Food Allergies and Your Health

E-95 Basic Food Panel & FoodSafe Bloodspot Panel

DAIRY
Casein
Cheddar cheese
Cottage cheese
Cows milk
Goats milk
Mozzarella cheese
Whey,
New Zealand

MEATS
Beef
Buffalo
Chicken
Egg white
Egg yolk
Lamb
Pork
Turkey

FISH
Cod
Halibut
Salmon
Sardine
Sole
Tilapia
Trout
Tuna

SHELLFISH
Clam
Crab
Lobster
Oyster
Shrimp

CANDIDA SCREEN
Candida Albicans

VEGETABLES
Asparagus
Beet
Black olive
Broccoli
Cabbage
Carrot
Cauliflower
Celery
Cucumber
Garlic
Green bean
Green pepper
Kidney bean
Lentil
Lettuce
Lima bean
Onion
Pea
Potato, white
Pumpkin
Soy
Spinach
Tomato

GRAINS
Barley
Buckwheat
Corn
Gliadin
Gluten
Hemp
Oat
Quinoa
Rice
Teff
Wheat

FRUITS
Apple
Apricot
Avocado
Banana
Bluberry
Cranberry
Grapefruit
Lemon
Orange
Papaya
Peach
Pear
Pineapple
Plum
Raspberry
Red grape
Strawberry
Watermelon

NUTS
Almond
Peanut
Pecan
Pumpkin seed
Sesame seed
Sunflower seed
Walnut

MISCELLANEOUS
Baker's yeast
Brewer's yeast
Cane sugar
Coffee
Honey
Mushroom
Xanthan gum

A-95 Extended Food Panel

MEAT & DAIRY
Blue cheese
Duck egg
Duck meat
Parmesan cheese
Sheep milk
Venison
Yogurt

GRAINS
Amaranth
Brown rice
Flaxseed
Millet
Psyllium seed
Safflower seed
Sorghum
Wild rice

FRUITS
Blackberry
Boysenberry
Cantalope
Cherry
Currants
Fig
Kiwi
Mango
Pomegranate
Rhubarb
White grape

NUTS
Brazil nut
Cashew
Chia seed
Coconut
Hazlenut
Macademia
Pine nut
Pistachio

VEGETABLES
Alafalfa
Artichoke
Bamboo shoot
Bean sprout
Black bean
Bock choy
Brussels sprout
Butternut squash
Chili pepper
Eggplant
Endive
Garbanzo bean
Green olive
Jalapeño
Kale
Kelp
Kohlrabi
Mung bean
Navy bean
Okra
Pinto bean
Radish
Rutabega
Sweet potato
Water chestnut
Watercress
Yam
Yellow squash
Zucchini

SPICES
Allspice
Basil
Black pepper
Cilantro
Cinnamon
Cloves
Coriander
Cumin
Dill
Ginger
Horseradish
Mustard
Nutmeg
Oregano
Parsley
Peppermint
Poppy seed
Rosemary
Sage
Spearmint
Tarragon
Thyme
Turmeric
Vanilla

MISCELLANEOUS
Arrowroot
Carob
Cocoa
Corn sugar
Cornstarch
Hops
Maple sugar
Tapioca
Tea

Your journey back to wellness

Meridian Valley LAB

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"Let food be thy medicine and medicine be thy food."

Do you want to rid yourself of chronic conditions, but are not sure how to do so? Do you want to feel more alive during the day and sleep better throughout the night? Now there is a test that can help alleviate unexplained ailments and provide you with results for optimal health.

The food you eat: friend or foe?

Food is the stuff of life, yet sometimes the foods you eat are the cause of ill health and dysfunction. Often, it is hard to know which foods are the culprits. According to James Breneman M.D., former Chairman of the Food Allergy Committee of the American College of Allergy, approximately 60% of all undiagnosed symptoms are due to underlying food allergies. By eating the foods that work for you, you can experience new levels of vitality and optimism as well as eliminate symptoms that may have been plaguing you for years.

Wouldn't I already know if I have a food allergy?

When we think of "food allergy", we tend to think of someone who eats a food, such as strawberries, and breaks out in a rash or has difficulty breathing. This type of "immediate hypersensitivity" reaction is what most people think of when they hear "food allergy". It is only one type of food allergy, and not even the most common type. Most food allergies are of the "delayed hypersensitivity" type in which symptoms appear anywhere from hours to days after eating the offending food. If the food is one that you eat frequently, the repeated exposure can lead to a constant level of symptoms that begins to seem "normal". You may not even realize that you could feel much better than you do.

Can I be allergic to something I eat all the time?

It is very common for people to be allergic to foods that they eat frequently. Often a person will find that the foods they crave the most are the very ones causing their symptoms. There are a number of reasons for this.

When faced with a challenge, such as a food you are allergic to, your body produces higher levels of stress hormones. These stress hormones may give you a temporary boost in energy and effectiveness that can mask symptoms. This fuels cravings for the very foods that are causing your symptoms. The high levels of stress hormones can lead to other problems.

How does a food allergy test work?

At Meridian Valley Lab we use a type of testing called ELISA (for Enzyme-Linked ImmunoSorbent Assay) which is highly reproducible. This type of testing checks your blood for antibodies that your body may be making to specific foods. Our allergy profiles focus on detecting delayed type hypersensitivities (IgG_4 antibodies). Foods that can be problematic for you result in higher levels of these antibodies in your blood.

Do You Have Symptoms of Food Allergies/Sensitivities?

Cognitive/Mental/Emotional/Neurological Symptoms
- ☐ ADD/ADHD/Obsessive-Compulsive Disorder
- ☐ Autism Spectrum Disorder
- ☐ Tourette's Syndrome
- ☐ Alcoholism or other addictions
- ☐ Anxiety/irritability/tension
- ☐ Depression/mood swings/tearfulness
- ☐ Foggy brain/poor concentration
- ☐ Headaches or migraines
- ☐ Seizures

Digestion
- ☐ Constipation and/or diarrhea
- ☐ Irritable Bowel Syndrome (IBS)
- ☐ Candida (yeast) overgrowth
- ☐ Colitis or Inflammatory Bowel Disease (IBD)
- ☐ Food cravings/Eating disorders
- ☐ Gas/bloating
- ☐ "Leaky Gut"
- ☐ Poor absorption
- ☐ Vitamin/mineral deficiencies

Skin
- ☐ Eczema/ Dry skin
- ☐ Rashes/Rosacea
- ☐ Hives
- ☐ Acne

Respiratory/Eyes, Ears, Nose & Throat
- ☐ Asthma
- ☐ Hay fever/ itchy, watery eyes/sneezing
- ☐ Ear infections
- ☐ Frequent sore throats or Strep throat

Immune System
- ☐ Frequent or chronic infections
- ☐ Multiple Sclerosis/other autoimmune disease

Musculoskeletal
- ☐ Joint pain/stiffness/discomfort
- ☐ Neck pain
- ☐ Arthritis/Rheumatoid Arthritis
- ☐ Gout
- ☐ Fibromyalgia

General
- ☐ Fatigue/Chronic Fatigue
- ☐ Low blood sugar
- ☐ Fluid retention (edema)
- ☐ Leaky bladder/bedwetting
- ☐ Menstrual cramps/PMS
- ☐ Unexplained weight gain or loss