

## Relieve Allergies With The Rotation Diet

Have you simply tried every doctor and program you know of in an effort to reduce your allergy attacks? Are you just plain tired as well as literally stumped and discouraged in your search for some type of treatment, plan or diet; desperate for anything to relieve your allergy symptoms? Are you willing to try something different but so simple that it actually is working for many who would give their word in testimony to its results? The simple program that is seeing amazing results is called the rotation diet. It's simply an extremely basic eating program that categorizes foods for ease of management and puts a strict limit on how much and how often you can eat them. Expert supporters of the program report that following the rotation diet program is notably effective in averting new allergies, is a big help in targeting specific foods that an individual might be allergic to and also enables them to continue eating any favorite foods that they only have mild reactions to. This last benefit acts as its own incentive to stay with the program besides the welcome relief experienced from allergy attacks. Nicholette Dumke, an advocate of the rotation diet and author of the book, "5 Years Without Food: The Food Allergy Survival Guide", well explains the vicious cycle of our present eating habits and the premise of the rotation diet. Dumke says we get allergies from eating the same foods over and over again. Just looking at the typical American diet one has to say, Of course, we do because they're our favorite foods and that's exactly the problem, Dumke explains in her book. Dumke believes that continuously eating the same foods over and over again can actually cause allergies in those who are disposed to allergies. The simple answer is to change your eating regimen by rotating your foods in an effort to reduce your body's sensitivity to any one food. This is the foundation of the program. The first thing you will do on this rotation diet program is to initially eliminate all foods that you are susceptible to beginning with the ones you know about. It will also be helpful to get your doctor's help and input into this process so you won't miss any foods that you might not be aware you are sensitive to. Your doctor can guide you with the various allergy tests to discover those unknown sensitivities. And do take your doctor's advice as he or she may decide to vary your diet depending upon how severe your food allergies are. A typical rotation cycle is four to five days long. A notebook for logging or recording of the foods you eat and the various reactions of your body to the foods will prove most helpful and is highly recommended. It will be of great value to you now and for years to come. Your next important step is to categorize your foods into families for effortless identification. This grouping is because foods in the same family tend to contain similar allergens. Your doctor will be able to provide you with a cross-reference table of foods along with their Latin root or biological names. You will discover that this is valuable information. Once you get started and you're well into the program you will notice symptoms disappear. It is then that you can begin to reintroduce offending foods back into your diet. Eat in moderation but use caution, immediately cutting back on the offending foods at the first sign of symptoms. You are strongly encouraged to seek out and try new foods in order to maintain a healthy, nutritious and balanced mixed of nutrients at mealtime while you're on this diet. Not only will it help you stick with it, you'll enjoy some wonderful new foods for the first time and without the noisome bother or fear of allergy attacks. You might discover that you really enjoy eating for a change.

## About the Author

The goal of the diet problem is to find the cheapest combination of foods. Read more about the history of the diet problem for more interesting.

Source: <http://productsherbal.com>