

Food Sensitivity Test

Patient Name: SAMPLE PATIENT

Test Date: 11 Feb 2010

Healthcare Provider: Sample Physician

File #: 68220 (200)

Severe Intolerance

BASIL
BROCCOLI
COW'S MILK
CURRY POWDER
MALT
MILLET
PORK

Moderate Intolerance

ALMOND
BLUEBERRY
BRUSSEL SPROUTS
CABBAGE
CAROB
CARROT
CELERY
CLAM
CORN
CRAB
DILL
FENNEL
GINGER
GREEN PEPPER
JALAPENO PEPPER
MACADAMIA
OKRA
PINE NUT
RICE
SCALLOP
TROUT

Mild Intolerance

ARTICHOKE*
BAY LEAF*
BLACK CURRANT*
BLACK-EYED PEAS*
BOK CHOY*
BRAZIL NUT*
BUCKWHEAT*
CANE SUGAR*
CANTALOUPE*
CARAWAY*
CARDAMOM*
CHAMOMILE*
CHERRY*
CHILI PEPPER*
ENDIVE*
GREEN PEA*
HAZELNUT*
HERRING*
KELP*
LEMON*
LIME*
LIQUORICE*
MUSSEL*
PARSLEY*
PISTACHIO*
ROSEMARY*
SARDINE*
SESAME*
SHEEP'S MILK*
SNAPPER*
SWEET POTATO*
SWISS CHARD*
VEAL*
WALNUT*

VEGETABLES / LEGUMES

ACORN SQUASH
CHICK PEA
ICEBERG LETTUCE
LENTIL BEAN
MUSTARD
PINTO BEAN
SOYBEAN
TOMATO
ZUCCHINI

ASPARAGUS
CUCUMBER
KALE
LIMA BEAN
NAVY BEAN
RADISH
SPINACH
TURNIP

BEET
EGGPLANT
KIDNEY BEAN
MUNG BEAN
ONION
RHUBARB
SQUASH (Yellow)
WATERCRESS

CAULIFLOWER
FAVA BEAN
LEEK
MUSHROOM
PARSNIP
ROMAINE LETTUCE
STRING BEAN
WHITE POTATO

FRUITS

APPLE
BLACKBERRY
GRAPE
MANGO
PAPAYA
PLUM
STRAWBERRY

APRICOT
CRANBERRY
GRAPEFRUIT
NECTARINE
PEACH
POMEGRANATE
WATERMELON

AVOCADO
DATE
HONEYDEW (MELON)
OLIVE
PEAR
PUMPKIN

BANANA
FIG
KIWI
ORANGE
PINEAPPLE
RASPBERRY

MEAT

BEEF
LIVER (BEEF)
VENISON

CHICKEN
PHEASANT

DUCK
QUAIL

LAMB
TURKEY

DAIRY

EGG WHITE
EGG YOLK

GOAT'S MILK

SEAFOOD

ANCHOVY
CRAYFISH
LOBSTER
SHRIMP
TILAPIA

BASS
FLOUNDER
MACKEREL
SOLE
TUNA

CATFISH
HADDOCK
OYSTER
SQUID

CODFISH
HALIBUT
SALMON
SWORDFISH

GRAINS

QUINOA
TAPIOCA

HERBS / SPICES

ANISE SEED
CLOVE
NUTMEG
SAGE

BLACK PEPPER
CORIANDER
OREGANO
TARRAGON

CAYENNE PEPPER
CUMIN
PAPRIKA
THYME

CINNAMON
MINT
SAFFRON
TURMERIC

NUTS/ OILS AND MISC. FOODS

BAKER'S YEAST
CASHEW
COTTONSEED
HONEY
PECAN
VANILLA

BEET SUGAR
COCOA
FLAXSEED
HOPS
PSYLLIUM

BLK/GREEN TEA
COCONUT
FRUCTOSE
MAPLE SUGAR
SAFFLOWER

BREWER'S YEAST
COFFEE
GARLIC
PEANUT
SUNFLOWER

You have no reaction to Candida Albicans.

You have a mild reaction to Gluten and severe reaction to Gliadin, eliminate these foods:

BARLEY	OAT	RYE
SPELT	WHEAT*	

You have no reaction to Casein or Whey.

Food Sensitivity Test
4 Day Rotation Diet

Patient Name: SAMPLE PATIENT
Healthcare Provider: Sample Physician

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DAY 1

STARCH

TAPIOCA
WHITE POTATO

VEGETABLES/LEGUMES

ARTICHOKE*
BLACK-EYED PEAS*
EGGPLANT
ICEBERG LETTUCE
KALE
PARSLEY*
ROMAINE LETTUCE
TOMATO

FRUIT

BANANA
BLACK CURRANT*
DATE
FIG
GRAPE
KIWI
MANGO
PAPAYA
STRAWBERRY

PROTEIN

BEEF
CHICK PEA
CODFISH
FAVA BEAN
FLOUNDER
HERRING*
LAMB
OYSTER
SARDINE*
SNAPPER*
SWORDFISH
VEAL*

MISCELLANEOUS

BAY LEAF*
CARAWAY*
CASHEW
CHAMOMILE*
CHILI PEPPER*
COCONUT
CORIANDER
CUMIN
FLAXSEED
HONEY
LIQUORICE*
PISTACHIO*
ROSEMARY*
SAFFLOWER
TURMERIC

DAY 2

STARCH

BOK CHOY*
CAULIFLOWER
ENDIVE*
KELP*
MUSHROOM
MUSTARD
ZUCCHINI

VEGETABLES

BOK CHOY*
CAULIFLOWER
ENDIVE*
KELP*
MUSHROOM
MUSTARD
ZUCCHINI

FRUIT

APPLE
AVOCADO
CRANBERRY
PEAR
PINEAPPLE
POMEGRANATE

PROTEIN

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

MISCELLANEOUS

BAKER'S YEAST
BREWER'S YEAST
CANE SUGAR*
CAYENNE PEPPER
CINNAMON
CLOVE
GARLIC
GOAT'S MILK
HAZELNUT*
HOPS
MAPLE SUGAR
MINT
PAPRIKA
SAFFRON

DAY 3

STARCH

QUINOA
SWEET POTATO*

VEGETABLES

ACORN SQUASH
ASPARAGUS
GREEN PEA*
LEEK
LIMA BEAN
ONION
PINTO BEAN
RADISH
STRING BEAN

FRUIT

APRICOT
BLACKBERRY
CHERRY*
LIME*
NECTARINE
PEACH
PLUM
RASPBERRY

PROTEIN

ANCHOVY
CRAYFISH
DUCK
HALIBUT
KIDNEY BEAN
MUNG BEAN
NAVY BEAN
SOLE
SOYBEAN

MISCELLANEOUS

BRAZIL NUT*
CARDAMOM*
COCOA
COFFEE
COTTONSEED
OREGANO
PEANUT
PSYLLIUM
SHEEP'S MILK*
TARRAGON
THYME

DAY 4

STARCH

BUCKWHEAT*

VEGETABLES

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

FRUIT

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

PROTEIN

HADDOCK
LIVER (BEEF)
LOBSTER
MUSSEL*
SALMON
SHRIMP
TURKEY
VENISON

MISCELLANEOUS

ANISE SEED
BEET SUGAR
BLACK PEPPER
BLK/GREEN TEA
FRUCTOSE
NUTMEG
PECAN
SAGE
SESAME*
SUNFLOWER
VANILLA
WALNUT*

Foods To Avoid

File: 68220

Date: 2/11/2010

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Clinic/Doctor: Sample Physician

ALMOND



While the almond is most often eaten on its own, raw or toasted, it is used in some dishes. It, along with other nuts, is often sprinkled over desserts, particularly sundaes and other ice cream based dishes. It is also used in making baklava and nougat. There is also almond butter, a spread similar to peanut butter, popular with peanut allergy sufferers and for its less salty taste. Also avoid almond milk, marzipan and amaretto. For reintroduction into diet, place into day: 3

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

BLUEBERRY



Blueberries are sold fresh or processed as individually quick frozen fruit, purée, juice, or dried or infused berries which in turn may be used in a variety of consumer goods such as jellies, jams, pies, muffins, snack foods, and cereals. Blueberry jam is made from blueberries, sugar, water, and fruit pectin. Usually made from wild blueberries, premium blueberry jam is common in Maine, Ontario, Quebec, and British Columbia. Pure or blended blueberry juice has become a popular product in Canada and the United States. Also avoid bearberry and huckleberry. For reintroduction into diet, place into day: 2

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

BRUSSEL SPROUTS



Brussel sprouts are known to be native to cool regions in northern Europe. They are similar to cabbage in taste, but they are slightly milder in flavor and denser in texture. Brussels sprouts and cabbage are members of the cruciferous vegetable family. These vegetables contain significant amounts of the antioxidants vitamin C and beta-carotene (vitamin A). For reintroduction into diet, place into day: 2

CABBAGE



Avoid also savoy cabbage, roundhead cabbage, spring cabbage, chinese cabbage, collard greens, kale, kohlrabi, purple cabbage, red cabbage, white cabbage, pak choi, pe-tsai & sauerkraut, indonesian relish and pickled red cabbage. For reintroduction into diet, place into Day 2.

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

CARROT



Carrots are often chopped and boiled, fried or steamed, and cooked in soups and stews, as well as baby and pet foods. Together with onion and celery, carrots are one of the primary vegetables used to make various broths. Carrot juice is also widely marketed, especially as a health drink, either stand-alone or blended with fruits and other vegetables. For reintroduction into diet, place into day: 1

CELERY



Several varieties of celery. Available all year round, either fresh (in heads or loose sticks) or canned. Celery is eaten raw or cooked. Avoid also celery seed, celeriac root and celery juice. For reintroduction into diet, place into Day 1.

CLAM



Clams can be eaten raw, steamed, boiled, baked or fried; the method of preparation depends partly on size and species. Clam chowder is a popular soup in the U.S. and Canada. In Italy, clams are often an ingredient of mixed seafood dishes, or are eaten together with pasta. For reintroduction into diet, place into day: 4

This list is presented as a sample reference list. You should read all labels each time you make a purchase because manufacturers may change formulations. Become aware of all ingredients found in foods you plan to consume. Please see accompanying booklet for more information. It is advisable to consult a qualified nutritional counsellor for further assistance with your rotation diet plan.

Foods To Avoid

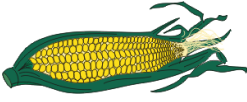
File: 68220

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Clinic/Doctor: Sample Physician

CORN



Human consumption of corn and cornmeal constitutes a staple food in many regions of the world. Corn meal is made into a thick porridge in many cultures. It is the main ingredient for tortillas and many other dishes of Mexican food. The eating of corn on the cob varies culturally. Sweetcorn is a genetic variation that is high in sugars and low in starch that is served like a vegetable. Also avoid corn flour, corn grits, corn oil, corn starch, corn sugar, corn flakes, blue corn chips, processed meats, soft drinks, margarine, popcorn, aspirin, dextrose, hominy, beer and other alcoholic beverages containing corn. Due to the presence of corn syrup also avoid, cranberry and other fruit juices as well as ketchup. For reintroduction into diet, place into day: 3

COW'S MILK



Avoid also skimmed milk, semi-skimmed milk, butter, butter cakes, ice cream, marscapone (sweet Italian cheese), imitation milk products, lactaid milk, margarine, neufchatel cheese, non-fat dry milk, processed cheese, buttermilk, cheese, chocolate, cottage cheese, cream, cream cheese, evaporated cow's milk & guar gum. For reintroduction into diet, place into Day 1.

CRAB



Crabs are found in all of the world's oceans. Additionally, there are also many freshwater and terrestrial crabs, particularly in tropical regions. Also avoid seafood soups, seafood salads, imitation crab and crab cakes. For reintroduction into diet, place into day: 1

CURRY POWDER



Most recipes and producers of curry powder usually include coriander, turmeric, cumin, and others. Depending upon the recipe, additional ingredients such as ginger, garlic, fennel seed, cinnamon, clove, mustard seed, green cardamom, black cardamom, mace, nutmeg, red pepper, long pepper, and black pepper may also be added. For reintroduction into diet, place into day:4

DILL



Dill is a short-lived annual herb. Its seeds, dill seed are used as a spice, and its fresh leaves, dill, and its dried leaves, dill weed, are used as herbs. Its fernlike leaves are aromatic, and are used to flavor many foods, such as gravlax (cured salmon), borscht and other soups, and pickles (where sometimes the dill flower is used). For reintroduction into diet, place into day: 3

FENNEL



The bulb, foliage, and seeds of the fennel plant are widely used in many of the culinary traditions of the world. Fennel is also used as a flavoring in some natural toothpaste. Fennel is most prominently featured in Italian cuisine, where bulbs and fronds appears both raw and cooked in side dishes, salads, pastas, and risottos. Fennel seed is a common ingredient in Italian sausages and meatballs and northern European rye breads. Many egg, fish, and other dishes employ fresh or dried fennel leaves. For reintroduction into diet, place into day: 3

GINGER



The juice from old ginger roots is extremely potent and is often used as a spice in Chinese cuisine to flavor dishes. Powdered dry ginger root (ginger powder) is typically used to add spiciness to gingerbread and other recipes. Ginger is also made into candy and used as a flavoring for cookies, crackers and cake, and is the main flavor in ginger ale, as well as the similar, but somewhat spicier beverage ginger beer. For reintroduction into diet, place into day: 2

GREEN PEPPER



Bell peppers are green while developing and then ripen to a variety of colors, of which red and yellow are the most common but purple and orange are also found. Bell peppers are commonly added to salads, pizza, stir-fry, and sweet and sour. For reintroduction into diet, place into day: 1

JALAPENO PEPPER



The jalapeño is a medium to large size chili pepper. Avoid Nachos, Chile Pepper Potato Chips, Hot Sauce, and Chipotle etc. For reintroduction into diet, place into day: 4

MACADAMIA



Macadamia nuts are eaten raw or after cooking in oil are roasted and salted; also used to make an edible bland salad oil. Also used in candies, covered in chocolate etc. For reintroduction into diet, place into day: 3

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MALT



Avoid also all-purpose flour, caramel color, caramel flavor, enriched flour, malted barley, malt vinegar, maltodextrin & maltose. Can be found in hot milk drinks, breakfast cereals, baking and some alcoholic beverages (e.g. malt whisky & real ales) For reintroduction into diet, place into Day 3.

MILLET



Millet can often be used in recipes instead of buckwheat, rice, or quinoa. Also avoid millet flour, millet meal and puffed millet. For reintroduction into diet, place into day: 2

OKRA



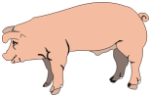
Avoid also lady's finger or gumbo. Can be found in Indian cooking as bindi, and as bamia in the Middle East, cooked in a lamb stew. Can be used to thicken soups and stews. For reintroduction into diet, place into Day 4.

PINE NUT



Pine nuts are frequently added to meat, fish, and vegetable dishes. In Italian culture they are called pinoli and are an essential component of Italian pesto sauce. Pine nut coffee, known as piñón is a specialty found in the southwest United States, especially New Mexico, and is typically a dark roast coffee having a deep, nutty flavor. Pine nuts are also used in chocolates and desserts such as baklava. For reintroduction into diet, place into day: 4

PORK



Avoid also bacon, ground pork, pork liver, stuffing, pâté, ham, hot dogs, italian sausage, pastrama, rillettes, bologna, liverwurst, brawn, Dutch loaf, honeyloaf, scrapple, souse, salami, peperoni, kabanos, chorizo, bierwurst, black pudding, lard, pork chops, pork sausage & pork skins. For reintroduction into diet, place into Day 3.

RICE



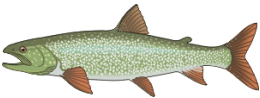
Avoid also mochi, nutty rice cereal, puffed rice, rice bran, rice bran oil, rice cakes, rice dream, rice flour, rice noodles, rice pasta, rice breakfast cereals, rice pudding, rice syrup, brown rice, crackers, brown rice flour & cream of rice. For reintroduction into diet, place into Day 4.

SCALLOP



Avoid also bay scallops and deep sea scallops. For reintroduction into diet, place into Day 4.

TROUT



Avoid also smelt, steelhead & whitefish. For reintroduction into diet, place into Day 4.

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Food Sensitivity Test

Patient: SAMPLE PATIENT

Test Date: 2/11/2010

Chemical Report

Doctor/Clinic: Sample Physician

File: 68220

(69)

Molds	Environmental Chemicals	Pharmacoactive Agents	Other Items
<p>Severe Intolerance</p>	<p>Severe Intolerance</p>	<p>Severe Intolerance</p>	<p>Severe Intolerance</p> <p>AMOXICILLIN</p>
<p>Moderate Intolerance</p>	<p>Moderate Intolerance</p>	<p>Moderate Intolerance</p>	<p>Moderate Intolerance</p> <p>SULFAMETHOXAZOLE</p>
<p>Mild Intolerance</p> <p>BENZOIC ACID BLUE#1 BRILLIANT BLUE POLYSORBATE 80 POTASSIUM NITRATE RED#1 CRYSTAL PONCEAU RED#3 ERYTHROSINE B YELLOW#6 SUNSET YELLOW</p>	<p>Mild Intolerance</p> <p>ASPERGILLUS CLADO HERBARUM HORMODENDRUM MONILIA SITOPHILA PULLULARIA TRICHODERMA</p>	<p>Mild Intolerance</p> <p>CHLORINE ETHYLENE GLYCOL FORMALDEHYDE NICKEL SULFATE</p>	<p>Mild Intolerance</p> <p>CEPHALOSPORIN C NYSTATIN</p>
<p>No Intolerance</p> <p>ACID ORANGE #8 ASPARTAME BLUE#2 INDIGO CARMINE BRILLIANT BLACK GREEN#3 FAST GREEN MSG POTASSIUM NITRITE RED#40 ALLURA RED SACCHARINE SODIUM METABISULFITE SODIUM SULFITE SORBIC ACID YELLOW#5 TARTRAZINE</p>	<p>No Intolerance</p> <p>ALTERNARIA BOTRYTIS CEPHALOSPORIUM CURVULARIA EPICOCCUM NIGRUM FUSARIUM OXYSPORIUM HELMINTHOSPORIUM MUCOR RACEMOSUS PENICILLIUM PHOMA HERBARUM RHIZOPUS NIGRICANS RHODOTORULA RUBRA SPONDYLOCLADIUM</p>	<p>No Intolerance</p> <p>AMMONIUM CHLORIDE FLUORIDE ORRIS ROOT PHENOL TOLUENE</p>	<p>No Intolerance</p> <p>ACETAMINOPHEN AMPICILLIN ASPIRIN CLINORIL DIFLUNISAL (DOLOBID) GENTAMICIN IBUPROFEN INDOCIN NAPROXEN (ALEVE) NEOMYCIN PENICILLAMINE PENICILLIN PIROXICAM (FELDENE) STREPTOMYCIN TETRACYCLINE VOLTAREN</p>

Food Sensitivity Test

Patient Name: SAMPLE PATIENT

Test Date: 11 Feb 2010

Healthcare Provider: Sample Physician

File #: 68220 (50)

Severe Intolerance

Moderate Intolerance

AGAVE
NONI BERRY

Mild Intolerance

ACAI BERRY
ALOE VERA
BEE POLLEN
DANDELION
ECHINACEA
ERYTHRITOL
ESSIAC
GRAPE SEED EXTRAC
HAWTHORN BERRY
HUPERZINE
ROOIBOS TEA
YELLOW DOCK

Functional Foods and Medicinal Herbs

ASHWAGANDHA	ASTRAGALUS	BARLEY GRASS	BILLBERRY
BLACK WALNUT	CASCARA	CHLORELLA	FEVERFEW
GINKO BILOBA	GOJI BERRY	GOLDENSEAL	GURANA SEED
GYMNEMA SYLVESTRE	KAVA KAVA	LUTEIN	MAITAKE MUSHROOM
MANGOSTEEN	MILK THISTLE	MULLEIN LEAF	PAU DARCO BARK
PINE BARK	RED CLOVER SEED	RED YEAST RICE	REISHI MUSHROOM
RESVERATROL	RHODIOLA	SCHISANDRA BERRY	SENNA
SPIRULINA	ST JOHNS WORT	STEVIA LEAF	VALERIAN
VINPOCETINE	WHEAT GRASS	WORMWOOD	XYLITOL

Herbs: Male/Female

RED indicates a severe intolerance and these items should be avoided for a minimum of 6 months
YELLOW indicates a mild intolerance and these foods should be avoided if possible
ORANGE indicates a moderate intolerance and these items should be avoided for a minimum of 3-6 months
GREEN indicates acceptable foods / no reaction