

The Candida Screen

The Candida screen detects whether or not you have antibodies to a type of yeast known as *Candida albicans*. Candida is not a food. It is normally found in very small amounts in the human intestinal tract; small amounts do not cause problems in a healthy person. Too much Candida can result in symptoms very similar to those caused by food allergies. "Moderate" or "High" on the Candida screen means that your body has produced high numbers of antibodies to Candida at some time in the past. It does not confirm that you have a current Candida overgrowth. There are several tests that can be done to assess whether you currently have excessive growth of Candida. One of the best of these is the Microbial Organic Acids Test (MOAT), a urine test which looks for the presence of waste products from Candida. Meridian Valley Lab studies have found a strong correlation between "Moderate" or "High" antibodies on the Candida Screen and high levels of Candida-related waste products on the MOAT.



Substitutions for Food Allergens

Milk

- Soy products: cheese, cream cheese, ice cream, milk, sour cream
- Rice products: cheese, ice cream, milk, yogurt
- Hemp products: cheese and milk
- Almond products: cheese and milk
- Hazelnut products: cheese and milk
- Coconut products: ice cream, milk, yogurt

Wheat/Gluten

- Grains and breads: amaranth, corn, millet, oat, rice
- Pastas: corn, rice, quinoa, bean
- Flours: coconut, garbanzo, almond, rice, tapioca, teff

Egg

- For baking: ENER G egg replacement powder, flaxseed powder, yogurt, gelatin, applesauce, banana
- As binders in loaves and casseroles: nut butters, pureed vegetables, tofu, oats

Corn

- Grains: amaranth, millet, oat, rice, spelt, buckwheat
- Thickeners: arrowroot powder, tapioca flour, kuzu root starch, potato starch

Alternative Names for Common Food Allergens

Milk

- Butter, artificial butter flavor
- Buttermilk, buttermilk solids
- Casein, casinate, sodium casinate
- Cheese
- Cream, sour cream, whipping cream
- Lactose, lactalbumin
- Milk, milk solids
- Whey
- Yogurt, kefir

Wheat

- Bulgur, farina
- Flour, enriched flour, bleached or unbleached flour
- Graham flour, durum flour
- Pasta
- Seitan
- Semolina
- Wheat, hard wheat, red wheat, cracked wheat
- Wheat germ, wheat berries

Egg

- Albumin, globulin, livetin
- Egg protein, white, yolk
- Ovalbumin, ovomucoid, ovomucin
- Ovovitellin, vitellin

Soy

- Hydrolyzed vegetable protein
- Soybean oil
- Soybeans (edamame), soy nuts
- Soy flour
- Soy lecithin
- Soy protein isolate
- Soy sauce, Miso
- Textured vegetable protein
- Tofu, tempeh, soy milk

Corn

- Baking powder
- Corn syrup
- Cornmeal, polenta
- Glucose syrup
- Hominy
- Maize, masa
- Modified corn starch
- Xanthan gum



Understanding Your
Food Allergy Results
for E-95 and A-95 Allergy Tests

Leader in preventive medicine since 1976



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Interpreting Your Results



When we hear the term “food allergy” we often think of dramatic, sometimes life-threatening reactions to eating a food such as peanuts or shellfish. This type of allergic reaction is called an “immediate” sensitivity reaction. There is another type of food sensitivity known as a “delayed” hypersensitivity reaction because symptoms take longer to develop. These reactions are much more common than immediate-sensitivity reactions, yet are harder to identify because symptoms can show up anywhere from a few hours to several days after eating the offending food. In the meantime, you will

have eaten many other foods, making it difficult to know just what food triggered your symptoms. Even seasonal inhalant allergies can be made worse when there are underlying food sensitivities. Symptoms can be subtle or severe. If the foods that are provoking your symptoms are not identified and eliminated, they may lead to chronic inflammation and disease. Symptoms and conditions that may be caused by food sensitivities are many and varied.

What do my test results mean?

Meridian Valley Lab uses an enzyme-linked immunosorbent assay, also called ELISA, to measure the level of food-specific antibodies in your blood. Your test results identify the level of reactivity from Low to High to the foods listed on the E-95, A-95, or Combo food panel. The likelihood of an adverse food reaction often increases with the level of reactivity to the given food. However, these levels do not necessarily predict severity of the reaction, nor that a reaction will occur in all cases. **This test does not identify anaphylaxis.**

Eating a food to which you have a known immediate hypersensitivity can result in a severe, even life-threatening, reaction.

- **LOW** indicates minimal reactivity. These foods are probably not the cause of your symptoms. Foods in this category may be eaten freely.
- **MODERATE** indicates moderate reactivity. These foods are more likely to cause food sensitivity symptoms. Foods in this category may be eaten once every 4 days.
- **HIGH** indicates high reactivity. These foods are more likely to cause food sensitivity symptoms. Foods in this category are usually eliminated for a period of 8-12 weeks.

Why does this test show some foods as “Low” when I know that I react to them?

Not all food sensitivities will show up on food allergy tests. Only foods to which you currently have antibodies will show up on this test. Food sensitivities can have other causes. For example, lactose intolerance is a sensitivity to milk products due to a lack of an enzyme necessary to digest milk. A person might have lactose intolerance because they lack this enzyme and still have dairy products register “Low” on an E-95 food panel because they do not have antibodies to milk. If you know that you have a strong reaction to a food, do not eat that food, even if antibody levels are reported as low or moderate.

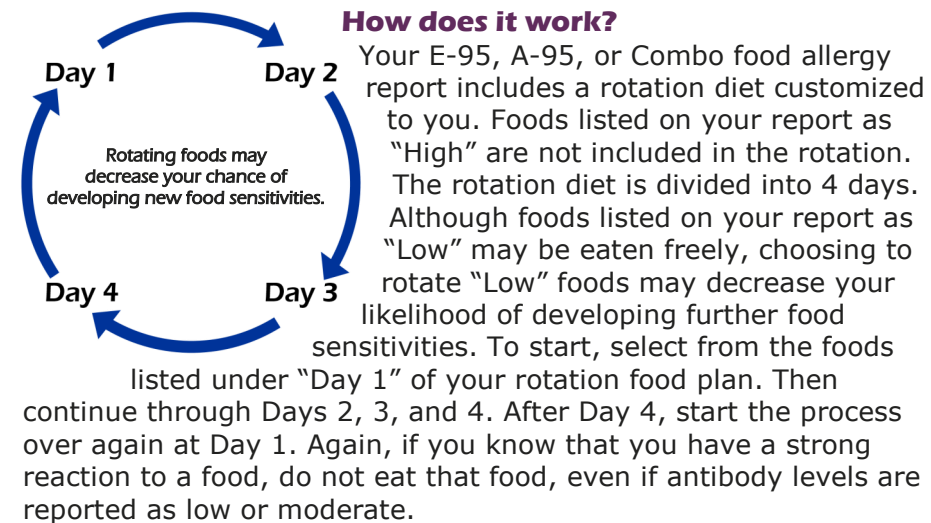
What can I do about my food sensitivities?

Finding healthful and tasty alternatives to your reactive foods can make the elimination process easier so that you will not feel deprived or be left hungry. The back of this brochure lists some substitution ideas for common food allergens. Don’t be afraid to reach out to the customer relations staff at your favorite market. They can often assist you in finding foods they carry to accommodate special diets.

In addition to incorporating healthful alternatives to your reactive foods, other measures may include implementing a rotation-style diet and supporting gastrointestinal health. It should be kept in mind that the causes of food sensitivities are multifactorial. Treatment measures should be discussed with your practitioner as they relate to you.

The Rotation Diet

If you have multiple food sensitivities, one of the best ways to feel better is to reduce your exposure to food allergens by eating foods on a rotating schedule. A rotation diet groups biologically related foods together. These foods are eaten on the same day of the rotation diet and then avoided for the next three days. They may be consumed again during the next rotation. Incorporating variety in your food choices from one round of rotation to the next may be helpful. By increasing the variety of foods you eat, you increase the diversity and balance of important nutrients. Rotating foods also allows time for the body to heal itself by minimizing adverse food reactions and reducing cumulative effects. This type of diet may also prevent and sometimes correct digestive complaints.



How to reintroduce foods?

- Foods in the High category are usually eliminated for a period of 8-12 weeks.
- Once the elimination period has ended, each food may be introduced one at a time, waiting at least 4 days in between each food.
- If the challenged food does not trigger any symptoms within 4 days after eating it, add the food to the list of foods to be eaten on the rotation diet. If symptoms do occur, eliminate the food and try to introduce it again in 8-12 weeks.
- Creating a diet diary may be helpful in identifying problem foods. Include the foods that you reintroduce and the reactions or symptoms that occur after eating the food, if any.

The recommendations of the rotation diet and food reintroduction are suggestions only. They are not intended as medical advice nor to replace the advice of your health care practitioner.

Keys to Success



Your Rotation Diet will be most effective in helping you manage food sensitivities if you follow these healthful guidelines:

- Eliminate or at least reduce toxic chemicals from your foods, since these may cause more problems for sensitive individuals than the foods themselves.
- Use fewer packaged foods, with all their preservatives and additives, and use more fresh or frozen fruits, vegetables, proteins, and whole grains or beans.
- Purchase organically grown foods (food grown without the use of toxic pesticides and other chemicals) whenever available and financially feasible. Wash non-organic fruits or vegetables in a solution of sodium bicarbonate or some nontoxic cleanser (like Basic H, Granny Green, or Grapefruit Seed Extract) to remove surface sprays and waxes.
- Eliminate white sugar and refined flour products and use more natural sweeteners. Stevia and lo han are best; honey, and molasses, should be used in limited quantities. Whole grains are always preferable to white flour!
- Eliminate hydrogenated margarines, “shortening”, and ‘trans’ fatty acids. Use cold-pressed oils or butter. Margarine increases atherosclerosis and coronary artery disease, despite its lack of cholesterol.
- Keep a natural balance in the diet as much as possible, with adequate fiber, complex carbohydrates, protein, and mineral-rich vegetables and fruits.
- Cook with stainless steel, glass or enameled ceramic cookware instead of aluminum, Teflon, or chemically treated cookware.
- Mental and emotional stress can hinder your success by having a deleterious effect on your health and outlook on life. Set aside quality time for fun and play with friends and loved ones, creative expression and time in nature.