

Salford Allergy Clinic

Dr David L.J. Freed MB ChB MD CBIol MIBiol
14 Marsden Road, Salford, Manchester M7 4ER

FOUR DAY ROTATION DIET (“STONE-AGE”)

© DLJ Freed, M Moss, 2003	Day 1	Day 2	Day 3	Day 4
<p>SAFE FOODS</p> <p>Can usually be taken freely after neutralisation. Need not be rotated once you are well.</p>	chicken egg venison pollock cod hake haddock celery fennel parsley dill macadamia oil walnut oil	guinea fowl duck lamb/mutton lobster, crab shrimp, prawn mussel pilchard, sardine herring salmon, trout pike spinach gherkin cucumber, courgette, marrow (no seeds) gem squash acorn squash soya oil almond oil	turkey pork halibut, sole flounder, plaice lettuce asparagus artichoke chicory chive, leek dandelion safflower oil sunflower oil	beef/veal goose, rabbit whiting mackerel tuna red snapper cabbage cauliflower broccoli brussels sprouts watercress Chinese leaves cress mushroom grapeseed oil flax (linseed) oil
<p>FUN FOODS</p> <p>Not usually very dangerous, but do not over-indulge in these foods. Some people cannot tolerate fruits at all, even after neutralisation</p>	lemon lime mango (not the bit near the stalk) lychee ginger turmeric tea fennel tea	butternut squash pumpkin apple, pear melon red/black currant plum gooseberry peach, apricot nectarine, cherry strawberry raspberry blackberry rosehip tea rooibos tea nettle tea	red/green/yellow capsicum pepper aubergine (eggplant) tomato, pineapple persimmon (Sharon) passion fruit, rhubarb chilli pepper paprika, cayenne savory, rosemary thyme, sage oregano, marjoram spearmint sesame, sesame oil peppermint tea chamomile tea dandelion coffee/tea	fresh fig guava kiwi hops bay leaf clove chestnut coffee lemon verbena tea cinnamon
<p>DANGEROUS</p> <p>May not be possible to neutralise for a long time, if ever. To be avoided completely until well, and after that to be taken with great care, and always rotated</p>	goat milk goat cheese brazil nut cooked cashew pistachio carrot, parsnip sago grapefruit, orange banana plantain tangerine date, coconut maple syrup macadamia nut sweet potato olive, olive oil walnut, pecan celeriac	sheep milk sheep cheese smoked salmon hazelnut almond peanut runner, French or flat beans beetroot pea, chickpea lentils, carob butterbeans soya beans mung beansprouts haricot beans liquorice beet sugar quinoa.	organic ham onion, garlic buckwheat yam potato tapioca sunflower seeds pawpaw (papaya)	cows' milk smoked mackerel Cheddar, Stilton pine nuts radish turnip, swede wheat barley, malt rye, oat, rice corn (maize) corn oil baker's yeast brewer's yeast mustard, avocado grape, raisin sultana, dried currant chocolate cane sugar

NB Spring or filtered water, sea salt and pepper are permitted on all days