

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

Age:

Date of Birth:

External ID:

Date Collected:

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Date Run:

Date Reported:

Date Final:

Doctor ID:

Data File:

Technician:

## Final Report

RESULT	Reference Range			ALLERGEN	Sensitivity			
	Low	Moderate	Avoid		Low	Moderate	Avoid	
				DAIRY				
807	Avoid	<100	100 - 350	>350	Parmesan	[Bar chart showing sensitivity levels]		
547	Avoid	<100	100 - 350	>350	Sheep Milk	[Bar chart showing sensitivity levels]		
777	Avoid	<100	100 - 350	>350	Yogurt	[Bar chart showing sensitivity levels]		
				MEATS				
1182	Avoid	<150	150 - 450	>450	Duck Egg	[Bar chart showing sensitivity levels]		
8	Low	<100	100 - 250	>250	Duck Meat	[Bar chart showing sensitivity levels]		
337	Avoid	<100	100 - 250	>250	Venison	[Bar chart showing sensitivity levels]		
				GRAINS				
19	Low	<100	100 - 250	>250	Amaranth	[Bar chart showing sensitivity levels]		
0	Low	<100	100 - 250	>250	Arrowroot	[Bar chart showing sensitivity levels]		
12	Low	<100	100 - 250	>250	Brown Rice	[Bar chart showing sensitivity levels]		
20	Low	<100	100 - 250	>250	Flaxseed	[Bar chart showing sensitivity levels]		
4	Low	<100	100 - 250	>250	Hops	[Bar chart showing sensitivity levels]		
21	Low	<100	100 - 250	>250	Millet	[Bar chart showing sensitivity levels]		
0	Low	<100	100 - 250	>250	Psyllium Seed	[Bar chart showing sensitivity levels]		
34	Low	<100	100 - 250	>250	Safflower Seed	[Bar chart showing sensitivity levels]		
15	Low	<100	100 - 250	>250	Sorghum	[Bar chart showing sensitivity levels]		
15	Low	<100	100 - 250	>250	Wild Rice	[Bar chart showing sensitivity levels]		
				SPICES				
52	Low	<100	100 - 250	>250	Allspice	[Bar chart showing sensitivity levels]		
56	Low	<100	100 - 250	>250	Basil	[Bar chart showing sensitivity levels]		
42	Low	<100	100 - 250	>250	Black Pepper	[Bar chart showing sensitivity levels]		
35	Low	<100	100 - 250	>250	Cilantro	[Bar chart showing sensitivity levels]		
48	Low	<100	100 - 250	>250	Cinnamon	[Bar chart showing sensitivity levels]		
20	Low	<100	100 - 250	>250	Cloves	[Bar chart showing sensitivity levels]		
59	Low	<100	100 - 250	>250	Coriander	[Bar chart showing sensitivity levels]		
63	Low	<100	100 - 250	>250	Cumin	[Bar chart showing sensitivity levels]		
27	Low	<100	100 - 250	>250	Dill	[Bar chart showing sensitivity levels]		
43	Low	<100	100 - 250	>250	Ginger	[Bar chart showing sensitivity levels]		
29	Low	<100	100 - 250	>250	Horseradish	[Bar chart showing sensitivity levels]		
494	Avoid	<100	100 - 250	>250	Mustard	[Bar chart showing sensitivity levels]		
33	Low	<100	100 - 250	>250	Nutmeg	[Bar chart showing sensitivity levels]		
34	Low	<100	100 - 250	>250	Oregano	[Bar chart showing sensitivity levels]		
44	Low	<100	100 - 250	>250	Parsley	[Bar chart showing sensitivity levels]		
76	Low	<100	100 - 250	>250	Peppermint	[Bar chart showing sensitivity levels]		
32	Low	<100	100 - 250	>250	Poppy Seed	[Bar chart showing sensitivity levels]		
20	Low	<100	100 - 250	>250	Rosemary	[Bar chart showing sensitivity levels]		
20	Low	<100	100 - 250	>250	Sage	[Bar chart showing sensitivity levels]		
77	Low	<100	100 - 250	>250	Spearmint	[Bar chart showing sensitivity levels]		
20	Low	<100	100 - 250	>250	Tarragon	[Bar chart showing sensitivity levels]		
33	Low	<100	100 - 250	>250	Thyme	[Bar chart showing sensitivity levels]		
80	Low	<100	100 - 250	>250	Turmeric	[Bar chart showing sensitivity levels]		
53	Low	<100	100 - 250	>250	Vanilla	[Bar chart showing sensitivity levels]		
				NUTS				
5	Low	<100	100 - 250	>250	Brazil Nut	[Bar chart showing sensitivity levels]		
410	Avoid	<100	100 - 250	>250	Cashew	[Bar chart showing sensitivity levels]		
35	Low	<100	100 - 250	>250	Chia Seed	[Bar chart showing sensitivity levels]		
12	Low	<100	100 - 250	>250	Coconut	[Bar chart showing sensitivity levels]		
1266	Avoid	<100	100 - 250	>250	Hazelnut	[Bar chart showing sensitivity levels]		
43	Low	<100	100 - 250	>250	Macadamia Nut	[Bar chart showing sensitivity levels]		
5	Low	<100	100 - 250	>250	Pine Nuts	[Bar chart showing sensitivity levels]		
254	Avoid	<100	100 - 250	>250	Pistachio	[Bar chart showing sensitivity levels]		



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## Final Report

RESULT	Reference Range			ALLERGEN	Sensitivity		
	Low	Moderate	Avoid		Low	Moderate	Avoid
FRUITS							
22	Low	<100	100 - 250	>250	Blackberry		
20	Low	<100	100 - 250	>250	Boysenberry		
38	Low	<100	100 - 250	>250	Cantaloupe		
34	Low	<100	100 - 250	>250	Cherry		
19	Low	<100	100 - 250	>250	Currants		
60	Low	<100	100 - 250	>250	Fig		
429	Avoid	<100	100 - 250	>250	Kiwi		
0	Low	<100	100 - 250	>250	Mango		
349	Avoid	<100	100 - 250	>250	Pomegranate		
1	Low	<100	100 - 250	>250	Rhubarb		
14	Low	<100	100 - 250	>250	White Grape		
VEGETABLES							
117	Moderate	<100	100 - 250	>250	Alfalfa		
22	Low	<100	100 - 250	>250	Artichoke		
102	Moderate	<100	100 - 250	>250	Bamboo Shoots		
65	Low	<100	100 - 250	>250	Bean Sprouts		
159	Moderate	<100	100 - 250	>250	Black Bean		
15	Low	<100	100 - 250	>250	Bok Choy		
46	Low	<100	100 - 250	>250	Brussels Sprout		
13	Low	<100	100 - 250	>250	Butternut Squash		
25	Low	<100	100 - 250	>250	Chili Pepper		
30	Low	<100	100 - 250	>250	Eggplant		
14	Low	<100	100 - 250	>250	Endive		
224	Moderate	<100	100 - 250	>250	Garbanzo Bean		
10	Low	<100	100 - 250	>250	Green Olive		
20	Low	<100	100 - 250	>250	Jalapeno		
0	Low	<100	100 - 250	>250	Kale		
162	Moderate	<110	110 - 250	>250	Kelp		
28	Low	<100	100 - 250	>250	Kohlrabi		
23	Low	<100	100 - 250	>250	Mung Bean		
154	Moderate	<150	150 - 450	>450	Navy Bean		
20	Low	<100	100 - 250	>250	Okra		
10	Low	<100	100 - 300	>300	Pinto Bean		
30	Low	<100	100 - 250	>250	Radish		
23	Low	<100	100 - 250	>250	Rutabaga		
0	Low	<100	100 - 250	>250	Sweet Potato		
22	Low	<100	100 - 250	>250	Water Chestnut		
80	Low	<100	100 - 250	>250	Watercress		
15	Low	<100	100 - 250	>250	Yam		
41	Low	<100	100 - 250	>250	Yellow Squash		
45	Low	<100	100 - 250	>250	Zucchini		
MISCELLANEOUS							
5	Low	<100	100 - 250	>250	Carob		
19	Low	<100	100 - 250	>250	Cocoa		
0	Low	<100	100 - 250	>250	Corn Starch		
0	Low	<100	100 - 250	>250	Corn Sugar		
5	Low	<100	100 - 250	>250	Maple Sugar		
0	Low	<100	100 - 250	>250	Tapioca		
25	Low	<100	100 - 250	>250	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
		sorghum	BLACK BEAN mung bean NAVY BEAN pinto bean	BAMBOO SHOOTs bean sprouts green olive hops sweet potato water chestnut yellow squash	fig white grape	chia seed olive oil psyllium seed	basil black pepper cilantro coriander cumin dill oregano parsley peppermint rosemary sage spearmint thyme	carob grape juice concentrate used as sweetener peppermint tea spearmint tea

**PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 2 CHOICES**

Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
		arrowroot tapioca flour		eggplant jalapeno okra red chili pepper	blackberry boysenberry currants	coconut macadamia nut safflower oil safflower seed	allspice cloves poppy seed red chili pepper vanilla	black tea coconut used as sweetener green tea tapioca

**PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 3 CHOICES**

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

**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 millet sunchoke flour wild rice		artichoke bok choy brussels sprout endive kale KELP kohlrabi radish rutabaga watercress yam	cherry	brazil nut flaxseed flaxseed oil pine nuts	cinnamon horseradish tarragon	cocoa maple sugar maple syrup

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

Allspice	Amaranth	Arrowroot	Artichoke	Basil	Bean Sprouts	Black Pepper
Blackberry	Bok Choy	Boysenberry	Brazil Nut	Brown Rice	Brussels Sprout	Butternut Squash
Cantaloupe	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	Kohlrabi
Macadamia Nut	Mango	Maple Sugar	Millet	Mung 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 CONSUMPTION - MAY EAT ONCE EVERY FOUR DAYS

ALFALFA      BAMBOO SHOOTS      BLACK BEAN      GARBANZO BEAN      KELP      NAVY BEAN

### AVOID THESE FOODS

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

### 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.

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