



Severe Intolerance

BLUEBERRY
CUCUMBER
GRAPE

Moderate Intolerance

CRANBERRY
GOAT'S MILK
LIMA BEAN
NECTARINE
PARSLEY
PECAN
PUMPKIN

Mild Intolerance

ASPARAGUS*
BASIL*
BRUSSEL SPROUTS*
CANE SUGAR*
CARAWAY*
CARDAMOM*
CHICKEN*
CHILI PEPPER*
CLAM*
COFFEE*
DATE*
EGGPLANT*
GINGER*
HALIBUT*
HONEY*
KELP*
NUTMEG*
OLIVE*
OYSTER*
PEACH*
PSYLLIUM*
RADISH*
RED/GRN LEAF LETTUC
ROSEMARY*
SAGE*
SARDINE*
SCALLOP*
SESAME*
STRING BEAN*
SWEET POTATO*
TURKEY*
TURMERIC*
VANILLA*
WALNUT*
WATERCRESS*

VEGETABLES / LEGUMES

ACORN SQUASH
BLACK BEANS
BUTTERNUT SQUASH
CAULIFLOWER
FAVA BEAN
JALAPENO PEPPER
LENTIL BEAN
OKRA
PORTOBELLO MUSHRO
SPINACH
TURNIP

ARTICHOKE
BLACK-EYED PEAS
BUTTON MUSHROOM
CELERY
FENNEL SEED
KALE
MUNG BEAN
ONION
ROMAINE LETTUCE
SQUASH (Yellow)
WHITE POTATO

BEET
BOK CHOY
CABBAGE
CHICK PEA
GREEN PEA
KIDNEY BEAN
MUSTARD
PARSNIP
SCALLIONS
SWISS CHARD
ZUCCHINI SQUASH

BELL PEPPERS
BROCCOLI
CARROT
ENDIVE
ICEBERG LETTUCE
LEEK
NAVY BEAN
PINTO BEAN
SOYBEAN
TOMATO

FRUITS

APPLE
BLACK CURRANT
FIG
LEMON
PAPAYA
POMEGRANATE

APRICOT
BLACKBERRY
GRAPEFRUIT
LIME
PEAR
RASPBERRY

AVOCADO
CANTALOUPE
HONEYDEW (MELON)
MANGO
PINEAPPLE
STRAWBERRY

BANANA
CHERRY
KIWI
ORANGE
PLUM
WATERMELON

MEAT

BEEF
LAMB

BISON
PORK

CHICKEN LIVER
VEAL

DUCK
VENISON

DAIRY / EGGS

EGG WHITE
EGG YOLK

SEAFOOD

ANCHOVY
FLOUNDER
MAHI MAHI
SHRIMP
SWORDFISH

CATFISH
HADDOCK
MUSSEL
SNAPPER
TILAPIA

CODFISH
LOBSTER
SALMON
SOLE
TROUT

CRAB
MACKEREL
SEA BASS
SQUID
TUNA

GRAINS / STARCHES

AMARANTH
QUINOA
WILD RICE

BUCKWHEAT
RICE

CORN
SORGHUM

MILLET
TAPIOCA

HERBS / SPICES

BAY LEAF
CLOVE
LICORICE
SAFFRON

BLACK PEPPER
CORIANDER
OREGANO
THYME

CAYENNE PEPPER
CUMIN
PAPRIKA

CINNAMON
DILL
PEPPERMINT

NUTS/ OILS AND MISC. FOODS

ALMOND
BREWER'S YEAST
CHAMOMILE
FLAXSEED
HOPS
PINE NUT

BAKER'S YEAST
CANOLA OIL
COCOA
FRUCTOSE (HFCS)
MACADAMIA
PISTACHIO

BLK/GREEN TEA
CAROB
COCONUT
GARLIC
MAPLE SUGAR
SAFFLOWER

BRAZIL NUT
CASHEW
COTTONSEED
HAZELNUT
PEANUT
SUNFLOWER

You have no reaction to Candida Albicans.

You have a mild reaction to Gluten/Gliadin, The foods listed below contain Gluten/Gliadin eliminat

BARLEY	MALT	OAT
RYE	SPELT	WHEAT

You have no reaction to Casein and mild reaction to Whey, limit these foods:

COW'S MILK*



Food Sensitivity Test
4 Day Rotation Diet

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DAY 1

STARCH

TAPIOCA
WHITE POTATO

VEGETABLES/LEGUMES

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

FRUIT

BANANA
BLACK CURRANT
DATE*
FIG
KIWI
MANGO
PAPAYA
STRAWBERRY

PROTEIN

BEEF
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
HONEY*
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

APPLE
AVOCADO
PEAR
PINEAPPLE
POMEGRANATE

PROTEIN

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

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

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

FRUIT

APRICOT
BLACKBERRY
CHERRY
LIME
PEACH*
PLUM
RASPBERRY

PROTEIN

ANCHOVY
DUCK
HALIBUT*
KIDNEY BEAN
MUNG BEAN
NAVY BEAN
PORK
SOLE
SOYBEAN

MISCELLANEOUS

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

DAY 4

STARCH

AMARANTH
BUCKWHEAT
RICE

VEGETABLES

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

FRUIT

CANTALOUPE
GRAPEFRUIT
HONEYDEW (MELON)
LEMON
OLIVE*
ORANGE
WATERMELON

PROTEIN

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

MISCELLANEOUS

BLACK PEPPER
BLK/GREEN TEA
CAROB
FRUCTOSE (HFCS)
NUTMEG*
PINE NUT
SAGE*
SESAME*
SUNFLOWER
VANILLA*
WALNUT*

Sample test results. Actual results may vary.

Foods To Avoid

BLUEBERRY



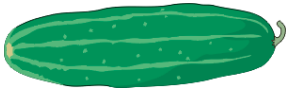
Blueberries are sold fresh or processed as individually quick frozen fruit, purée, juice, or dried or infused berries which in turn may be used in a variety of consumer goods such as jellies, jams, pies, muffins, snack foods, and cereals. Blueberry jam is made from blueberries, sugar, water, and fruit pectin. Usually made from wild blueberries, premium blueberry jam is common in Maine, Ontario, Quebec, and British Columbia. Pure or blended blueberry juice has become a popular product in Canada and the United States. Also avoid bearberry and huckleberry. For reintroduction into diet, place into day: 2

CRANBERRY



Cranberry sauce is regarded an indispensable part of traditional American and Canadian Thanksgiving menus and European winter festivals. About 95% of cranberries are processed into products such as juice drinks, sauce, and sweetened dried cranberries. The remaining 5% is sold fresh to consumers. The berry is also used in baking (muffins, scones and cakes) but, unlike many other berries, is normally considered too sharp to be eaten unaccompanied. For reintroduction into diet, place into day: 2

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.

GOAT'S MILK



Goat milk is commonly processed into cheese, goat butter, ice cream and other products. Goat milk can successfully replace cow milk in diets of those who are allergic to cow milk. However, like cow milk, goat milk has lactose (sugar) and may cause gastrointestinal problems for individuals with lactose intolerance. It also contains a form of Casein, a Protein in all Mammals' milk. For reintroduction into diet, place into day: 2

GRAPE



Grapes can be eaten raw or used for making jam, juice, jelly, vinegar, wine, grape seed extracts and grape seed oil. Also avoid Cream of Tartar, wine vinegar, tartrate baking powder and raisins. For reintroduction into diet, place into day: 1

LIMA BEAN



Avoid also butter beans & Madagascar beans. Can be found in salads. 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

PARSLEY



Avoid also broad-leaved parsley, curly-leaved parsley, Neopolitan parsley and Italian parsley. Added to sauces and stuffings. Fried as an accompaniment to fish. For reintroduction into diet, place into Day 1.

PECAN



Avoid also pecan pie. Used to make nutbreads, confectionary, ice-cream and vegetarian dishes. For reintroduction into diet, place into Day 4.

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

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.

Food Additives Food Colorings	Molds	Environmental Chemicals	Pharmacoactive Agents	Other Items
<p>Severe Intolerance BHA</p>	<p>Severe Intolerance</p>	<p>Severe Intolerance</p>	<p>Severe Intolerance</p>	<p>Severe Intolerance</p>
<p>Moderate Intolerance SODIUM SULFITE</p>	<p>Moderate Intolerance</p>	<p>Moderate Intolerance</p>	<p>Moderate Intolerance</p>	<p>Moderate Intolerance</p>
<p>Mild Intolerance YELLOW#6 SUNSET YELLOW</p>	<p>Mild Intolerance</p>	<p>Mild Intolerance</p>	<p>Mild Intolerance</p>	<p>Mild Intolerance</p>
<p>No Intolerance ASPARTAME BENZOIC ACID 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 SORBIC ACID SUCRALOSE (SPLENDA) XYLITOL YELLOW#5 TARTRAZINE</p>	<p>No Intolerance</p>	<p>No Intolerance</p>	<p>No Intolerance</p>	<p>No Intolerance</p>

Sample test results. Actual results may vary.



Food Sensitivity Test

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