



Mrs. Shelly Ping

The Rotation Diet

*Helpful Advice for Those
Who May have Similar Circumstances*

I'm Shelly Ping and my husband, Greg, is a chiropractor. We have two grown daughters. One is married and lives with her husband a few hours away. Our younger daughter, Julia, has Down syndrome and lives with us. She is 27 and has a busy schedule of dance class, therapeutic horseback riding,

and get-togethers with a local group of young adults with special needs.

Almost 3 years ago, we took our daughter, Julia, off of gluten. She had been having worsening symptoms of intestinal discomfort and difficulties, so we felt it was time to investigate. Since people with Down syndrome commonly have issues with gluten and often have celiac disease, we had a blood test done. This determined that she was gluten-sensitive. After several weeks of avoiding gluten-containing foods, she was feeling and doing much better. We prayed for guidance, and Greg researched. Further blood tests revealed that she was sensitive to over 50 foods including dairy, corn, and soy. So now we had quite a list of things to avoid. Fortunately, Julia accepted this "new normal" fairly easily. She started to enjoy life free of the symptoms that had become a burden.

We started her on a rotation diet. Each day of the rotation required different foods. So, Day 1 might include beef, green beans, spinach, apples, cherries, etc. Days 2, 3, and 4 would each be different. No foods would repeat during those 4 days. So, on Day 5 she could have Day 1 foods, Day 6 she could have Day 2 foods, and so on. The concept is that the intestines were damaged by something like bacterial overgrowth, parasites, or, in our daughter's case, gluten sensitivity. This damage allows whole proteins which are normally broken down into smaller particles to leak through the intestinal lining and into the blood stream where the immune system mounts a reaction. Having a 4 day rest from each food will allow the immune system to calm down and be less likely to mistakenly attack normal body tissues that resemble these food proteins. Most commonly attacked are the thyroid gland, neurological tissue, skin, and the intestines themselves. So, since we had to keep track of everything she ate, I started a computer document to help me. Eating this way required more planning than I had ever done, so this document saved me a lot of time and frustration.

Here is an example:

Day 1

Date: _____

Apples

Grapefruit

Cherries

Green Beans

Spinach

Celery

Kohlrabi

Beets

Beef

Apple Cider Vinegar, Maple Syrup

Chocolate, Echinacea Tea

I color coded the list using red for fruit, green for vegetables, brown for meats and proteins, and black for oils/fats, vinegars, spices and any other miscellaneous ingredients. I made 2 columns and arranged it so that 4 days showed on each page. Using this document, I could scroll back up to see what she had eaten on previous days. A quick glance was all I needed so I could plan her next

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The Rotation Diet, continued,

meals. A few pages could be printed to take with me to the grocery or when we traveled. This was my guide for shopping and eating.

If you or someone you know needs to go on a rotation diet, let me encourage you. It can be challenging, but it's not impossible. Here's one way to turn something that seems very complicated into something manageable. This idea can be tailored to your needs. You can have as many categories as there are colors, depending on how specific you want to be. Word-processing programs are easy to use for this. A spreadsheet format might also be ideal. For people with smart phones, the list could be online and could sync up to their phone for easy access while shopping. *(We tried an app at the time, but it wasn't very user-friendly.)*

It's important to always carry a list of the foods being avoided. Foods that you want to put into the rotation could be added as well. You could also keep track of how that day's foods affected the person. Was there resulting bloating, discomfort, or other symptoms? You might see emerging patterns of symptoms. There are a lot of possibilities.

Pray for guidance, especially if you feel overwhelmed. You may be surprised by solutions that will come to you. Don't allow yourself to think that you are the only person dealing with this. You're not! Do your best and don't be discouraged. Although using a rotation diet can be challenging, as you get comfortable with it, you will find it gets much easier and the health benefits are worth the effort.

Shelly Ping has been a member of the CCA Auxiliary since 2014. She and her husband, Dr. Greg Ping, reside in Huntington, IN.

To join the Auxiliary and be a part of Christ's work around the world is very simple. All it takes is a love for Christ in chiropractic, an application (*downloaded from the CCA website or mailed from the Home Office upon request*) and \$20/year dues. Please join us, we need you!