

Oral Food Challenge

If you had food allergy testing or identify any food you suspect you are allergic to, then we recommend you perform the Oral Food Challenge.

WHAT IS THE ORAL FOOD CHALLENGE?

We recommend that you perform this challenge test after the completion of the yeast-free eating program. However, if one of the suspected foods is an important part of the yeast-free eating program, you may want to perform the challenge test immediately.

The reason for this challenge test is to prove or disprove a TRUE food sensitivity. If you are eating one of the suspected foods frequently, or even daily, and it does not seem to cause a problem, this does NOT mean you are not reacting to that food. When a food is eaten repetitively, your body will learn to adapt, and it will not produce a specific or apparent response. That is why this challenge test is essential in order to determine WHICH foods are causing a problem - true food sensitivities. In order to determine if you are reacting to a food, you must provoke your system by following the steps below.

HOW TO PERFORM THE ORAL FOOD CHALLENGE:

Choose which ONE food you will challenge first.

Days 1–4: This food MUST BE EATEN for 4 consecutive days. (At least one serving, 1x/day) If severe symptoms occur, the food may be discontinued.

Days 5–8: This food must be OMITTED COMPLETELY for the next 4 days. (The food and all products made with the food must be omitted.)

Day 9: First thing in the morning, eat a portion of the food with nothing but a glass of water. Watch for symptoms (such as those listed below) over the next 30 minutes. If no symptoms occur, eat a second portion of the food with nothing but a glass of water. Then, wait and watch for symptoms over the next 3 days.

What to look for: A food reaction could be anything: aching joints, diarrhea/constipation, headaches, irritability/depressed moods, marked fatigue, nervousness, anxiety, allergy symptoms (sneezing, postnasal drainage, cough, ringing ears, watery eyes, etc.), hives/itching/rash, cramps/bloating/gas, asthma or difficulty breathing, canker sores, difficulty concentrating or any exacerbation of current symptoms.

When will the symptoms occur: A food (in antigen form) stays in the body for approximately 72 hours. Therefore, it is common to have a delayed reaction 2 or 3 days after eating a particular food.

When a reaction occurs:

1. Neutra-Tabs, Alka-Seltzer Gold, Milk of Magnesia, OR Citrocarbonate will all help NEUTRALIZE your reaction.

2. Document your symptoms:

a) Mild Reaction: If your reaction was not severe (use your personal discretion), you may choose to keep the food in your diet. However, remember the best action would be to avoid the food.

b) Moderate/Severe Reaction: If your reaction was more notable, you should consider:

Avoidance - If you will faithfully avoid the problem food anywhere from 6 months to 2 years, you can generally eliminate the food sensitivity. In the long run, strict avoidance of the food will allow you to bring the food back into the diet as soon as the body recovers. (Remember to always rotate foods to prevent new food sensitivities from developing.)

Types of Food Sensitivities:

There are cyclic food sensitivities, fixed food sensitivities and masked food sensitivities. The cyclic sensitivities can be resolved by avoidance of that food for anywhere from 6 months to 2 years (each person is different). A fixed sensitivity is one that is either inborn or develops later in life and remains permanent (shellfish, strawberries, and peanuts are usually fixed food sensitivities). A masked food sensitivity is one in which the symptoms are “masked”. This is the most common and most harmful food reaction, because it often goes unrecognized. A masked food reaction is often delayed and less dramatic than the other types of food reactions. Another term for “masked sensitivity” is “food addiction”. For example, a patient will feel temporary relief of symptoms upon the ingestion of a problem-food. Therefore, when symptoms reoccur, the individual will again be drawn to that food, becoming “hooked”. That is why the phrase “you crave what you are allergic to” is a true statement. At first, repeatedly eating the “problem food” will maintain a symptom-free state, but inevitably you will become more addicted, requiring more and more of the food to alleviate symptoms.