



LRA by ELISA/ACT[®]

Test Results For:

Sample Test
August 2, 2010

Your test results include:

- **Strong Reactions**
- **Moderate Reactions**
- **Non-Reactive Items**
- **Detailed Description of Reactive Items**
- **Laminated Wallet Card with Results**

STRONG REACTIONS

- Cola
- Calcium Propionate
- Organophosphates

Avoid for at least 6 months.

MODERATE REACTIONS

- Lemon
- Ponceau 2R
- Sulfite/Metabisulfite

Avoid for at least 3 months.

Thus of the 144 substances tested, reaction is noted to 6 items.

While both strong and moderate reactions are equally burdensome to your immune defense and repair systems, we have found that it takes about half as long to restore tolerance of moderate reactions as compared to the strong ones.

ELISA/ACT[®] LRA RESULTS

NON-REACTIVE ITEMS

- 1, 2 Dichlorobenzene
- 2, 4, 5 T
- Almond
- Alternaria alternata
- Annatto
- Apple
- Aspartame/Nutrasweet
- Aspergillus Fumigatus
- Aspergillus niger
- Aspergillus oryzae
- Baker's Yeast (*Geotrichum*)
- Banana
- Barley
- Bean, Soya
- Beef/Veal
- Benzene
- BHA
- BHT
- Botrytis cinerea
- Brilliant Black
- Broccoli
- Cabbage/Brussels Sprouts
- Candida albicans
- Cantaloupe/Honeydew
- Carbon Tetrachloride
- Carmine/Cochineal
- Carmoisine
- Carrot
- Cauliflower
- Cheese, Processed (Cow)
- Chicken
- Chlordane
- Chloroform
- Chocolate/Cocoa
- Cinnamon
- Cis-Dichloroethylene (1, 2-
- Cladosporium cladosporioides
- Cladosporium herbarum
- Coffee, Decaf & Reg
- Corn (Maize)
- Cottonseed Oil
- Crab
- Cranberry
- Cucumber
- Cyclohexylamine
- D & C Green #5
- D & C Orange #5
- D & C Red #33
- D & C Violet #2
- Diacytyl (2,3-Butanedione)
- Egg White (Chicken)
- Egg Yolk (Chicken)
- Endrin
- Epidermophyton floccosum
- FD&C Blue #1
- FD&C Blue #2
- FD&C Green #3
- FD&C Orange #4
- FD&C Red #2
- FD&C Red #3
- FD&C Red #40
- FD&C Yellow #10
- FD&C Yellow #5
- FD&C Yellow #6
- Flaxseed/Linseed Oil
- Fusarium vasinfectum
- Garlic
- Ginger
- Gluten
- Grape/Raisin, Green
- Grape/Raisin, Red
- Grapefruit
- Gum, Locust Bean
- Helminthosporium halodes
- Helminthosporium sativum
- Lamb/Mutton
- Lettuce, Romaine
- Lobster
- Methylene Chloride (Dichloromethane)
- Milk, Pasteurized (Cow)
- Millet
- MSG (Monosodium Glutamate)
- Mucor mucedo
- Mucor racemosus
- Mustard Greens, Spice
- Nitrates/Nitrites
- Oats
- Olive
- Onion, Yellow
- Orange
- Peanut
- Pear
- Penicillium chrysogenum
- Penicillium frequentans
- Penicillium notatum
- Penicillium roqueforti
- Pepper, Black
- Polysorbate 60
- Ponceau 4R
- Pork/Bacon/Ham
- Potassium Bromate
- Potato, Sweet/Yam
- Potato, White
- Propyl Gallate
- Pullularia pullulans
- Rhizopus nigricans
- Rhizopus stolonifer
- Rhodotorula
- Rice, Brown
- Rice, White
- Rye
- Saccharine
- Salmon/Lox
- Shrimp
- Soap (SDS/SLS)
- Sodium Benzoate
- Sodium Propionate
- Squash
- Strawberry
- Sugar, Cane
- Sugar, Corn
- Tea, Black
- Thricothecium roseum
- Tobacco
- Toluene
- Tomato
- Trichophyton
- Trichophyton mentagrophytes goetzii
- Trichophyton mentagrophytes interdigit

ELISA/ACT[®] LRA RESULTS

NON-REACTIVE ITEMS, CONT'D

- Trichophyton rubrum
- Trichophyton schoenleinii
- Tuna
- Turkey
- Vanilla
- Vinyl Chloride
- Wheat
- Xylene
- Yeast, Brewer's (Torula)

Interpretation of ELISA/ACT[®] LRA Test Results

Lymphocytes exposed to antigens to which they have become sensitized in the body ("recall antigens") activate when they react with these substances under controlled laboratory conditions. Lymphocytes react to antigen-specific, complement-activating antibodies (IgA, IgM, and IgG), Ig-M-anti-IgG immune complexes, and cell-mediated direct lymphocyte antigen recognition. Briefly, mixed cell cultures in patient autologous plasma are exposed to the foreign antigen in pre-coated incubation plates cultured under ex-vivo conditions, and lymphocytes are observed for reactivity. Reaction indicates loss of tolerance and development of hypersensitivity.

- **Strong reaction means that > 50% of cultured lymphocytes react.**
- **Moderate reaction means that 5-50% of cultured lymphocytes react.**

Avoidance of **strong** reactors for **six (6) months** and **moderate** reactors for **three (3) months** can reduce the load on the immune system. The goal of avoidance of reactive substances is to allow immune mechanisms to reset. This can restore tolerance, enhance repair, and reduce the autoimmune and immune dysregulation load on the body's defense systems.

Only if you reacted to a food group(s), it will be displayed on the test result summary sheet. A complete food group is noted when two or more foods in that group are reactive. The only exception to this is dairy because it is commonly found to be cross-allergenic. Therefore, the dairy group will appear in bold if even one item in that group is reactive. **It is recommended to avoid all items in a food group if it is in bold.** Please see your health professional for more information.

Reactive items are an adverse load on your body's immune defenses. This means a reduced ability to respond to new or chronic infections. Reactive items also decrease immune activities needed to repair your body. This can provoke inflammation and self-attack ("autoimmunity"). Avoiding reactive items can break the cycle of impaired defense and repair, allowing your body to start the recovery and repair process.

Immediate reactions (IgE linked) are usually detected by routine skin tests or RAST tests.

Protective memory (non-reactive IgG) antibodies do not provoke symptoms and are not affected by ELISA/ACT[®] LRA tests. This is an advantage of lymphocyte response assays in detecting only the items that provoke reactions.

Cross-reaction between intestinal pathogens and items tested can occur. It is possible to react to an item that is not eaten. Improved digestive health can replace these pathogens with healthy organisms, reducing this source of reactivity.

Occasionally, people have metabolic (non-immune) reactions. ELISA/ACT LRA tests measure only immune delayed hypersensitivity.



Lab Director

MD, Ph.D., FASCP, FACAAI, FACN

<u>Name</u>	<u>Amount</u>	<u>Times</u>	<u>Action/Use</u>	<u>Special Comment</u>
<u>Priority Supplements:</u>				
PERQUE LIFE GUARD Multivitamin multimineral/ transporter enhanced w/o iron	Two tabsules	Once a day with meal/s of choice. Total of 2	Provides essential vitamins and minerals in the most bio-absorbable and bio-available forms, for optimal metabolic functioning .	Energizing and alkalizing formula : enhances and protects the immune system
PERQUE GUARD Ascorbate (buffered Vitamin C) Powder or tablets	Depends on amount body will absorb (determined by the Ascorbate calibration protocol)	Four or more times a day	Central regulator of cell metabolism, a stimulant to structural connective protein synthesis, & is vital to repair	Refer to the Ascorbate (Vitamin C) Calibration protocol that will help determine the body's need for Vitamin C . This is also on Page 29(Appendix 9) in The Alkaline Way Guide
PERQUE GUARD PAIN FORTÉ, 500 mg. Quercetin with 5 mg. of (OPC soluble) Proanthocyanidins	6 tabsules	Twice a day ; total of 12	This flavonoid and flavanol combination improves utilization of Vitamin C; reduces chronic viral activity and decreases inflammation.	Best taken in conjunction with ascorbate.
PERQUE GUARD DIGESTA FORTÉ (Synergy of 9 beneficial probiotics)	1-2 capsules 1-2 capsules 1 capsule	With all meals: for 1month With breakfast & dinner : for 2 months With breakfast only, after 3 months	Rebuilds healthy digestive flora in the intestinal tract. Inhibits the growth of pathogens . Promotes better overall digestion	After 6 months from start of therapy a stool culture of microflora (intestinal bugs) is recommended. Please see your healthcare professional to obtain further information.
PERQUE ACTIVATED B12 GUARD (Oral Vitamin B12 as hydroxocobalamin for energy and detoxification)	1 sublingual lozenge	Once a day (1 lozenge/day).	Improves methylation detoxification and reduces cell susceptibility to stress injury. Also, improves transport of biochemicals and reduces reactivity of muscle fibers. Best dissolved under the tongue, not swallowed.	Hydroxocobalamin is the preferred form of B-12 and is suitable for vegetarians. If homocysteine levels are monitored, sufficient intake to reduce levels <6 mg/dl is recommended.
PERQUE GUARD BONE FORTÉ 20 (Ultimate bone protection)	2-4 Tabsules	Once a day	Alkalinizing bone building formula with 20 nutrients including minerals and associated cofactors	For best absorption, include a bed time dose

Sample Test		Nutritional Recommendations		
<u>Name</u>	<u>Amount</u>	<u>Times</u>	<u>Action/Use</u>	<u>Special Comment</u>
<i>Specific supplements that may be helpful:</i>				
PERQUE CHOLINE CITRATE (unique liquid performance-enhancing formula for body and mind)	1300 mg. (1 teaspoon) diluted in juice or water	Breakfast & dinner.	Improves cell membrane communication& bile acid production.	Choline citrate is fivefold more active than choline bitartrate.Choline Bitartrate is also likely to be antigen-contaminated,
PERQUE TRIPLE EFA GUARD Essential Fats Omega 3,6,9 DHA EPA CLA	2 softgels	Once a day : Total of 2	Omega 3 reduces plaque formation. Omega 6 decreases inflammation Omega 9 enhances membrane fluidity.	Essential Fatty Acids in the right proportions for improved health
PERQUE METABODETOXPL US GUARD Enhanced fat metabolizers: Carnitine fumarate MCT, GABA & Kelp Alginate	2 softgels	Once a day : Total of 2	Provides effective fat metabolism; gives exercise benefits; controls appetite. Also important for heart muscle function	This is a potent formula, with convenient dosage and lasting results
PERQUE ENDURA/PAK GUARD L-Glutamine (+ Pyridoxyl-Alphaketoglutarate ("PAK"))	3 capsules	Once a day	Gives body energy, supports mental sharpness, helps regenerate the intestinal surface cells.PAK recycles L -glutamine and prevents glutamate build up.	Take on empty stomach, i.e 1/2 hour before a meal / 2 hours after meals or at bedtime
PERQUE ADRENO DISTRESS GUARD: Nature's comprehensive stress relief : Rhodiola, Magnolia and Phellodendron	2 soft gels	Twice a day	Neutralizes stress, balances cortisol and rebuilds hormone function	Store product below 70°F.
PERQUE GLUCOSE REGULATION GUARD:Natural insulin/sugar regulation :	2 softgels	Twice a day with meals: Total of 4	Regulates blood sugar levels and energy balance , decreases insulin resistance, decreases hormonal dysregulation	Lowers body weight while increasing lean body mass

Sample Test		Nutritional Recommendations		
<u>Name</u>	<u>Amount</u>	<u>Times</u>	<u>Action/Use</u>	<u>Special Comment</u>
Super Echinacea (alcohol tincture) or Echinacea Glyceride (glycerol extract)	1 tablespoon (15cc) in 4 oz. water or juice.	Twice a day	Boosts immune system function. Particularly T-helper cells and the production of immune stimulating chemicals like interferon.	Take on empty stomach 1/2 hour before meal. May be added to ascorbate beverage.
FLORADIX bitters	1 Tablespoon	3 times a day (before each meal)	Stimulates stomach acid formation and thus improves digestion.	Take FLORADIX bitters before each meal as an appetizer. It supports the functioning of the stomach, liver and gall bladder system.
Ginger Tea	Add a fresh 1 inch size piece of minced ginger into 8 oz. of boiling water.	As beverage of choice	Enhances detoxification; restores glutathione production ;enhances digestion	Honey or organic cane juice may be added to taste.

Learn new patterns of consumption. You may want to read *Diet for a Small Planet* by Frances Moore Luppe, *Diet and Nutrition* by Rudolph Ballantine, MD., *Minding the Body*, *Mending the Mind* by Joan Borysenko, PhD., and *Acid and Alkaline* by Herman Aihara.

Take balanced and fully active nutritional supplements as recommended in this report. Your health professional, or the sources cited in this report, can provide ordering information.

Demonstrate your commitment to your health as an essential part of your life by performing each and every part of this report as recommended by your physician with full attention.

Learn abdominal breathing and practice it for a few minutes once or more each day. Abdominal breathing means actively filling the abdomen as though it were a balloon being filled. Next allow the balloon to slowly passively deflate. Repeat for the full five minutes twice daily.

Discuss the meditation technique that is best for you with your doctor. *Active Meditation: the Western Tradition* by Robert R Leichtman, MD and Carl Japikse is an example of a non-sectarian, non-denominational approach to evoking your healing response, and is distinctly helpful.

Combine foods according to *Food Combining for Better Digestion* in order get the most efficient assimilation of nutrients from the foods you eat. This is Page 22 (Appendix 4) in the *Alkaline Way Guide*.

Exercise using the rebounder-type trampoline for 15 minutes twice a day . Rebounder-type trampolines can be purchased at your local sporting goods store. Refer to *Distress Busting: Central Health Promoting Actions - Rebounder Trampoline* : Page 26 (Appendix 8) in *The Alkaline Way Guide*

Five or more small meals per day is highly recommended.

Cola

History/Discussion: The cola nut is employed to give a "cola" flavor to drinks.

Sources of Exposure: The cola soft drinks are Pepsi Cola, Coca Cola, health food colas, etc.

Substitutions: Water, lemon and other juice water, herb teas, fruit juice spritzers and fruit smoothies.

Calcium Propionate

Items Tested: Also known as propanoic acid, calcium propionate is a white crystalline salt used as a food preservative, anti-microbial agent and mold inhibitor.

History/Discussion: Calcium propionate is typically used as a chemical preservative in a number of foods, particularly in bread and grain products. It is a substance which is Generally Recognized as Safe (GRAS) but demonstrations as to its actual safety among the entire population are not available. The only specific health problem associated with this food additive is irritation to the eyes, nose, and respiratory system.

Sources of Exposure: Calcium propionate is used in commercial breads, rolls, poultry stuffing, some processed cheese, chocolate products, cakes, confections, fresh pie dough, frostings, gelatins, and in artificially sweetened jams and jelly, and puddings. It might also be found as a preservative in cosmetics and as a skin antifungal medication.

Organophosphates/Cholinesterase Inhibitors

Items Tested: Organophosphates are one of the four major classes of pesticides. They are the most popular pesticides/insecticides used in the U.S. today. Organophosphates are, or can become, cholinesterase inhibitors, as detailed below.

History/Discussion: Organophosphate pesticides are among the most toxic of all substances used in pest control. They are direct descendants of "nerve gas" developed for chemical warfare during the First World War. Chemical weapons and these chemical pesticides produce damage by interfering with central nervous system communication by destroying an enzyme key to nerve system communication. That enzyme is known as acetylcholinesterase. Each time the nervous system communicates to the muscle, the neurotransmitter called acetylcholine is released. After the communication is complete, the enzyme known as acetylcholinesterase is brought in to remove the leftover acetylcholine so that the next impulse of communication between nerve cells is possible. The inhibiting and depleting of acetylcholinesterase by organophosphate pesticides leads to neurotoxicity and the desired death of the target pest. Included in this classification are pesticides with some of the greatest toxicities. Organophosphates are the most favored insecticides in use today because of their effectiveness. Organophosphate pesticides are absorbed through the skin, respiratory tract and gastrointestinal (GI) tract (with preference to the GI tract) and can accumulate in fatty tissue. They are acutely neurotoxic and can have delayed neurotoxicity lasting for years. Symptoms include visual disturbances, hyperactivity of smell (hyperosmia), respiratory difficulty, abdominal aches, weakness and fatigue, headaches, dizziness, nausea and vomiting, diarrhea, depression, irritability, convulsions and coma.

Sources of Exposure: Organophosphate pesticides are used to control mosquitos (adults and larvae), cockroaches, ants, aphids, spiders, mites, ticks, parasites, worms, moths, flies, mealy bugs, fruit flies and other pests. They are used in mosquito foggers, flea collars, slow release insecticide strips, greenhouses, homes, food handling establishments, on plants (gardens, agricultural crops), beef and dairy cattle, trees and lawns. They are also used on airplanes and as soil insecticides. The EPA has found significant levels of some of these pesticides in the indoor air of many American homes. There are dozens of organophosphate pesticides sold under many dozens of trade names for a variety of purposes.

Recommendations for those hypersensitive to Organophosphates/Cholinesterase Inhibitors: Consume pure water. Drink pure spring, filtered or purified water and bathe with filtered water. For bathing purposes you can obtain either a "whole house" water filtration system or a simple carbon filter that attaches to your shower head. Consume organic foods which are free of pesticides and solvents. The popularity and availability of organic foods is growing daily with increased public awareness about the importance of pure, nutrient-dense food. Many large grocery stores now carry organic foods. Also, check your area for local health food stores, food cooperatives and organic farm cooperatives.

Lemon

Sources of Exposure: Lemons are oval citrus fruits with smooth porous skin. Being a versatile fruit it is used in a variety of products like marinades, salad dressings, herbal preparations, desserts, juices. Take care to check for fruit sweeteners and natural fruit flavorings in beverages, baked goods, jams, jellies and candies. In particular, lemon can be hidden under the term "natural flavorings". Lemon is also used in many processed foods such as mayonnaise.

Substitutions: Lime or other citrus fruits are substitutes for lemon.

Ponceau 2R

Item Tested: Ponceau is a widely used red dye in much of the world.

History/Discussion: While not permitted for use in foods, drugs or cosmetics in the United States, Ponceau 2R, also known as Red #2-G, is used for such purposes in much of the world. For example, Red #2-G can be found in foods, drugs and cosmetics in Egypt, Hong Kong, Malaysia, Kuwait, South Africa and Saudi Arabia.

Sources of Exposure: Ponceau 2R is permitted for use in foods, drugs and cosmetics in many countries, including those listed above. Thus, items consumed in these countries, and possibly some foods imported from these countries, may contain this coloring agent.

Ponceau 2R can be used in the United States for dyeing cloth, paper and the like.

Substitutions: Any non-toxic, natural colors from food and/or plants.

Sulfite/Metabisulfite

Items Tested: Sulfiting agents are used for a variety of preservative properties including controlling microbial growth, preventing browning, spoilage and bleaching of some foods. Six sulfiting agents are currently considered by the FDA to be safe as chemical preservatives. These are sulfur dioxide, sodium sulfite, sodium and potassium bisulfite and sodium and potassium metabisulfite.

History/Discussion: Sulfites have been used for many years in foods and pharmaceuticals. They were approved for use in the US as long ago as the 1800's. In recent years, however, the safety of sulfites in foods and drugs has been questioned. Sulfites can cause severe allergic reactions in sensitive individuals resulting in breathing difficulties, wheezing, asthma, hives, severe itching, nausea, vomiting, diarrhea, abdominal pain and cramping, headaches and, in some cases, anaphylactic (allergic) shock and death. Asthmatics, especially steroid-dependent asthmatics, are particularly sensitive to sulfites. Some 10 percent of the population is asthmatic and an estimated 2 to 10 percent of all asthmatics are sulfite-sensitive and are at marked risk for severe reactions. Not all sulfite-sensitive people are asthmatic, but asthmatics are at greatest risk for severe reactions. Vitamin B12 and molybdenum may be helpful in decreasing one's reactivity to sulfites, but should not replace avoidance. In almost all applications, erythroate and ascorbate can be substituted, avoiding sulfite risk.

Sources of Exposure: Sulfites and metabisulfites may appear as sulfite, sodium or potassium metabisulfite, sodium or potassium bisulfite, sodium sulfite, or sulfur dioxide in ingredient listings. Common sources of exposure (always read labels) include alcoholic beverages (wine, beer, cocktail mixes, wine coolers), baked goods (cookies, crackers, mixes including dried fruits or vegetables, pie crust, pizza crust, quick crust, flour tortillas), beverage bases (dried citrus fruit base, bottled beverages, mixes, cider, root beer), condiments (horseradish, onion and pickle relishes, pickles, olives, salad dressing mixes, wine vinegar), confections, frostings and fillings (brown, raw, powdered or white sugar derived from sugar beets, fruit fillings, gelatin, pectin, jelling agents), dairy product analogs (filled milk - skim milk enriched in fat content by addition of vegetable oils), fish and shellfish (fresh, frozen, canned or dried shrimp, frozen lobster and scallops, canned clams, dried cod), processed fruits and vegetables (canned, bottled or frozen juices; canned, dried, frozen or pickled fruits or vegetables; jams and jellies, maraschino cherries, shredded coconut, instant mashed potatoes, potato salad), soy protein products, trail mixes, canned or dried soups or mixes, sweet sauces or syrups (corn syrup, high-fructose corn syrup, maple syrup, pancake syrup, molasses, fruit toppings), and teas (instant or liquid concentrates).

ELISA/ACT LRA RESULTS

Sample Test

62923 8/2/2010

Expected Re-Test Date is 2/3/2011

STRONG REACTIONS

Cola	Calcium Propionate	Organophosphates
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MODERATE REACTIONS

Lemon	Ponceau 2R	Sulfite/Metabisulfite
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Rotation Diet Plan
for
Sample Test
62923

At a glance:

Rotation of foods is often indicated to strengthen the immune system while avoiding allergies and hypersensitivities shown by the LRA by ELISA/ACT tests.

- The enclosed diet outline is based on a 4 day rotation plan.
- Each day provides a list of foods to choose from for that day.
- It is not necessary to eat all the items listed for that day; you may make your choice according to your preference.
- Amounts can be modified based on individual needs or requirements.
- For adequate digestive repair and restoration we provide for a "Juice or Liquids Only Day". This diet plan shows Sunday as the Juice Day. However, you may choose any day.

Please note that the EAB Rotation Diet is designed to help you get started on rotation and can be individualized. It complements the LRA by ELISA/ACT and Alkaline Way health restoration program.

Rotation Diet for Sample Test

62923
8/2/2010

Sunday (or Day 1)

Fish

fish broth

Fowl

turkey broth 16-oz chicken broth 16-oz

Fruit

berry juice	8-oz	cherry juice	8-oz	grapefruit juice	8-oz
pineapple juice	8-oz	apricot juice	8-oz	prune juice	8-oz
peach juice	8-oz	grape juice	8-oz	orange juice	8-oz
apple juice	8-oz	melon juice	8-oz	pear juice	8-oz

Grains

wheatgrass juice 2-oz

Meat

meat broth 16 oz

Miscellaneous

herb tea 16 oz seaweed broth 8-oz miso broth 16-oz

Mollusks

clam broth 8-oz

Spices and Seasonings

ginger tea 16-oz

Sugars

honey 2-T

Vegetables

vegetable broth	as desired	carrot juice	as desired	mixed juice	as desired
beet	as desired	cucumber	as desired	lettuce	as desired
spinach	as desired	bell pepper	as desired	onion	as desired
watercress	as desired	cabbage	as desired	alfalfa sprouts	as desired
kale	as desired	mixed juice	as desired	broccoli	as desired
garlic	as desired	celery	as desired	chive	as desired
tomato	as desired	parsley	as desired		

- Note:**
1. Plan one juice day per week - Sunday or Day 1
 2. If you are reactive to any yeast, no fruit for first month.
 3. For menu ideas and recipes, please refer to the Joy of Food [Alkaline Way Handbook](#)

Monday**Crustaceans**

lobster 4-oz

Dairy

yogurt 8-oz

Fish

salmon/lox	4-oz	swordfish	4-oz	sole	4-oz
flounder	4-oz	snapper	4-oz	anchovy	

Fowl

egg-chicken	2	egg-duck	2	game fowl	4 oz
chicken	4 oz				

Fruit

pear	4	blackberry	8-oz	watermelon	8-oz
persimmon	8-oz	pomegranate	6-oz	pineapple	8-oz
tangerine	4	currant (dry)	2-oz	apple	4
orange	4	lime	4		

Grains

barley		amaranth		rice(white)	
corn					

Meat

beef 3-oz

Miscellaneous

tapioca	6-oz	sea salt		miso(hatcho)	1-T
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Mollusks

oyster 4-oz

Nuts and Seeds

sesame/tahini	2-oz	pecan	2-oz	hazelnut/filbert	2-oz
pistachio	2-oz	flax	2-oz		

Oils

corn oil	1-T	flax seed oil	1-T	olive oil	1-T
sesame oil	1-T				

Spices and Seasonings

horseradish		thyme		paprika	
curry		mustard			

Sugars

sucanat 1-T

Vegetables

sweet potato	12-oz	lima bean	6-oz	lettuce-iceberg	8-oz
eggplant	8-oz	tomato	8-oz	green peas	8-oz
cabbage	8-oz	onion	6-oz	celery	8-oz
olive	2-oz	artichoke	8-oz	carrot	8-oz
bell pepper	8-oz	corn			

Tuesday**Crustaceans**

shrimp 4-oz

Dairy

ghee 2- T sheep cheese 2-oz

Fishtrout 4-oz bass 4-oz pike 4-oz
catfish 4 oz perch 4-oz**Fowl**

duck 4-oz goose 4-oz

Fruitgrapes 8-oz raisins 2-oz coconut 8-oz
peach 4 nectarine 4 cherry 8-oz
banana 4 figs (dry) 2-oz cranberry 4-oz
blueberry 8-oz papaya 8-oz**Grains**millet tritcale wheat
quinoa**Meat**

pork 3-oz rabbit 3-oz

Miscellaneousherb tea 16-oz tofu 5-oz sea salt
seaweed/kelp 1-oz**Mollusks**

scallops 4-oz

Nuts and Seedspeanut 2-oz pine 2-oz brazil 2-oz
sunflower 2-oz cashew 2-oz**Oils**peanut oil 1-T primrose oil 1-T safflower oil 1-T
sunflower oil 1-T**Spices and Seasonings**rosemary mace peppermint
garlic dill ginger**Sugars**

molasses 1-T

Vegetablesturnip 8-oz mushroom 4-oz cauliflower 6-oz
cucumber 8-oz sunflower sprouts 4-oz wheat sprouts 6-oz
string bean 8-oz chick peas 4-oz parsley 4-oz
kohlrabi 8-oz lentils(dry) 2-oz lettuce-red leaf 8-oz
brussel sprouts 8-oz kale 8 oz

Wednesday**Crustaceans**

crab 4-oz

Dairy

goat cheese 2-oz goat milk 8-oz

Fishtuna 4-oz haddock 4-oz halibut 4-oz
cod 4 oz turbot/white 4-oz**Fowl**

turkey 4-oz

Fruitgrapefruit 2 apricot 10 mango 2
cranberry 8-oz plum/prune 10 strawberry 8-oz
kiwi 4 cantaloupe 1 honeydew 1
raspberry 8-oz date 15 quava 8 oz**Grains**buckwheat oats teff
rye**Meat**

venison/deer 3-oz lamb 3-oz

Miscellaneous

herb tea 16-oz spirulina 6 sea salt

Mollusks

clam 4-oz

Nuts and Seedschestnut 2-oz macademia 2-oz almond 2-oz
pumpkin 2-oz walnut 2-oz**Oils**walnut oil 1-T cod liver oil 1-T soybean oil 1-T
almond oil 1-T**Spices and Seasonings**oregano bay leaf cayenne
sage basil chili**Sugars**

maple 1-T

Vegetablesbroccoli 8-oz soy(fermented) 6-oz navy bean 8-oz
mung sprouts 8-oz potato 8-oz asparagus 8-oz
squash 8 oz kidney bean 8-oz spinach 8-oz
alfalfa sprouts 8-oz radish 3-oz avocado 8-oz
watercress 4-oz beet 8 oz leek 4 oz

Thursday**Crustaceans**

lobster 4-oz

Dairy

yogurt 8-oz

Fishsalmon/lox 4-oz swordfish 4-oz sole 4-oz
flounder 4-oz snapper anchovy**Fowl**egg-chicken 2 egg-duck 2 game fowl 4 oz
chicken 4 oz**Fruit**pear 4 blackberry 8-oz watermelon 8-oz
persimmon 8-oz pomegranate 6-oz pineapple 8-oz
tangerine 4 currant (dry) 2-oz apple 4
orange 4 lime 4**Grains**barley amaranth rice(white)
corn**Meat**

beef 3-oz

Miscellaneous

tapioca 6-oz sea salt miso(hatcho) 1-T

Mollusks

oyster 4-oz

Nuts and Seedssesame/tahini 2-oz pecan 2-oz hazelnut/filbert 2-oz
pistachio 2-oz flax 2 oz**Oils**corn oil 1-T flax seed oil 1-T olive oil 1-T
sesame oil 1-T**Spices and Seasonings**horseradish thyme paprika
curry mustard**Sugars**

sucanat 1-T

Vegetablessweet potato 12-oz lima bean 6-oz lettuce-iceberg 8-oz
eggplant 8-oz tomato 8-oz green peas 8-oz
cabbage 8-oz onion 6-oz celery 8-oz
olive 2-oz artichoke 8-oz carrot 8-oz
bell pepper 8-oz

Friday**Crustaceans**

shrimp 4-oz

Dairy

ghee 2-T sheep cheese 2-oz

Fishtrout 4-oz bass 4-oz pike
perch 4-oz catfish 4 oz**Fowl**

duck 4-oz goose 4-oz

Fruitgrapes 8-oz raisins 2-oz coconut 8-oz
peach 4 nectarine 4 cherry 8-oz
banana 4 figs(dry) 2-oz cranberry 4-oz
blueberry 8-oz papaya 8-oz**Grains**millet triticale wheat
quinoa**Meat**

pork 3-oz rabbit 3-oz

Miscellaneousherb tea 16-oz tofu 5-oz sea salt
seaweed/kelp 1-oz**Mollusks**

scallops 4-oz

Nuts and Seedspeanut 2-oz pine 2-oz brazil 2-oz
sunflower 2-oz**Oils**peanut oil 1-T primrose oil 1-T safflower oil 1-T
sunflower oil 1-T**Spices and Seasonings**rosemary mace peppermint
garlic dill ginger**Sugars**

molassas 1-T

Vegetablesturnip 8-oz mushroom 4-oz cauliflower 6-oz
cucumber 8-oz sunflower sprouts 4-oz wheat sprout 6-oz
string bean 8-oz chick peas 4-oz parsley 4-oz
kohlrabi 8-oz lentils(dry) 2-oz lettuce-red leaf 8-oz
brussel sprouts 8-oz kale 8 oz

Saturday**Crustaceans**

crab 4-oz

Dairy

goat cheese 2-oz goat milk 8-oz

Fishtuna 4-oz haddock 4-oz halibut 4-oz
cod 4-oz turbot/white 4-oz**Fowl**

turkey 4-oz

Fruitgrapefruit 2 apricot 10 mango 2
cranberry 8-oz plum/prune 10 strawberry 8-oz
kiwi 4 cantaloupe 1 honeydew 1
raspberry 8-oz date 15 quava 8-oz**Grains**buckwheat oats teff
rye**Meat**

venison/deer 3-oz lamb 3-oz

Miscellaneous

herb tea 16oz spirulina 6 sea salt

Mollusks

clam 4-oz

Nuts and Seedschestnut 2-oz macademia 2-oz almond 2-oz
pumpkin 2-oz**Oils**walnut oil 1-T cod liver oil 1-T soybean oil 1-T
almond oil 1-T**Spices and Seasonings**

oregano bay leaf cayenne

Sugars

maple 1-T

Vegetablesbroccoli 8-oz soy(fermented) 6-oz beet 8-oz
mung sprouts 8-oz potato 8-oz asparagus 8-oz
squash 8-oz kidney bean 8-oz spinach 8-oz
alfalfa sprouts 8-oz radish 3-oz avocado 8-oz
watercress 4-oz

