

Patient Name: Sample Report
Lab ID Code: 849261
Testing Date: 24-May-14
Spec. Coll. Date: 8-May-14
Date of Birth: 26-Jul-67 **Sex:** Female

Physician: Nordic Laboratories

Reactive Test Results (Your blood serum reacted to these food antigens)

Buckwheat (+2)	Milk, Cow's (+2)	Pork (+1)	Wheat (+2)
Cheese (+2)	Milk, Goat's (+1)	Radish (+1)	Yeast, Baker's (+2)
Chicken (+1)	Peanut (+1)	Turkey (+1)	Yeast, Brewer's (+2)
Chilli Pepper (+1)			

Total number of IgG sensitivity reactions: **13**

Non-Reactive Test Results (Your blood serum did not react to these food antigens)

Alfalfa	Clam	Millet	Rape Seed (Canola)
Almond	Clove	Mung Bean	Rice
Amaranth	Coco-Chocolate	Mushroom	Rye
Apple	Coconut	Mustard	Safflower
Asparagus	Cod	Nutmeg	Sage
Avocado	Coffee	Oat	Salmon
Banana	Corn	Olive	Scallops
Barley	Crab	Onion	Sesame
Bean, Green	Cranberry	Orange	Shrimp
Bean, Kidney	Egg	Oregano	Snapper
Bean, Lima	Eggplant	Oyster	Sole
Bean, Pinto	Flounder	Parsley	Soybean
Bean, Yellow Wax	Garlic	Papaya	Spinach
Beef	Ginger	Pea	Strawberry
Beet	Grape	Peach	Sugar, Cane
Brazil Nut	Grapefruit	Pecan	Sunflower
Broccoli	Haddock	Pepper, B/W	Tangerine
Brussels Sprouts	Halibut	Pepper, Green	Tea
Cabbage	Herring	Perch	Tomato
Cantaloupe	Lamb	Pineapple	Trout
Carrot	Lemon	Plum	Tuna
Cashew Nut	Lentil	Potato, Sweet	Walnut
Cauliflower	Lettuce	Potato, White	White fish
Celery	Lime	Pumpkin	Yam
Cherry	Lobster	Quinoa	Zucchini
Cinnamon	Mackerel		

Scoring and Evaluation (Key) +1 +2 +3 +4 (Increasing levels of antibodies)

These IgG ELISA test results should be interpreted together with all other laboratory data, including treatment history, in arriving at a diagnosis of delayed food sensitivity.

This four-day rotation plan has been created for you using the foods that were tested and were non-reactive. You may eat each food as often on that day as you choose. If you need to move a food from one day to another (for example, if you like peas and rice together), that is fine, just be careful not to repeat the same food two days in a row. Remember, do not eat any item to which you are reactive. Consult your physician or counselor for further guidance.

Day One

Protein:

Beef/Veal
Egg
Haddock
Mackerel
Sole
Trout

Vegetables:

Broccoli
Brussels Sprouts
Cabbage
Cauliflower
Onion
Potato, White

Beans/Grains/Legumes:

Alfalfa
Amaranth
Millet
Mung Bean
Pinto Bean

Fruits and Nuts: (Plus beverages derived from these foods)

Almond
Brazil Nut
Peach
Pineapple
Pumpkin
Strawberry
Walnut, Black

Condiments:

B/W Pepper
Garlic
Mustard
Safflower

Beverages: (*Rotate Brands)

Coffee
Tea
Water

Day Two

Flounder
Herring
Salmon
Scallops
Whitefish

Acorn Squash
Carrot
Celery
Parsley
Potato, Sweet
Yellow Wax Bean
Zucchini

Barley
Bean, Lima
Pea
Quinoa

Cantaloupe
Cashew Nut
Coconut
Orange
Tangerine

Ginger
Nutmeg
Sage
Sesame

Coffee
Tea
Water

Day Three

Cod
Lamb
Lobster
Oyster
Perch
Shrimp
Tuna

Asparagus
Avocado
Eggplant
Lettuce
Mushroom
Spinach
Tomato

Rye
Soybean

Apple
Banana
Cherry
Pecan

Lemon
Lime
Olive
R. Seed (Canola)

Coffee
Soy Milk
Tea
Water

Day Four

Clams
Crab
Halibut
Snapper

Beet
Green Bean
Green Pepper
Yam

Corn
Kidney Bean
Lentil
Oat
Rice

Cranberry
Grape, Concord
Grapefruit
Papaya
Plum
Sunflower

Cane Sugar
Cinnamon
Clove
Cocoa-Chocolate
Oregano

Coffee
Oat Milk
Rice Milk
Tea
Water

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Candida albicans is a common yeast which normally exists on and in our bodies. Sometimes Candida can 'overgrow' in the intestinal tract as a result of frequent dosage of antibiotics or steroids, use of oral contraceptives and diets high in sugar and yeast-containing foods. Candida albicans infection elicits the production of immunoglobulins which can be detected by immunodiffusion or ELISA tests.

YOUR TEST RESULTS ARE: **Positive**

Immunodiffusion:	Negative	ELISA Test:	Weakly Positive
Number of Bands Observed:	0	IgG Titer:	1:3000

This finding suggests that your current health **is** influenced by Candida overgrowth.

ELISA KEY - Scoring and Evaluation

Antibody Titer: <1:3000 Negative
1:3000 Weakly Positive
1:5000 Positive
>1:5000 Strongly Positive

Note: In addition to following the Immuno diet it is also very important that you avoid all yeast-containing foods, beverages and fermented food products. Check with your healthcare professional for the specific program recommended in your case.

IMPORTANT: To monitor your progress, it is recommended to retest your Candida antibody level again in six months. Food sensitivities and poor digestion and assimilation of nutrients are commonly related conditions with Candida overgrowth. Further evaluation may be advisable through the Immuno 1 Bloodprint™ for food sensitivities.

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