

Immuno 1 Bloodprint™

IgG Standard Food Family Sensitivity Assay (115)

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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)

Bean, Kidney (+2)	Milk, Cow's (+1)	Pumpkin (+1)	Sugar, Cane (+2)
Bean, Pinto (+1)	Milk, Goat's (+1)	Radish (+1)	Wheat (+1)
Cheese (+1)	Mushroom (+1)	Rye (+1)	Yeast, Baker's (+2)
Chili Pepper (+1)	Oat (+1)	Sesame (+1)	Yeast, Brewer's (+3)
Corn (+1)	Pepper, B/W (+2)	Soybean (+1)	
Egg (+3)	Pepper, Green (+1)	Spinach (+3)	

Total number of IgG sensitivity reactions: **22**

Non-Reactive Test Results

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

Alfalfa	Chicken	Lime	Potato, White
Almond	Cinnamon	Lobster	Quinoa
Amaranth	Clam	Mackerel	Rape Seed (Canola)
Apple	Clove	Millet	Rice
Asparagus	Cocoa-Chocolate	Mung Bean	Safflower
Avocado	Coconut	Mustard	Sage
Banana	Cod	Nutmeg	Salmon
Barley	Coffee	Olive	Scallops
Bean, Green	Crab	Onion	Shrimp
Bean, Lima	Cranberry	Orange	Snapper
Bean, Yellow Wax	Eggplant	Oregano	Sole
Beef	Flounder	Oyster	Strawberry
Beet	Garlic	Papaya	Sunflower
Brazil Nut	Ginger	Parsley	Tangerine
Broccoli	Grape	Pea	Tea
Brussels Sprouts	Grapefruit	Peach	Tomato
Buckwheat	Haddock	Peanut	Trout
Cabbage	Halibut	Pecan	Tuna
Cantaloupe	Herring	Perch	Turkey
Carrot	Lamb	Pineapple	Walnut
Cashew Nut	Lemon	Plum	White fish
Cauliflower	Lentil	Pork	Yam
Celery	Lettuce	Potato, Sweet	Zucchini

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.

Laboratory Director

Standard Food Plan

Sample Patient: 4-Day Rotation (115 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
 Flounder

Day Two

Haddock
 Halibut
 Herring
 Lamb
 Lobster
 Mackerel

Day Three

Oyster
 Perch
 Pork
 Salmon
 Scallops
 Shrimp

Day Four

Snapper
 Sole
 Trout
 Turkey
 Tuna
 White fish

Vegetables:

Bean, Yellow Wax
 Broccoli
 Brussels Sprouts
 Cabbage
 Carrot
 Cauliflower

Celery
 Onion
 Parsley
 Potato, Sweet
 Potato, White
 Zucchini

Asparagus
 Avocado
 Bean, Green
 Beet
 Eggplant
 Lettuce

Squash, Yellow
 Tomato
 Yam

Beans/Grains/Legumes:

Alfalfa
 Amaranth
 Barley

Bean, Lima
 Millet
 Pea

Buckwheat
 Lentil
 Mung Bean

Quinoa
 Rice

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

Almond
 Brazil Nut
 Cantaloupe
 Cashew Nut
 Coconut
 Orange

Peach
 Pineapple
 Strawberry
 Tangerine
 Walnut

Apple
 Banana
 Cherry
 Cranberry
 Grape
 Grapefruit

Papaya
 Peanut
 Pecan
 Plum
 Sunflower

Condiments:

Garlic
 Ginger
 Mustard

Nutmeg
 Safflower
 Sage

Cinnamon
 Clove
 Cocoa-Chocolate
 Lemon

Lime
 Olive
 Oregano
 Rape Seed (Canola)

Beverages: (*Rotate brands)

Coffee*
 Tea*
 Water (64 oz)

Coffee*
 Tea*
 Water (64 oz)

Coffee*
 Rice Milk
 Tea*
 Water (64 oz)

Coffee*
 Tea*
 Water (64 oz)

Standard Food Plan

Sample Patient: Food Combining (115 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	Grapefruit	Pumpkin
Barley	Oat		Banana	Orange	Strawberry
Buckwheat	Potato Patties		Cherry	Papaya	Tangerine
Corn Grits	Quinoa		Coconut	Peach	
Corn Tortillas			Grape	Plum	

Lunch and Dinner

Eat one kind of any of the following:

Protein		OR	Starch		
Beef	Haddock	Oyster	Sole	Corn	Yam
Cheese	Halibut	Perch	Soy/Tofu	Lentil	
Chicken	Herring	Pork	Trout	Pea	
Clam	Lamb	Salmon	Tuna	Potato, Sweet	
Cod	Lobster	Scallops	Turkey	Potato, White	
Crab	Mackerel	Shrimp	White fish	Rice	
Flounder	Milk, Goat's	Snapper			

In addition you may choose any of the following:

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

Snacks

Eat one kind of any of the following:

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

Seasonings

Optional-use sparingly:

Cinnamon	Garlic	Lime	Oregano	Rape Seed (Canola)
Clove	Ginger	Nutmeg	Parsley	Safflower
Cocoa-Chocolate	Lemon	Olive	Pepper, B/W	Sage

Beverages

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