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 Day I

Fruits
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

Day II

Meat
Bird: *All fowl – Chicken, Turkey, Duck, Goose, Guinea, Pigeon, Quail and Pheasant
Eggs
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
Pedalium: 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
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
Sweetener: Date sugar, Honey (other than Tupelo or Clover)
Tea: Kaffer