

## **THE WILSON TECHNIQUE**

### **WHERE DID IT COME FROM?**

The Wilson Technique was discovered over 20 years ago by a young woman named Gloria, who was in a desperate situation. She had been sick for a long time and was getting sicker. The only time she felt well was on a water fast. No one knew what else to suggest. She had two young children to care for and no energy to do it. She had a graduate degree in social sciences, but neither this, nor the medical system could help her. She also lacked the resources to go to an expensive clinic somewhere in the world to see if they could find a solution. One day, the idea rather miraculously occurred to her that perhaps she could use homeopathic principles (i.e., the combination of like with like cancels each other out) with food. And it worked!

She began by investigating the effects of each type of food on her body. She would eat only one food per day. (It sounds desperate, but she was!!!) She recorded her symptoms and the severity of her reactions (i.e., mild, moderate, severe). Next she began to eat any two foods to which she had a mild or moderate reaction in a special way. She could put any two together that gave her the same allergic reaction. She did not consume any foods that gave her a severe reaction. She ate these foods on a five-day rotation – no more frequently than once every five days. She also made sure that she consumed a variety of foods from the fruit, protein, starch and vegetable category, to ensure a balance in her nutrition over time.

Slowly but surely, she began to feel much better. People noticed a difference. They asked what she was doing, but when they heard about how she was eating, they were shocked. No else in the world ever tried this until 1995. She had a colleague who felt that the Wilson Technique could be a solution for desperately ill people, without a lot of resources. So she tried it out and experienced the same results.

If you are desperate, are extremely limited in the foods you can consume, you may want to try out the Wilson Technique. It is a lot of work, but may be worth it. Be sure to consult with your family doctor, naturopath and/or dietitian. Supplements for Calcium, Mg/D, vitamin C and essential fatty acids may be advisable. If you try this approach, please let us know, so that we can gather data from others. Write to us at [feedback@empowermentplus.org](mailto:feedback@empowermentplus.org).

## WHERE DO I BEGIN?

**STEP 1** – Investigate the effects of each food on your body – one food at a time. This process could take you a month or two. Eat the same food for an entire day. Organic is best. If you don't react to it, eat it for another day or two (during Step 1 only, while investigating). Record how you feel on the **Symptom Tracking Chart**, as illustrated:

### SYMPTOM TRACKING CHART

Food	Date	Health Concerns Today	Time Food Eaten	Time of Onset of Symptom	Duration of Symptom	Severity (i.e., Mild, Moderate, Severe) of Symptom

During this period you should drink only spring water. Be sure to consume foods from a variety of the categories of fruit, protein, starch and vegetable. See the **Example of Food Groups** below for an example of the category into which some foods fit. It is essential to record the type you eat on a general monthly food chart (Monthly Food Intake). In the first few months, if you record the quantity, as well, this allows a dietitian to analyze your intake. Once you are sure that you are eating a balance diet (over the period of a month), it is not necessary to record the amount. Just record what food you have eaten.

### EXAMPLE OF FOOD GROUPS

Fruit	Protein	Starch	Vegetable
Banana	Beef	Wheat	Tomatoes
Pear	Pork	Oats	Lettuce
Peach	Chicken	Rye	Cucumber
Apple	Eggs	Corn	Celery
Grapefruit	Sunflower Seeds	Barley	Broccoli
Orange	Nuts (such as Walnuts,	Rice	Cauliflower
Grapes	Cashews, Pistachios,	Potato	Carrots
Cherries	Almonds)	Millet	Green Peas
Kiwi	Brown Beans	Quinoa	Squash

**STEP 2** – When you have discovered the symptoms that a particular food causes in YOUR body, enter this information onto the Symptom Summary Chart – Detailed Symptom Record. Be as specific as possible as to what is happening for each body system above. It is not necessary to fill in all of the blanks, only those in which you are experiencing something. Indicate whether the symptom is mild, moderate or severe. Also indicate what the symptom actually is (e.g., hives on upper body (under SKIN section); dizziness (under BRAIN section), etc.) This is the information that will guide your choices of the two foods to eat together when you get to Step 3.

**STEP 3** – Make a list of foods that give you the most similar allergic reactions (i.e., time of onset, type, severity and duration of reaction). It can be helpful to colour code the similarity of reactions. If certain foods “matched” on all four characteristics of your reactions, this is the best match. They could be colour-coded red; three reactions the same could be green; and two reactions the same could be yellow. Make a list of all the foods that fit under each colour category.

**STEP 4** - Make up your menu choosing two foods per meal from the same colour (i.e., from the red list). Be sure that you do not have these foods more often than every five days (i.e., a five-day rotation).

**STEP 5** - Eat this way until you feel better.

Additional Considerations:

- Although coffee, tea and alcoholic beverages are not recommended, you may find that you can “cheat” a little without having your symptoms reappear. Each body is different and only you will know how much “cheating” you can tolerate and still stay well.
- If you have environmental sensitivities like Gloria did, you may need to sleep without a rug and ensure that your clothes are natural fabrics.
- Re supplements:  
If you take a calcium supplement, the calcium should not be derived from dairy sources or shellfish sources (e.g. oyster shells, etc.)
- If you take an Omega 3 or 6 supplement, the base of the fatty acid supplement should be tested first to determine compatibility. Vegetable source fatty acids (e.g., avocado, flax) tend to be more tolerable. However, if a sensitivity is developed over prolonged use, and the same symptoms occur daily no matter what other food is taken, it would be wise to delete for at least a week to see if that makes a difference. Unfortunately, most supplements are made from natural sources, which makes them effective for most, but sometimes unhelpful to those with sensitivities. The option, when such a sensitivity is determined, is to take a different source of each supplement as much as possible, and if not, to take them on the five day rotation, as well until improvement is seen. If you are a highly allergic person, improvement may take a long time (6 months- 1 year).

Good luck in the process. Let us know how The Wilson Technique works for you ([feedback@empowermentplus.org](mailto:feedback@empowermentplus.org)).

**MONTHLY FOOD INTAKE**

Day Of Month	Day Of Week	Fruit	Protein	Starch	Veggie	Other	Comments
1							
2							
3							
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**SYMPTOM SUMMARY CHART - DETAILED SYMPTOM RECORD**

<b>FOOD</b>	<b>DATE</b>	<b>DIGESTIVE</b> (e.g. upset stomach, vomiting, upper stomach pain)	<b>BOWEL/ COLON</b> (e.g., cramps, diarrhea, gas)	<b>LUNGS</b> (e.g., asthmatic attack, shortness of breath, coughing)	<b>HEART</b> (e.g., arrhythmias, pounding)	<b>MUSCLE</b> (e.g., spasms, difficulty moving)	<b>BONE/ JOINT</b> (e.g., arthritis-like symptoms, pain, inflammation, immobility)	<b>NERVOUS SYSTEM</b> (e.g., insomnia, trembling, jittery feeling, changes in blood pressure)	<b>BRAIN</b> (e.g., headache, depression, blackout, anxiety attack, sudden moodiness or anger)	<b>SKIN</b> (e.g., hives, itchiness, crawling sensation, eczema, bruising)

**SPECIAL NOTES:**

1. Be as specific as possible as to what is happening for each body system above. It is not necessary to fill in all of the blanks, only those in which you are experiencing something. Indicate whether the symptom is mild, moderate or severe. Also indicate what the symptom actually is (e.g., hives on upper body (under SKIN section); dizziness (under BRAIN section), etc.)