

# Immuno 1 Bloodprint™

## IgG Comprehensive Food Sensitivity Assay (154)

**Patient Name:** Sample Patient  
**Lab ID Code:** 502829  
**Testing Date:** 17-Feb-08  
**Spec. Coll. Date:** 13-Feb-08

**Physician:** Sample Physician  
**6801 Powerline Road**  
**Fort Lauderdale, FL 33309-2215**

### Reactive Test Results

(Your blood serum reacted to these food antigens)

Total number of IgG sensitivity reactions: **0**

### Non-Reactive Test Results

(Your blood serum did not react to these food antigens)

Alfalfa	Coconut	Mushroom	Safflower
Almond	Cod	Mustard	Sage
Amaranth	Coffee	Nut, Filbert	Salmon
Apple	Corn	Nutmeg	Sardine
Apricot	Crab	Oat	Scallops
Asparagus	Cranberry	Olive	Sea Bass
Avocado	Cucumber	Onion	Seed, Caraway
Banana	Cumin	Orange	Seed, Dill
Barley	Currant	Oregano	Sesame
Basil	Date	Oyster	Shrimp
Bay Leaf	Duck	Papaya	Snapper
Bean, Green	Egg	Paprika	Sole
Bean, Kidney	Eggplant	Parsley	Soybean
Bean, Lima	Flounder	Pea	Spinach
Bean, Navy	Garlic	Peach	Squash, Yellow
Bean, Pinto	Ginger	Peanut	Strawberry
Bean, Yellow Wax	Goose	Pear	Sugar, Cane
Beef	Grape, Concord	Pecan	Sunflower
Beet	Grape, White	Pepper, B/W	Tangerine
Blackberry	Grapefruit	Pepper, Cayenne	Tapioca
Blueberry	Greens, Mustard	Pepper, Green	Tea
Brazil Nut	Haddock	Pepper, Red	Thyme
Broccoli	Halibut	Peppermint	Tomato
Brussels Sprouts	Horseradish	Pimento	Trout
Buckwheat	Herring	Perch	Tuna
Cabbage	Lamb	Pineapple	Turkey
Cantaloupe	Lemon	Plum	Turnip
Carrot	Lentil	Pork	Vanilla
Cashew Nut	Lettuce	Potato, Sweet	Venison
Catfish	Lime	Potato, White	Walnut, Black
Cauliflower	Lobster	Pumpkin	Walnut, English
Celery	Mackerel	Quinoa	Watermelon
Cheese	Malt	Rabbit	Wheat
Cherry	Melon, Honeydew	Radish	White fish
Chicken	Milk, Cow's	Rape Seed (Canola)	Yeast, Baker's
Cinnamon	Milk, Goat's	Raspberry	Yeast, Brewer's
Clam	Millet	Rhubarb	Zucchini
Clove	Mint	Rice	
Cocoa-Chocolate	Mung Bean	Rye	

### Scoring and Evaluation

(Key) +1 +2 +3 +4 (Increasing levels of antibodies)

*These IgG ELISA test results should be interpreted together with all other laboratory data, including treatment history, in arriving at a diagnosis of delayed food sensitivity.*

*This test was developed and performance characteristics determined by Immuno Laboratories. It has not been cleared or approved by the U.S. Food and Drug Administration.*

# Comprehensive Food Plan

## Sample Patient: 4-Day Rotation (154 foods)

This four-day rotation plan has been created for you using the foods that were tested and were non-reactive. You may eat each food as often on that day as you choose. If you need to move a food from one day to another (for example, if you like peas and rice together), that is fine, just be careful not to repeat the same food two days in a row. Remember, do not eat any item to which you are reactive. Consult your physician or counselor for further guidance.

### Day One

#### Protein:

Beef/Veal  
 Chicken  
 Cod  
 Clams  
 Crab  
 Duck  
 Flounder

### Day Two

Goose  
 Haddock  
 Halibut  
 Herring  
 Lamb  
 Lobster  
 Mackerel

### Day Three

Catfish  
 Oyster  
 Perch  
 Pork  
 Rabbit  
 Salmon  
 Scallops

### Day Four

Shrimp  
 Sea Bass  
 Snapper  
 Sole  
 Trout  
 Turkey  
 Tuna  
 White fish

#### Vegetables:

Bean, Yellow Wax  
 Broccoli  
 Brussels Sprouts  
 Cabbage  
 Carrot  
 Cauliflower  
 Celery

Cucumber  
 Onion  
 Parsley  
 Potato, Sweet  
 Potato, White  
 Zucchini

Asparagus  
 Avocado  
 Bean, Green  
 Beet  
 Eggplant  
 Greens, Mustard

Lettuce  
 Pepper, Red  
 Squash, Yellow  
 Tomato

#### Beans/Grains/Legumes:

Alfalfa  
 Amaranth  
 Barley

Bean, Navy  
 Bean, Lima  
 Millet

Buckwheat  
 Lentil  
 Pea

Mung Bean  
 Quinoa  
 Rice

#### Fruits and Nuts: (Plus beverages derived from these foods)

Almond  
 Apricot  
 Blackberry  
 Brazil Nut  
 Cantaloupe  
 Cashew Nut  
 Coconut  
 Melon, Honeydew

Nut, Filbert  
 Orange  
 Peach  
 Pear  
 Pineapple  
 Strawberry  
 Tangerine  
 Walnut, Black

Apple  
 Banana  
 Blueberry  
 Cherry  
 Cranberry  
 Currant  
 Date  
 Grape, Concord

Grape, White  
 Grapefruit  
 Papaya  
 Peanut  
 Pecan  
 Plum  
 Sunflower  
 Watermelon

#### Condiments:

Basil  
 Cumin  
 Garlic  
 Ginger  
 Horseradish  
 Mint

Mustard  
 Nutmeg  
 Paprika  
 Safflower  
 Sage  
 Seed, Caraway

Bay Leaf  
 Cinnamon  
 Clove  
 Cocoa-Chocolate  
 Lemon  
 Lime

Olive  
 Oregano  
 Pepper, Cayenne  
 Peppermint  
 Pimento  
 Rape Seed (Canola)  
 Seed, Dill

#### Beverages: (\*Rotate brands)

Coffee\*  
 Malt  
 Tea\*  
 Water (64 oz)

Coffee\*  
 Tea\*  
 Water (64 oz)

Coffee\*  
 Rice Milk  
 Water (64 oz)

Tea\*  
 Water (64 oz)

# Comprehensive Food Plan

## Sample Patient: Food Combining (154 foods)

This food plan is targeted towards food combining, using foods to which your blood serum was not reactive. Foods to which you are sensitive have been eliminated. Combine foods as described, being sure not to eat the same food two days in a row. You may eat the same food more than once during the same day. Please consult with your healthcare provider for your nutritional balance.

### Breakfast

Eat one kind of any of the following:

Cereal		OR	Fruit			
Amaranth	Millet		Apple	Cherry	Orange	Pumpkin
Barley	Oat		Apricot	Coconut	Papaya	Raspberry
Buckwheat	Potato Patties		Banana	Grape, Concord	Peach	Strawberry
Corn Grits	Quinoa		Blackberry	Grapefruit	Pear	Tangerine
Corn Tortillas			Blueberry	Melon, Honeydew	Plum	Watermelon

### Lunch and Dinner

Eat one kind of any of the following:

Protein			OR	Starch		
Beef	Duck	Lobster		Corn		
Catfish	Flounder	Mackerel		Lentil		
Cheese	Goose	Milk, Cow's		Pea		
Chicken	Haddock	Milk, Goat's		Rice		
Clam	Halibut	Oyster		Potato, Sweet		
Cod	Herring	Perch		Potato, White		
Crab	Lamb	Pork		Tapioca		
		Rabbit				
		Salmon				
		Sardine				
		Sea Bass				
		Scallops				
		Shrimp				
		Snapper				
		Sole				
		Soy/Tofu				
		Trout				
		Tuna				
		Turkey				
		Venison				
		White fish				

In addition you may choose any of the following:

Up to TWO Cooked Vegetables		AND/OR	Any Raw Vegetable combo of	
Asparagus	Bean, Green	Mushroom	Alfalfa Sprouts	Mung Bean
Broccoli	Beans, Navy	Pepper, Green	Beet	Onion
Brussels Sprouts	Bean, Pinto	Squash, Yellow	Carrot	Peppers
Cabbage	Beans, Yellow	Turnip	Celery	Radish
Cauliflower	Greens, Mustard	Zucchini	Fresh Peas	Spinach
Eggplant			Lettuce	Tomato

### Snacks

Eat one kind of any of the following:

Vegetable		OR	Nuts		OR	Other
Avocado	Cucumber	Zucchini	Almond	Date		Popcorn
Bean, Lima	Pepper, Green		Brazil Nut	Nut, Filbert		Rice Cake
Broccoli	Radishes		Cashew Nut	Peanut		Sunflower
Cauliflower	Tomato		Currant	Pecan		Walnut, Black

### Seasonings

Optional-use sparingly:

Basil	Clove	Garlic	Lime	Olive	Pepper, B/W	Seed, Caraway	Sage
Bay Leaf	Cocoa	Ginger	Mint	Oregano	Rape Seed	Seed, Dill	Thyme
Cinnamon	Cumin	Lemon	Nutmeg	Parsley	(Canola)	Safflower	Vanilla

### Beverages

Coffee	Malt	Oat Milk	Rice Milk	Soy Milk	Tea	Water (64 oz.)
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