

3. ROTATIONAL DIET

Rotation of foods accomplishes three main goals:

1. Helps you to maintain your tolerance to the foods you can eat now, greatly lessening your chances of becoming allergic to other foods.
2. Helps in the treatment of current food allergies.
3. Aids you in identifying foods that could be causing you problems.

If you have *Candida* Related Complex (CRC), frequently you will also be sensitive to individual foods, additives, and preservatives. Also, due to the interrelationship of causes and effects, CRC, food allergies, and "leaky gut" syndrome often go hand-in-hand.¹⁷ Because of this it is very important to rotate your foods. It is especially advantageous to rotate and diversify your foods during the early weeks and months of the CRC treatment program. This is when your body is the weakest, so there is a good chance of your weakened body becoming allergic to foods. In addition, if you are already allergic to some foods but not aware of it, a rotational diet can help you identify these allergies and therefore aid in your recovery from CRC. The whole point of rotation is to let your body recover from the effects of a food before you eat it again.

When you first start a CRC treatment diet, you may feel deprived because there are foods that you can no longer eat. More than likely this will lead you to overeat a substitute for the foods lacking in your diet. When you abuse a food by eating it too often, it increases your chances of developing an allergy to it. For example, when I had to avoid eating wheat (my first known food allergen), I substituted rye crackers and popcorn. Because I ate these foods too often, within two months I had developed allergies to rye and corn. So I substituted rice cakes. Again, because I ate them too often, an allergy to rice developed.

Certain events have triggered the onset of CRC and/or food allergies in your system so you now need to minimize your chances of developing additional food allergies.

Rotary Diversified Diet

Rotary diversified diet was first developed in 1934 by Dr. Herbert J. Rinkel. It is used by people who (1) have multiple food sensitivities, (2) are diagnosed chemically susceptible, (3) are healthy members of a family prone to food allergies, or (4) are health-conscious individuals.¹⁸ The rotational diet is more enjoyable and less limiting than other diets to which you may be accustomed. The diet calls for you to eat in a controlled, rational way while allowing for flexibility. The whole point of a rotational diet is to allow time for your body to recover from the effects of a food before eating the food again.

Foods eaten frequently are the most common food allergens. For example, the diet of most Americans includes one or more servings of wheat, milk or other dairy products, egg, corn, and/or soy each day. You may say, "I do not eat egg, corn, or soy each day." However, if you glance at the labels of prepared foods, you will find these ingredients in common foods eaten daily. These include salad

Common Food Allergens

- wheat
- milk/dairy products
- eggs
- corn
- soy

¹⁷ Marjorie Hurt Jones. "Leaky Gut: A Common Problem with Food Allergies," Mastering Food Allergies (Vol. VIII, No. 5, Issue No. 75, September-October, 1993), 1.

¹⁸ Natalie Golos and Frances Golos Golbitz. Coping with Your Allergies (New York, NY: A Fireside Book, Published by Simon and Schuster, Inc., 1986), 85.

dressing, catsup, pancake syrup, breakfast cereal, bread, English muffins, snack cakes, chips, "healthy" granola bars, etc. The list goes on and on. To reduce the symptoms of food sensitivities, the offending food or class of food needs to be identified and eliminated or consumed less often by the sensitive person. Avoiding foods to which you are allergic allows your immune system to rest. In addition, eating foods on a rotational basis may help prevent the development of new food sensitivities.

What Is a Food Allergy?

An allergy is an individual's adverse response to a substance such as dust, pollen, food, or a chemical that normally does not cause a problem for an individual who is not allergic to the substance. Through repeated exposure to the substance eventually the immune system reaches a state where it just cannot handle the problem exposure any longer and an allergic reaction develops. Allergic reactions can be as varied in form as there are individuals. Because they are often inherited, you may have a predisposition to allergies. They sometimes appear relatively late in life, but you may be able to think back and remember the subtle effects of allergies throughout your life.

When you eat foods to which you are allergic, the food causes the lymphocytes (white blood cells) to release certain proteins called immunoglobulins. These immunoglobulins then react with other cells in your body (tissues of your nose, lungs, skin, digestive tract, etc.) to release chemicals such as histamine. The symptoms (allergic reactions) that you perceive are caused by the histamine reacting with parts of your body.

Food allergies have either fixed or cyclical reactions. Fixed food allergies are the type that you have every time you eat or even breathe the fumes of a small amount of a particular food. A fixed reaction will usually have appeared earlier in your life and at the first time you consumed the food. The reactions are very strong, often potentially dangerous, and appear rather soon after contact with the food. They have a lifelong pattern, are very unlikely to disappear, and the food causing the reaction always needs to be eliminated from the diet. Fish and nuts are two common fixed food allergens. Often, people who react to fish and/or nuts need to avoid all fish and/or nuts but have no other allergies.

Cyclical reactions are much different in that you may or may not notice a reaction or may not notice the reaction every time you eat the food. The level of reaction may range from quite weak to severe, but is seldom dangerous and may depend on how much of a particular food you eat or how often you eat it. For example, eating one cup of popcorn once a week may not cause you any noticeable reaction. But if you eat an increased amount (let's say four cups of popcorn once a week) or if you increase the frequency (one cup of popcorn every night while enjoying your favorite TV show), an immediate or a delayed reaction may occur. Also, constant consumption of a food allergen may cause acute symptoms to temporarily disappear or become chronic as your body tries to adapt to the exposure. Corn is a good example because it is a hidden ingredient in several foods you may consume daily.

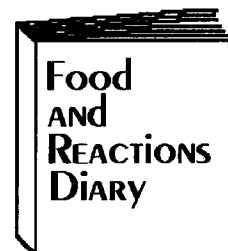
Cyclical food allergies usually depend upon exposure so any food can be an allergen. However, in the Western diet, common food allergens are beef, chocolate, citrus, corn, egg, milk, peanut, shellfish, soy, tomato, wheat, and yeast.

A cyclical food reaction can be either masked or unmasked. An unmasked reaction is when you have a reaction soon after eating a food or you know which food causes the reaction. However, the most common reaction is a masked cyclical reaction, which occurs many hours after eating the food. Many times you do not make any connection between your health problems and the foods you eat. Repeated consumption of a food to which you are allergic causes symptoms that become chronic and do not necessarily occur or worsen at the time you eat the food. Instead, symptoms vary from feeling slightly stimulated (which may be a good feeling) to actually craving the allergic food or feeling worse if you avoid eating it for a couple of days. Often you feel that the food may be needed by your body to maintain good

health. This pattern is called a "food addiction." The craving leads to over-consumption of the reactive food.

To unmask a food allergy it is necessary to completely avoid eating the suspected food(s) for approximately two weeks. Also, read all labels on the foods you eat to be sure you are omitting all sources of the suspected food(s). After your chronic symptoms have cleared, you can eat a small amount of one of the suspected foods.

Keep a notebook to record the food you are trying. You will want to record date, time, food eaten, amount eaten, and any noticeable reactions you experienced as well as any other possible causes such as environmental factors.



Day/Date	Time	Food & Form Eaten	Amount Eaten	Reaction & Possible Cause
8/25/94	8 am	egg, scrambled with butter	2 large size	Mild headache 2 hours following breakfast lasting until midafternoon Itchy rectum around noon on 8/26 Suspect the butter as well as the egg. Next time try using Clarified Butter.

Your body's response may appear as a noticeable and/or unexpected reaction. However, if you do not notice an immediate reaction, wait for a delayed reaction before eating more or eating another suspected food. (A delayed reaction can occur relative soon [as little as 30 minutes] after eating the food or as long as up to 48 hours later.)¹⁹ This delayed reaction is caused by the fact that it takes time for the allergens to travel through the blood stream and encounter the sensitized cells in your body.²⁰ If you have an immediate or delayed reaction, you should avoid eating the food for three to six months before trying it again. Your list of suspected foods should include the common food allergens as well as foods you normally eat more than two times a week.

An example of how a food allergy becomes masked is described in Coping with Your Allergies.²¹ An allergy to peanuts is used as an example. For instance, you would begin by avoiding peanuts for at least 10 days. This would also include being careful to avoid foods which may include other forms of peanuts such as peanut oil (e.g., granola bars). After the 10 days when you reintroduce peanuts into your diet, you have a definite immediate or delayed reaction. If you continue to eat peanuts every day, your reaction still continues, but it occurs at a lesser level of severity. Soon you do not notice the reaction you are having—the symptoms have become masked or hidden. You no longer associate any reaction with eating this food. The masked symptoms become chronic ailments. If you have many food allergies that are masked, you end up having a lot of chronic ailments. When you reach this acute stage you often feel better when you eat the foods you are allergic to or you begin to crave them.

¹⁹ Alan Scott Levin, M.D., and Merla Zellerbach. The Type 1/Type 2 Allergy Relief Program (Los Angeles, CA: Jeremy P. Tarcher, Inc., 1983), 96.

²⁰ Alan Scott Levin, M.D., and Merla Zellerbach. The Type 1/Type 2 Allergy Relief Program, 96.

²¹ Natalie Golos and Frances Golos Golbitz. Coping with Your Allergies, 85.

Typical Allergic Reactions to Food^{22, 23}

Respiratory

- ◆ Dry mouth
- ◆ Ear infections
- ◆ Ringing in ears
- ◆ Rubbing nose all the time
- ◆ Sensitivity to odors

Gastrointestinal

- ◆ Gain in weight
- ◆ Craving for food, alcohol, or tobacco
- ◆ Constipation
- ◆ Colic
- ◆ Diarrhea

Genitourinary

- ◆ Chronic bladder irritation
- ◆ Bedwetting
- ◆ Premenstrual tension
- ◆ Menstrual cramps

Skin

- ◆ Sweating
- ◆ Flushing
- ◆ Outer ears hurt
- ◆ Bright red ear lobes

Systemic

- ◆ Fluid retention in any part of body
- ◆ Unexplained fluctuation of weight
- ◆ Muscle and joint swelling, redness, and pain
- ◆ Backache
- ◆ Fatigue
- ◆ Hyperactive
- ◆ Dark circles under eyes
- ◆ Leg aches
- ◆ Muscle aches

Cardiovascular

- ◆ Abnormal heart rhythms
- ◆ Severe chest pain
- ◆ Heart palpitations

Cerebral

- ◆ Migraine headaches or chronic headaches
- ◆ Changes of mood: lack of ability to concentrate; feelings of sadness, weariness, frustration, animation, euphoria, aggressiveness, anger, panic, violence, silliness, and/or "spaciness"
- ◆ Inappropriate laughter
- ◆ Crying spells
- ◆ Depression
- ◆ Constant anger
- ◆ Impairment of speaking and reading ability
- ◆ Lack of coordination
- ◆ Loss of balance
- ◆ Excessive hunger or thirst
- ◆ Sleepiness or insomnia
- ◆ Phobias, delusions, hallucinations
- ◆ Amnesia
- ◆ Convulsive seizures
- ◆ Blackouts
- ◆ Psychosis such as manic depression or schizophrenia
- ◆ Night terrors: scream in the middle of night, eyes open staring
- ◆ "Jekyll and Hyde" reaction
- ◆ Make clucking noise
- ◆ See a difference in handwriting just after eating a food or meal

²² Alan Scott Levin, M.D., and Merla Zellerbach. The Type 1/Type 2 Allergy Relief Program, 18–19.

²³ Jerry Springer. Allergies—Making Kids Crazy. Interview with Doris Rapp, M.D. Air Date: December 17, 1992. 45 min., Multimedia Entertainment, Inc., 1944, videocassette.

A clinical ecologist, internist, or allergist who treats food allergies can perform some tests in an attempt to help you discover your food allergies. These tests could include skin testing and/or a blood test called RAST which measures food-specific immunoglobulins. None of these tests are perfect, but they may help you discover which foods may be causing problems. Also, there are some health-care professionals who closely supervise a special fasting, elimination, and rare food diet to help you determine your particular food allergies. Read The E.I. Syndrome by Sherry Rogers, M.D. if you desire to learn more about this diet.²⁴

Eating on Rotation

By following a rotational diet, you gain control over your exposure to the foods that cause you cyclical food reactions. You may choose a 4-, 5-, 6-, 7-, or 8-day rotational diet. Whichever length you choose, each food eaten on a particular day is not eaten until that day repeats again in the rotation. For example, in the sample 4-day rotation in Table A, the broccoli and rice on Day 1 will not be eaten again until the following Day 1 (with three days in between). The same holds true for a 5-day or longer rotation. In the sample 5-day rotation in Table A, broccoli and rice are eaten on Day 2 and are not eaten again until the next Day 2 with four days in between their consumption. The same holds true for other foods in the two sample diets in Table A.

Table A

Four-Day Rotation

Day 1	Day 2	Day 3	Day 4	Day 1	Day 2	Day 3
broccoli	shrimp	carrot	orange	broccoli	shrimp	carrot
rice	potato	turkey	beans	rice	potato	turkey

Five-Day Rotation

Day 1	Day 2	Day 3	Day 4	Day 5	Day 1	Day 2
quinoa	rice	amaranth	buckwheat	beans	quinoa	rice
carrot	broccoli	tomato	spinach	asparagus	carrot	broccoli

Four days is generally a long enough rotation to assure maximum bowel transit time (the amount of time your body takes to move food through the complete digestive tract and eliminate the waste part of the food from your body). If you have chronic constipation, you may need more than a 4-day cycle. For example, you might choose a 5-, 6-, or 8-day rotation. I do not recommend a 7-day rotation because it becomes too monotonous eating the same foods every Monday, Tuesday, etc. If you need a longer cycle than four days, it might be easiest to choose an 8-day rotation. First, this allows maximum bowel transit time. Second, once you become healthier, you can easily switch to the most popular 4-day rotation.

When you first start, you may find, as I did, that the 4-day rotation will be long enough for some foods but not long enough for others. If this is the case, you can use the basic 4-day rotation but rotate some foods every eight days. In Table B, notice that rice, spelt, cod, shrimp, potato, amaranth, beans, and asparagus are only eaten on one day in eight, whereas broccoli, turkey, carrot, and orange are eaten every four days.

Table B

Day 1	Day 2	Day 3	Day 4	Day 1	Day 2	Day 3	Day 4
broccoli	cod	carrot	orange	broccoli	shrimp	carrot	orange
rice	potato	turkey	beans	spelt	amaranth	turkey	asparagus

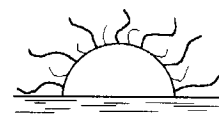
²⁴ Sherry A. Rogers, M.D. The EI Syndrome (Syracuse, NY: Prestige Publishers, 1986).

The 4-Day Rotational Diet

This cookbook is designed for a 4-day rotation which, if needed, could be converted to an 8-day. Each day has a list of foods to be consumed on that day. Also, each of the four days has a wide variety of recipes to choose from—breads ("hamburger" buns, tortillas, muffins, pancakes, crackers, etc.); cereals; soups, stews, and meat or vegetarian casseroles; meats or poultry; fish and wild game; vegetable side dishes; salad side dishes and salad main courses with a salad dressing; and, of course, healthy, naturally sweet desserts and snacks. You can enjoy many all-American food favorites such as tacos, pizza, gravy, sandwiches, brownies, and cookies. The recipes may have many different ingredients than those to which you are accustomed, but there are only slight changes in flavor and texture. Before you know it your taste buds will not crave or need the original. Begin by simplifying your diet. Learn to enjoy the individual flavors of foods.

What Is a "Day"?

While an expected definition of a day would be the meals you eat between sunrise and sunset (breakfast, lunch, dinner), for the purposes of a rotational diet this 24-hour period can be adjusted to fit individual needs.



For example, persons who cannot handle preparing breakfast may prefer to use *planovers* (planned leftovers) from dinner the previous evening and would define their rotational day as lunch, dinner, and breakfast the following morning.

If you work outside your home and carry your lunch, you may wish to define your day as dinner, breakfast, and lunch. This will allow you to prepare extra servings for your lunch on the following day while you are preparing your evening meal.

Basically, then, a "day" consists of any 24-hour period and the meals consumed during that time frame. This can be from midnight to midnight, 3 p.m. to 3 p.m., or any other cycle that works for your particular needs or situation. With careful planning, you can easily and successfully maintain your rotation and enjoy nutritious, delicious meals. (For ideas in planning and cooking meals, see Chapter 7—Menu Planning.)

Basic Rules to Follow on a 4-Day Rotational Diet

Rule 1. Simple is better. Eat whole foods, not highly processed foods that have lost much of their nutritional value and may contain hidden ingredients such as corn, soy, or egg. Eat a wide variety of foods. Diversify your diet by using many different types of fish and other protein sources, vegetables, whole grains, and grain substitutes.

Rule 2. Do not eat the same food item more often than every fourth day. For example, you can eat rice on Day 1. You will not eat rice again until the next Day 1, with three days in between. This means that rice will not be consumed on a schedule of every Sunday or Thursday, but that it will be eaten on whichever day of the week Day 1 of the rotational cycle falls. See Table C.

Table C

Sunday Day 1	Monday Day 2	Tuesday Day 3	Wednesday Day 4	Thursday Day 1	Friday Day 2	Saturday Day 3
rice	potato	millet	beans	rice	potato	millet

Sunday Day 1	Monday Day 2	Tuesday Day 3	Wednesday Day 4	Thursday Day 1	Friday Day 2	Saturday Day 3
beans	rice	potato	millet	beans	rice	potato

Rule 3. Within a rotation, food families are also rotated. Foods are grouped into botanical food families based on their biological origin. Each food family is assigned a name and a number for identification. You should rotate using the food families because foods in the same family tend to share common allergens and could react similarly in your body. If you eat rice on Day 1, spelt on Day 2, oat on Day 3, and millet on Day 4 you are not really rotating foods but are eating a member of the Grass Family every day. Table D shows how all foods from a particular family are eaten on an assigned day.

Table D

Day 1 Grass Family	Day 2 Lily Family	Day 3 Mustard Family	Day 4 Legume Family
rice	garlic	cauliflower	peas
spelt	onion	Brussels sprouts	pinto bean
oat	leeks	broccoli	garbanzo bean
millet	asparagus	cabbage	lima bean
etc.	etc.	etc.	etc.

For a complete listing of food families, see Appendix A: Food Families. This listing also includes nonedible plants because you may need to avoid foods in a family when you are allergic to a weed or plant included in the family group. For example: if you have an allergy to pigweed, be cautious of amaranth; if you have an allergy to poison ivy, be cautious of cashews, pistachios, and mangoes; and if you have an allergy to lamb's-quarters, be cautious of quinoa, spinach, chard, and beets.

Rule 4. Different foods within the same food family may be rotated every other day. As explained in Rule 3, within a 4-day rotation a particular food is eaten at least four days apart. However, Rule 4 gives more flexibility in that foods in the same food family may be eaten two days apart. Notice in Table E that each food is eaten every four days and foods in the same family are eaten two days apart. Examples include rice and spelt on Day 1 and oat and millet on Day 3 (from the Grass Family); garlic and onion on Day 2 and leeks and asparagus on Day 4 (from the Lily Family); etc. This allows for more flexibility and variety in planning meals.

Table E

Day 1	Day 2	Day 3	Day 4
Grass Family	Lily Family	Grass Family	Lily Family
rice	garlic	oat	leeks
spelt	onion	millet	asparagus
Mustard Family	Legume Family	Mustard Family	Legume Family
broccoli	garbanzo bean	cauliflower	peas
cabbage	lima bean	Brussels sprouts	pinto bean

One exception to Rule 4 which you should be aware of involves the Grass Family (number 6). Wheat, spelt, and Kamut® are very closely related and should always be eaten on the same day—not divided and used two days apart. In addition, if you have an allergy to wheat, you should be very careful when trying to add spelt or Kamut® to your rotation. Be sure to do a food challenge to learn if you react to either of these grains. (See the section What Is a Food Allergy? in this chapter for a description of a food challenge.)

If you have severe food allergies, you may need to add additional restrictions to your 4-day rotation. Two such restrictions may be:

1. Do not repeat foods or food families twice within one day unless at the same meal.
2. Do not incorporate Rule 4 in your rotation.

Because of mild allergies, I do not use Rule 4 for all of the food families. For example: Nightshade Family (number 14) and Bovine Family (number 137) are only eaten every four days rather than members of the family being split and eaten every other day.

Rule 5. Foods may be moved to another day providing that the complete food family is also moved.

Example 1. Moving foods on a permanent basis.

You may move cabbage (member of the Mustard Family) from Day 1 to Day 2 providing that you move the other members of the Mustard Family from Day 1 to Day 2. You will also need to move the Day 3 members of the Mustard Family to Day 4.



Example 2. Use "Floating Foods" to allow yourself to be creative and flexible within the regular 4-day rotation. A "floating food" is any food that you may sometimes desire to eat on a day which is two days later than its assigned day. It works best if the "floating food" is one that you consume less often because when you properly "float" a particular food you end up eating the food six days apart (five days in between). See Table F for an example using wild rice.

Table F

Day 1	Day 2	Day 3	Day 4
Wild & Brown Rice with Herbs & Pecans			

Day 1	Day 2	Day 3	Day 4
		Wild Rice Pasta Salad	

When I planned my rotation diet and began developing the recipes, I gradually added foods that I desired to "float" between Days 1 and 3 and between Days 2 and 4. If you look at the food lists for each day, such as Day 1 and Day 3 (pages 97 and 197), you will find parsley and cinnamon listed in the right hand column under "Foods That Float Between Days 1 & 3." Also, if you look at the food lists for Days 2 and 4 (pages 147 and 237), you will find garlic and the spices oregano and chili powder in the column labeled "Foods That Float Between Days 2 & 4." For the rotational diet outlined in this cookbook, these are the few foods that I have defined as "floating foods." Each of the recipes in which these foods occur does not have a warning asterisk to remind you to omit them for four days before eating them again.

There are other foods in this rotational diet that I occasionally "float" from Day 1 to 3 or from Day 2 to 4 or vice versa. As one example, you will find wild rice in recipes on Day 1 as well as on Day 3. Remember, when you use a "floating food" it is important for you to avoid eating it for four days before using it again. See Table F for an example of the ways I enjoy eating wild rice. However, I do not eat wild rice quite as often as this table lists. To assist you with your meal planning, every attempt has been made to asterisk (*) any foods in these recipes that are temporarily moved ("floated") from another day. You can assign any foods you wish to float between days as long as you follow Rules 2, 3, and 4.

Example 3. Allow "Fun Foods" to brighten your day.

There are some foods that I call "Fun Foods" because they are members of a food family with no other or only a few other foods in their family. These foods can be moved with ease as long as you remember to allow three

"Fun Foods"

days between the times you consume them. Below is my list of "Fun Foods" along with their food family number and the day on which I normally eat them. One example of how I use two different nuts as unassigned "Fun Foods" are Brazil and macadamia nuts. Since these nuts are each a member of a different food family and there are no other foods in their family, I can enjoy them on any day as long as I have not consumed them within the last four days. I usually use macadamia nuts in Day 4 recipes and Brazil nuts in Day 2 recipes. However, there are also a few recipes on Days 1 and 3 that include these nuts. Again, to assist you with your meal planning, every attempt has been made to asterisk (*) any unassigned "Fun Foods" in these recipes.

Also, since macadamia nuts are sometimes difficult to find as well as more expensive, I will use Brazil nuts in recipes on any day when I have not consumed them in the past four days and do not plan to consume them in the next four days.

List of Fun Foods

Food Family Number	Food	Day Assigned in Rotation
1	agar-agar and kombu	Day 4
10	pineapple	unassigned
16	banana and plantain	Day 2
17	ginger	unassigned
20	vanilla	unassigned
23	filberts (hazelnut)	Day 3
26	macadamia nut	unassigned
33	nutmeg	unassigned
35	poppyseed	unassigned
44	flaxseed and flaxseed oil	unassigned
50	maple granules	unassigned
54	okra	Day 2
59	papaya	unassigned
62	Brazil nut	unassigned
100	swordfish	Day 4

Example 4. Moving foods on a temporary basis. Occasionally I like to eat asparagus with chicken on Day 1. This can be accomplished if I plan ahead and make modifications within my rotational diet. Usually I eat the Lily Family on Days 2 and 4 as shown in Table E. To temporarily move asparagus from Day 4 to Day 1, omit eating the Lily Family on Day 4 before and Day 2 after you eat chicken and asparagus on Day 1. In addition, you must avoid eating asparagus on the Day 4 after you eat this food combination on Day 1. See Table G for a visual example to better understand this.

Table G

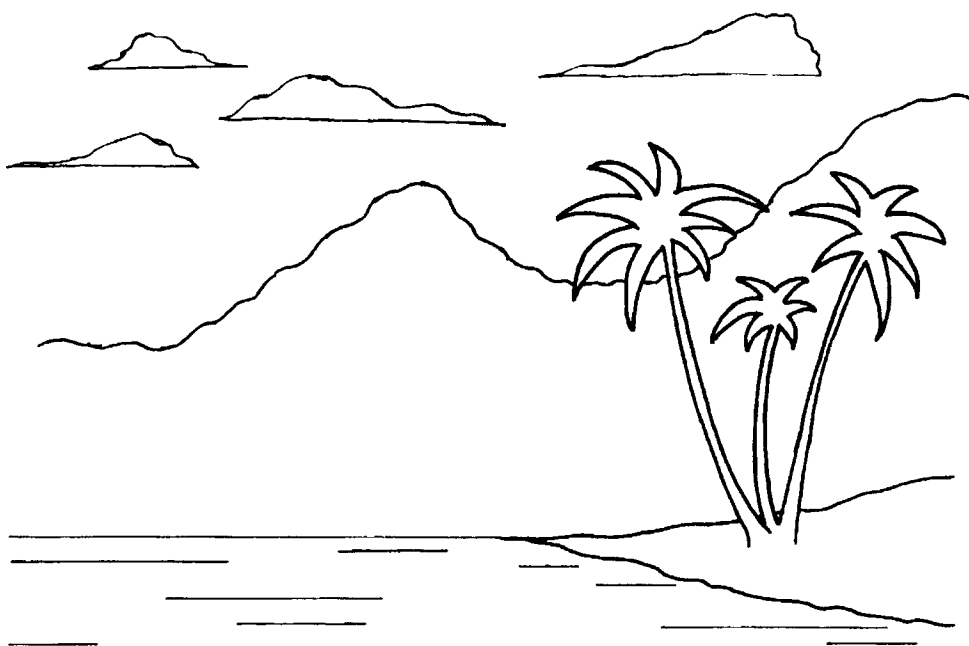
Day 1	Day 2	Day 3	Day 4
	Lily Family		Lily Family
	garlic		omit
	onion		
Lily Family	Lily Family		Lily Family
asparagus	omit		leeks
			omit asparagus

On the next repeat of the rotational cycle return to eating foods from the Lily Family as Table E on page 29 describes.

Example 5. Choose to substitute other foods rather than move foods.

Sometimes moving foods is more difficult than creatively substituting. Carefully evaluate any move to be sure it does not cause too many problems and seriously consider adapting to the regularly used foods on a particular day before attempting a move. As an example, when I desired to develop a stuffed green pepper recipe, I needed to move rice from Day 1 to Day 2. This meant I would have to move or omit eating all other foods from the Grass Family such as Kamut®, rice, spelt, teff, etc. on Day 1. In addition, I would have to omit eating all food items from the Grass Family such as barley, oat, millet, rye, wild rice, etc. on the following Day 3. I decided that this particular move was too restrictive and instead chose to use garbanzo beans in my Stuffed Green Peppers. Happily, my family and I love them prepared this way.

Rule 6. Be your own best friend and helper. Relax, be understanding, and be kind to yourself. You may be feeling overwhelmed by your health situation and the many changes you know you will be making to help your system heal. But you can better deal with dietary and lifestyle changes if you develop a **positive sense of helping yourself**. Rest your mind; be flexible, optimistic, and calm; and give yourself time to retrain your taste buds and to learn



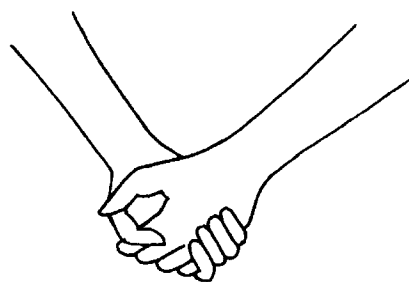
to use the many new foods and cooking techniques offered in this cookbook. Do not dwell on what you cannot eat. Instead, concentrate on how the foods you can eat are leading you to a well-nourished, healthy lifestyle. This will help you develop a positive outlook on how you are guiding yourself toward greater health. After eating on rotation for a while, you will realize it is an achievable and extremely healthy way to eat. I have now reached the point where many foods often do not taste or look as good when eaten on a day other than the regularly assigned day. Nor are they interesting or tempting to try.

To accomplish rotating foods successfully, you need to define your commitment level. You may need to start gradually and work up to a higher level of commitment. One way to do this would be to start with rotating your grains, then add meats to the rotation followed by vegetables and then fruits. Finally, add your spices to the rotation.

If you get off rotation, for whatever reason, don't become discouraged and drop all of it because you cannot do it all or do it as quickly as you might wish. Don't worry about the past. Just stop what you're doing, look forward, and start fresh. You may have added things too soon for your commitment level and may have to go back to just rotating your grains, then adding the other foods gradually. Do not try to be a "one hundred percenter." Allow yourself some freedom, especially when traveling or on special occasions.

This is a personal commitment that you are making and your individual time and energy levels need to be a factor in the decision. Make it realistic for you and your situation. But remember, you are changing your lifestyle **to benefit yourself**. Only you can truly define and set your personal commitment level and ultimately only you are responsible for following through on this commitment. You need to work with what you can handle and soon, with support, you can accomplish more than you ever dreamed.

Rule 7. Seek support. Seek nonprofessional help from understanding friends or family, a local HEAL support group (see section 4 of Appendix C: Resources for the HEAL address), or a food cooperative (see Appendix E: Cooperative Food Warehouses in the United States). Also, an overeaters support group may help. If necessary, seek professional help from a counselor. Other than the support of a friend, I have found the best solution for myself is in self-education. Read and reread information about *Candida* Related Complex (CRC), food allergies, rotational diet, etc. until you fully understand, visualize, and conquer it.



Success with a *Candida* control and/or rotational diet does not come overnight. Build your personal support system as you are able. It may take time to find the people and services that will benefit you, but the end result will be well worth it.

About This Cookbook

This cookbook offers you a food allergy, *Candida* control, and rotational diet that will enhance your health and well being with the use of a wide variety of foods. In addition, this cookbook introduces you to several "new" foods and teaches you how to prepare them as well as where to purchase them. Many quick and easy recipes are developed so you can prepare them with a minimum of time and energy.

As you work with the rotational diet offered in this cookbook and the food family charts in Appendix A, you will learn to recognize food families and be able to vary your diet according to your individual food allergies and/or to suit your taste. Soon after using a rotational diet, you may be able to safely tolerate foods that previously caused you a moderate to severe reaction. This is possible because you have allowed your body's immune system to have an appropriate rest period and to recover to the point where you have regained a tolerance to many previously offending foods. You may regain tolerance to some foods in as little as 3-4 weeks where for other foods it may take 2-6 months or longer. However, do realize that some food allergies may be permanent or fixed. Soon after following the rotational diet and recipes in this cookbook, you will realize good, tasty, nutritious meals are available and you will not miss the foods you cannot eat.

*Allergy & Candida Cooking—
Rotational Style*

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illustrations by Christine Hicks*

Published by
Canary Connect Publications
Coralville, Iowa