

Back In Action Chiropractic

20416 Bowfonds St, Ashburn, VA 20147
Office: 703-858-3575 / Fax: 703-858-3876 /
Cell: 703-673-6333
<http://www.back-n-action.com/>

Post-Purification Food Reintroduction Worksheet

Name: _____

Date: _____

Day	Food	Time	Pulse Bef/Aft	Indigestion	Bowel	Head/Nasal	Joints	Kidney/Bladder	Energy Level
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									

Note: Check pulse before and after re-introducing a new food

Pulse Check (Revision A)

Sit quietly and count your pulse for 60 seconds and write it down. Carefully record the new food item and the time consumed. Continue to sit quietly for 20 minutes after introducing the new food, and then count pulse again for 60 seconds and record. Now listen to your body for a moment and see how you are feeling. Any indigestion? Sinus congestion? How is your energy? Please record significant data into the chart for evaluation. Next evaluate how your energy level feels and record in the chart. Please bring this chart back to clinic after 10 consecutive days when you're finished with the Purification Program.

Reintroduction of Highly Suspect Foods

To reintroduce foods that are highly suspect, begin with one of these--Wheat, Dairy, Soy, Peanuts, Eggs or Corn. Once you have selected the food to be reintroduced, eat the food two to three times during the day for only one day. (Do not eat any other suspect foods for 72 hours, or three days, but rather stay on a pure diet. The diet during days 11 to 21 of Purification should work just fine.) Since many food allergies have a "delayed" effect of up to 72 hours, watch for any symptoms or reactions over these three days. Please record the reaction onto the Food Reintroduction Chart and bring it back to this office for evaluation.

After you have observed the positive or negative reaction to the first reintroduced food and are back on the pure diet, reintroduce another suspect food and follow the above directions closely again. Record your reaction on the Food Reintroduction Chart and repeat with the next food. This should take you about 10 days to two weeks to complete, depending on how many suspect foods you have. I know this is a bit difficult, but the reward is huge. You may be able to eliminate joint problems, immune weakness, fatigue, and other debilitating symptoms by identifying these offending foods and removing them from your diet.

In some cases, you may find that after three to six months off the food, you can periodically eat it without much reaction. Please speak with me once you are ready to try this after you have been off the offending foods for at least three months. Remember, it is more important to eat to live, than to live to eat! You will find foods that do not create trouble, and that fill your desires very well over time. You should not feel like you are being deprived. Be patient and reap the rewards!