

Severe Intolerance

DUCK

Moderate Intolerance

AMARANTH
DATE
MILLET
PAPRIKA
PISTACHIO

Mild Intolerance

APRICOT*
ARTICHOKE*
BAY LEAF*
BLACK BEANS*
BLUEBERRY*
CAROB*
CINNAMON*
FLAXSEED*
GINGER*
KIDNEY BEAN*
PEACH*
PEAR*
PINTO BEAN*
RASPBERRY*
SUNFLOWER*
TILAPIA*
TROUT*
TUNA*

VEGETABLES / LEGUMES

ASPARAGUS
BROCCOLI
CABBAGE
CARROT
CHICK PEA
ICEBERG LETTUCE
NAVY BEAN
SPINACH
TOMATO

BEET
BRUSSEL SPROUTS
CUCUMBER
LENTIL BEAN
ONION
SQUASH (Yellow)
TURNIP

BELL PEPPERS
BUTTERNUT SQUASH
CAULIFLOWER
EGGPLANT
LIMA BEAN
RADISH
STRING BEAN
WHITE POTATO

BLACK-EYED PEAS
BUTTON MUSHROOM
CELERY
GREEN PEA
MUSTARD
SOYBEAN
SWEET POTATO

FRUITS

APPLE
CANTALOUPE
GRAPE
LEMON
ORANGE
PUMPKIN

AVOCADO
CHERRY
GRAPEFRUIT
LIME
PAPAYA
STRAWBERRY

BANANA
CRANBERRY
HONEYDEW (MELON)
MANGO
PINEAPPLE
WATERMELON

MEAT

BEEF
TURKEY

CHICKEN
VEAL

LAMB
PORK

DAIRY

COW'S MILK

EGG WHITE
EGG YOLK

GOAT'S MILK

SEAFOOD

CLAM
HALIBUT
SARDINE
SNAPPER

CODFISH
LOBSTER
SCALLOP
SOLE

CRAB
OYSTER
SEA BASS

HADDOCK
SALMON
SHRIMP

GRAINS

BARLEY
OAT
WHEAT

BUCKWHEAT
RICE

CORN
RYE

MALT
TAPIOCA

HERBS / SPICES

BASIL
CUMIN
PARSLEY

BLACK PEPPER
DILL
PEPPERMINT

CAYENNE PEPPER
NUTMEG
SAGE

CLOVE
OREGANO
THYME

NUTS/ OILS AND MISC. FOODS

ALMOND
CANE SUGAR
COCONUT
GARLIC
PEANUT
SESAME

BAKER'S YEAST
CARAWAY
COFFEE
HAZELNUT
PECAN
VANILLA

BLK/GREEN TEA
CASHEW
COTTONSEED
HONEY
PSYLLIUM
WALNUT

BREWER'S YEAST
COCOA
FRUCTOSE (HFCS)
HOPS
SAFFLOWER

You have no reaction to Candida Albicans.

You have no reaction to Gluten/Gliadin.

You have no reaction to Casein or Whey.



Food Sensitivity Test
4 Day Rotation Diet

Order Today At
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DAY 1	DAY 2	DAY 3	DAY 4
STARCH	STARCH	STARCH	STARCH
OAT TAPIOCA WHITE POTATO	BARLEY RYE WHEAT	CORN SWEET POTATO	BUCKWHEAT RICE
VEGETABLES/LEGUMES	VEGETABLES	VEGETABLES	VEGETABLES
ARTICHOKE* BLACK-EYED PEAS BUTTERNUT SQUASH CARROT CELERY EGGPLANT PARSLEY TOMATO	BELL PEPPERS BROCCOLI BRUSSEL SPROUTS BUTTON MUSHROOM CABBAGE CAULIFLOWER MUSTARD	ASPARAGUS BLACK BEANS* GREEN PEA ICEBERG LETTUCE LIMA BEAN ONION PINTO BEAN* RADISH STRING BEAN	BEEF CUCUMBER SPINACH SQUASH (Yellow) TURNIP
FRUIT	FRUIT	FRUIT	FRUIT
BANANA FIG GRAPE KIWI MANGO PAPAYA STRAWBERRY	APPLE AVOCADO BLUEBERRY* CRANBERRY PEAR* PINEAPPLE	APRICOT* BLACKBERRY CHERRY LIME PEACH* PLUM RASPBERRY*	CANTALOUPE GRAPEFRUIT HONEYDEW (MELON) LEMON OLIVE ORANGE PUMPKIN WATERMELON
PROTEIN	PROTEIN	PROTEIN	PROTEIN
BEEF CHICK PEA CODFISH CRAB LAMB OYSTER SARDINE SEA BASS SNAPPER VEAL	CHICKEN EGG WHITE EGG YOLK LENTIL BEAN TILAPIA* TUNA*	HALIBUT KIDNEY BEAN* NAVY BEAN PORK SOLE SOYBEAN	CLAM HADDOCK LOBSTER SALMON SCALLOP SHRIMP TROUT* TURKEY
MISCELLANEOUS	MISCELLANEOUS	MISCELLANEOUS	MISCELLANEOUS
BAY LEAF* CARAWAY CASHEW COCONUT COW'S MILK CUMIN FLAXSEED* HONEY SAFFLOWER	BAKER'S YEAST BASIL BREWER'S YEAST CANE SUGAR CAYENNE PEPPER CINNAMON* CLOVE GARLIC GINGER* HAZELNUT HOPS PEPPERMINT	ALMOND COCOA COFFEE COTTONSEED DILL GOAT'S MILK MALT OREGANO PEANUT PSYLLIUM THYME	BLACK PEPPER BLK/GREEN TEA CAROB* FRUCTOSE (HFCS) NUTMEG PECAN SAGE SESAME SUNFLOWER* VANILLA WALNUT

Foods To Avoid

AMARANTH

Is a flour that can be used in breads, muffins, cakes and cooked as a cereal. Grain can be found in salad, egg dishes, side dishes and puddings. This grain that has been cultivated for 8,000 years - This is a gluten free grain, high in carbs, protein and dietary fiber.

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

DUCK



Duck refers to the meat of several species of bird in the Anatidae family, found in both fresh and salt water. Duck is eaten in many cuisines around the world. Notable duck dishes include: Foie Gras, a specially fattened and rich liver, or pâté made from the liver. Peking duck- a Chinese dish, where a roasted duck is served with pancakes and Hoisin Sauce. Turducken- an American dish that comprises a turkey, stuffed with a duck, which is in turn stuffed with a chicken. Confit, which is duck legs that have been cured in salt then marinated and poached in duck fat, typically with garlic and other herbs. Avoid also duck paté, teal, mallard, widgeon, shoveller, pochard and scaup. For reintroduction into diet, place into day:3

MILLET



Millet can often be used in recipes instead of buckwheat, rice, or quinoa. Also avoid millet flour, millet meal and puffed millet. For reintroduction into diet, place into day: 2

PAPRIKA



Avoid also capsicum pepper, cayenne pepper, chili pepper, chili powder, pimento & red pepper. For reintroduction into diet, place into Day 2.

PISTACHIO



Used in stuffings, sauces and confectionery, baking and ice cream. For reintroduction into diet, place into 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.

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
Mild Intolerance ERYTHRITOL SORBIC ACID	Mild Intolerance PENICILLIUM	Mild Intolerance	Mild Intolerance	Mild Intolerance
No Intolerance ASPARTAME BENZOIC ACID BHA BHT BLUE#1 BRILLIANT BLUE BLUE#2 INDIGO CARMINE 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	No Intolerance ALTERNARIA ASPERGILLUS BOTRYTIS CEPHALOSPORIUM CLADO HERBARUM CURVULARIA EPICOCCUM NIGRUM FUSARIUM OXYSPORIUM HELMINTHOSPORIUM HORMODENDRUM MONILIA SITOPHILA MUCOR RACEMOSUS PHOMA HERBARUM PULLULARIA RHIZOPUS NIGRICANS RHODOTORULA RUBRA SPONDYLOCLADIUM TRICHODERMA	No Intolerance AMMONIUM CHLORIDE BENZENE CHLORINE DELTAMETHRIN FLUORIDE FORMALDEHYDE GLYPHOSATE ORRIS ROOT PHENOL TOLUENE	No Intolerance	No Intolerance

Sample test results. Actual results may vary.