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## ELIMINATION-ROTATION

### Foods to Avoid

1. Dairy (milk, cheese etc.)
2. Eggs
3. Wheat
4. Chocolate
5. Coffee
6. Rye
7. Oats
8. Barley
9. Tomatoes
10. Potatoes
11. Citrus
12. Ground Meats
13. Strawberries

### Food Challenge:

- I. Remove these foods from your diet for 3 weeks
- II. At the end of 3 weeks, take the toxicity self-test. (See Below)
- III. Challenge 1 food per week for 1 day and eliminate it again.
- IV. 3 days later take another toxicity self-test. (1 test per food challenged, per week.)
- V. Please remember to write the name of the challenged food on each test. Compile the information and send it to us at the end of the 20 weeks. @ info@therapyaalternatives.info

# ANTI-INFLAMMATORY FOOD CHOICES

<p style="text-align: center;">List A Proteins</p> <p>Chicken          Turkey          Lamb          Halibut          Cod          Tuna          Salmon          Mackerel          Wild Game          Dried beans          Dried peas          Lentil          Soy milk</p>	<p style="text-align: center;">List B Starch</p> <p>Rice          Rice bread          Rice pancakes          Rice Cakes          Rice pasta          Cream of Rice          Rice Chex          Rice Krispies          Puffed Rice          Tapioca          Nut milk          Rice milk</p>
<p style="text-align: center;">List C Vegetables</p> <p>Alfalfa sprouts          Artichoke          Asparagus          Beets          Bell peppers          Bok choy          Broccoli          Brussels sprouts          Cabbage          Carrots          Cauliflower          Celery          Daikon radish          Endive          Green Beans          Greens-mustard, chard, turnip          Jicama          Kale          Kohirabi          Leeks          Lettuce (Leafy, not Iceberg)</p>	<p style="text-align: center;">List C Cont.</p> <p>Mung beans          Mushrooms          Okra          Onions          Parsnips          Radishes          Rutabaga          Snow peas          Spinach          Squash, summer          Taro          Turnips          Water chestnuts          Yams          Zucchini</p>
<p style="text-align: center;">List D Fruit</p> <p>Apples          Applesauce          Apricots          Banana          Blueberries          Kiwi          Melon          Papaya          Pear          Peach          Pineapple          Plums          Raspberries</p>	<p style="text-align: center;">List E Fat</p> <p>Almonds          Almond butter          Avocado          Canola oil          Cashews          Flax oil          Ghee, "CLARIFIED BUTTER"          Nut or seed butter          Olive oil          Pecans          Pumpkin seeds          Rice Bran Oil          Safflower oil          Sunflower oil          Sunflower seeds          Walnuts</p>

## Toxicity Test - Section A (print a copy for each challenge)

0 = No or Rarely (monthly or less); 1 = Occasionally—Symptom comes and goes due to stress, diet, fatigue or some identifiable trigger  
4 = Often—Symptom occurs 2-3 times per week; 8 = Frequently—Symptom occurs 4 or more times per week or it occurs with regularity on a monthly or cyclical basis

Indigestion, food repeats on you after you eat

0  1  4  8

Excessive burping, belching and/or bloating following meals

0  1  4  8

Stomach spasms and cramping during or after eating

0  1  4  8

A sensation that food just sits in your stomach creating uncomfortable fullness, pressure and bloating during or after a meal

0  1  4  8

Bad taste in your mouth

0  1  4  8

Small amounts of food fill you up immediately

0  1  4  8

Skip meals or eat erratically because you have no appetite

0  1  4  8

### Part I - Section B

Strong emotions or the thought or smell of food aggravates your stomach or makes it hurt

0  1  4  8

Feel hungry an hour or two after eating a good-sized meal

0  1  4  8

Stomach pain, burning and/or aching over a period of 1-4 hours after eating

0  1  4  8

Stomach pain, burning and/or aching relieved by eating food; drinking carbonated beverages, cream or milk; or taking antacids

0  1  4  8

Burning sensation in the lower part of your chest, especially when lying down or bending forward

0  1  4  8

Digestive problems that subside with rest and relaxation

0(No)  8(Yes)

Eating spicy and fatty (fried) foods, chocolate, coffee, alcohol, citrus or hot peppers causes your stomach to burn or ache

0  1  4  8

Feel a sense of nausea when you eat

0  1  4  8

Difficulty or pain when swallowing food or beverage

0  1  4  8

### Part I - Section C

When massaging under your rib cage on your left side there is pain tenderness or soreness

0  1  4  8

Indigestion, fullness or tension in your abdomen is delayed, occurring 2-4 hours after eating a meal

0  1  4  8

Lower abdominal discomfort is relieved with the passage of gas or with a bowel movement

0  1  4  8

Specific foods/beverages aggravate indigestion

0  1  4  8

The consistency or form of your stool changes (e.g., from narrow to loose) within the course of a day

0  1  4  8

Stool odor is embarrassing

0  1  4  8

Undigested food in your stool

0  1  4  8

Three or more large bowel movements daily

0  1  4  8

Diarrhea (frequent loose, watery stool)

0  1  4  8

Bowel movement shortly after eating (within 1 hour)

0  1  4  8

### Part I - Section D

Discomfort pain or cramps in your colon (lower abdominal area)

0  1  4  8

Emotional stress and/or eating raw fruits and vegetables causes abdominal bloating, pain, cramps or gas

0  1  4  8

Generally constipated (or straining during bowel movements)

0  1  4  8

Stool is small, hard and dry

0  1  4  8

Pass mucus in your stool

0  1  4  8

Alternate between constipation and diarrhea

0  1  4  8

Rectal pain, itching or cramping

0  1  4  8

No urge to have a bowel movement

0(No)  8(Yes)

An almost continual need to have a bowel movement

0(No)  8(Yes)