	Artichoke	Beet	Buckwheat		
Camphor	Lettuce	Chard	Rhubarb		
Cinnamon	Sunflower	Spinach			
Fruit					
Gourds	Palm	Citrus	Cashew	Nuts	Beech
Cantaloupe	Almond	Grapefruit	Cashew	Brazil nut	Beechnut
Cucumber	Apricot	Lemon	Mango	Pecan	Chestnut
Honeydew	Cherry	Lime	Pistachio	Walnut	Chinquapin nut
Melons	Peach	Mandarin			
Pumpkin	Plum	Orange			
Squash	Persimmon	Tangerine			
Zucchini					
Banana	Palm	Grape	Pineapple	Apple	Birch
Arrowroot	Coconut	Grape	Pineapple	Apple	Filberts
Banana	Date	Raisin		Pear	Hazelnuts
Plantain	Date sugar			Quince	
Rose	Blueberry	Pawpaws			
Blackberry	Blueberry	Papaya			
Loganberry	Cranberry	Pawpaw			
Raspberry	Huckleberry				
Rosehips					
Strawberry					
Animal Products					
Mammals (Meat/Milk)	Birds (Meat/egg)	Fish	Fish	Crustaceans	Mollusks
Cow	Chicken	Catfish	Salmon	Crab	Abalone
Goat	Duck	Cod	Sardine	Crayfish	Clams
Pig	Goose	Flounder	Snapper	Lobster	Mussels
Rabbit	Hen	Halibut	Trout	Prawn	Oysters
Sheep	Turkey	Mackerel	Tuna	Shrimp	Scallops

WISH

World Integrated Systems in Health
Dr. Sandra J. Bevacqua

For each day, select your food choices only from the foods/food groups listed for that day. Do not eat anything else other than the foods listed as acceptable for that day. At the end of the four days repeat the process again starting with Day 1. The rotation diet should be followed until symptoms improve or disappear; it is common for a rotation diet to be followed for months, and in some cases indefinitely. If a strong allergy has been identified, those foods should be avoided completely.

Simplified Four-day Rotation Diet Suggestions	
Food Family	Foods
Day 1	
Citrus	Lemon, orange, grapefruit, lime, tangerine, kumquat, citron
Banana	Banana, Plantain, arrowroot (musa)
Palm	Coconut, date, date sugar
Parsley	Carrots, parsnips, celery, celery seed, celeriac, anise, dill, fennel, cumin, parsley, coriander, caraway
Spices	Black and white pepper, peppercorn, nutmeg, mace
Nuts	Brazil nuts
Bird	All fowl and game birds, including chicken, turkey, duck, goose, guinea, pigeon, quail, pheasant, eggs
Juices	Juices (preferably fresh) may be made and used from any fruits and vegetables listed above, in any combination desired, without adding sweeteners
Day 2	
Grape	All varieties of grapes and raisins
Pineapple	Juice-pack, water-pack, or fresh
Rose	Strawberry, raspberry, blackberry, loganberry, rose hips
Gourd	Watermelon, cucumber, cantaloupe, pumpkin, squash, other melons, zucchini, pumpkin or squash seeds
Beet	Beet, spinach, chard
Legume	Pea, black-eyed pea, dry beans, green beans, carob, soybeans, lentils, licorice, peanut, alfalfa
Cashew	Cashew, pistachio, mango
Birch	Filberts, hazelnuts
Flaxseed	Flaxseeds, flax oil
Swine	All pork products
Mollusks	Abalone, snail, squid, clam, mussel, oyster, scallop
Crustaceans	Crab, crayfish, lobster, prawn, shrimp
Juices	Juices (preferably fresh) may be made and used without adding sweeteners from any fruits, berries, or vegetables listed for Day 2, in any combination desired, including fresh alfalfa and some legumes.

WISH

World Integrated Systems in Health
Dr. Sandra J. Bevacqua

Day 3	
Apple	Apple, pear, quince
Gooseberry	Currant, gooseberry
Buckwheat	Buckwheat, rhubarb
Aster	Lettuce, chicory, endive, escarole, globe artichoke, dandelion, sunflower seeds, tarragon
Potato	Potato, tomato, eggplant, peppers (red and green), chili pepper, paprika, cayenne, ground cherries
Lilly (onion)	Onion, garlic, asparagus, chives, leeks
Spurge	Tapioca
Herb	Basil, savory, sage, oregano, horehound, catnip, spearmint, peppermint, thyme, marjoram, lemon balm
Walnut	English walnut, black walnut, pecan, hickory nut, butter nut
Pedaliium	Sesame seeds, sesame oil
Beech	Chestnut
Saltwater Fish	Herring, anchovy, cod, sea bass, sea trout, mackerel, tuna, swordfish, flounder, sole
Freshwater Fish	Sturgeon, salmon, whitefish, bass, perch
Juices	Juices (preferably fresh squeezed) may be made and used without adding sweeteners from any of the fruits and vegetables listed on Day 3, in any combination desired.
Day 4	
Plum	Plum, cherry, peach, apricot, nectarine, almond, wild cherry
Blueberry	Blueberry, huckleberry, cranberry, wintergreen
Pawpaws	Pawpaw, papaya, papain
Mustard	Mustard, turnip, radish, horseradish, watercress, cabbage, Chinese cabbage, broccoli, cauliflower, Brussels sprouts, kale, kohlrabi, rutabaga
Laurel	Avocado, cinnamon, bay leaf, sassafras, cassia buds or bark
Sweet potato	Sweet potatoes, yams
Grass	Wheat, corn, rice, oats, barley, rye, wild rice, cane, millet, sorghum, bamboo sprouts
Orchid	Vanilla
Protea	Macadamia nut
Conifer	Pine nut
Fungus	Mushrooms, yeast, brewer's yeast
Bovid	Milk products – butter, cheese, yogurt, beef and milk products, oleomargarine, lamb
Juices	Juices (preferably fresh) may be made and used without added sweeteners from any fruits and vegetables listed for Day 4, in any combination desired.

*The charts were borrowed from Encyclopedia of Natural Medicine by Michal Murray N.D. & Joseph Pizzorno, N.D.