



Patient Name: **Jane Doe HOLD**
External ID: A12365
Accession No: 1500
Doctor/Clinic: **Sample Reports**
Fax#:
Comments: NONE

Age: 46
Test ID: 302664
Doctor ID: 6055

Date of Birth: 10/16/1963
Data File: **10SEP02007**
Technician: jj

Date Collected: 7/21/2010
Date Received: 7/21/2010
Date Run: 9/28/2010
Date Reported: 9/29/2010

Final Report

RESULT	ALLERGEN	Reference Range			NOT SAFE		
		Low	Moderate	Avoid	Low	Moderate	Avoid
	DAIRY						
2585	American Cheese	<190	190 - 600	>600			
2734	Casein	<190	190 - 600	>600			
1939	Cheddar Cheese	<210	210 - 500	>500			
3000	Cottage Cheese	<230	230 - 690	>690			
2228	Cow's Milk	<190	190 - 600	>600			
1373	Goat's Milk	<190	190 - 500	>500			
2520	Lactalbumin	<190	190 - 700	>700			
2431	Mozzarella Cheese	<170	170 - 550	>550			
2489	Swiss Cheese	<230	230 - 600	>600			
	MEATS						
447	Beef	<190	190 - 490	>490			
127	Chicken	<160	160 - 250	>250			
1978	Egg White	<400	400 - 900	>900			
663	Egg Yolk	<360	360 - 900	>900			
219	Lamb	<140	140 - 270	>270			
113	Pork	<150	150 - 350	>350			
103	Turkey	<120	120 - 250	>250			
	GRAINS						
163	Barley	<110	110 - 210	>210			
244	Buckwheat	<120	120 - 250	>250			
118	Corn	<110	110 - 200	>200			
2627	Gliadin	<140	140 - 300	>300			
2916	Gluten	<150	150 - 330	>330			
304	Malt	<140	140 - 300	>300			
107	Oat	<100	100 - 150	>150			
90	Rice	<120	120 - 200	>200			
1111	Rye	<140	140 - 350	>350			
2916	Wheat	<150	150 - 350	>350			
	FISH						
147	Cod	<180	180 - 350	>350			
99	Halibut	<130	130 - 240	>240			
173	Orange Roughy	<160	160 - 250	>250			
157	Red Snapper	<140	140 - 300	>300			
101	Salmon	<130	130 - 240	>240			
80	Sardine	<120	120 - 180	>180			
143	Sole	<160	160 - 250	>250			
110	Trout	<150	150 - 250	>250			
90	Tuna	<120	120 - 250	>250			
	SHELLFISH						
107	Clam	<130	130 - 220	>220			
135	Crab	<150	150 - 250	>250			
165	Lobster	<160	160 - 250	>250			
97	Oyster	<120	120 - 190	>190			
151	Shrimp	<140	140 - 240	>240			
	NUTS						
151	Almond	<200	200 - 600	>600			
3856	Peanut	<200	200 - 590	>590			
94	Pecan	<120	120 - 250	>250			
113	Sesame Seed	<120	120 - 250	>250			
131	Sunflower Seed	<180	180 - 390	>390			
129	Walnut	<140	140 - 300	>300			

This test does not detect IgE based immediate type food allergies. Only IgG4 delayed food allergies are detected with this test.



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RESULT	Reference Range			ALLERGEN	NOT SAFE		
	Low	Moderate	Avoid		Low	Moderate	Avoid
				FRUITS			
364	Avoid	<140	140 - 300	>300	Apple Mix		
71	Low	<90	90 - 150	>150	Apricot		
70	Low	<120	120 - 250	>250	Avocado		
199	Low	<220	220 - 370	>370	Banana		
95	Low	<120	120 - 250	>250	Blueberry		
73	Low	<90	90 - 170	>170	Cranberry		
105	Low	<120	120 - 220	>220	Grapefruit		
114	Moderate	<110	110 - 200	>200	Lemon		
133	Moderate	<100	100 - 200	>200	Nectarine		
122	Moderate	<120	120 - 250	>250	Orange		
91	Low	<140	140 - 300	>300	Papaya		
105	Moderate	<90	90 - 190	>190	Peach		
60	Low	<80	80 - 170	>170	Pear		
415	Moderate	<200	200 - 600	>600	Pineapple		
74	Low	<90	90 - 190	>190	Plum		
80	Low	<120	120 - 220	>220	Raspberry		
76	Low	<120	120 - 250	>250	Red Grape		
75	Low	<120	120 - 200	>200	Strawberry		
124	Low	<150	150 - 250	>250	Watermelon		
				VEGETABLES			
161	Moderate	<120	120 - 210	>210	Asparagus		
112	Low	<120	120 - 200	>200	Beet		
99	Low	<120	120 - 200	>200	Black Olive		
93	Low	<110	110 - 160	>160	Broccoli		
90	Low	<120	120 - 250	>250	Cabbage		
84	Low	<110	110 - 250	>250	Carrot		
112	Moderate	<110	110 - 200	>200	Cauliflower		
107	Low	<120	120 - 200	>200	Celery		
121	Moderate	<110	110 - 200	>200	Cucumber		
225	Low	<230	230 - 600	>600	Garlic		
1185	Avoid	<150	150 - 400	>400	Green Bean		
120	Low	<130	130 - 380	>380	Green Pepper		
2829	Avoid	<360	360 - 830	>830	Kidney Bean		
105	Low	<120	120 - 240	>240	Lentil		
84	Low	<120	120 - 200	>200	Lettuce		
329	Avoid	<130	130 - 250	>250	Lima Bean		
99	Low	<120	120 - 200	>200	Onion		
99	Low	<130	130 - 250	>250	Pea		
97	Low	<110	110 - 200	>200	Potato		
354	Avoid	<180	180 - 350	>350	Soybean		
84	Low	<120	120 - 200	>200	Spinach		
110	Low	<140	140 - 280	>280	Squash Mix		
107	Low	<120	120 - 250	>250	Tomato		
				MISCELLANEOUS			
122	Moderate	<100	100 - 150	>150	Baker's Yeast		
98	Low	<100	100 - 150	>150	Brewer's Yeast		
91	Low	<120	120 - 200	>200	Cane Sugar		
147	Moderate	<120	120 - 200	>200	Chocolate		
111	Low	<120	120 - 200	>200	Coffee		
101	Low	<120	120 - 200	>200	Honey		
113	Low	<140	140 - 250	>250	Mushroom		

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PERSONALIZED FOUR DAY ROTATION FOOD PLAN - SUMMARY OF FOOD

LOW REACTION FOODS

Almond	Apricot	Avocado	Banana	Beet	Black Olive	Blueberry	Brewer's Yeast	Broccoli
Cabbage	Cane Sugar	Carrot	Celery	Chicken	Clam	Cod	Coffee	Crab
Cranberry	Garlic	Grapefruit	Green Pepper	Halibut	Honey	Lentil	Lettuce	Mushroom
Onion	Oyster	Papaya	Pea	Pear	Pecan	Plum	Pork	Potato
Raspberry	Red Grape	Rice	Salmon	Sardine	Sesame Seed	Sole	Spinach	Squash Mix
Strawberry	Sunflower Seed	Tomato	Trout	Tuna	Turkey	Walnut	Watermelon	

MODERATE COMSUMPTION - MAY EAT ONCE EVERY FOUR DAYS

Asparagus	Baker's Yeast	Barley	Beef	Buckwheat	Cauliflower	Chocolate	Corn	Cucumber
Egg Yolk	Lamb	Lemon	Lobster	Nectarine	Oat	Orange	Orange Roughy	Peach
Pineapple	Red Snapper	Shrimp						

AVOID THESE FOODS

American Cheese	Apple Mix	Casein	Cheddar Cheese	Cottage Cheese	Cow's Milk	Egg White	Gliadin	Gluten
Goat's Milk	Green Bean	Kidney Bean	Lactalbumin	Lima Bean	Malt	Mozzarella Cheese	Peanut	Rye
Soybean	Swiss Cheese	Wheat						

PENDING RESULTS

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.

low reaction = lowercase MODERATE = UPPERCASE SIGNIFICANT = IS NOT LISTED IN ROTATION

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PERSONALIZED FOUR DAY ROTATION FOOD PLAN

PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 1

Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts, Seeds and Oils	Herbs and Spices	Miscellaneous
cod LAMB ORANGE ROUGHY oyster	OAT MILK	BARLEY OAT		black olive carrot celery	banana papaya red grape			BAKER'S YEAST brewer's yeast cane sugar

PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 2

Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts, Seeds and Oils	Herbs and Spices	Miscellaneous
crab LOBSTER salmon trout turkey	almond milk potato milk	potato flour potato starch		beet green pepper mushroom potato spinach tomato	blueberry cranberry pear PINEAPPLE	almond		mushroom pear used as sweetener

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PERSONALIZED FOUR DAY ROTATION FOOD PLAN

PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 3

Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts, Seeds and Oils	Herbs and Spices	Miscellaneous
BEEF		BUCKWHEAT	lentil	ASPARAGUS	avocado	pecan	garlic	coffee
clam		CORN		avocado	raspberry	walnut		honey
halibut				CORN	strawberry	walnut oil		
RED SNAPPER				CUCUMBER	watermelon			
sole				garlic				
				onion				
				pea				
				squash mix				

PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 4

Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts, Seeds and Oils	Herbs and Spices	Miscellaneous
chicken	rice milk	rice		broccoli	apricot	sesame oil		CHOCOLATE
EGG YOLK	sesame seed milk			cabbage	grapefruit	sesame seed		
pork				CAULIFLOWER	LEMON	sunflower oil		
sardine				lettuce	NECTARINE	sunflower seed		
SHRIMP					ORANGE			
tuna					PEACH			
					plum			

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