



Patient Name:
External ID:
Accession No:
Doctor/Clinic:
Ordered By:
Fax#:
Comments:
AGS Updated:

Age:

Date of Birth:

Date Collected:
Date Received:
Date Run:
Date Reported:
DateFinal:

Data File:

Doctor ID:

Technician:

Final Report

RESULT	Reference Range			ALLERGEN	Low	Moderate	Avoid
	Low	Moderate	Avoid				
FRUITS							
82	Low	<160	160 - 310	>310	Blackberry		
85	Low	<160	160 - 310	>310	Boysenberry		
167	Moderate	<150	150 - 300	>300	Cantaloupe		
88	Low	<180	180 - 330	>330	Cherry		
83	Low	<150	150 - 300	>300	Currants		
138	Low	<180	180 - 330	>330	Fig		
494	Avoid	<150	150 - 300	>300	Kiwi		
69	Low	<100	100 - 250	>250	Mango		
535	Avoid	<220	220 - 370	>370	Pomegranate		
72	Low	<120	120 - 270	>270	Rhubarb		
79	Low	<150	150 - 300	>300	White Grape		
VEGETABLES							
91	Low	<110	110 - 250	>250	Alfalfa		
67	Low	<150	150 - 300	>300	Artichoke		
119	Low	<120	120 - 270	>270	Bamboo Shoots		
92	Low	<150	150 - 300	>300	Bean Sprouts		
160	Moderate	<150	150 - 350	>350	Black Bean		
81	Low	<140	140 - 290	>290	Bok Choy		
100	Low	<120	120 - 270	>270	Brussels Sprout		
89	Low	<150	150 - 300	>300	Butternut Squash		
119	Low	<220	220 - 370	>370	Chili Pepper		
113	Low	<180	180 - 330	>330	Eggplant		
93	Low	<150	150 - 300	>300	Endive		
194	Moderate	<150	150 - 300	>300	Garbanzo Bean		
77	Low	<120	120 - 270	>270	Green Olive		
113	Low	<220	220 - 370	>370	Jalapeno		
69	Low	<100	100 - 250	>250	Kale		
656	Low	<850	850 - 1200	>1200	Kelp		
101	Low	<130	130 - 280	>280	Kohlrabi		
77	Low	<100	100 - 250	>250	Mung Bean		
145	Low	<150	150 - 450	>450	Navy Bean		
83	Low	<150	150 - 300	>300	Okra		
75	Low	<150	150 - 350	>350	Pinto Bean		
89	Low	<130	130 - 280	>280	Radish		
83	Low	<150	150 - 300	>300	Rutabaga		
99	Low	<200	200 - 350	>350	Sweet Potato		
99	Low	<180	180 - 330	>330	Water Chestnut		
120	Low	<130	130 - 280	>280	Watercress		
96	Low	<200	200 - 350	>350	Yam		
91	Low	<100	100 - 300	>300	Yellow Squash		
134	Low	<150	150 - 300	>300	Zucchini		
MISCELLANEOUS							
77	Low	<150	150 - 300	>300	Carob		
85	Low	<140	140 - 290	>290	Cocoa		
98	Low	<170	170 - 320	>320	Corn Starch		
85	Low	<180	180 - 330	>330	Corn Sugar		
99	Low	<150	150 - 300	>300	Maple Sugar		
94	Low	<210	210 - 360	>360	Tapioca		
122	Low	<180	180 - 330	>330	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
VENISON		sorghum	BLACK BEAN	bamboo shoots	fig	chia seed	basil	carob
			mung bean	bean sprouts	white grape	psyllium seed	black pepper	
			navy bean	green olive			cilantro	
			pinto bean	hops			coriander	
				sweet potato			cumin	
				water chestnut			dill	
				yellow squash			oregano	
							parsley	
							peppermint	
							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
		arrowroot		eggplant	blackberry	coconut	allspice	black tea
				jalapeno	boysenberry	macadamia nut	cloves	green tea
				okra	currants	safflower seed	poppy seed	tapioca
				red chili pepper			red chili pepper	
							vanilla	

PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 3 Choices

Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
		amaranth	GARBANZO BEAN	alfalfa	CANTALOUPE		ginger	corn sugar
		corn starch		butternut squash	mango		nutmeg	
				zucchini	rhubarb		turmeric	

PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 4 Choices

Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
duck meat		brown rice		artichoke	cherry	brazil nut	cinnamon	cocoa
		millet		bok choy		flaxseed	horseradish	maple sugar
		wild rice		brussels sprout		pine nuts	tarragon	
				endive				
				kale				
				kelp				
				kohlrabi				
				radish				
				rutabaga				
				watercress				
				yam				

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FOUR DAY ROTATION FOOD PLAN - SUMMARY OF FOOD



LOW REACTION FOODS

Alfalfa	Allspice	Amaranth	Arrowroot	Artichoke	Bamboo Shoots	Basil
Bean Sprouts	Black Pepper	Blackberry	Bok Choy	Boysenberry	Brazil Nut	Brown Rice
Brussels Sprout	Butternut Squash	Carob	Cherry	Chia Seed	Chili Pepper	Cilantro
Cinnamon	Cloves	Cocoa	Coconut	Coriander	Corn Starch	Corn Sugar
Cumin	Currants	Dill	Duck Meat	Eggplant	Endive	Fig
Flaxseed	Ginger	Green Olive	Hops	Horseradish	Jalapeno	Kale
Kelp	Kohlrabi	Macadamia Nut	Mango	Maple Sugar	Millet	Mung Bean
Navy Bean	Nutmeg	Okra	Oregano	Parsley	Peppermint	Pine Nuts
Pinto Bean	Poppy Seed	Psyllium Seed	Radish	Rhubarb	Rosemary	Rutabaga
Safflower Seed	Sage	Sorghum	Spearmint	Sweet Potato	Tapioca	Tarragon
Tea	Thyme	Turmeric	Vanilla	Water Chestnut	Watercress	White Grape
Wild Rice	Yam	Yellow Squash	Zucchini			

MODERATE COMSUMPTION - MAY EAT ONCE EVERY FOUR DAYS

BLACK BEAN CANTALOUPE GARBANZO BEAN VENISON

AVOID THESE FOODS

CASHEW DUCK EGG HAZELNUT KIWI MUSTARD PARMESAN PISTACHIO
POMEGRANATE SHEEP MILK YOGURT

PENDING RESULTS