

Severe Intolerance

ASPARAGUS
 BASIL
 BLACK PEPPER
 BROCCOLI
 CASHEW
 CHICK PEA
 HADDOCK
 HAZELNUT

Moderate Intolerance

ANISE SEED
 BAKER'S YEAST
 CARDAMOM
 CAROB
 CAYENNE PEPPER
 CHAMOMILE
 CLOVE
 COFFEE
 CORIANDER
 DATE
 EGG YOLK
 GARLIC
 GRAPEFRUIT
 GREEN PEA
 HONEY
 KIDNEY BEAN
 LIMA BEAN
 NUTMEG
 OKRA
 SNAPPER
 TILAPIA

Mild Intolerance

ACORN SQUASH*
 ALMOND*
 ANCHOVY*
 APRICOT*
 BARLEY*
 BAY LEAF*
 BLACK-EYED PEAS*
 BRAZIL NUT*
 BRUSSEL SPROUTS*
 CABBAGE*
 CATFISH*
 CLAM*
 COTTONSEED*
 CRAB*
 CUCUMBER*
 CUMIN*
 CURRY POWDER*
 HALIBUT*
 HOPS*
 KELP*
 LIVER (BEEF)*
 MACKEREL*
 MINT*
 MUSTARD*
 ORANGE*
 RICE*
 SAGE*
 SARDINE*
 SCALLOP*
 SHRIMP*
 SWISS CHARD*
 SWORDFISH*
 TAPIOCA*
 TROUT*
 VEAL*
 VENISON*
 WATERMELON*

VEGETABLES / LEGUMES

ARTICHOKE
 CAULIFLOWER
 FAVA BEAN
 JALAPENO PEPPER
 MUNG BEAN
 PINTO BEAN
 SOYBEAN
 SWEET POTATO
 WHITE POTATO

BEET
 CELERY
 FENNEL
 KALE
 NAVY BEAN
 RADISH
 SPINACH
 TOMATO
 ZUCCHINI

BOK CHOY
 EGGPLANT
 GREEN PEPPER
 LEEK
 ONION
 RHUBARB
 SQUASH (Yellow)
 TURNIP

CARROT
 ENDIVE
 ICEBERG LETTUCE
 LENTIL BEAN
 PARSNIP
 ROMAINE LETTUCE
 STRING BEAN
 WATERCRESS

FRUITS

APPLE
 BLACKBERRY
 CRANBERRY
 KIWI
 NECTARINE
 PEAR
 PUMPKIN

AVOCADO
 BLUEBERRY
 FIG
 LEMON
 OLIVE
 PINEAPPLE
 RASPBERRY

BANANA
 CANTALOUPE
 GRAPE
 LIME
 PAPAYA
 PLUM
 STRAWBERRY

BLACK CURRANT
 CHERRY
 HONEYDEW (MELON)
 MANGO
 PEACH
 POMEGRANATE

MEAT

BEEF
 PHEASANT

CHICKEN
 PORK

DUCK
 QUAIL

LAMB
 TURKEY

DAIRY

EGG WHITE

SEAFOOD

BASS
 HERRING
 SALMON

CODFISH
 LOBSTER
 SOLE

CRAYFISH
 MUSSEL
 SQUID

FLOUNDER
 OYSTER
 TUNA

GRAINS

BUCKWHEAT
 OAT
 WHEAT

CORN
 QUINOA

MALT
 RYE

MILLET
 SPELT

HERBS / SPICES

CHILI PEPPER
 LIQUORICE
 ROSEMARY
 TURMERIC

CINNAMON
 OREGANO
 SAFFRON

DILL
 PAPRIKA
 TARRAGON

GINGER
 PARSLEY
 THYME

NUTS/ OILS AND MISC. FOODS

BLK/GREEN TEA
 FLAXSEED
 PINE NUT
 SESAME

CARAWAY
 MACADAMIA
 PISTACHIO
 SUNFLOWER

COCOA
 PEANUT
 PSYLLIUM
 VANILLA

COCONUT
 PECAN
 SAFFLOWER
 WALNUT

You have a moderate reaction to Candida Albicans, also avoid these foods:

BEET SUGAR	BREWER'S YEAST	CANE SUGAR
FRUCTOSE	MAPLE SUGAR	MUSHROOM

You have no reaction to Gluten or Gliadin.

You have no reaction to Whey and moderate reaction to Casein, avoid these foods:

COW'S MILK	GOAT'S MILK	SHEEP'S MILK
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Food Sensitivity Test
4 Day Rotation Diet

Patient Name: SAMPLE RESULT

Test Date: 12/9/2010

Healthcare Provider: SAMPLE RESULT

File #: 85831

DAY 1

STARCH

OAT
SPELT
TAPIOCA*
WHITE POTATO

VEGETABLES/LEGUMES

ARTICHOKE
BLACK-EYED PEAS*
CARROT
CELERY
EGGPLANT
GREEN PEPPER
ICEBERG LETTUCE
KALE
PARSLEY
ROMAINE LETTUCE
TOMATO

FRUIT

BANANA
BLACK CURRANT
FIG
GRAPE
KIWI
MANGO
PAPAYA
STRAWBERRY

PROTEIN

BEEF
CODFISH
CRAB*
FAVA BEAN
FLOUNDER
HERRING
LAMB
OYSTER
SARDINE*
SWORDFISH*
VEAL*

MISCELLANEOUS

BAY LEAF*
CARAWAY
CHILI PEPPER
COCONUT
CUMIN*
FLAXSEED
LIQUORICE
PISTACHIO
ROSEMARY
SAFFLOWER
TURMERIC

DAY 2

STARCH

BARLEY*
MILLET
RYE
WHEAT

VEGETABLES

BOK CHOY
BRUSSEL SPROUTS*
CABBAGE*
CAULIFLOWER
ENDIVE
KELP*
MUSTARD*
ZUCCHINI

FRUIT

APPLE
AVOCADO
BLUEBERRY
CRANBERRY
PEAR
PINEAPPLE
POMEGRANATE

PROTEIN

BASS
CATFISH*
CHICKEN
EGG WHITE
LENTIL BEAN
MACKEREL*
PHEASANT
QUAIL
SQUID
TUNA

MISCELLANEOUS

CINNAMON
GINGER
HOPS*
MINT*
PAPRIKA
SAFFRON

DAY 3

STARCH

CORN
QUINOA
SWEET POTATO

VEGETABLES

ACORN SQUASH*
FENNEL
LEEK
ONION
PINTO BEAN
RADISH
STRING BEAN

FRUIT

APRICOT*
BLACKBERRY
CHERRY
LIME
NECTARINE
PEACH
PLUM
RASPBERRY

PROTEIN

ANCHOVY*
CRAYFISH
DUCK
HALIBUT*
MUNG BEAN
NAVY BEAN
PORK
SOLE
SOYBEAN

MISCELLANEOUS

ALMOND*
BRAZIL NUT*
COCOA
COTTONSEED*
DILL
MACADAMIA
MALT
OREGANO
PEANUT
PSYLLIUM
TARRAGON
THYME

DAY 4

STARCH

BUCKWHEAT
RICE*

VEGETABLES

BEEF
CUCUMBER*
JALAPENO PEPPER
PARSNIP
RHUBARB
SPINACH
SQUASH (Yellow)
SWISS CHARD*
TURNIP

FRUIT

CANTALOUPE
HONEYDEW (MELON)
LEMON
OLIVE
ORANGE*
PUMPKIN
WATERMELON*

PROTEIN

CLAM*
LIVER (BEEF)*
LOBSTER
MUSSEL
SALMON
SCALLOP*
SHRIMP*
TROUT*
TURKEY
VENISON*

MISCELLANEOUS

BLK/GREEN TEA
CURRY POWDER*
PECAN
PINE NUT
SAGE*
SESAME
SUNFLOWER
VANILLA
WALNUT

Foods To Avoid

File: 85831

Date: 12/9/2010

Patient: SAMPLE RESULT

Clinic/Doctor: SAMPLE RESULT

ANISE SEED



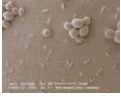
Anise is found in cakes, cookies, and sweet breads. In the Middle East and India, it is used in soups and stews. Its licorice like flavor is popular in candies and Anise oil is used in liqueurs. For reintroduction, place on day: 4

ASPARAGUS



Asparagus is low in calories, contains no fat or cholesterol, and is very low in sodium. The shoots are prepared and served in a number of ways around the world. In Asian-style cooking, asparagus is often stir-fried. Cantonese restaurants in the United States often serve asparagus stir-fried with chicken, shrimp, or beef. It is often used as an ingredient in stews and soups. In the French style, it is boiled or steamed and served with hollandaise sauce, melted butter or olive oil, Parmesan cheese or mayonnaise. For reintroduction into diet, place into day: 3

BAKER'S YEAST



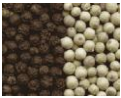
Baker's yeast is the common name for the strains of yeast commonly used as a leavening agent in baking bread and related products, where it converts the fermentable sugars present in the dough into carbon dioxide and ethanol. Also avoid: all bread products, processed foods and crackers, pizza etc. Reintroduce on day 2.

BASIL



Basil is most commonly used fresh; in cooked recipes it is generally added at the last moment, as cooking quickly destroys the flavor. Mediterranean and Indochinese cuisines frequently use basil, the former frequently combining it with tomato. Basil is one of the main ingredients in pesto, a green Italian oil-and-herb sauce. Basil is also used in soups and other foods. It is sometimes used with fresh fruit and in fruit jams and sauces, in particular with strawberries, but also raspberries or dark-colored plums. For reintroduction into diet, place into day: 2

BLACK PEPPER



Black pepper is used as a spice and seasoning. The same fruit is also used to produce white pepper, red/pink pepper, and green pepper. Dried ground pepper is one of the most common spices in European cuisine. The spiciness of black pepper is due to the chemical piperine. Ground black peppercorn, usually referred to simply as "pepper", may be found on nearly every dinner table in some parts of the world, often alongside table salt. For reintroduction into diet, place into day: 4

BROCCOLI



Only one type of broccoli is generally found in markets, but a few close relatives of this vegetable are also available. Broccoli rabe has thinner stalks and is leafier, with smaller bunches of buds. It has a stronger, more bitter flavor, and all of the plant, including its leaves, is edible. Broccolini is a new vegetable that looks just like regular broccoli except that the stalks are delicate, with thin stems; the flower buds are also smaller. Also avoid Bok Choy. For reintroduction into diet, place into day: 2

CARDAMOM



The most common form of cardamom - green cardamom - is used as a flavoring, mainly for coffee and tea. In Northern Europe, cardamom is commonly used in sweet foods. It has also been known to be used for making gin. It is a common ingredient in Indian cooking, and is often used in baking in Nordic countries. For reintroduction into diet, place into day: 3

CAROB



Carob is popular in the baking and confectionary industry. Carob powder and carob chips are sometimes used as an ingredient in cakes and cookies instead of chocolate. Carob can also be used in soft drinks. For reintroduction into diet, place into day: 4

CASHEW



Cashew nuts are a common ingredient in Asian cooking. They can also be ground into a spread called cashew butter similar to peanut butter. Cashews have a very high oil content, and they are used in some other nut butters to add extra oil. Also avoid cashew nut milk. For reintroduction into diet, place into day: 1

CAYENNE PEPPER



The fruits are generally dried and ground, or pulped and baked into cakes, which are then ground and sifted to make the powder, Cayenne pepper. Cayenne is used in cooking spicy hot dishes, as a powder or in its whole form (such as in Szechuan cuisine) or in a thin, vinegar-based sauce. For reintroduction into diet, place into day: 2

CHAMOMILE



Chamomile is a flowering plant in the daisy family. It is native to Europe and Asia. The flowers are used medicinally. Chamomile comes in capsule, liquid, and tea form. Chamomile has a long history of use in Europe for digestive ailments. The active constituents of chamomile have anti-inflammatory properties, and ease spasm and discomfort in the digestive tract. For reintroduction into diet, place into day: 1

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Foods To Avoid

File: 85831

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Patient: SAMPLE RESULT

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CHICK PEA



Chickpeas are grown in the Mediterranean, western Asia and the Indian subcontinent. Mature chickpeas can be cooked and eaten cold in salads, cooked in stews, ground into a flour called gram flour (also known as besan and used in primarily in Indian cuisine), ground and shaped in balls and fried as falafel, fermented to make an alcoholic drink similar to sake, stirred into a batter and baked to make farinata, cooked and ground into a paste called hummus or roasted, spiced and eaten as a snack. For reintroduction into diet, place into day: 1

CLOVE



Cloves can be used in cooking either whole or in a ground form. The spice is used throughout Europe and Asia and is smoked in a type of cigarettes locally known as kretek in Indonesia. Cloves have historically been used in Indian cuisine (both North Indian and South Indian) as well as in Mexican cuisine, where it is often paired together with cumin and canela (cinnamon). In the north Indian cuisine, it is used in almost every sauce or side dish made, mostly ground up along with other spices. They are also a key ingredient in tea along with green cardamoms. For reintroduction into diet, place into day:2

COFFEE



Coffee may be presented in a variety of ways, drip brewed, percolated or French-pressed. It may be served with no additives (black) or with sugar, milk or cream. Also avoid iced coffee and espresso. For reintroduction into diet, place into day: 3

CORIANDER



All parts of the plant are edible, but the fresh leaves and the dried seeds are the most commonly used in cooking. Coriander is commonly used in Middle Eastern, Mediterranean, Indian, South Asian, Latin American, Chinese, African and Southeast Asian cuisine. Coriander seeds are also used in brewing certain styles of beer, particularly some Belgian wheat beers. For reintroduction into diet, place into day: 1

DATE



Dry or soft dates are eaten out-of-hand, or may be pitted and stuffed with fillings such as almonds, walnuts, candied orange and lemon peel, marzipan or cream cheese. Pitted dates are also referred to as stoned dates. Dates can also be chopped and used in a range of sweet and savory dishes, puddings, bread, cakes and other dessert items. Recent innovations include chocolate-covered dates and products such as sparkling date juice, used in some Islamic countries as a non-alcoholic version of champagne, for special occasions and religious times such as Ramadan. For reintroduction into diet, place into day: 1

EGG YOLK



An egg yolk is the part of an egg which serves as the food source for the developing embryo inside. It is sometimes separated from the egg white and used in cooking (for mayonnaise, custard, hollandaise sauce, crème brûlée, avgolemono, and ovos-moles). Also avoid egg, mayonnaise, albumen, egg powder, custard, quiche, egg noodles, and egg pasta. Eggs can also be a hidden ingredient in glazes and margarine. Egg can also be used in some ice creams. Egg can be listed as ovalbumin or lecithin. For reintroduction into diet, place into day: 2.

GARLIC



Can be dried and used as flakes or ground into powder. Some French dishes can contain many cloves of garlic. Avoid also garlic bread, garlic oil and garlic tablets. Garlic oil may be used to flavour chewing gum, ice cream and fruit drinks. For reintroduction into diet, place into Day 2.

GRAPEFRUIT



Also avoid Grapefruit juice, fruit juice blends and canned fruit cocktail. For reintroduction into diet, place into day: 4

GREEN PEA



Fresh peas are often eaten boiled as a side dish vegetable. Commonly used in many different Chinese and Indian foods. Peas are also used in pot pies, salads and casseroles. Also avoid cream peas, split peas, frozen mixed vegetables. For reintroduction into diet, place into day: 3

HADDOCK



Haddock is a very popular fish, sold fresh, smoked, frozen, dried, or canned. Haddock, along with cod and plaice, is one of the most popular fish used in British fish and chips. For reintroduction into diet, place into day:4

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Foods To Avoid

File: 85831

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HAZELNUT



Avoid also filbert & hazelnut oil. Used in butters, confectionary and desserts. For reintroduction into diet, place into Day 2.

HONEY



Significantly sweeter than table sugar and has attractive chemical properties for baking. Honey has a distinctive flavor which leads some people to prefer it over sugar and other sweeteners. The main uses of honey are in cooking, baking, as a spread on breads, and as an addition to various beverages such as tea and as a sweetener in beverages such as soft drinks and juices. For reintroduction into diet, place into day: 1

KIDNEY BEAN



Kidney beans or red beans resemble the shape of a kidney. Kidney beans are often used in Louisiana Creole cooking or when making chili. Kidney beans come in different varieties such as Montcalm, Wells Red, Geneva, and New York. For reintroduction into diet, place into day: 3

LIMA BEAN



Avoid also butter beans & Madagascar beans. Can be found in salads. For reintroduction into diet, place into Day 3.

NUTMEG



Nutmeg is a flavorful addition to cheese sauces. In Indian cuisine, nutmeg powder is used almost exclusively in sweet dishes. In Middle Eastern cuisine, nutmeg powder is often used as a spice for savory dishes. In European cuisine, nutmeg and mace are used especially in potato dishes and in processed meat products; they are also used in soups, sauces and baked goods. Japanese varieties of curry powder include nutmeg as an ingredient. Nutmeg is a traditional ingredient in mulled cider, mulled wine, and eggnog. For reintroduction into diet, place into day: 4

OKRA



Avoid also lady's finger or gumbo. Can be found in Indian cooking as bindi, and as bamia in the Middle East, cooked in a lamb stew. Can be used to thicken soups and stews. For reintroduction into diet, place into Day 4.

SNAPPER



The red snapper is a reef fish found off the Atlantic and Pacific coasts of The Americas and the Gulf of Mexico. For reintroduction into diet, place into day: 1

TILAPIA



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Food Sensitivity Test

Chemical Report

Patient: SAMPLE RESULT

Test Date: 12/9/2010

Doctor/Clinic: SAMPLE RESULT

File: 85831

(20)

Molds	Environmental Chemicals	Pharmacoactive Agents	Other Items
Severe Intolerance SACCHARINE	Severe Intolerance	Severe Intolerance	Severe Intolerance
Moderate Intolerance RED#1 CRYSTAL PONCEAU RED#40 ALLURA RED	Moderate Intolerance	Moderate Intolerance	Moderate Intolerance
Mild Intolerance ACID ORANGE #8 POTASSIUM NITRITE YELLOW#6 SUNSET YELLOW	Mild Intolerance	Mild Intolerance	Mild Intolerance
No Intolerance ASPARTAME BENZOIC ACID BLUE#1 BRILLIANT BLUE BLUE#2 INDIGO CARMINE BRILLIANT BLACK GREEN#3 FAST GREEN MSG POLYSORBATE 80 POTASSIUM NITRATE RED#3 ERYTHROSINE B SODIUM METABISULFITE SODIUM SULFITE SORBIC ACID YELLOW#5 TARTRAZINE	No Intolerance	No Intolerance	No Intolerance