Dr. William Philpott’s SEVEN-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 seven 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.

SEVEN DAY ROTATION DIET

Seven Day Rotation diet
Day 1 - Sunday

FOOD FAMILIES
Apple: apple, pear, quince
Mulberry: mulberry, figs, breadfruit
Honeysuckle: elderberry
Olive: black, green or stuffed with pimento
Gooseberry: currant, gooseberry
Potatoe: potato, tomato, eggplant, peppers (red and green), chili pepper, paprika, cayenne
Lily: onions, garlic, asparagus, chives, leeks
Grass: wheat, corn, rice, oats, barley, rye, wild rice, cane, millet, sorghum, bamboo sprouts
Bovid: milk products, butter, cheese, yogurt, beef and pure beef products, lamb
Herb: basil, savoy, sage, oregano, horiendough, catnip, spearmint, peppermint, thyme, marjoram, lemon balm
Tea: elder, mint, catnip
Oil: olive, corn, 100% corn oil margarine, butter
Juices: juices may be made and used without adding sweeteners from the following:
Fruits - any listed above in any combination desired
Vegetables - any listed above in any combination desired

Seven-Day Rotation
Day II - Monday

Breakfast
Apples applesauce and juice
American cheese
Mint tea
Potato
Currants
Lunch
Potato
Asparagus
Figs
Onions
Olives (Black)
Gooseberries
Dinner
Olives (Green)
Tomato
Lamb (or beef)
Tomato Juice
Eggplant
Pears, sauces & Juice

*This menu is prepared for the no-milk and no-cereal grain program. Most can eat these after a three-month abstinence.

Seven-Day Rotation
Day II - Monday

FOOD FAMILIES
Citrus: lemon, orange, kumquat, citron, grapefruit, lime, tangerine
Parsley: carrot, celeriac, parsley, anise, parsnip, celery, celery seed, dill, cumin, coriander, caraway, fennel white pepper
Pepper: mace
Walnut: English walnut, black walnut, pecan, hickory nut, butternut
Bird: chicken, goose, quail and their eggs
Tea: Comfrey tea, comfrey greens, fennel
Oil: fat from any bird listed above
Sweetener: orange honey - use sparingly
Juices: juices may be made and used without adding sweeteners from the following:
Fruits - any listed above in any combination
Vegetables - any listed above in any combination

Seven-Day Rotation
Day I - Sunday

Breakfast
Grapefruit
Walnuts
Eggs
Comfrey tea
Lunch
Carrots
Parsley
Chicken
Eggs
Parnips
Dinner
Orange
Pecans
Chicken or other fowl listed
Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior to making any changes.

Celery
Celeriac

**Seven-Day Rotation**
*Day Ill - Tuesday*

**FOOD FAMILIES**

**Grape:** all varieties of grapes and raisins

**Rose:** strawberry, raspberry, blackberry, dewberry, loganberry, youngberry, boysenberry, rose hips

**Peas:** pea, black-eyed pea, dry beans, string beans, carob, soy beans, lentils, licorice, peanut, alfalfa

**Flaxseed:** flaxseed

**Tea:** alfalfa tea, rose hip tea

**Oil:** peanut or soy

**Sweetner:** carob syrup (use sparingly), clover honey (if honey isn’t used on any other day)

**Swine:** all pork products arrowroot

**Arrowroot:** arrowroot

**Juices:** juices may be made and used without adding sweeteners, from the following:

**Fruits - any listed above in any combination**

**Vegetables - any listed above in any combination**

**Seven-Day Rotation**
*Day IV - Wednesday*

**Breakfast**

Blueberry
Huckleberry
Sunflower seeds
Fish

**Lunch**

Cranberry Juice (dietetic)

**Dinner**

Lettuce and others in family for a salad
Fish
Salsify or Oyster Plant
Sweet Potato (light yellow flesh)

**Seven Day Rotation**
*Day V - Thursday*

**FOOD FAMILIES**

**Pineapple:** (juice pack, water pack or fresh and frozen without added sugar)

**Melon (gourd):** watermelon, cucumber, cantaloupe, pumpkin, squash (all varieties), other melons, zucchini, summer squash

**Pursulane:** pursulane, New Zealand spinach greens

**Mallow:** okra, cottonseed

**Cashew:** cashew, pistachio, mango

**Tea:** fenugreek

**Pedalium:**

**Oil:** sesame

**Mollusks:** abalone, snail, squid, clam, mussel, oyster, scallop

**Crustaceans:** crab, crayfish, lobster, prawn, shrimp

**Juices:** juices may be made and used without adding sweeteners, from the following:

**Fruits - any listed above in combination**

**Vegetables - any listed above in combination**
Seven-Day Rotation
Diet V - Thursday

Breakfast
Cantaloupe
Zucchini and/or pumpkin
Cashews

Lunch
Watermelon
Pistachios
Winter squash
Shellfish

Dinner
Pineapple
Shellfish
Okra
Cucumber
Summer Squash
Sesame Seeds
Sesame seed milk

*Vary the types of shellfish with each meal

Vary the types of shellfish with each meal

Seven-Day Rotation
Diet VI - Friday

Breakfast
Hazel nuts or Filberts
Bananas
Duck eggs

Lunch
Apricots
Buckwheat Grits
Almonds
Cherries

Dinner
Plums
Watercress
Yam (dark yellow - pink flesh)
Broccoli
Turnips
Turnip Greens
Prunes
Cabbage or Sauerkraut
Lamb
Radishes
Mustard Greens

*May need to use lamb only once