



Symptoms of Food Allergy:

- Hives & rash
- Itching or burning of the skin
- Headaches
- Stomach problems, i.e., cramps, nausea, bloating after meals, use of antacids
- Unexplained fatigue
- Asthma and other breathing difficulties
- Achy joints and/or muscles
- Sleepy or drowsy after meals
- Sore throat, hoarseness, cough
- Sinusitis, runny nose, sneezing
- Mental confusion; brain fog; inability to concentrate
- Nervousness; anxious
- Insomnia, or waking up during the night without being able to go back to sleep
- Ringing in the ears; earaches
- Depression
- Dark puffy circles under the eyes

Certain foods can cause symptoms:

Arthritic pain and joint involvement: linked to sugar, wheat, pork, & the nightshade family (tomato, potato, bell pepper, eggplant, chili pepper, tobacco, & pimentos).

Asthma: can be triggered by almost any food and/or mold. The common offenders are egg, milk, seafood, peanuts, chocolate, corn, & nuts.

Bad breath: can be caused by any food allergy but the usual suspect is Candidiasis.

Cravings: wheat & sugar are the common offenders.

Colitis: frequently linked to milk, although can be caused by wheat, corn, egg, chocolate, & nuts.

Duodenal ulcer: milk allergy is a contributing factor to ulcer pain. In the past, the treatment for ulcers was to drink milk, which only exacerbates the problem.

Eczema: typically due to food allergy & milk should be first suspected in children; other triggers are fruits, chocolate, peas, beans, peaches, grains, & eggs.

Headaches & migraines: may be triggered by foods or chemicals; eggs, wheat, milk, chocolate, corn cinnamon, wine, pork, & nuts.

Hives: reactions to chemicals or foods. Peanuts, eggs, shellfish, tomatoes, chocolate, nuts, spices, milk, & food additives.



Hyperactivity: food or food additive. Sugars & corn; artificial colors, flavors, and preservatives.

Recurrent upper respiratory infections: linked to food allergy; milk, egg, corn & wheat are common offending foods.

You also may have a food allergy if you smoke, drink alcohol, or use medications.

- Cigarettes contain food fractions such as sugars, fruits, as well as chemicals, such as menthol, which are added for flavoring. As you inhale, these foods and chemicals enter your system through your lungs and you are apt to become sensitive to them.
- All alcoholic beverages are foods because they are manufactured from grains (corn, wheat, barley, rye); alcoholic beverages often have added flavors, sugars, and additives and all are created by yeast fermentation, so if you are mold sensitive, you will not be able to tolerate alcoholic beverages. Exceptions: Tequila (cactus); wine (grapes); rum (sugar cane)
 - If you are mold or yeast sensitive, even tequila, wine, and rum can be problematic
- Corn is used as a filler in most medication pills or capsules; you could be reacting to the drug or to the filler; colorings in medications

Common Allergenic Foods:

Corn
Wheat
Soy
Egg
Cow's Milk & Geotrichum
Brewer's Yeast
Baker's Yeast

Creating a balanced approach to eating thus promoting health & healing:

Change your thoughts about food and eating

Food: Fresh vs. commercially prepared

Organic vs. non-organic

Eating: Concept of rotating

Simple: If you eat the food today, do not eat it tomorrow

Advanced: Rotate foods every 4 days



How to Start Your Rotation Diet

1. For 1 week, list everything you eat & drink
2. Write a sample menu of foods you will eat for 1 week

What to expect when starting your Rotation Diet:

For the first 3-4 days, expect to feel worse! More than likely you are “addicted” to certain foods and as you begin to rotate and/or eliminate certain foods, your body will begin to recover from the foods that have been insulting it.