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**Dr. William Philpott's SEVEN-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 seven 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.

**SEVEN DAY ROTATION DIET**

*Seven Day Rotation diet*

*Day I -- Sunday*

**FOOD FAMILIES**

- Apple: apple, pear, quince
- Mulberry: mulberry, figs, breadfruit
- Honeysuckle: elderberry
- Olive: black, green or stuffed with pimento
- Gooseberry: currant, gooseberry
- Potatoe: potato, tomato, eggplant, peppers (red and green), chili pepper, paprika, cayenne
- Lily: onions, garlic, asparagus, chives, leeks
- Grass: wheat, corn, rice, oats, barley, rye, wild rice, cane, millet, sorghum, bamboo sprouts
- Bovid: milk products, butter, cheese, yogurt, beef and pure beef products, lamb
- Herb: basil, savory, sage, oregano, horehound, catnip, spearmint, peppermint, thyme, marjoram, lemon balm
- Tea: elder, mint, catnip
- Oil: olive, corn, 100% corn oil margarine, butter
- Juices: juices may be made and used without added sweeteners from the following:  
Fruits - any listed above in any combination desired  
Vegetables - any listed above in any combination desired

*Seven-Day Rotation  
Day I - Sunday*

Breakfast

- Apples applesauce and juice
- American cheese
- Mint tea
- Potato
- Currants

Lunch

- Potato
- Asparagus
- Beef
- Figs
- Onions
- Olives (Black)
- Gooseberries

Dinner

- Olives (Green)
- Tomato
- Lamb (or beef)
- Tomato Juice
- Eggplant
- Pears, sauces & Juice

\*This menu is prepared for the no-milk and no-cereal grain program. Most can eat these after a three-month abstinence.

*Seven-Day Rotation*

*Day II - Monday*

**FOOD FAMILIES**

- Citrus: lemon, orange, kumquat, citron, grapefruit, lime, tangerine
- Parsley: carrot, celeriac, parsley, anise, parsnip, celery, celery seed, dill, cumin, coriander, caraway, fennel
- Pepper: white pepper
- Herbs: mace
- Walnut: English walnut, black walnut, pecan, hickory nut, butternut
- Bird: chicken, goose, quail and their eggs
- Tea: Comfrey tea, comfrey greens, fennel
- Oil: fat from any bird listed above
- Sweetener: orange honey - use sparingly
- Juices: juices may be made and used without adding sweeteners from the following:  
Fruits - any listed above in any combination  
Vegetables - any listed above in any combination

*Seven-Day Rotation*

*Day II- Monday*

Breakfast

- Grapefruit
- Walnuts
- Eggs
- Comfrey tea

Lunch

- Carrots
- Parsley
- Chicken

- Eggs
- Parnips

Dinner

- Orange
- Pecans
- Chicken or other fowl listed

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Celery		Orchid:	vanilla
Celeriac		Fungus:	mushrooms and yeast
	<i>Seven-Day Rotation</i>	Salt water fish	sea herring, anchovy, cod, sea bass, sea trout, mackerel, tuna, swordfish, flounder, sole
	<i>Day III- Tuesday</i>		
<b>FOOD FAMILIES</b>			
Grape:	all varieties of grapes and raisins	Fresh Water Fish:	sturgeon, herring, salmon, pike, white fish, bass, perch, sunfish, bluegill
Rose:	strawberry, raspberry, blackberry, dewberry, loganberry, youngberry, boysenberry, rose hips	Oil:	avocado
Peas:	pea, black-eyed pea, dry beans, string beans, carob, soy beans, lentils, licorice, peanut, alfalfa	Tea:	sassafras tea, papaya
Flaxseed:	flaxseed	Spurge:	tapioca
Tea:	alfalfa tea, rose hip tea	Juices:	juices may be made and used without adding sweeteners, from the following:
Oil:	peanut or soy		Fruits - any listed above in any combination
Sweetner:	carob syrup (use sparingly), clover honey (if honey isn't used on any other day)		Vegetables - any listed above in any combination
Swine:	all pork products arrowroot		<i>Seven-Day Rotation</i>
Arrowroot:	arrowroot		<i>Day IV - Wednesday</i>
Juices:	juices may be made and used without adding sweeteners, from the following: Fruits - any listed above in any combination Vegetables - any listed above in any combination	<u>Breakfast</u>	
	<i>Seven-Day Rotation</i>	Blueberry	
	<i>Day III - Tuesday</i>	Huckleberry	
		Sunflower seeds	
		Fish	
		<u>Lunch</u>	
		Cranberry Juice (dietetic)	
		Lettuce and others in family for a salad	
		Fish	
		Salsify or Oyster Plant	
		Sweet Potato (light yellow flesh)	
		<u>Dinner</u>	
		Avocado	
		Chestnuts	
		Mushrooms	
		Fish	
		*Vary the types of fish with each meal	
			<i>Seven Day Rotation</i>
			<i>Day V - Thursday</i>
		<b>FOOD FAMILIES</b>	
		Pineapple:	(juicepack, waterpack or fresh and frozen without added sugar)
		Melon (gourd)	watermelon, cucumber, cantaloupe, pumpkin, squash (all varieties), other melons, zucchini, summer squash
		Pursulane:	pursulane, New Zealand spinach greens
		Mallow:	okra, cottonseed
		Cashew:	cashew, pistachio, mango
		Tea:	fenugreek
		Pedalium:	sesame
		Oil:	cottonseed, sesame
		Mollusks:	abalone, snail, squid, clam, mussel, oyster, scallop
		Crustaceans:	crab, crayfish, lobster, prawn, shrimp
		Juices:	juices may be made and used without adding sweeteners, from the following:
			Fruits - any listed above in combination
			Vegetables -- any listed above in
<u>Breakfast</u>			
Raisins			
Alfalfa tea			
Limas			
Grapes			
<u>Lunch</u>			
Shell Beans			
Strawberries			
Boysenberry			
Peas			
Pork			
Boysenberry			
<u>Dinner</u>			
Lentils or other beans			
String Beans			
Blackberry			
Peanut Butter (old fashioned)			
Raspberry			
Pork			
	<i>Seven-Day Rotation</i>		
	<i>Day IV - Wednesday</i>		
<b>FOOD FAMILIES</b>			
Blueberry:	blueberry, huckleberry, cranberry, wintergreen		
May apple:	may apple		
Aster:	lettuce, chicory, endive, escarole, artichoke, dandelion, sunflower seeds, tarragon, oyster plant (salsify) cellulose		
Morning Glory:	Sweet potato (not yam)		
Laurel:	avacado, cinnamon, bay leaf, sassafras, cassia buds or bark		
Protea:	macadamia nut		
Beech:	chestnut		

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combination  
*Seven-Day Rotation*  
*Diet V - Thursday*

Breakfast

Cantaloupe  
 Zucchini and/or pumpkin  
 Cashews

Lunch

Watermelon  
 Pistachios  
 Winter squash  
 Shellfish

Dinner

Pineapple  
 Shellfish  
 Okra  
 Cucumber  
 Summer Squash  
 Sesame Seeds  
 Sesame seed milk

\*Vary the types of shellfish with each meal

*Seven-Day Rotation*  
*Diet VI - Friday*

Banana: banana, plantain, arrowroot (musa)  
 Pomegranate: pomegranate  
 Ebony: persimmon  
 Palm: coconut, dates, date sugar, sago,  
 palm cabbage  
 Pepper: black pepper, peppercorn  
 Herbs: nutmeg  
 Beet: beet, chard, spinach, lambs quarters  
 (greens)  
 Birch: filbert, hazelnut  
 Bird: turkey, duck, pigeon, pheasant and  
 their eggs  
 Tea: lemon verbena  
 Oil: coconut oil and fat from any bird  
 listed above  
 Sweetener: date sugar or beet sugar (use  
 sparingly)  
 Juices: juices may be made and used  
 without adding sweeteners, from  
 the following:  
 Fruits - any listed above in  
 combination  
 Vegetables - any listed above in  
 combination

*Seven-Day Rotation*  
*Diet VI - Friday*

Breakfast

Hazel nuts or Filberts  
 Bananas  
 Duck eggs

Lunch

Beets  
 Beet greens  
 Lambs quarters (greens)

Dinner

Turkey  
 Pomegranate  
 Fresh coconut  
 Coconut milk

Dinner

Spinach

Dates  
 Turkey or Duck  
 Persimmons

*Seven-Day Rotation*  
*Diet VII - Saturday*

FOOD FAMILIES

Plum: plum, cherry, peach, apricot,  
 nectarine, almond, wild cherry,  
 also small amounts of any  
 natural dried fruit listed above  
 Mustard: mustard, turnip, radish, horse  
 radish, watercress, cabbage,  
 kraut, chinese cabbage, broccoli,  
 cauliflower, brussel sprouts,  
 collards, kale, kohlrabi, rutabaga  
 Buckwheat: buckwheat, rhubarb  
 Yam: yam, chinese potato  
 Subucaya: Brazil nut  
 Conifer: pine nut  
 Oil: safflower  
 Tea: safflower, ate  
 Bovid: lamb  
 Sweeteners: buckwheat, safflower, sage, if  
 honey -- not used on any other  
 day  
 Juices: juices may be made and used  
 without adding sweeteners, from  
 the following:  
 Fruits: any listed above in any  
 combination  
 Vegetables: any listed above in any  
 combination

*Seven-Day Rotation*  
*Diet VII - Saturday*

Breakfast

Apricots  
 Buckwheat Grits  
 Almonds  
 Cherries  
 Nectarine  
 Juices of either fruit or mixed

Lunch

Plums  
 Watercress  
 Yam (dark yellow - pink flesh)  
 Broccoli  
 Turnips  
 Turnip Greens  
 Prunes  
 Cabbage or Sauerkraut  
 Lamb  
 Radishes  
 Mustard Greens

Dinner

Peaches  
 Brussel Sprouts  
 Cauliflower  
 Lamb  
 Rhubarb  
 Collards  
 Kale  
 Yam  
 Brazil nuts

\*May need to use lamb only once