



<p>Severe Intolerance</p> <p>NECTARINE</p>	<p>Moderate Intolerance</p> <p>ACORN SQUASH ANCHOVY ARTICHOKE AVOCADO BANANA BISON BLACK PEPPER BOK CHOY BRAZIL NUT CANOLA OIL CARDAMOM CATFISH CHAMOMILE CHICK PEA CHICKEN LIVER CHILI PEPPER CUCUMBER DATE EGGPLANT KIDNEY BEAN LIME PAPAYA PUMPKIN SHRIMP SPINACH TUNA TURMERIC VANILLA</p>	<p>Mild Intolerance</p> <p>BLUEBERRY* BROCCOLI* BUTTON MUSHROOM* CARAWAY* CELERY* COCOA* CODFISH* EGG WHITE* GRAPEFRUIT* HALIBUT* HOPS* ONION* PAPRIKA* PINEAPPLE* PSYLLIUM* RADISH* SQUASH (Yellow)* VEAL* WHITE POTATO*</p>	<p>VEGETABLES / LEGUMES</p> <p>ASPARAGUS BLACK-EYED PEAS CARROT FENNEL SEED KALE LIMA BEAN OKRA RED/GRN LEAF LETTUC STRING BEAN TURNIP</p> <p>BEEF BRUSSEL SPROUTS CAULIFLOWER GREEN PEA KELP MUNG BEAN PARSNIP ROMAINE LETTUCE SWEET POTATO WATERCRESS</p> <p>BELL PEPPERS BUTTERNUT SQUASH ENDIVE ICEBERG LETTUCE LEEK MUSTARD PINTO BEAN SCALLIONS SWISS CHARD ZUCCHINI SQUASH</p> <p>BLACK BEANS CABBAGE FAVA BEAN JALAPENO PEPPER LENTIL BEAN NAVY BEAN PORTOBELLO MUSHR SOYBEAN TOMATO</p> <p>FRUITS</p> <p>APPLE CHERRY HONEYDEW (MELON) OLIVE PLUM WATERMELON</p> <p>APRICOT CRANBERRY KIWI ORANGE POMEGRANATE</p> <p>BLACKBERRY FIG LEMON PEACH RASPBERRY</p> <p>CANTALOUPE GRAPE MANGO PEAR STRAWBERRY</p> <p>MEAT</p> <p>BEEF PORK</p> <p>CHICKEN TURKEY</p> <p>DUCK VENISON</p> <p>LAMB</p> <p>DAIRY / EGGS</p> <p>COW'S MILK</p> <p>EGG YOLK</p> <p>GOAT'S MILK</p> <p>SEAFOOD</p> <p>CLAM LOBSTER OYSTER SEA BASS SWORDFISH</p> <p>CRAB MACKEREL SALMON SNAPPER TILAPIA</p> <p>FLOUNDER MAHI MAHI SARDINE SOLE TROUT</p> <p>HADDOCK MUSSEL SCALLOP SQUID</p> <p>GRAINS / STARCHES</p> <p>AMARANTH MALT RICE TAPIOCA</p> <p>BARLEY MILLET RYE WHEAT</p> <p>BUCKWHEAT OAT SORGHUM WILD RICE</p> <p>CORN QUINOA SPELT</p> <p>HERBS / SPICES</p> <p>BASIL CLOVE DILL OREGANO SAFFRON</p> <p>BAY LEAF CORIANDER GINGER PARSLEY SAGE</p> <p>CAYENNE PEPPER CULANTRO LICORICE PEPPERMINT THYME</p> <p>CINNAMON CUMIN NUTMEG ROSEMARY</p> <p>NUTS/ OILS AND MISC. FOODS</p> <p>ALMOND CANE SUGAR COFFEE GARLIC MAPLE SUGAR PISTACHIO WALNUT</p> <p>BAKER'S YEAST CAROB COTTONSEED HAZELNUT PEANUT SAFFLOWER</p> <p>BLK/GREEN TEA CASHEW FLAXSEED HONEY PECAN SESAME</p> <p>BREWER'S YEAST COCONUT FRUCTOSE (HFCS) MACADAMIA PINE NUT SUNFLOWER</p>
<p>You have no reaction to Candida Albicans.</p>			
<p>You have no reaction to Gluten/Gliadin.</p>			
<p>You have no reaction to Casein or Whey.</p>			

Sample test results. Actual results may vary.



Food Sensitivity Test
4 Day Rotation Diet

Order Today At
www.accesalabs.com

DAY 1

STARCH

OAT
SPELT
TAPIOCA
WHITE POTATO*

VEGETABLES/LEGUMES

BLACK-EYED PEAS
BUTTERNUT SQUASH
CARROT
CELERY*
KALE
PARSLEY
RED/GRN LEAF LETTUCE
ROMAINE LETTUCE
TOMATO

FRUIT

FIG
GRAPE
KIWI
MANGO
STRAWBERRY

PROTEIN

BEEF
CODFISH*
CRAB
FAVA BEAN
FLOUNDER
LAMB
OYSTER
SARDINE
SEA BASS
SNAPPER
SWORDFISH
VEAL*

MISCELLANEOUS

BAY LEAF
CARAWAY*
CASHEW
COCONUT
CORIANDER
COW'S MILK
CUMIN
FLAXSEED
HONEY
LICORICE
PISTACHIO
ROSEMARY
SAFFLOWER

DAY 2

STARCH

BARLEY
MILLET
RYE
WHEAT
WILD RICE

VEGETABLES

BELL PEPPERS
BROCCOLI*
BRUSSEL SPROUTS
BUTTON MUSHROOM*
CABBAGE
CAULIFLOWER
ENDIVE
KELP
MUSTARD
ZUCCHINI SQUASH

FRUIT

APPLE
BLUEBERRY*
CRANBERRY
PEAR
PINEAPPLE*
POMEGRANATE

PROTEIN

CHICKEN
EGG WHITE*
EGG YOLK
LENTIL BEAN
MACKEREL
MAHI MAHI
SQUID
TILAPIA

MISCELLANEOUS

BAKER'S YEAST
BASIL
BREWER'S YEAST
CANE SUGAR
CAYENNE PEPPER
CINNAMON
CLOVE
GARLIC
GINGER
HAZELNUT
HOPS*
MAPLE SUGAR
PAPRIKA*
PEPPERMINT
SAFFRON

DAY 3

STARCH

CORN
QUINOA
SORGHUM
SWEET POTATO

VEGETABLES

ASPARAGUS
BLACK BEANS
FENNEL SEED
GREEN PEA
ICEBERG LETTUCE
LEEK
LIMA BEAN
ONION*
PINTO BEAN
RADISH*
STRING BEAN

FRUIT

APRICOT
BLACKBERRY
CHERRY
PEACH
PLUM
RASPBERRY

PROTEIN

DUCK
HALIBUT*
MUNG BEAN
NAVY BEAN
PORK
SOLE
SOYBEAN

MISCELLANEOUS

ALMOND
COCOA*
COFFEE
COTTONSEED
CULANTRO
DILL
GOAT'S MILK
MACADAMIA
MALT
OREGANO
PEANUT
PSYLLIUM*
THYME

DAY 4

STARCH

AMARANTH
BUCKWHEAT
RICE

VEGETABLES

BEET
JALAPENO PEPPER
OKRA
PARSNIP
PORTOBELLO MUSHROOM
SCALLIONS
SQUASH (Yellow)*
SWISS CHARD
TURNIP

FRUIT

CANTALOUPE
GRAPEFRUIT*
HONEYDEW (MELON)
LEMON
OLIVE
ORANGE
WATERMELON

PROTEIN

CLAM
HADDOCK
LOBSTER
MUSSEL
SALMON
SCALLOP
TROUT
TURKEY
VENISON

MISCELLANEOUS

BLK/GREEN TEA
CAROB
FRUCTOSE (HFCS)
NUTMEG
PECAN
PINE NUT
SAGE
SESAME
SUNFLOWER
WALNUT

Sample test results. Actual results may vary.

Foods To Avoid

ACORN SQUASH



Acorn squash is most commonly baked, but can also be microwaved, sauteed, and steamed. It can be eaten by baking with brown sugar, and serving with cooked bacon crumbles. The seeds can be toasted and eaten (similar to pumpkin seeds). Although considered a "winter" squash, acorn squash belongs to the same species as all "summer" squashes (including zucchini and yellow crookneck squash). The most common variety is dark green in color. For reintroduction into diet, place into day:3

ANCHOVY



They are a key ingredient in Spaghetti Puttanesca, and are occasionally used as a pizza topping. Because of the strong flavor they are also an ingredient in several sauces, including Worcestershire sauce, Cesar salad dressing and many fish sauces. They are also marketed in jars and tubes as a paste, mostly for use in making sauces, such as anchovy essence. For reintroduction into diet, place into day:3

ARTICHOKE



The Globe Artichoke is a perennial thistle originating in southern Europe around the Mediterranean. Can be used in teas or pickled whole. The heart of the artichoke is considered to be the best part to eat. Leaves are often removed and eaten one at a time, sometimes dipped in butter, mayonnaise, aioli or other sauces. For reintroduction into diet, place into day: 1

AVOCADO



The avocado is very popular in vegetarian cuisine, making an excellent substitute for meats in sandwiches and salads because of its high fat content. The fruit is not sweet, but fatty, strongly flavored, and of smooth, almost creamy texture. It is used as the base for the Mexican dip, guacamole, as well as a filling for several kinds of sushi, including California rolls. Avocado is popular in chicken dishes and as a spread on toast, served with salt and pepper. In Brazil and Vietnam, avocados are considered sweet fruits, so are frequently used for milk-shakes and occasionally added to ice cream and other desserts. For reintroduction into diet, place into day: 2

BANANA



Bananas can be eaten raw though some varieties are cooked first. Unripe or green bananas and plantains are used for cooking various dishes and are the staple starch of many tropical populations. Banana chips are a snack produced from dehydrated or fried banana or, preferably, plantain slices, which have a dark brown color and an intense banana taste. Bananas have also been used in the making of jam. Also avoid: Banana bread, Banana chips, Banana cream pie, Bananas Foster, Banana pudding, Banana sauce, Banana split. For reintroduction into diet, place into day: 1

BISON

Served as a Grilled steaks, and Roasts, and stews, also ground for burgers and chili. Bison is a lean meat, high in protein, low in fat, high in iron and Vitamin B-12.

BLACK PEPPER



Black pepper is used as a spice and seasoning. The same fruit is also used to produce white pepper, red/pink pepper, and green pepper. Dried ground pepper is one of the most common spices in European cuisine. The spiciness of black pepper is due to the chemical piperine. Ground black peppercorn, usually referred to simply as "pepper", may be found on nearly every dinner table in some parts of the world, often alongside table salt. For reintroduction into diet, place into day: 4

BOK CHOY



Bok Choy or Chinese cabbage a leaf vegetable commonly used in Chinese cuisine. The vegetable is related to the Western cabbage and of the same species as the common turnip. There are many variations on its name, spelling, and scientific classification. Often found in Chinese stir-fried dishes and soups. For reintroduction into diet, place into day:2

BRAZIL NUT



Brazil nut is a large nut with brown skin, and can be used in recipes that call for coconut or macadamia nuts, as they are high in fat content resulting in a rich flavor. Brazil nuts are high in Selenium. For reintroduction, place on day 3.

CANOLA OIL

Neutral tasting oil used for baking frying and salads. Can be used in any recipe that calls for oil. Canola contains trans fats, can be used at higher temperature cooking.

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Sample test results. Actual results may vary.

Foods To Avoid

CARDAMOM

The most common form of cardamom - green cardamom - is used as a flavoring, mainly for coffee and tea. In Northern Europe, cardamom is commonly used in sweet foods. It has also been known to be used for making gin. It is a common ingredient in Indian cooking, and is often used in baking in Nordic countries. For reintroduction into diet, place into day: 3

CATFISH



Catfish have been widely caught and farmed for food for hundreds of years in Africa, Asia, Europe, and North America. In Central Europe, catfish were often viewed as a delicacy to be enjoyed on feast days and holidays. The most commonly eaten species in the United States are the channel catfish and blue catfish, both of which are common in the wild and increasingly widely farmed. Catfish is eaten in a variety of ways; in Europe it is often cooked in similar ways to carp, but in the United States it is typically breaded with cornmeal and fried. For reintroduction into diet, place into day:

CHAMOMILE



Chamomile is a flowering plant in the daisy family. It is native to Europe and Asia. The flowers are used medicinally. Chamomile comes in capsule, liquid, and tea form. Chamomile has a long history of use in Europe for digestive ailments. The active constituents of chamomile have anti-inflammatory properties, and ease spasm and discomfort in the digestive tract. For reintroduction into diet, place into day:1

CHICK PEAS



Chickpeas are grown in the Mediterranean, western Asia and the Indian subcontinent. Mature chickpeas can be cooked and eaten cold in salads, cooked in stews, ground into a flour called gram flour (also known as besan and used in primarily in Indian cuisine), ground and shaped in balls and fried as falafel, fermented to make an alcoholic drink similar to sake, stirred into a batter and baked to make farinata, cooked and ground into a paste called hummus or roasted, spiced and eaten as a snack. For reintroduction into diet, place into day: 1

CHICKEN LIVER

Dishes that contain chicken livers are pate, fried, chopped, and baked. Good source of protein, Vitamin A and a source of iron, also high in cholesterol.

CHILI PEPPER



The chili has a long association with Mexican cuisine as later adapted into Tex-Mex cuisine. Although unknown in Asia until Europeans introduced it there, chili has also become a part of the Korean, Indian, Indonesian, Szechuan, Thai and other cooking traditions. Its popularity has seen it adopted into many cuisines of the World. Chili peppers are also often used around the world to make a wide variety of sauces, known as hot sauce, chili sauce, or pepper sauce. Also avoid curry, paprika, pimento, red pepper, jalapeno pepper and Tabasco sauce. For reintroduction into diet, place into day: 1

CUCUMBER



Not generally thought of as a squash, the cucumber belongs to the same family. Maybe eaten raw or cooked. Two types: long, thin, smooth variety grown under glass known as hot-house, greenhouse or frame cucumber. The other thick, rough-skinned variety known as ridge cucumber because it is grown on raised ridges of soil. Avoid also Indonesian relish. For reintroduction into diet, place into Day 4.

DATE



Dry or soft dates are eaten out-of-hand, or may be pitted and stuffed with fillings such as almonds, walnuts, candied orange and lemon peel, marzipan or cream cheese. Pitted dates are also referred to as stoned dates. Dates can also be chopped and used in a range of sweet and savory dishes, puddings, bread, cakes and other dessert items. Recent innovations include chocolate-covered dates and products such as sparkling date juice, used in some Islamic countries as a non-alcoholic version of champagne, for special occasions and religious times such as Ramadan. For reintroduction into diet, place into day: 1

EGGPLANT



The eggplant is used in cuisines from Japan to Spain. It is often stewed, as in the French ratatouille, the Italian melanzane alla parmigiana, the Greek moussaka, and many South Asian dishes. It may also be roasted in its skin until charred, so that the pulp can be removed and blended with other ingredients such as lemon, tahini, and garlic, as in the Middle Eastern dish baba ghanoush and the similar Greek dish melitzanosalata or the Indian dishes of Baigan Bhartha or Gojju. It can be sliced, battered, and deep-fried, then served with various sauces which may be based on yogurt, tahini, or tamarind. For reintroduction into diet, place into day: 1

KIDNEY BEAN



Kidney beans or red beans resemble the shape of a kidney. Kidney beans are often used in Louisiana Creole cooking or when making chili. Kidney beans come in different varieties such as Montcalm, Wells Red, Geneva, and New York. For reintroduction into diet, place into day: 3

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Foods To Avoid

LIME



Limes are used in beverages, such as limeade (akin to lemonade). Alcoholic beverages prepared with limes include cocktails such as gin and tonic, margarita, mojito, as well as many drinks that may be garnished with a thin slice of the fruit. Tequila is commonly accompanied by lime wedges and salt. Beer is often served with limes in Mexico. Lime juice is also used in some commercial soft drinks. In cooking, lime is valued both for the acidity of its juice and the floral aroma of its zest. It is used in Key lime pie and is a very common ingredient in authentic Mexican, Southwestern American and Thai dishes. For reintroduction into diet, place into day: 3

NECTARINE



Nectarine is a fuzzless variety of peach. Nectarines can also be found in salads and pies. For reintroduction into diet, place into day: 3

PAPAYA



Can be used in fruit juice blends, frozen desserts, mixed fruits and digestive enzymes. Also avoid also pawpaw. For reintroduction into diet, place into Day 1.

PUMPKIN



When ripe, the pumpkin can be boiled, baked, or roasted. Often, it is made into various kinds of pie which is a traditional staple of the Canadian and American Thanksgiving holiday. Pumpkins can also be eaten mashed or incorporated into soup. In the Middle East, pumpkin is used for sweet dishes. Finally, pumpkin can be used to flavor both alcoholic and nonalcoholic beverages. Also avoid winter squash. For reintroduction into diet, place into day: 4

SHRIMP



Recipes using shrimp form part of the cuisine of many cultures: examples include shrimp kebabs, shrimp Creole, shrimp gumbo, pan fried, deep fried, stir fried. In Europe, shrimp is very popular, forming a necessary ingredient in Spanish paella, French bouillabaisse, and many other seafood dishes. Shrimp curry is very popular in South Asia and Southeast Asia. They are also found in Latin and Caribbean dishes such as enchiladas. Also avoid Prawns. For reintroduction into diet, place into day:4

SPINACH



Eaten raw in salads or lightly cooked. The word "Florentine" denotes its use in recipes. For reintroduction into diet, place into Day 4.

TUNA



Avoid also albacore tuna, mahi mahi & wahoo. Used in "salad Niçoise", pizza and salads. For reintroduction into diet, place into Day 2.

TURMERIC



Turmeric is sometimes used as a coloring agent. It has found application in canned beverages, baked products, dairy products, ice cream, yogurt, yellow cakes orange juice, biscuits, popcorn-color, sweets, cake icings, cereals, sauces, gelatins, etc. It is a significant ingredient in most commercial curry powders. For reintroduction into diet, place into day: 1

VANILLA



Used as flavouring in sweet sauces, cakes, chocolate, puddings and ice creams. For reintroduction into diet, place into Day 4.

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Sample test results. Actual results may vary.

Food Additives Food Colorings	Molds	Environmental Chemicals	Pharmacoactive Agents	Other Items
Severe Intolerance	Severe Intolerance	Severe Intolerance	Severe Intolerance	Severe Intolerance
Moderate Intolerance	Moderate Intolerance	Moderate Intolerance	Moderate Intolerance	Moderate Intolerance
				CEPHALOSPORIN C NAPROXEN (ALEVE) PENICILLAMINE VOLTAREN
Mild Intolerance	Mild Intolerance	Mild Intolerance	Mild Intolerance	Mild Intolerance
SORBIC ACID		FLUORIDE		CLINORIL
No Intolerance	No Intolerance	No Intolerance	No Intolerance	No Intolerance
ASPARTAME BENZOIC ACID BHA BHT BLUE#1 BRILLIANT BLUE BLUE#2 INDIGO CARMINE ERYTHRITOL GREEN#3 FAST GREEN MSG POLYSORBATE 80 POTASSIUM NITRITE RED#1 CRYSTAL PONCEAU RED#40 ALLURA RED SACCHARINE SODIUM SULFITE SUCRALOSE (SPLENDA) XYLITOL YELLOW#5 TARTRAZINE YELLOW#6 SUNSET YELLOW	ALTERNARIA ASPERGILLUS BOTRYTIS CEPHALOSPORIUM CLADO HERBARUM CURVULARIA EPICOCCUM NIGRUM FUSARIUM OXYSPORIUM GEOTRICHUM CANDIDUM HELMINTHOSPORIUM HORMODENDRUM MONILIA SITOPHILA MUCOR RACEMOSUS PENICILLIUM PHOMA DESTRUCTIVA PULLULARIA RHIZOPUS STOLONIFER RHODOTORULA RUBRA SPONDYLOCLADIUM TRICHODERMA	AMMONIUM CHLORIDE BENZENE CHLORINE DELTAMETHRIN FORMALDEHYDE GLYPHOSATE ORRIS ROOT PHENOL TOLUENE		ACETAMINOPHEN AMOXICILLIN AMPICILLIN ASPIRIN DIFLUNISAL (DOLOBID) GENTAMICIN IBUPROFEN INDOCIN NEOMYCIN NYSTATIN PENICILLIN PIROXICAM (FELDENE) STREPTOMYCIN SULFAMETHOXAZOLE TETRACYCLINE

Sample test results. Actual results may vary.



Food Sensitivity Test

Severe Intolerance	Moderate Intolerance	Mild Intolerance	Functional Foods and Medicinal Herbs			
	ALOE VERA BEE POLLEN CHONDROITIN ESSIAC GINKGO BILOBA GOJI BERRY GRAPE SEED EXTRACT GUARANA SEED NONI BERRY PINE BARK SENNA	ACAI BERRY RED YEAST RICE REISHI MUSHROOM RESVERATROL RHODIOLA	AGAVE BILLBERRY DANDELION GLUCOSAMINE HUPERZINE MAITAKE MUSHROOM ROOIBOS TEA STEVIA LEAF WORMWOOD	ASHWAGANDHA BLACK WALNUT ECHINACEA GOLDENSEAL KAVA KAVA MILK THISTLE SCHISANDRA BERRY VALERIAN YELLOW DOCK	ASTRAGALUS CASCARA ELDERBERRY GYMNEMA SYLVESTRE LO HAN MULLEIN LEAF SPIRULINA VINPOCETINE	BARLEY GRASS CHLORELLA FEVERFEW HAWTHORN BERRY LUTEIN PAU DARCO BARK ST JOHNS WORT WHEAT GRASS
			Herbs: Male/Female			

RED indicates a severe intolerance and these items should be avoided for a minimum of 6 months
 YELLOW indicates a mild intolerance and these foods should be avoided if possible
 ORANGE indicates a moderate intolerance and these items should be avoided for a minimum of 3-6 months
 GREEN indicates acceptable foods / no reaction

Sample test results. Actual results may vary.