

Patient Name:
Accession No:
Doctor/Clinic:
Order Doctor:
Fax#:
Comments:
AGS Updated:

Age:
Test ID:
Doctor ID:
Date of Birth: 4/19/1977
External ID:
Technician: ZT
Data File: 15MAR10618

Date Collected: 3/13/2015
Date Received: 3/18/2015
Date Run: 3/23/2015
Date Reported: 3/24/2015
Date Final: 3/30/2015

Final Report

RESULT	Reference Range			ALLERGEN	NOT SAFE		
	Low	Moderate	Avoid		Low	Moderate	Avoid
FRUITS							
0	Low	<100	100 - 200	>200	Blackberry		
0	Low	<100	100 - 200	>200	Boysenberry		
18	Low	<100	100 - 200	>200	Cantaloupe	■	
8	Low	<100	100 - 200	>200	Cherry	■	
11	Low	<100	100 - 250	>250	Currants	■	
12	Low	<100	100 - 250	>250	Fig	■	
14	Low	<100	100 - 200	>200	Honeydew	■	
0	Low	<120	120 - 250	>250	Lime		
0	Low	<100	100 - 200	>200	Rhubarb		
17	Low	<120	120 - 250	>250	Tangerine	■	
0	Low	<100	100 - 250	>250	White Grape		
VEGETABLES							
120	Low	<150	150 - 350	>350	Alfalfa	■	
0	Low	<100	100 - 200	>200	Artichoke		
36	Low	<100	100 - 200	>200	Bamboo Shoots	■	
37	Low	<110	110 - 250	>250	Bean Sprouts	■	
319	Moderate	<150	150 - 450	>450	Black Bean	■	
7	Low	<100	100 - 200	>200	Bok Choy	■	
0	Low	<100	100 - 250	>250	Brussels Sprout		
1	Low	<100	100 - 200	>200	Collard Greens		
38	Low	<100	100 - 200	>200	Eggplant	■	
10	Low	<100	100 - 200	>200	Garbanzo Bean	■	
0	Low	<100	100 - 200	>200	Green Olive		
2	Low	<100	100 - 250	>250	Kale	■	
0	Low	<110	110 - 250	>250	Mung Bean		
476	Avoid	<150	150 - 450	>450	Navy Bean	■	
0	Low	<100	100 - 200	>200	Okra		
3	Low	<100	100 - 200	>200	Parsnip	■	
27	Low	<100	100 - 300	>300	Pinto Bean	■	
9	Low	<100	100 - 200	>200	Radish	■	
35	Low	<100	100 - 250	>250	Red Pepper	■	
13	Low	<100	100 - 200	>200	Rutabaga	■	
105	Low	<110	110 - 220	>220	Summer Squash	■	
10	Low	<100	100 - 200	>200	Water Chestnut	■	
54	Low	<100	100 - 200	>200	Watercress	■	
23	Low	<110	110 - 220	>220	Winter Squash	■	
4	Low	<100	100 - 250	>250	Yam	■	
102	Low	<110	110 - 220	>220	Zucchini	■	
MISCELLANEOUS							
1	Low	<100	100 - 200	>200	Carob		
0	Low	<100	100 - 200	>200	Cocoa		
0	Low	<100	100 - 200	>200	Corn Starch		
0	Low	<100	100 - 200	>200	Corn Sugar		
11	Low	<100	100 - 200	>200	Maple Sugar	■	
0	Low	<100	100 - 200	>200	MSG		
0	Low	<100	100 - 200	>200	Saccharine		
0	Low	<100	100 - 200	>200	Tapioca		
8	Low	<100	100 - 200	>200	Tea	■	

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PERSONALIZED FOUR DAY ROTATION FOOD PLAN



PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 1 CHOICES								
Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
cod	GOAT MILK	barley	BLACK BEAN	bamboo shoots	BANANA	cashew	anise	baker's yeast
lamb	oat milk	GLIADIN	mung bean	bean sprouts	fig	chia seed	basil	brewer's yeast
oyster		GLUTEN	pinto bean	black olive	papaya	olive oil	black pepper	cane sugar
tilapia		hemp		carrot	red grape	pistachio	cilantro	carob
		malt		celery	white grape	psyllium seed	coriander	grape juice
		oat		GREEN BEAN			cumin	concentrate used
		quinoa		green olive			dill	as sweetener
		SPELT		parsnip			marjoram	malt, beer
		triticale		water chestnut			parsley	msg
		WHEAT					peppermint	peppermint tea
							poppy seed	spearmint tea
							rosemary	
							sage	
							spearmint	
							thyme	

PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 2 CHOICES								
Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
crab	almond milk	potato flour		beet	apple mix	almond	allspice	apple used as
lobster	potato milk	potato starch		green pepper	blueberry	coconut	chili powder	sweetener
salmon		tapioca flour		mushroom	cranberry	macadamia nut	cloves	black tea
trout				okra	currants	safflower oil	oregano	green tea
turkey				potato	pear	safflower seed	paprika	mushroom
				red pepper			vanilla	pear used as
				spinach				sweetener
				tomato				saccharine
								tapioca

PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 3 CHOICES								
Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
beef	soy milk	buckwheat	garbanzo bean	alfalfa	avocado	hazelnut	curry	coffee
clam		corn	lentil	asparagus	blackberry	pecan	garlic	corn sugar
halibut		corn starch	lima bean	avocado	boysenberry	soy oil	ginger	honey
sole			soybean	cucumber	cantaloupe	walnut	nutmeg	
tofu				garlic	honeydew	walnut oil	turmeric	
				onion	raspberry			
				pea	rhubarb			
				pumpkin	strawberry			
				summer squash	watermelon			
				winter squash				
				zucchini				

PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 4 CHOICES								
Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
chicken	rice milk	brown rice		artichoke	apricot	brazil nut	bay leaf	chocolate
pork	sesame seed milk	millet		bok choy	cherry	flaxseed	cinnamon	cocoa
sardine		rice		broccoli	grapefruit	flaxseed oil	horseradish	maple sugar
shrimp		sunchoke flour		brussels sprout	lemon	pine nuts	mustard	maple syrup
tuna				cabbage	lime	sesame oil	tarragon	
				cauliflower	nectarine	sesame seed		
				collard greens	orange	sunflower oil		
				eggplant	peach	sunflower seed		
				kale	plum			
				lettuce	tangerine			
				mustard greens				
				radish				
				rutabaga				
				watercress				
				yam				

EXAMPLE: You may make different food choices on your next rotation or prepare things in other ways but keep to the foods and seasonings listed on this page for each day.

KEY: **low reaction** = lowercase

MODERATE = UPPERCASE

SIGNIFICANT = IS NOT LISTED IN ROTATION

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FOUR DAY ROTATION FOOD PLAN - SUMMARY OF FOOD



LOW REACTION FOODS

Alfalfa	Allspice	Almond	Anise	Apple Mix	Apricot	Artichoke
Baker's Yeast	Bamboo Shoots	Barley	Basil	Bay Leaf	Bean Sprouts	Beef
Black Pepper	Blackberry	Blueberry	Bok Choy	Boysenberry	Brazil Nut	Brewer's Yeast
Brussels Sprout	Buckwheat	Cabbage	Cane Sugar	Cantaloupe	Carob	Carrot
Celery	Cherry	Chia Seed	Chicken	Chili Powder	Chocolate	Cilantro
Cloves	Cocoa	Coconut	Cod	Coffee	Collard Greens	Coriander
Corn Sugar	Crab	Cranberry	Cucumber	Cumin	Currants	Curry
Fig	Flaxseed	Garbanzo Bean	Garlic	Ginger	Grapefruit	Green Olive
Hazelnut	Hemp	Honey	Honeydew	Horseradish	Kale	Lamb
Lettuce	Lima Bean	Lime	Lobster	Macadamia Nut	Malt	Maple Sugar
MSG	Mung Bean	Mushroom	Mustard	Nectarine	Nutmeg	Oat
Orange	Oregano	Oyster	Papaya	Paprika	Parsley	Parsnip
Pear	Pecan	Peppermint	Pine Nuts	Pinto Bean	Pistachio	Plum
Potato	Psyllium Seed	Pumpkin	Quinoa	Radish	Raspberry	Red Grape
Rice	Rosemary	Rutabaga	Saccharine	Safflower Seed	Sage	Salmon
Shrimp	Sole	Soybean	Spearmint	Spinach	Strawberry	Summer Squash
Tapioca	Tarragon	Tea	Thyme	Tilapia	Tomato	Triticale
Turkey	Turmeric	Vanilla	Walnut	Water Chestnut	Watercress	Watermelon
Yam	Zucchini					

MODERATE CONSUMPTION - MAY EAT ONCE EVERY FOUR DAYS

BANANA	BLACK BEAN	GLIADIN	GLUTEN	GOAT'S MILK	GREEN BEAN	SPELT
AVOID THESE FOODS						
BLEU CHEESE	CASEIN	CHEDDAR CHEESE	COTTAGE CHEESE	COW'S MILK	EGG WHITE	EGG YOLK
NAVY BEAN	PARMESAN	PEANUT	PINEAPPLE	RICOTTA	SWISS CHEESE	WHEY

PENDING RESULTS

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