



<b>LOW REACTIVE DIET (1-3 weeks)</b>
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The low reactive diet can be used for 1-3 week periods to assess the impact of common reactive foods in the following conditions:

gastric/duodenal ulcers, gastroesophageal reflux, irritable bowel syndrome, colitis, chronic urticaria, dermatitis and other conditions linked to food and chemical intolerance.

1. *Each day drink 2 litres (8 glasses) of purified water.*
2. *Take Multiple Nutrients 1-2 tablets daily to correct malfunctioning defences and provide essential nutrients for proper detoxification.*
3. *If constipation occurs (less than 1-2 stools per day) use a gentle laxative to help correct.*

This diet is designed to eliminate:

- . cows milk products (milk, cheese, butter, yoghurt, cream)
- . foods containing gluten (wheat, oats, rye, barley)
- . yeasts and moulds
- . phenolic chemicals (aspirin-like chemicals in fruits and vegetables)
- . preservatives (benzoates), metabisulphite, nitrites
- . colouring agents (tartrazine, erythrosine)
- . flavour enhancers such as MSG
- . biologically active amines (e.g. histamine, serotonin, tyranine)
- . caffeine, chocolate, sugar
- . alcohol

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#### DAY 1

<b>Breakfast</b>	<b>8 a.m.</b>	Cream of rice cereal (with water) or rice bubbles with soy milk, pear nectar
<b>Snack</b>	<b>10 a.m.</b>	Peeled delicious apple or pawpaw
<b>Lunch</b>	<b>12 noon</b>	Soybean or lentil/rice salad with lettuce and carrot
<b>Snack</b>	<b>3 p.m.</b>	Celery and carrot sticks
<b>Dinner</b>	<b>6 p.m.</b>	Baked chicken with potato, pumpkin and green beans (natural chicken stock thickened with arrowroot for gravy)
<b>Snack</b>	<b>8 p.m.</b>	Pear (peeled). Drink mineral water or dilute camomile tea

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#### DAY 2

<b>Breakfast</b>	<b>8 a.m.</b>	Boiled millet or rice 1/2 cup, with pear nectar or juice, cashews
<b>Snack</b>	<b>10 a.m.</b>	Rice crackers with hummus and celery sticks.
<b>Lunch</b>	<b>12 noon</b>	Steamed vegetables (celery, beans, peas, parsley, shallots, carrot, cabbage, mung bean sprouts)
<b>Snack</b>	<b>3 p.m.</b>	Banana (small)
<b>Dinner</b>	<b>6 p.m.</b>	Roast lamb with cauliflower, pumpkin, peas.
<b>Snack</b>	<b>8 p.m.</b>	Steamed, peeled pear with cashew cream (blend raw cashews with a little water)

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#### DAY 3

<b>Breakfast</b>	<b>8 a.m.</b>	Pawpaw, rice crackers
<b>Snack</b>	<b>10 a.m.</b>	Rice cakes with hummus and celery sticks
<b>Lunch</b>	<b>12 noon</b>	Vegetarian or salmon patties with salad (celery, carrot, peas, spinach)
<b>Snack</b>	<b>3 p.m.</b>	Macadamia nuts
<b>Dinner</b>	<b>6 p.m.</b>	Fresh fish, potato, pumpkin or green salad (lettuce, sprouts, shallots)
<b>Snack</b>	<b>8 p.m.</b>	Rock melon

**DAY 4**

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<b>Breakfast</b>	<b>8 a.m.</b>	Rice cakes with banana (small) and maple syrup
<b>Snack</b>	<b>10 a.m.</b>	Peeled red delicious apples
<b>Lunch</b>	<b>12 noon</b>	Lentil or bean and rice salad (lettuce, parsley, carrot, celery)
<b>Snack</b>	<b>3 p.m.</b>	Celery sticks with hummus (chick pea dip)
<b>Dinner</b>	<b>6 p.m.</b>	Beef casserole (beef, onion, carrots, celery, garlic, parsley), with baked sweet potato, green beans or salad
<b>Snack</b>	<b>8 p.m.</b>	Mango

**DAY 5**

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<b>Breakfast</b>	<b>8 a.m.</b>	Rock melon
<b>Snack</b>	<b>10 a.m.</b>	Rice cakes with maple syrup
<b>Lunch</b>	<b>12 noon</b>	Chicken leg or breast, salad (lettuce, celery, carrot, mung bean sprouts)
<b>Snack</b>	<b>3 p.m.</b>	Peeled pear
<b>Dinner</b>	<b>6 p.m.</b>	Vegetarian or salmon patties with vegetables (cauliflower, green peas, choko, Brussels spouts)
<b>Snack</b>	<b>8 p.m.</b>	Steamed pear, cashew cream

**DAY 6**

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<b>Breakfast</b>	<b>8 a.m.</b>	Lamb chops, pawpaw or rice bubbles
<b>Snack</b>	<b>10 a.m.</b>	Celery and hummus
<b>Lunch</b>	<b>12 noon</b>	Soya bean and lentil soup (carrot, celery, onion, potato)
<b>Snack</b>	<b>3 p.m.</b>	Rice cakes with maple syrup
<b>Dinner</b>	<b>6 p.m.</b>	Grilled steak (sunflower oil) with potatoes and green beans, gravy juices thickened with arrowroot
<b>Snack</b>	<b>8 p.m.</b>	Steamed pear and cashew cream

**DAY 7**

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<b>Breakfast</b>	<b>8 a.m.</b>	Boiled rice or millet with chopped banana and maple syrup
<b>Snack</b>	<b>10 a.m.</b>	Peeled pear
<b>Lunch</b>	<b>12 noon</b>	Salmon salad (lettuce, celery, carrot, mung bean sprouts)
<b>Snack</b>	<b>3 p.m.</b>	Home made cookies (rice, soya, millet flour with cashews, pecans and walnuts)
<b>Dinner</b>	<b>6 p.m.</b>	Roast chicken or turkey with sweet potato, cauliflower and green beans
<b>Snack</b>	<b>8 p.m.</b>	Lychees and maple syrup

