

Severe Intolerance

BANANA
POMEGRANATE
PORK
TAPIOCA

Moderate Intolerance

APPLE
BEEF
EGG WHITE
HOPS
OREGANO
SAGE
STRAWBERRY
THYME
WALNUT

Mild Intolerance

BAY LEAF*
BLACK CURRANT*
BLACKBERRY*
CASHEW*
CATFISH*
CAULIFLOWER*
COCONUT*
CORIANDER*
EGG YOLK*
GINGER*
MANGO*
MUSSEL*
ONION*
ORANGE*
PARSLEY*
PEANUT*
PEAR*
PECAN*
PEPPERMINT*
PUMPKIN*
RICE*
STRING BEAN*
SWEET POTATO*
TILAPIA*
TOMATO*
TUNA*

VEGETABLES / LEGUMES

ACORN SQUASH
BELL PEPPERS
BROCCOLI
CABBAGE
CUCUMBER
FENNEL SEED
KALE
LENTIL BEAN
NAVY BEAN
PORTOBELLO MUSHRO
SCALLIONS
SWISS CHARD
ZUCCHINI SQUASH

ARTICHOKE
BLACK BEANS
BRUSSEL SPROUTS
CARROT
EGGPLANT
GREEN PEA
KELP
LIMA BEAN
OKRA
RADISH
SOYBEAN
TURNIP

ASPARAGUS
BLACK-EYED PEAS
BUTTERNUT SQUASH
CELERY
ENDIVE
ICEBERG LETTUCE
KIDNEY BEAN
MUNG BEAN
PARSNIP
RED/GRN LEAF LETTUC
SPINACH
WATERCRESS

BEET
BOK CHOY
BUTTON MUSHROOM
CHICK PEA
FAVA BEAN
JALAPENO PEPPER
LEEK
MUSTARD
PINTO BEAN
ROMAINE LETTUCE
SQUASH (Yellow)
WHITE POTATO

FRUITS

APRICOT
CHERRY
GRAPE
LEMON
PAPAYA
RASPBERRY

AVOCADO
CRANBERRY
GRAPEFRUIT
LIME
PEACH
WATERMELON

BLUEBERRY
DATE
HONEYDEW (MELON)
NECTARINE
PINEAPPLE

CANTALOUPE
FIG
KIWI
OLIVE
PLUM

MEAT

BISON
LAMB

CHICKEN
TURKEY

CHICKEN LIVER
VEAL

DUCK
VENISON

DAIRY

SEAFOOD

ANCHOVY
FLOUNDER
MACKEREL
SARDINE
SNAPPER
TROUT

CLAM
HADDOCK
MAHI MAHI
SCALLOP
SOLE

CODFISH
HALIBUT
OYSTER
SEA BASS
SQUID

CRAB
LOBSTER
SALMON
SHRIMP
SWORDFISH

GRAINS

AMARANTH
QUINOA

BUCKWHEAT
SORGHUM

CORN
WILD RICE

MILLET

HERBS / SPICES

BASIL
CHILI PEPPER
DILL
ROSEMARY

BLACK PEPPER
CINNAMON
LICORICE
SAFFRON

CARDAMOM
CLOVE
NUTMEG
TURMERIC

CAYENNE PEPPER
CUMIN
PAPRIKA

NUTS/ OILS AND MISC. FOODS

ALMOND
BREWER'S YEAST
CHAMOMILE
FLAXSEED
PINE NUT
SESAME

BAKER'S YEAST
CANOLA OIL
COCOA
GARLIC
PISTACHIO
SUNFLOWER

BLK/GREEN TEA
CARAWAY
COFFEE
HAZELNUT
PSYLLIUM
VANILLA

BRAZIL NUT
CAROB
COTTONSEED
MACADAMIA
SAFFLOWER

You have a moderate reaction to Candida Albicans, also avoid these foods:

CANE SUGAR FRUCTOSE (HFCS) HONEY
MAPLE SUGAR

You have a mild reaction to Gluten/Gliadin, elimin these foods:

BARLEY MALT* OAT*
RYE SPELT* WHEAT

You have no reaction to Casein and moderate reaction to Whey, avoid these foods:

COW'S MILK GOAT'S MILK



Food Sensitivity Test
4 Day Rotation Diet

Order Today At
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DAY 1

STARCH

WHITE POTATO

VEGETABLES/LEGUMES

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

FRUIT

BLACK CURRANT*
DATE
FIG
GRAPE
KIWI
MANGO*
PAPAYA

PROTEIN

BISON
CHICK PEA
CODFISH
CRAB
FAVA BEAN
FLOUNDER
LAMB
OYSTER
SARDINE
SEA BASS
SNAPPER
SWORDFISH
VEAL

MISCELLANEOUS

BAY LEAF*
CARAWAY
CASHEW*
CHAMOMILE
CHILI PEPPER
COCONUT*
CORIANDER*
CUMIN
FLAXSEED
LICORICE
PISTACHIO
ROSEMARY
SAFFLOWER
TURMERIC

DAY 2

STARCH

MILLET
WILD RICE

VEGETABLES

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

FRUIT

AVOCADO
BLUEBERRY
CRANBERRY
PEAR*
PINEAPPLE

PROTEIN

CATFISH*
CHICKEN
EGG YOLK*
LENTIL BEAN
MACKEREL
MAHI MAHI
SQUID
TILAPIA*
TUNA*

MISCELLANEOUS

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

DAY 3

STARCH

CORN
QUINOA
SORGHUM
SWEET POTATO*

VEGETABLES

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

FRUIT

APRICOT
BLACKBERRY*
CHERRY
LIME
NECTARINE
PEACH
PLUM
RASPBERRY

PROTEIN

ANCHOVY
DUCK
HALIBUT
KIDNEY BEAN
MUNG BEAN
NAVY BEAN
SOLE
SOYBEAN

MISCELLANEOUS

ALMOND
BRAZIL NUT
CANOLA OIL
CARDAMOM
COCOA
COFFEE
COTTONSEED
DILL
MACADAMIA
PEANUT*
PSYLLIUM

DAY 4

STARCH

AMARANTH
BUCKWHEAT
RICE*

VEGETABLES

BEEF
CUCUMBER
JALAPENO PEPPER
OKRA
PARSNIP
PORTOBELLO MUSHROOM
SCALLIONS
SPINACH
SQUASH (Yellow)
SWISS CHARD
TURNIP

FRUIT

CANTALOUPE
GRAPEFRUIT
HONEYDEW (MELON)
LEMON
OLIVE
ORANGE*
PUMPKIN*
WATERMELON

PROTEIN

CHICKEN LIVER
CLAM
HADDOCK
LOBSTER
MUSSEL*
SALMON
SCALLOP
SHRIMP
TROUT
TURKEY
VENISON

MISCELLANEOUS

BLACK PEPPER
BLK/GREEN TEA
CAROB
NUTMEG
PECAN*
PINE NUT
SESAME
SUNFLOWER
VANILLA

Sample test results. Actual results may vary.

Foods To Avoid

APPLE



Apples can be canned, juiced, and optionally fermented to produce apple juice, cider, and pectin. Apples are an important ingredient in many winter desserts, for example apple pie, apple crumble, apple crisp and apple cake. Puréed apples are generally known as apple sauce. Apples are also made into apple butter and apple jelly. They are also used (cooked) in meat dishes. 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

BEEF



Beef is the culinary name for meat from bovines, especially domestic cattle. Beef is one of the principal meats used in the Cuisine of Australia, European cuisine and cuisine of the Americas, and is also important in Africa, East Asia, and Southeast Asia. Beef can be cut into steaks, pot roasts or short ribs, or it can be ground. Also avoid beef broth, beef franks, beef liver, pastrami, brisket, corned beef, sweetbreads and veal. For reintroduction into diet, place into day: 1

EGG WHITE



Egg white is the common name for the clear liquid contained within an egg. Its primary natural purpose is to protect the egg yolk and provide additional nutrition for the growth of the embryo, as it is rich in proteins and is of high nutritional value. It is often separated and used for cooking (meringues, soufflés, and some omelets). Also avoid egg, mayonnaise, albumen, egg powder, custard, quiche, egg noodles, and egg pasta. Eggs can also be a hidden ingredient in glazes, margarine and even ice cream. Egg can also be listed as ovalbumin or lecithin. For reintroduction into diet, place into day: 2

HOPS



They are used primarily as a flavoring and stability agent in beer, and also for other beverages and in herbal medicine. For reintroduction into diet, place into day: 2

OREGANO



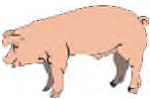
Oregano is an important culinary herb. It is particularly widely used in Greek and Italian cuisines. It is the leaves that are used in cooking, and the dried herb is often more flavorful than the fresh. Oregano is often used in tomato sauces, fried vegetables and grilled meat. Oregano is an indispensable ingredient for Greek cuisine. Oregano adds flavor to Greek salad. The dish most commonly associated with oregano is pizza. For reintroduction into diet, place into day: 3

POMEGRANATE



The entire seed is consumed raw, though the fleshy outer portion of the seed is the part that is desired. Pomegranate juice is a popular drink. Pomegranate is also made into a liqueur and popular fruit confectionery that can be used as ice cream topping, or mixed with yogurt, and even spread as jams over toast for breakfast. For reintroduction into diet, place into day:

PORK



Avoid also bacon, ground pork, pork liver, stuffing, pâté, ham, hot dogs, italian sausage, pastrama, rilletes, bologna, liverwurst, brawn, Dutch loaf, honeyloaf, scrapple, souse, salami, peperoni, kabanos, chorizo, bierwurst, black pudding, lard, pork chops, pork sausage & pork skins. For reintroduction into diet, place into Day 3.

SAGE



Sage has a slight peppery flavour. It is used to flavour fatty meats and in stuffing for poultry or pork. Sage tea is said to have a calming affect. For reintroduction into diet place on day 4.

STRAWBERRY



In addition to being consumed fresh, strawberries are frozen or made into preserves. Strawberries are a popular addition to dairy products, as in strawberry flavored ice cream, milkshakes and yogurts. Strawberry pie is also popular. Avoid also blackthorn tea & sole gin. For reintroduction into diet, place into day: 1

TAPIOCA



Used mainly for thickening soups and broths and making puddings and other desserts. A starchy food extracted from the roots of the manioc plant. For Reintroduction, place on Day 1.

This list is presented as a sample reference list. You should read all labels each time you make a purchase because manufacturers may change formulations. Become aware of all ingredients found in foods you plan to consume. Please see accompanying booklet for more information. It is advisable to consult a qualified nutritional counsellor for further assistance with your rotation diet plan.

Sample test results. Actual results may vary.

Foods To Avoid

THYME



Thyme is used most widely in cooking. Thyme is a basic ingredient in French, Greek, Italian, Persian, Spanish and Turkish cuisines, and in those derived from them. It is also widely used in Lebanese and Caribbean cuisines. Thyme is often used to flavor meats, soups and stews. It has a particular affinity to and is often used as a primary flavor with lamb, tomatoes and eggs. For reintroduction into diet, place into day:3

WALNUT



Avoid also butternut, hickory nut, pecan & walnut oil. 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 POTASSIUM NITRITE RED#1 CRYSTAL PONCEAU	Moderate Intolerance EPICOCUM NIGRUM	Moderate Intolerance	Moderate Intolerance	Moderate Intolerance
Mild Intolerance BHT GREEN#3 FAST GREEN RED#40 ALLURA RED SUCRALOSE (SPLENDA) YELLOW#6 SUNSET YELLOW	Mild Intolerance RHODOTORULA RUBRA	Mild Intolerance AMMONIUM CHLORIDE BENZENE FLUORIDE	Mild Intolerance	Mild Intolerance
No Intolerance ASPARTAME BENZOIC ACID BHA BLUE#1 BRILLIANT BLUE BLUE#2 INDIGO CARMINE ERYTHRITOL MSG POLYSORBATE 80 SACCHARINE SODIUM SULFITE SORBIC ACID XYLITOL YELLOW#5 TARTRAZINE	No Intolerance ALTERNARIA ASPERGILLUS BOTRYTIS CEPHALOSPORIUM CLADO HERBARUM CURVULARIA FUSARIUM OXYSPORIUM GEOTRICHUM CANDIDUM HELMINTHOSPORIUM HORMODENDRUM MONILIA SITOPHILA MUCOR RACEMOSUS PENICILLIUM PHOMA DESTRUCTIVA PULLULARIA RHIZOPUS STOLONIFER SPONDYLOCLADIUM TRICHODERMA	No Intolerance CHLORINE DELTAMETHRIN FORMALDEHYDE GLYPHOSATE ORRIS ROOT PHENOL TOLUENE	No Intolerance	No Intolerance

Sample test results. Actual results may vary.