

## 4-Day Rotation of Foods by Groups and Families

This table illustrates how entire groups of related foods can be rotated so that they are eaten no more than every four days. Food families are shown in blue. If your test report showed reactivity to more than one food in a family, you may need to avoid the entire food family. Some choices of food in a family are not listed due to space restrictions. (Based on: J Am Diet Assoc 1998;98:1439-1444.)

Food Group	Day 1	Day 2	Day 3	Day 4
<b>Primary Protein</b>	<b>Bird:</b> chicken, turkey, duck, pheasant, all types of eggs <b>Ovis:</b> lamb, mutton, sheep <b>Legume:</b> tofu	<b>Swine:</b> pork, ham, bacon <b>Crustacean:</b> crab, shrimp, lobster, crayfish <b>Mollusk:</b> snail, squid, clam, oyster, scallop	<b>Fish:</b> saltwater, freshwater	<b>Bovine:</b> beef/bison, beef/bison products, milk and dairy products, such as butter, cheese, ice cream
<b>Vegetables</b>	<b>Parsley:</b> carrots, celery, parsley, parsnips, fennel <b>Sedge:</b> water chestnuts <b>Legume:</b> green beans, peas, navy beans, etc. <b>Goosefoot:</b> spinach, beet, chard, beetroot, sugar beet	<b>Morning Glory:</b> sweet potato, yam <b>Gourd:</b> cucumber, squashes, pumpkin, casaba, zucchini, marrow <b>Fungi:</b> mushrooms, truffle <b>Grass:</b> bamboo shoots, corn	<b>Mustard:</b> broccoli, Brussels sprouts, cabbage, kale, watercress, turnip, cauliflower, radish, mustard greens <b>Algae:</b> dulse, kelp <b>Olive:</b> green, black	<b>Nightshade:</b> eggplant, hot peppers, tomato, potato, bell peppers <b>Lily:</b> asparagus, chives, garlic, leek, onion <b>Aster:</b> endive, artichoke, Jerusalem artichoke, lettuce, escarole, chicory, stevia <b>Mallow:</b> okra
<b>Fruit</b>	<b>Laurel:</b> avocado <b>Banana:</b> banana, plantain <b>Palm:</b> coconut, date, sago <b>Pineapple:</b> pineapple <b>Mulberry:</b> figs, breadfruit <b>Pomegranate:</b> pomegranate	<b>Cashew:</b> mango <b>Citrus:</b> orange, grapefruit, lemon, lime, kumquat, tangerine, tangelo <b>Grape:</b> grape, raisins, wine, wine vinegar <b>Rose Berries:</b> blackberry, raspberry, strawberry <b>Gourd:</b> cantaloupe, honeydew, melons, watermelon	<b>Heath:</b> blueberry, cranberry <b>Rose Pomes:</b> apple, apple cider vinegar, pear, quince, loquat <b>Papaya:</b> papaya <b>Soapberry:</b> hicki <b>Honeysuckle:</b> elderberry <b>Ebony:</b> persimmons <b>Actinidiaceae:</b> kiwi <b>Myrtle:</b> guava	<b>Plum:</b> apricot, cherry, peach, plum, nectarine, prune, chokecherry <b>Sadifrage:</b> currant, gooseberry <b>Ebony:</b> persimmons <b>Custard Apple:</b> custard apple, paw-paw
<b>Nuts/Seeds</b>	<b>Sapucaya:</b> brazil nut <b>Pedaliaceae:</b> sesame seeds, tahini	<b>Birch:</b> hazelnut <b>Cashew:</b> pistachio, cashew <b>Gourd:</b> pumpkin seeds	<b>Walnut:</b> walnut, pecan, butternut <b>Beech:</b> chestnut	<b>Conifer:</b> pine nut <b>Protea:</b> macadamia <b>Aster:</b> sunflower seed <b>Rose Stone:</b> almond
<b>Grains</b>	<b>Buckwheat:</b> buckwheat flour <b>Legume:</b> chickpeas, lentil flour, carob, soy (soy milk/soy), sprouts <b>Anacardiaceae:</b> arrow root <b>Goosefoot:</b> quinoa	<b>Ginger:</b> east India arrowroot starch <b>Grass:</b> corn starch, popcorn, oats, rice, wild rice, millet, sorghum, corn meal	<b>Spurge:</b> cassava flour, tapioca starch <b>Amaranth:</b> amaranth seeds and flour	<b>Nightshade:</b> potato flour <b>Composite:</b> artichoke flour <b>Grain:</b> spelt, bulgar, rye, barley, kamut, wheat (durham, selemoon, graham)
<b>Oils</b>	<b>Bird:</b> bird fat <b>Legume:</b> soy oil, peanut oil <b>Pedaliaceae:</b> sesame oil <b>Palm:</b> coconut oil	<b>Grass:</b> corn oil <b>Flax:</b> flaxseed oil	<b>Olive:</b> olive oil <b>Walnut:</b> walnut oil <b>Mustard:</b> canola oil	<b>Aster:</b> sunflower oil, safflower oil <b>Mallow:</b> cotton seed oil <b>Bovine:</b> butter <b>Rose stone:</b> apricot and almond oil
<b>Seasoning &amp; Condiments</b>	<b>Laurel:</b> cinnamon, bay leaf <b>Poppy:</b> poppy seed <b>Pepper:</b> peppercorns, pepper <b>Parsley:</b> dill, caraway, celery seed, coriander, cumin, parsley <b>Legume:</b> fenugreek, clover honey, licorice, carob	<b>Citrus:</b> orange blossom honey <b>Ginger:</b> ginger, cardamom, turmeric <b>Grass:</b> corn syrup, corn sugar, rice sweetener <b>Fungi:</b> baker's and brewer's yeast <b>Tea:</b> black and green	<b>Mint:</b> mint, basil, oregano, rosemary, sage, summer savory, thyme <b>Myrtle:</b> allspice, clove, paprika, pimiento <b>Orchid:</b> vanilla <b>Mustard:</b> mustard seed	<b>Nutmeg:</b> nutmeg, mace <b>Aster:</b> chamomile, chicory, goldenrod, tarragon <b>Nightshade:</b> cayenne, paprika, pimiento, chili peppers <b>Rose Stone:</b> almond extract <b>Madder:</b> coffee

The food groups are listed in blue. If you are reactive to more than one food in a food family, you may choose to avoid the entire food family. All possible choices of each food family are not listed due to space restrictions. (Based on: J Am Diet Assoc 1998;98:1439-1444.)

# Rotation Diet

**Charles A. Moss, M.D.**



## **Rotation Diet:**

**The Rotation Diet (Revised and Updated)** Martin Katahn, 2012-01-02 Lose those unwanted pounds and keep them off once and for all with an easy three week diet The Rotation Diet s unique and simple plan varies the daily calorie intake over a three week period leading to an average weight loss of 13 pounds Users who have a great deal of weight to lose may drop up to a pound per day in week one When The Rotation Diet was first published more than seventy thousand Nashvillians went on the diet and weighed in weekly at supermarkets The results showed that the city became almost a million pounds lighter This new updated and revised edition of The Rotation Diet offers a scientifically proven maintenance plan that requires only small changes to establish a permanently healthier lifestyle There are tasty new recipes and menus based on USDA and HHS dietary guidelines and numerous examples show how people who have changed their lives achieved success as they built weight management confidence

**The Ultimate Food Allergy Cookbook and Survival Guide** Nicolette M. Dumke, 2006 The Ultimate Food Allergy Cookbook and Survival Guide How to Cook with Ease for Food Allergies and Recover Good Health gives you everything you need to survive and recover from food allergies It contains medical information about the diagnosis of food allergies health problems that can be caused by food allergies and your options for treatment The book includes a rotation diet that is free from common food allergens such as wheat milk eggs corn soy yeast beef legumes citrus fruits potatoes tomatoes and more Instructions are given on how to personalize the standard rotation diet to meet your individual needs and fit your food preferences It contains 500 recipes that can be used with or without the diet Extensive reference sections include a listing of commercially prepared foods for allergy diets and sources for special foods services and products

The ROTATION Diet Trish Blascak, 2009-07 This book was initially intended to nurse Trish s son back to health and keep her other children free from the same type of illness illness caused by food additives and chemicals It was also intended as a handy tool for her clients with food sensitivities However it has been discovered that eating on a rotation not only eliminates current food issues but prevents future food issues as well Eating on a rotation can reduce inflammation and promote weight loss A rotation diet can restore energy and promote overall health This book not only defines the Rotation Diet but also offers tools and recipes for its success

*The Best of Health* Sheldon Zerden, 2004 The Best of Health is a compilation and condensation of the best and most important health and nutrition books of the last 50 years It shows the evolution of views on holistic health practices It presents a balanced view of the natural health phenomenon including diet exercise vitamins and minerals specific diseases and the mind body connection Its format of short synopses acts as a guide to the many books on nutrition available This saves the consumer time and money they read the condensations in The Best of Health and use them to evaluate which approaches they wish to study in more depth

Food Rotation Diet: A Step-by-Step Guide for Absolute Beginners, With Sample Recipes Bruce Ackerberg, Rotation diet is based on the principle of following regulated consumption of a variety of food nutrients whereby the body is made to wait for a few days to ensure its thorough absorption It also gives

enough time for your body to get used to any allergic reaction or intolerance and in time heal yourself through a slow process of developing antibodies to counter such reactions. Incidentally, rotation diet was initially introduced as a weight loss diet because of the elimination of fat build up through proper diet. However, because of the ability of the rotation diet to detect hidden allergies to certain foods being taken by the individual and its capability of healing allergic reactions through food rotations and temporary elimination of problem foods from your diet, rotation diet has since been primarily used by individuals experiencing such ailments to heal themselves through its beneficial effects. However, rotation diet is not a quick fix diet plan to reduce your weight or remove your allergic reactions and food intolerances instantly. Once you are decided to go on a rotation diet, you have to prepare yourself for lifetime meal planning activities which, as explained in the later chapter of this book, will actually reward you with numerous benefits and healthy advantages to include your whole family as well. Finally, you don't have to be 100% thorough in implementing your corresponding meal plan and you can mess up from time to time. What is important is that you religiously stick to your rotation diet despite such imperfections and focus instead on your progress and on the actual results of your diet.

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Rotation Diet Principles  
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**The Rotation Diet** Martin Katahn, 1987  
Anyone with a weight problem can lose up to a pound a day and never gain it back with Martin Katahn's fabulous and famous Rotation Diet. It's simple, it's safe, it's fast, it lasts, and it's a bestseller. To keep rotating, Bantam also offers Maintaining the Rotation Diet audio cassette in a mixed book cassette floor display. Each display contains 30 books and 6 cassettes, and each book cassette display is net priced at \$36. A 36-copy Rotation Diet books only floor display is available at standard Ingram discount.

**Rotation Diet** Bruce Akerberg, 2021-09-07  
The Rotation diet is based on the principle of following regulated consumption of a variety of food nutrients whereby the body is made to wait for a few days to ensure its thorough absorption. It also gives enough time for your body to get used to any allergic reaction or intolerance and in time heal yourself through a slow process of developing antibodies to counter such reactions. Incidentally, the rotation diet was initially introduced as a weight loss diet because of the elimination of fat build up through a proper diet. However, because of the ability of the rotation diet to detect hidden allergies to certain foods being taken by the individual and its capability of healing allergic reactions through food rotations and temporary elimination of problem foods from your diet, rotation diet has since been primarily used by individuals experiencing such ailments to heal themselves through its beneficial effects. However, a rotation diet is not a quick fix diet plan to reduce your weight or remove your allergic reactions and food intolerances instantly. Once you are decided to go on a rotation diet, you have to prepare yourself for lifetime meal planning activities which, as explained in the later chapter of this guide, will actually reward you with numerous benefits and health advantages including your whole family as well. Finally, you don't have to be 100% thorough in implementing your corresponding meal plan and you can mess up from time to time. What is important is that you

religiously stick to your rotation diet despite such imperfections and focus instead on your progress and on the actual results of your diet Thanks again for downloading this guide I hope you enjoy it      Chemical Sensitivity William J. Rea,1996-12-13 This fourth and final volume of Chemical Sensitivity introduces and explains diagnostic and treatment practices that have been successfully used with thousands of chemically sensitive patients Applications of various treatment methods are discussed including Heat depuration Injection therapy Nutrition replacement Endocrine treatment Tolerance moderators Behavior therapy Surgery Volume 4 Tools for Diagnosis and Methods of Treatment also offers insight into the nature of long term results of appropriate diagnosis and treatment of chemical sensitivity Features of the volumes comprising Chemical Sensitivity Presents results from studies of more than 20 000 Environmental Health Center EHC patients under controlled conditions Incorporates the results from study and treatment of an estimated 100 000 patients from other environmentally oriented physicians and scientists around the world Describes techniques for removal of toxins from the body Identifies the effects of environmental pollutants on known mechanisms of immune and nonimmune detoxification systems Emphasizes the importance of maintaining a balance between endocrine immunological and neurological systems and their nutrient fuels

5 Years Without Food Nicolette M. Dumke,1997 Over 25 million Americans have food allergies This book helps those with food allergies get to the root of their problems and to discover and treat the factors which are causing or contributing to the severity of their allergies It gives answers that most sufferers will find nowhere else It also gives help with the daily problem of what to eat on an allergen free diet The book includes an easily personalized rotation diet for allergies and 500 recipe variations which fit the diet For those who don t have time to cook there are sources of commercially prepared foods for people with allergies Health journalist Marjorie Jones R N says If you are serious about turning your health around this book belongs in your health library or more accurately at your fingertips in daily use      **The Kid-Friendly ADHD & Autism Cookbook, 3rd edition** Pamela J. Compart,Dana Godbout Laake,2020-01-28 The Kid Friendly ADHD Autism Cookbook 3rd Edition explains the best diets for children with food intolerances and hypersensitivities that stem from altered biochemistry and which may be causing problems in learning behavior development attention sensory responses sleep and digestion The authors provide guidelines to help parents determine which diets may be helpful for their child s specific symptoms and needs One of the challenges that parents face is coping with children who have picky appetites and crave the very foods that negatively affect their behavior focus and development Linked to this is the challenge of finding ways to get their children to eat the healthy foods that will improve their nutrition This book provides suggestions for feeding picky eaters including those with texture issues The 3rd edition of The Kid Friendly ADHD Autism Cookbook provides a current and greatly expanded review of the most commonly used diets that are important in the treatment of ADHD and autism There are recipes appropriate to specific diets as indicated by icons and descriptors with each recipe The authors share details about just how and why each diet works examine specialty ingredients in depth and provide extensive resources and references The

specialty diets covered include Gluten free casein free soy free Feingold diet low phenol low salicylate diet Specific Carbohydrate Diet SCD and Gut and Psychology Syndrome Diet GAPS Anti yeast candida diets or Body Ecology Diet Low Oxalate Diet LOD FODMAP Fermentable Oligo Di and Mono saccharides And Polyols Anti inflammatory diet Rotation diet Despite the restrictions of these diets this cookbook offers an array of tasty choices that kids and the whole family will love including shakes muffins breads rice and beans vegetables salads main dishes stews and even sweets and treats You ll also find recommendations for school lunches and snacks This comprehensive guide and cookbook is chock full of helpful info and research and includes more than 150 kid friendly recipes suitable to the variety of specialty diets     *The Complete Guide to*

*Sensible Eating* Gary Null,1998     **Dietary Interventions in Autism Spectrum Disorders** Kenneth Aitken,2008-10-15 The author explores dietary approaches that have been advocated in ASD For each approach he explores the potential benefits evidence for and against the diet and sources of further information He describes his own approach the Simple Restriction Diet SRD explaining how to implement it and work out whether a dietary approach is of benefit     *Federal Trade Commission Decisions* United States. Federal Trade Commission,1986     **Dangerous Grains** James Braly,Ron Hoggan,2002-08-26 Learn the shocking truth about how gluten cereal grains effect our health Could gluten be contributing to your fatigue stress bloating and ill health Long before Grain Brain was a bestseller Dangerous Grains was the first book to examine in depth the hazards of gluten cereal grains James Braly M D a renowned food allergy expert and Ron Hoggan M A a respected patient advocate reveal the negative impact of gluten grains Discover the benefits of a gluten free diet in relieving and preventing the ailments associated with celiac disease gluten sensitivity and more than 200 chronic illnesses including Cancer Autoimmune diseases Osteoporosis Brain disorders Intestinal disease Chronic pain Digestive disorders Infertility and problematic pregnancies Tracking the genetic and evolutionary history of humans and grain consumption Dangerous Grains can help you understand how grains can affect your health and whether you are at risk for gluten influenced illnesses

**The Journey to Empowerment: Embracing Strength and Wellness with Food Allergy** Stacy Weaver,2025-04-25 Embark on an empowering journey to manage food allergies and unlock optimal well being This comprehensive guide empowers individuals with a roadmap to navigate the challenges of food allergies equipping them with the tools and knowledge to live a fulfilling life Discover a holistic approach that addresses both the physical and emotional aspects of food allergies Delve into practical strategies for identifying triggers managing symptoms and navigating social situations Through expert advice and real life experiences you ll gain insights into the latest research and cutting edge treatments empowering you to make informed decisions about your health The Journey to Empowerment goes beyond symptom management It fosters a deep understanding of the connection between nutrition well being and the immune system Learn how to create tailored meal plans that nourish your body reduce inflammation and enhance overall health Embark on a culinary adventure that celebrates the joy of eating while staying safe and allergen free This empowering guide is not merely a book it s a

companion on the path to self discovery and resilience It offers support encouragement and practical advice empowering you to live a vibrant and fulfilling life despite food allergies Embrace the journey toward empowerment and unlock the boundless possibilities of well being and resilience

**The Adaptation Diet** Charles A. Moss, M.D.,2013-05-07 The Adaptation Diet presents a plan clinically proven to lower levels of cortisol the main stress hormone and a major component of the obesity epidemic By reducing excess cortisol you can Decrease your risk for diabetes heart disease cancer and high blood pressure Lose the fat around your midsection and increase your lean muscle mass Improve your ability to adapt to emotional and situational stress Dr Charles Moss takes readers through a three step program detoxification elimination of common food allergens and the implementation of an anti inflammatory diet with specific advice on the avoidance of toxins and the inclusion of key bioactive cortisol controlling foods and nutrients such as flaxseed powder cold water fish specialized herbs and vitamins In addition using the newly emerging science of epigenetics he explains how diet and environment influence our biological destiny and he provides more than 100 delicious recipes as well as menu plans for life long control of biochemical stress You ll learn which foods protect gene expression and help reduce your risk for obesity as well as how to protect your children s gene expression before they are even born By following the right dietary suggestions we can change ourselves right down to our genes and reduce our chances for disease

Encyclopedia of Diet Fads Marjolijn Bijlefeld, Sharon K. Zoumbaris,2014-11-25 This updated encyclopedia examines the basics of nutrition and dieting presenting the important people concepts and criticisms involved and examining the pros and cons of different plans This A to Z reference describes many of the health fads and fashions of the past as well as current trends in weight loss to help people understand the principles of weight loss and the benefits of healthy choices The authors help to identify effective means of losing weight and maintaining a healthy lifestyle placing particular emphasis on weight loss programs aimed at young people who struggle most with obesity eating disorders and body image The book explores what works what is potentially dangerous and what scientists are discovering about nutrition while also offering sustainable advice for keeping fit The second edition of Encyclopedia of Diet Fads includes many updated expanded and completely new entries as well as the latest information on diets and reviews many popular diet trends like the Atkins Diet the Zone Diet Weight Watchers and Medifast The book is organized by alphabetical entries regarding nutrition exercise and famous and infamous diet promoters Readers can learn more about an area that interests them through cross referenced sections and a prolific list of additional resources A selection of appendixes contains practical information such as how to evaluate diets and recipes

*Special Diets for Special Kids* Lisa S. Lewis, Lisa Lewis,1998 Understanding and implementing a gluten and casein free diet to aid in the treatment of autism and related developmental disorders

*Finally... Food I Can Eat!* Shirley Plant,2012-11-08 Are you frustrated and overwhelmed with trying to prepare meals that are free of wheat yeast eggs dairy gluten soy corn and sugar Are you tired of being on a special diet Why don t the recipes you make taste yummy Well here is the cookbook for you It contains Easy

delicious recipes that will appeal to everyone in the family and your guests will never know they are eating allergen free food  
A useful introduction and guide to food allergies and intolerances A quick guide to natural food chemicals food additives food families and rotation diets Substitutions and alternatives to common foods that you need to avoid Recipes that are low in sugar and cholesterol and are great for those following diabetic candida allergy free or heart smart diets This cookbook is so well thought out that it likely will inspire the reader to make these tempting recipes Shirley has found many creative ways of bringing all kinds of healthy food into the daily diet with lots of good ideas on how to combine them Dr Jennifer Armstrong MD associate of American Academy of Environmental Medicine Shirleys gluten free blueberry muffins are my favourite theyre the best Sophia age 7      Dealing with Food Allergies Janice Vickerstaff Joneja, 2003-04-01 Presenting up to date information on current diagnostic methods and treatment options this guide describes the effects of food allergies on the skin mucous membranes and respiratory and digestive tracts discusses treatment by allergists and other healthcare professionals and empowers readers to manage their food allergies



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