

SUSPECTED FOOD SENSITIVITY/ALLERGY SELF-TESTING

Elimination and Challenge Test

Step One: Elimination:

Days 1-14

Do not eat the suspected allergic foods for 14 days. Be sure to eliminate it in all forms from your diet. Read labels of prepared or packaged foods. You may get mild to moderate withdrawal symptoms. If symptoms become severe, call and schedule an appointment. Exercise, plenty of water with lemon and hot baths and may alleviate withdrawal symptoms.

As you eliminate suspected foods, note which health symptoms improve. As you improve, this may be the only test you need- just eliminate the foods that were causing your symptoms.

However, if you are uncertain whether a food is causing reactions, perform the following food challenge.

Step Two: Challenge:

Day 15

Eat a lot of only one of the suspected allergic foods with each meal. If you get unpleasant reactions, stop eating that food. Your challenge test is positive and continuing to eat that food will affect your health.

Day 16, 17, & 18

Do not eat any of the suspected allergic foods. Continue to not any symptoms that can arise from delayed allergic reactions.

Step Three: Repeat:

Perform a repeat elimination and challenge test with the next suspected allergic food.

Note 1: Eating a healthy diet while performing your tests will help keep your mood and blood sugars stable during the withdrawal period.

Obtain a healthy selection of foods before starting your tests and eat a breakfast of assorted whole grains and fruits that you are not allergic to for breakfast each day.

Note 2: If you are still having strong reactions on day 18, wait to challenge the next food until all of your symptoms have subsided. It sometimes takes 2 weeks to clear the reactions from a food. That's why it is best to totally avoid the suspected allergic foods for the full 14 days.

