



Elimination, Challenge & Rotation Diets

A 3-phase plan to reduce symptoms and improve tolerance

Phase I: Elimination diet (minimum 6 weeks)

- Remove all 3+ and 4+ foods, plus as many 1+ and 2+ as is practical / possible for your client
- Replace these with low-reactivity alternatives
- Symptoms may temporarily worsen before improving
- Track progress weekly, and focus on gut, skin, mood, and energy symptom presentation
- Include any potential cross-reactive foods where relevant

Phase II: Challenge phase

- Reintroduce foods one at a time, starting with those with lower positive immune response (1+/2+)
- Use a slow, stepwise approach:
 - Day 1: small amount
 - Day 2: slightly larger portion
 - Day 3–7: observe for delayed symptoms
- Keep a symptom diary
- If symptoms return: remove that food again for ~6 months, but continue reintroduction of other foods

Phase III: Rotation Diet (After ~6 months)

- Reintroduce any foods that caused a response during Phase II, consuming once or twice per week, spaced out
- Goal = prevent antibody build-up by allowing rest days between exposures
- Monitor for symptoms; if any reappear, remove again

Re-testing strategies

- Re-test after 9–12 months to assess reduction in immune reactivity
- Expect to see lower bars, fewer reactive foods and improvement in symptom picture
- Antibody titers typically drop by 50–75% within 4–8 weeks and by ~90% after 6 months if the food has been avoided.
- Consider interim testing with the Gut Barrier Panel if appropriate.

Practitioner talking points

- “You’re not stuck with these results; they reflect what’s happening now, not forever.”
- “This is a long-term strategy for tolerance, not avoidance.”
- “The goal is a broader diet with fewer symptoms, and we’ll get there step by step.”
- “Use the KBMO App to support your new food plan.”

