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### Dr. William Philpott's FOUR-DAY ROTATION DIET

This rotation diet is to be used by those who have many allergies. By having less frequent contacts with food, the system should clear faster, making the diet better tolerated.

The recommended usage to clear the system is to have only one contact with each food in four days, still rotating the foods in family groups. Any of the foods listed for that day may be used, but only one contact with each food. This is best accomplished by using two to four foods at one meal, and not repeating these foods at a following meal. Do not repeat any food the second time.

Rarely is there a person who can eat only one food with each meal since combinations of any type give symptoms. In this case, six meals a day can be used keeping them on a seven-day rotation program.

Heating foods in oils reduces the absorption rate and reduces symptoms. Oils should be rotated. Use corn, safflower, peanut, olive, soy and cottonseed oils, butter, lard and other animal fats, and others. Heating in a Chinese wok is ideal. For these very sensitive persons requiring foods heated in oils, a seven-day rotation diet is preferred.

This 7-Day rotation diet is also useful for subjects in good control for its convenience. One day of the week can be designed where cereal grains containing gluten can be combined with dairy products, making available foods containing both. Some find that one day a week, they can eat anything without reinstating their maladaptive reactions. Some even find that they can eat the same food two days in a row without developing symptoms.

Sprouting cereal grains and legumes, makes it possible to eat these same foods twice in a week in which one day they are using the non-sprouted foods and another day they are using the sprouted foods.

The 4 day diversified rotation diet, which is commonly used, is provided in the Magnetic Health Quarterly, *The Ultimate Non-Addiction, Non-Stress Diet*, Volume VI, First Quarter 2000.

### Four-Day Rotation Diet

#### Day I

##### Meat

Bovidae: Lamb, Beef, Goat, Deer, Cheese, Milk and Yogurt

Fish Fish and/or shellfish can be on any or all days by keeping the type of fish or shellfish different for each day.

##### Vegetables

Potatoes: Potato, Tomato, Eggplant, Red/Green Peppers and Pimento

Goosefoot: Beet, Spinach, Swiss chard and Lamb's quarters

Composites: Lettuce, Chicory, Endive, Escarole, Artichoke, Dandelion and Safflower

Corn: Fresh Corn as a fresh vegetable

##### Fruits

Mulberry: Mulberry, Figs and Breadfruit

Rose: Strawberry, Raspberry, Blackberry, Dewberry, Loganberry, Young-berry, Boysenberry and Rose Hip

Grape: Grapes and Raisins

Cashew: Mango

##### Nuts:

Sunflower: Sunflower Seeds

Cashew: Cashew and Pistachio

Protea: Macadamia Nut

##### Thickening

Tapioca

##### Seasonings

Grape: Cream of Tarter

Potato: Chili Pepper, Paprika and Cayenne

Composites: Tarragon

Nutmeg: Nutmeg and Mace

Sweetener Beet Sugar

Tea Rose Hips, Chicory and Dandelion

Sprouts Legumes, Bean Sprouts, Alfalfa Sprouts and Sunflower Sprouts

Fresh Vegetable Green Bean Sprouts, Alfalfa Sprouts and Sunflower Sprouts

#### Day II

##### Meat

Bird: \*All fowl – Chicken, Turkey, Duck, Goose, Guinea, Pigeon, Quail and Pheasant

Eggs Eggs

Fish Fish and/or Shellfish can be on any or all days by keeping the type of fish or shellfish different for each day.

##### Vegetables

Myrtle: Pimento

Grass: Millet

Parsley: Carrot, Parsnip and Celery

Mushroom: Mushroom and Yeast (Brewer's or Baker's)

Mallow: Okra

##### Fruits

Plum: Plum, Cherry, Peach, Apricot, Nectarine and Wild Cherry

Pineapple: Pineapple

Pawpaw: Pawpaw, papaya and papain

##### Grains:

Gluten: Wheat, Oats, Barley, Rye and mature Corn

Non-gluten: Millet, Sorghum, Bamboo shoot and Malt

##### Nuts:

Plum: Almond

Beech: Chestnut

Brazil nut: Brazil nut

Flaxseed: Flaxseed

Thickening Wheat flour, Agar-agar (vegetable gelatin from sea algae)

##### Seasonings

Myrtle: Guava, Clover, Allspice and Clove

Parsley: Celery seed, Celeriac, Anise, Dill, Fennel, Cumin, Coriander and Caraway

Pedaliun: Sesame

Orchid: Vanilla

Oil Cottonseed, Flaxseed and Sesame

Sweetener Corn sugar, Clover honey and Molasses

##### Tea

Sterculia: Papaya tea

#### Day III

##### Meat

Suidae: Pork

Fish Fish and or Shellfish can be on any or all days by keeping the type of fish or shellfish different for each day.

##### Vegetable

Mature Legumes: Pea, Black-eyed Pea, Soybean, Lentil,

Peanut, Lima Bean, Navy Bean, Garbanzo Bean, Great

Northern Bean, Pinto Bean and Kidney Bean

Laurel: Avocado

Lily: Onion, Garlic, Asparagus, Chive and Leek

##### Fruits

Apple: Apple, Pear and Quince

Banana: Banana and Plantain

Heath: Blueberry, Huckleberry and Cranberry

Gooseberry: Currant and Gooseberry

Ebony: Persimmon

Buckwheat: Rhubarb

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**Grains**

Buckwheat: Buckwheat and Rice

**Nuts**

Legume: Peanuts

Birch: Filbert (Hazelnut)

Conifer: Pine Nut (Pinon)

**Thickening**

Arrowroot: Arrowroot Flour

**Seasonings**

Arrowroot: Arrowroot

Heath: Wintergreen

Legume: Licorice

Laurel: Cinnamon, Bay leaf, Sassafras and Cassia bud/bark

Pepper: Black & Whit Pepper

Oil Soybean, Peanut and Avocado

**Sweetener** Fructose, Carob syrup, Maple sugar, Tupelo honey and

Cane sugar

**Tea** Alfalfa, Sassafras, Garlic and Apple cider/tea

**Day IV**

**Meat**

Meat: Rabbit, Fowl not used on Day II (Chicken, Turkey, Duck)

**Fish** Fish and/or Shellfish can be on any or all days by keeping the type of fish or shellfish different for each day.

**Vegetables**

Morning Glory: Sweet Potato

Gourd: Cucumber, Pumpkin, Squash, Acorn and Squash seeds

Mustard: Mustard, Turnip, Radish, Horseradish, Watercress, Cabbage, Kraut, Chinese Cabbage, Broccoli, Cauliflower, Brussel Sprouts, Collard, Kale, Kohlrabi and Rutabaga

Olive: Black/Green Olives

**Fresh Grain Vegetables** Sprouts: Wheat, Rye, Barley and Oat

**Fruits**

Gourd: Watermelon, Cantaloupe and Honeydew

Citrus: Lemon, Orange, Grapefruit, Lime, Tangerine, Kumquat and Citron

Honeysuckle: Elderberry

Palm: Coconut and Date

**Nuts**

Seeds: Pumpkin seeds, Squash seeds and Coconut

Walnut: English walnut, Black walnut, Pecan, Hickory and Butternut

**Thickening** Cornstarch

**Seasonings**

Mustard: Mustard

Mint: Basil, Sage, Oregano, Savory, Horehound, Catnip,

Spearmint, Peppermint, Thyme, Marjoram and Lemon Balm

**Oil:** Coconut, Olive, Pecan and Corn

**Sweetner:** Date sugar, Honey (other than Tupelo or Clover)

**Tea:** Kaffer