

# Allergy Detective

**A Guide to Finding Your Food Allergies**

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[www.Eating-A-Healthy-Diet.com](http://www.Eating-A-Healthy-Diet.com)

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**Would you like to find out if something you are eating is causing you problems?**

**Disclaimer:**

I am not a doctor, and this book does not attempt to give medical advice, diagnose medical conditions or to keep you from consulting a licensed health professional in any way. All I can do is share with you what worked for us, with the hopes that it will assist you in finding your own path to health and wellness for your family.

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## **Diary of Symptoms Chart**

# CHAPTER 1

## Do you have ANY of these problems?

Abdominal pain (repeated)  
Arthritis  
Clearing your throat (repeated)  
Coughing  
Dark circles or bags under your eyes  
Drowsiness  
Ear aches (repeated)  
Ear infections (repeated)  
Fatigue  
Headache  
Hyperactivity  
Irritability  
Leg cramps  
Muscle aches  
Nasal congestion  
Pushing your nose up (repeated)  
Urinary problems  
Wheezing

Here is a small list of some problems that can also be caused by food allergies, but again, please have your doctor give you a checkup.

Migraines  
Soaring heart beat  
Bladder infection  
Depression symptoms  
Diarrhea  
Digestive problems  
Psoriasis  
Blood sugar problems  
Poor immune system

If you have any of these problems you should have your doctor give you a physical. There are many tests he may want to run on you to find the culprit.

Doctors can do extensive testing for allergies. If you'd like to see if you are

allergic to certain common foods, you can put away those foods temporarily to see if your symptoms improve or completely go away.

You may find you out that you may be having an allergic reaction to a certain food you are eating. Your body may have never liked it, or it could have become allergic to something recently, which never gave you a problem before. You may find that you like the food that you are allergic to very much.

## Our Story

### **Kimbrena's Journal:**

It was about four years ago when I first began to experience the pain of arthritis. It began gradually enough, with only moderate stiffness and occasional pain shooting through my wrists toward my elbows, but by the time I was fourteen, it had worsened dramatically. The pain that was once in my wrists had spread out from the joints to my fingers down to my knees. There were many nights that I could not sleep because of the horrible pain throbbing in all my joints.

I tried a lot of sure 'remedies' including kelp, coral calcium, and yucca. While these caused slight relief, the pain was still there and growing. My family began to eat healthy, but to no avail. I would wake up in the morning with my hands and arms drawn up with pain shooting through every limb.

I was tired of trying to conquer my arthritis and decided I might as well mention it as less as possible; my mom had been trying to help so long, and it just wasn't working.

Then mom decided she wanted to see if I might be allergic to any of the foods I was eating. I wasn't really excited about the idea, myself. Weighing only 98 pounds, I figured that I would lose too much weight.

The suggestion lingered in the air, and mom convinced me to give this a try. Only a few days into the experiment I found most of my pain was eliminated. Still, I was doubtful; what would happen once the diet was over?

Well, here I am, not a pound less than I was in the beginning of the diet and PAIN FREE!

I can still enjoy the foods I am allergic to, as long as i take them in small amounts. It must be small amounts or it can cause a mild flare up.

Trying this diet was so much better than wasting money on useless "remedies" that never worked! I am very thankful to mom for her help.

I feel like I have a totally different body than the one I had been accustomed to for over four years!

**Mom's Words:**

I was amazed to find out my daughter who seemed to have Rheumatoid Arthritis so bad, her hands would draw up, got instant relief within a week of testing for a food allergy. She is 100% without any pain now.

My daughter's food allergies are chocolate, milk, and a small allergic reaction to oats.

This does not mean she can't have those items. It is up to her. If she wants chocolate chip cookies, she makes an educated choice. She can ask herself if she minds a little pain today for the pleasure of eating some cookies.

The effects of the food she is allergic to, decreases as she stays away from them. Since she has removed the constant supply of the enemy food, she can now eat foods she was highly allergic to before, without such immediate reactions. She is still allergic to them, but her body tolerates the enemy foods better, which in turn causes her less pain.

# CHAPTER 2

## Let me tell you how we did it.

- √ We began tracking all of the foods she ate, three days before beginning the allergy testing.
- √ We wrote down any symptoms when they occurred.
- √ After three days, we began the special diet.
- √ After seven days on the diet, the symptoms of her allergies were gone, she was pain free. (time varies with individuals but you should use the diet for seven days or more)
- √ We began adding foods back into her diet, one at a time.
- √ We wrote down any symptoms when they occurred.
- √ Amazing!

## Preparing for Diet

Plan out your menu.  
Purchase the foods you will need.

It is very very important that absolutely NONE of the outlawed foods are ate or you will not get accurate results. Manufactured foods you buy in the store should be avoided, because they often contain hidden ingredients that can be the cause of your allergy.

## During Diet

You may not feel good, get cranky, headaches, hyper or tired, etc. the first few days of this diet. You should feel better toward the end of the week, once everything is out of your system.



It usually takes four to six days of being without the food that doesn't agree with you, before the symptoms improve.

Once your symptoms improve wait two days, and then began adding foods back.

## **How to Begin the Allergy Test:**

First you need a piece of paper for each day, or use a chart like I have included at the end of the book.

Remember to begin logging your foods & symptoms three days before you begin the diet, while still eating your normal foods.

\*Day One -thru- Day Seven\*

I have listed all the foods you CAN eat.

Eat all you want of those foods but stay away from those you are not allowed to eat. Don't cheat or your results will be inaccurate.

Remember, this may only take a week to find the foods you are allergic too, and then you can go back to your normal meals again.

# CHAPTER 3

## Overview of What you CAN Eat

- Fruits - \*Anything\* except citrus
- Meats - \*Anything\* but lunch meat, hot dogs, bacon or sausage
- Vegetables - \*Anything\* except corn
- Starches- rice or potatoes
- Peanut Butter with no additives!
- Nuts - any
- Oil -Sunflower, Sesame or Safflower oil
- Beverages - Drink only unsweetened apple, grape, pineapple, tomato juice or water
- Breads - Can not contain wheat, rye, milk or corn \*read the labels\*
- Crackers - Can not contain wheat, rye, milk or corn \*read the labels\*
- Rice cakes or crackers
- Honey (clover or locally produced)
- Maple Syrup (pure without additives)
- Thickeners - arrowroot(in spice section), soy flour, potato starch, rice starch, oat starch.

# What Exactly Can I Eat?

## Meats

Beef  
Chicken  
Clams  
Crab  
Duck  
Fish (trout, salmon, tuna, sardines, etc.)  
Game birds  
Goose  
Lamb  
Lobster  
Oysters  
Pheasant  
Pork  
Quail  
Rabbit  
Shrimp  
Squirrel  
Turkey  
Veal

## VEGETABLES

Asparagus  
Avocado  
Beans (all)  
Beets  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Collards  
Cucumbers  
Celery  
Egg plant  
Green peppers  
Greens (beet, mustard, spinach, turnip, etc.)  
Kale  
Lettuce

Mushrooms  
Okra  
Onions  
parsnips  
Peas (all)  
Potatoes (Sweet & white)  
Rutabaga  
Radishes  
Squash  
Tomatoes  
Turnips

## **FRUITS**

Apples  
Apricots  
Bananas  
Blackberries  
Blueberries  
Boysenberries  
Cantaloupe  
Cherries  
Coconut  
Cranberries  
Dates  
Dewberries  
Figs  
Grapes  
Logan berries  
Nectarines  
Peaches  
Pears  
Persimmons  
Pineapple  
Plums  
Prunes  
Raisins  
Raspberries  
Strawberries  
Watermelon

**NUTS**  
**(additive-free or in shell)**

Almonds  
Brazil nuts  
Butternuts  
Cashews  
Chestnuts,  
Hazel nuts.  
Hickory nuts,  
Peanuts  
Pecans,  
Pistachios  
Walnuts (English & Black)

# CHAPTER 4

## **DON'T EAT these items!**

(No) Milk foods - butter, margarine, cheese, ice cream, candies, cookies, soups, breads, luncheon meats and other manufactured foods.

(No) Egg foods - salad dressings, ice cream pies, cookies, cakes, macaroni, noodles, pancake mixes and other manufactured foods.

(No) Corn foods - corn oil, corn starch, corn sweeteners, ketchup, breads, batters, cereals, pastries, candies, peanut butter, bacon and other manufactured foods.

(No) Wheat foods - luncheon meats, breads, crackers, soups, cereals, cookies, candies, pancake mixes, batters, salad dressings, gravies, and other manufactured foods.

(No) Citrus foods - Sprite, oranges, grapefruit, limes, flavorings in desserts, and other manufactured foods.

(No) Sugar foods - soft drinks, ice cream, cookies, candies, ketchup, salad dressings, and other manufactured foods. (there is a lot of these!)

(No) Chocolate foods - hundreds of these, cereals, desserts

(No) Caffeine - Coffee, tea, soft drinks

(No) Alcohol

(No) Commercially packaged and processed foods usually contain milk, wheat, corn, sugars, flavoring, coloring and additives. They need to be avoided while trying to find your hidden allergies.

# CHAPTER 5

## Ideas for Things to Eat if you come up blank

Chicken salad, sliced potatoes, homemade soup, water packed tuna, baked potatoes, frozen bananas, rolled oats, freeze fruit juices into popsicles, dried fruits(Sonoma), nut covered banana with honey, potato chips not made with corn oil(Health Valley).

## Special Notes (please read)

Try to use fresh vegetables and avoid canned foods if possible.

Use fruits canned in their own juices not syrup.

Use fresh fruit.

Read labels carefully.

Avoid smoke, processed or cured meats.

Only use water packed fish

Don't use roasted nuts unless you roast them yourself.

Avoid commercial frozen turkeys.

If you need margarine, there is a soybean made margarine called Willow Run which is available at most health food stores.

Use Carob in place of chocolate.

Soy Milk can be used as a substitute for regular milk.

Some salts contain corn starch; canning salt and sea salt doesn't contain additives.

Cellu is a baking powder that contains no corn.

Unsweetened fruit spreads(read labels).

Wild meat is all right.

Most commercial breads contain wheat so you may have to make your own, using oat, rice, arrowroot, soy, or potato starch flours.

Peanut butter can be made by putting the peanuts into a heavy duty blender.

Catsup can be made by mixing tomato paste, water, honey, cider vinegar, sea salt and natural spices.

# CHAPTER 6

## **'How to' Add Foods Back to Diet: (read before going on)**

Remember, some foods have a mixture of ingredients. For instance, bread has milk, wheat, sometimes sugar, and eggs. So be careful in order to get accurate results.

- Add *\*one food\** back to your diet at breakfast, if no symptoms occur, add this same food again at lunch and supper.
- You only get this *\*one food\** this one day of this diet, even if you had no symptoms.

If you have a reaction like cough, stuffy nose, headache, stomachache, drowsiness, irritability hyperactivity, or any symptom you believe may be being caused by the food allergy, *\*stop\** the food and take note of the food allergy.

If reaction occurs, do not try to add anymore foods until those symptoms are gone for at least 24 hours. (Milk of magnesia or Alka Seltzer without aspirin may help symptoms go away faster)

- Continue adding foods one day at a time, until you have tried all of the test foods separately.
- Special diet 7-10 days



## What to Add Back to Diet:

Add back these foods in straight form.

Example:

- 1) When adding back citrus foods, only give fresh oranges.
- 2) When adding back wheat foods, only add cream of wheat or shredded wheat (read labels).
- 3) When adding back egg foods, only add eggs.
- 4) When adding food coloring, only add coloring to the drinks you are already drinking.
- 5) When adding back chocolate foods, only give them pure Baker's cooking chocolate or Hershey's cocoa power sweetened with honey.
- 6) When adding back corn foods, only use canned or fresh corn, grits, hominy or corn syrup.
- 7) When adding back sugar foods, only straight sugar (and lots of it)
- 8) When adding back milk foods, only add milk

You can add items back in this order or add what food you \*least\* expect you are allergic to first.

If after testing you are not sure if you are allergic to a food you can try this. Eat the food you suspect for five days, then don't eat the food for five days. Now, on this next day eat the food and if you have a reaction, you are probably allergic to that food.

If you stay away from any food you are allergic to for four or five months you won't have too much problems when you eat it once in a while. But if you start eating it daily again, you will start showing symptoms again.

If you want to eat a food you are allergic to use a rotated Diet. Plan your meals. Do not eat the same food more often than every 4 to 7 days.

## Ending Notes

If you have a chronic food allergy you may have to wait up to 10-21 days before your symptoms go away. Make sure all of your symptoms are gone and then wait for two days with no symptoms, before starting to add items back to your diet.

Blessings,

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