



LRA by ELISA/ACT[®]

Test Results For:

Sample, Report
August 6, 2014

Your test results include:

- **Strong Reactions**
- **Moderate Reactions**
- **Non-Reactive Items**
- **Detailed Description of Reactive Items**
- **Laminated Wallet Card with Results**

STRONG REACTIONS

- Potato, White
- Gum, Acacia
- Spinach
- Mannitol
- Whey
- FD&C Yellow #5

Avoid for at least 6 months.

STRONG FOOD GROUP(S):

• NIGHTSHADES

Eggplant
Goji Berry
Pepper, Cayenne
Pepper, Chili
Bell Pepper, All Colors
Potato, White
Tobacco
Tomato
Paprika
Pimiento

• COW DAIRY

Butter (Whole)
Cheese (Cow):
Brick
Cottage Cheese
Parmesan
Processed Cheese
Lactalbumin
Lactoglobulin
Milk (Cow):
Casein
Milk, Pasteurized
Milk, Raw
Yogurt
Whey

MODERATE REACTIONS

- Bean, Lima
- Potassium sorbate
- Cadmium
- Echinacea
- Pepper, Chili, Red
- FD&C Red #2
- Polyvinylpyrrolidone
- Aspirin/Coal Tar
- Acai Berry
- FD&C Yellow #10
- Pyrene

Avoid for at least 3 months.

Thus of the 504 substances tested, reaction is noted to 17 items and 2 food group(s).

While both strong and moderate reactions are equally burdensome to your immune defense and repair systems, we have found that it takes about half as long to restore tolerance of moderate reactions as compared to the strong ones.

ELISA/ACT[®] LRA RESULTS

NON-REACTIVE ITEMS

- 1, 2 Dichlorobenzene
- 2-Methyl Pentane
- 2, 4, 5 T
- 2,4-D
- 3-Methyl Pentane
- Acesulfame
- Aduki/Adzuki Bean
- Agave nectar
- Aldrin
- Alfalfa
- Algae (Chlorella)
- Algae (Spirulina)
- Allspice
- Almond
- Aloe
- Alternaria alternata
- Aluminum
- Amaranth
- Amitriptyline (Elavil)
- Amoxicillin
- Ampicillin
- Anchovy
- Anise Seed
- Annatto
- Antimony
- Apple
- Apricot
- Arnica
- Arrowroot
- Arsenic
- Artemisia anua
- Artichoke
- Asparagus
- Aspartame/Nutrasweet
- Aspergillus fumigatus
- Aspergillus niger
- Aspergillus oryzae
- Astragalus
- Avocado
- Baking Powder
- Bamboo
- Banana
- Barium Sulfate
- Barley
- Basil
- Bass
- Bay Leaf
- Bean, Garbanzo
- Bean, Kidney
- Bean, Mung
- Bean, Navy/Ninja
- Bean, Pinto/Frijole
- Bean, Soya
- Bean, String/Wax
- Beef/Veal
- Beet
- Benzaldehyde
- Benzene
- Benzopyrene
- Benzyl Acetate
- Bergamot
- Beryllium Oxide
- BHA
- BHT
- Black Cohash
- Blackberry
- Bladderwrack
- Blueberry
- Bok Choi
- Botrytis cinerea
- Boysenberry
- Brazil Nut
- Brilliant Black
- Broccoli
- Buckwheat/Kasha
- Buffalo
- Butter, Clarified (Ghee)
- Cabbage/Brussels Sprouts
- Caffeine
- Calcium Propionate
- Camphor
- Camu Camu
- Candida albicans
- Cantaloupe/Honeydew
- Caraway Seed
- Carbamates
- Carbon Disulfide
- Carbon Tetrachloride
- Cardamom
- Carmine/Cochineal
- Carmoisine
- Carob
- Carrot
- Cashew
- Cassava (Yuca)
- Cat Dander (Felis catus)
- Catfish
- Cauliflower
- Celery
- Cellulose/Hemicellulose
- Cephalexin (Keflex)
- Chamomile
- Chard
- Cheese, Romano (Sheep)
- Cheese/Milk (Goat)
- Cherry
- Chestnut
- Chia
- Chicken
- Chicory
- Chinese Tea
- Chive
- Chlordane
- Chloroform
- Chocolate/Cocoa
- Chrysanthemum
- Cilantro
- Cinnamon
- Ciprofloxacin (Cipro)
- Cis-Dichloroethylene (1, 2-
- Cladosporium cladosporioides
- Cladosporium herbarum
- Clam
- Clarithromycin (Biaxin)
- Clove
- Coconut
- Cod Liver Oil
- Codfish
- Coffee, Decaf & Reg

ELISA/ACT[®] LRA RESULTS

NON-REACTIVE ITEMS, CONT'D

- Cola
- Collard Greens
- Coriander
- Corn (Maize)
- Cottonseed Oil
- Crab
- Cranberry
- Cream of Tartar
- Cucumber
- Cucumber, Japanese
- Cumin
- Currant
- Curry
- Cyclohexylamine
- D & C Green #5
- D & C Orange #5
- D & C Red #33
- D & C Violet #2
- D&C Orange #4
- Date
- DBCP (1,2 Dibromo-3-chloropropane)
- DDT
- Deer/Venison
- DEET
- Detergent (Synthetic)
- Diacetyl (2,3-Butanedione)
- Diazepam (Valium)
- Dibutyl Phthalate
- Dieldrin
- Dill
- Docosanol (Abreva)
- Dog Dander (Canis familiaris)
- Dong Quai
- Dragon Fruit
- Duck Feathers (Anas platyrhynca)
- Duck/Goose
- Dulse
- EDTA
- Egg White (Chicken)
- Egg Yolk (Chicken)
- Elderberry
- Endive
- Endrin
- Ephedra
- Epidermophyton floccosum
- Erythromycin
- Ethyl Acetate
- Ethyl Acetoacetate
- Ethyl Butyrate
- Ethyl Mercury
- Ethylene Dibromide
- FD&C Blue #1
- FD&C Blue #2
- FD&C Green #3
- FD&C Red #3
- FD&C Red #40
- FD&C Yellow #6
- Feverfew
- Fig
- Flaxseed/Linseed Oil
- Fluconazole (Diflucan)
- Formaldehyde
- Fusarium solani
- Fusarium vasinfectum
- Garlic
- Gelatin
- Geotrichum candidum
- Gin (Juniper Berries)
- Ginger
- Ginseng, American
- Ginseng, Chinese
- Ginseng, Siberian
- Gliadin
- Gluten
- Goat Hair/Skin Scraping (Capra hircus)
- Gold
- Goldenseal/Hydrastis
- Goose Feathers (Anser anser)
- Gooseberry
- Grape Seed Oil
- Grape/Raisin, Green
- Grape/Raisin, Red
- Grapefruit
- Guaifenesin (Mucinex)
- Guinea Pig Hair (Cavia porcellus)
- Gum, Agar
- Gum, Carrageenan
- Gum, Guar
- Gum, karaya
- Gum, Locust Bean
- Gum, Tragacanth
- Gum, Xanthan
- Haddock
- Halogenated Biocide
- Hawthorne
- Hazelnut/Filbert
- Helminthosporium halodes
- Helminthosporium sativum
- Hemp
- Heptachlor
- Hexachlorocyclohexane
- Hijiki
- Honey
- Hops
- Horse Dander (Equus caballus)
- Horseradish
- Hydrogenated Oil
- Hydroxychloroquine (Plaquenil)
- Hypericum/St. John's Wort
- Ibuprofen
- Irish Moss
- Isopropyl Ether
- Kale
- Kamut
- Kelp/Sea Weed
- Kiwi
- Kombu
- Lamb/Mutton
- Latex
- Lead
- Leek
- Lemon
- Lemongrass
- Lentils, Red, Green
- Lettuce, Iceberg
- Lettuce, Red Leaf
- Lettuce, Romaine
- Licorice
- Lime

ELISA/ACT[®] LRA RESULTS

NON-REACTIVE ITEMS, CONT'D

- Lobster
- Lomatium
- Maca
- Macadamia
- Mace
- Magnesium stearate
- Maleic Anhydride
- Malt
- Mango
- Marjoram
- Menthol
- Mercury
- Mesalamine (Asacol)
- Metallic Catalysts
- Methoxychlor
- Methyl Mercury
- Methyl paraben
- Methylene Chloride (Dichloromethane)
- Methylphenidate (Ritalin)
- Millet
- Miso, Barley
- Miso, Brown
- Miso, Hatcho
- Miso, White
- Molasses
- Morpholine
- MSG (Monosodium Glutamate)
- Mucor mucedo
- Mucor racemosus
- Mushroom
- Mushroom, Maitake
- Mushroom, Reishi
- Mushroom, Shiitake
- Mustard Greens, Spice
- Naproxen
- Nectarine
- Nickel (II) Chloride
- Nitrates/Nitrites
- Nitrosamine Mix
- Noni
- Nutmeg
- Nystatin
- Oats
- Okra
- Olive
- Omeprazole (Prilosec)
- Onion, Yellow
- Orange
- Oregano
- Organophosphates
- Oyster
- Palm Oil
- Papaya
- Parsley
- Parsnip
- Pea, Black-Eyed
- Pea, Green, Snow
- Peach
- Peanut
- Pear
- Pecan
- Penicillamine
- Penicillin
- Penicillium frequentans
- Penicillium notatum / chrysogenum
- Penicillium roqueforti
- Pentachlorophenol (PCP)
- Pepper, Black
- Pepper, White
- Peppermint
- Perch/Mackerel
- Petroleum By-Products & Solvents
- Phenol
- Phthalates
- Pineapple
- Pinene
- Piroxicam (Feldene)
- Pistachio
- Plum, Umeboshi
- Plum/Prune
- Polyethylene glycol
- Polysorbate 20
- Polysorbate 60
- Polysorbate 80
- Pomegranate
- Ponceau 2R
- Ponceau 4R
- Poppy Seed
- Pork/Bacon/Ham
- Potassium Bromate
- Potato, Sweet
- Primrose Oil
- Propyl Gallate
- Propyl paraben
- Propylene Glycol (1,2-Propanediol)
- Psyllium Seed
- Pullularia pullulans
- Pumpkin
- Quail
- Quinoa
- Rabbit
- Rabbit Hair (Oryctolagus cuniculus)
- Radish
- Rapeseed/Canola Oil
- Raspberry
- Resin
- Rhizopus nigricans / stolonifer
- Rhodotorula
- Rhubarb
- Rice, Basmati
- Rice, Brown
- Rice, White
- Rice, Wild
- Rose Hips
- Rosemary
- Royal Jelly
- Rutabaga
- Rye
- Saccharine
- Safflower Oil
- Saffron
- Sage
- Salicylate
- Salmon/Lox
- Sardine
- Scallion/Spring Onion
- Scallop
- Sea Lettuce
- Selenium Sulfide

ELISA/ACT[®] LRA RESULTS

NON-REACTIVE ITEMS, CONT'D

- Sesame/Tahini
- Sheep Wool (*Ovis aries*)
- Shrimp
- Silicates / Silicon Dioxide
- Silicone
- Silver
- Slippery Elm
- Snapper
- Soap (SDS/SLS)
- Sodium alginate
- Sodium Benzoate
- Sodium erythorbate
- Sodium Fluoride
- Sodium Propionate
- Sole/Flounder/Halibut
- Sorbitol
- Spearmint
- Spelt
- Splenda (sucralose)
- Squash
- Star Fruit
- Stevia
- Strawberry
- Streptomycin
- Sugar Cane / Sucanat
- Sugar, Beet
- Sugar, Corn
- Sugar, Maple
- Sulfite/Metabisulfite
- Sunflower
- Swordfish
- Tamari
- Tamarind
- Tangerine/Mandarin Orange
- Tapioca
- Tarragon
- Tea, Black
- Tert-Butyl-Ethyl Ether (TBEE)
- Tert-Butyl-Methyl Ether (TBME)
- Tetrachloroethylene
- Tetracycline
- Thricothecium roseum
- Thyme
- Tilapia
- Tin/Stannous Chloride
- Titanium Dioxide
- Tofu
- Toluene
- Trichloroethylene (TCE)
- Trichoderma harzianum
- Trichophyton mentagrophytes goetzii
- Trichophyton mentagrophytes interdigitale
- Trichophyton rubrum
- Trichophyton schoenleinii
- Triticale
- Trout
- Tuna
- Turbot/Whitefish
- Turkey
- Turkey Feathers (*Meleagris gallopavo*)
- Turmeric
- Turnip, Greens
- Tylenol (Acetaminophen)
- Valerian
- Vanilla
- Vegetable Glycerin
- Vinyl Chloride
- Wakame
- Walnut Oil, Black
- Walnut, English
- Water chestnut
- Watercress
- Watermelon
- Wheat
- White Willow Bark
- Xylene
- Xylitol
- Yaki Nori/Laver
- Yeast, Baker's (*S. cerevisiae*)
- Yeast, Brewer's (*S. cerevisiae*)
- Yerba Mate

LRA by ELISA/ACT® Tests Results and What They Mean

LRA by ELISA/ACT tests use a breakthrough technology that allows the laboratory, for the first time, to observe immune reactions of specialized white cells (lymphocytes) just as they occur in your body (*ex vivo*, to be technical).

Live lymphocytes from your blood sample are exposed to antigens in our lab. Reaction indicates loss of tolerance and development of self-attack known as delayed hypersensitivity.

- **Strong reaction means that > 50% of cultured lymphocytes react.**
- **Moderate reaction means that 5-50% of cultured lymphocytes react.**

Complete food group(s) will be displayed as reactive when two or more foods in that group are reactive. Dairy, because it is commonly cross-allergenic, is the only exception. The dairy group will appear in bold if even one item in the dairy group is reactive. **It is recommended to avoid all items in a food group if it is listed in bold.**

Reactive items are an adverse load on your body's immune defenses. This means a reduced ability to respond to new or chronic infections. Reactive items also decrease immune activities needed to repair your body. This can provoke inflammation and self-attack ("autoimmunity").

Avoid **strong** reactors for **six (6) months** and **moderate** reactors for **three (3) months** to reduce the burden on the immune system and restore your body's ability to repair. Avoiding reactive items can break the cycle of impaired defense and repair, allowing your body to start the recovery and repair process.

Immediate allergies (Type 1 IgE linked) are not detected by the LRA by ELISA/ACT tests. Immediate allergies are usually detected by history, routine skin tests, or RAST tests. If you have known immediate allergies, you should continue avoiding those items. Consult with your health professional if you have any questions regarding your immediate allergies.

LRA by ELISA/ACT Tests Are Different

The LRA tests **identify only reactive lymphocytes. B class lymphocytes react to harmful antibodies; T class lymphocytes react directly.**

Protective memory (non-reactive IgG) antibodies do not provoke symptoms and are not detected by ELISA/ACT LRA tests. Detecting only the items that provoke reactions is an advantage of lymphocyte response assays.

Other antibody tests (ELISA IgG, EIA IgG, IgG tests) do not offer this advantage. These tests measure only if antibodies are present. Since antibodies can be helpful or harmful, knowing the amount of an antibody tells nothing of its function--does it protect and help or does it react and harm?

Some labs measure particles and assume all particles of a certain size are reactive lymphocytes—again, these measurements are not as helpful as the LRA by ELISA/ACT tests.



Lab Director

MD, Ph.D., FASCP, FACAAI, FACN

References: Golub, E.S. Immunology: A synthesis Sinauer Associates, Inc. , Sunderland, MA 1987 p474-479. Sell, S. Immunology, Immunopathology, and Immunity, 4th Ed., Elsevier, NY, 1987 p 314-321. Jaffe, R. Improved Immune Function Using Specific Nutrient Supplementation and ELISA/ACT "Immunologic Fingerprint" to Detect Late Phase Responses Ex Vivo. J Am Col Nutr 8(5): 424, 1989.

| <u>Name</u> | <u>Amount</u> | <u>Times</u> | <u>Action/Use</u> | <u>Special Comment</u> |
|--|---|---|---|--|
| <u>Priority Supplements:</u> | | | | |
| PERQUE LIFE GUARD Multivitamin multimineral/transporter enhanced w/iron | Two tabsules | Twice a day with meals of choice. Total of 4 | Provides essential vitamins and minerals in the most bio-absorbable and bio-available forms, for optimal metabolic functioning . | Energizing and alkalizing formula : enhances and protects the immune system |
| PERQUE GUARD Ascorbate (buffered Vitamin C) Powder or tablets | Depends on amount body will absorb (determined by the Ascorbate calibration protocol) | Four or more times a day | Central regulator of cell metabolism, a stimulant to structural connective protein synthesis, & is vital to repair | Refer to the Ascorbate (Vitamin C) Calibration protocol that will help determine the body's need for Vitamin C . This is also on Page 93 in The Alkaline Way Guide |
| PERQUE GUARD PAIN FORTÉ, 500 mg. Quercetin with 5 mg. of (OPC soluble) Proanthocyanidins | 6 tabsules | Twice a day ; total of 12 | This flavonoid and flavanol combination improves utilization of Vitamin C; reduces chronic viral activity and decreases inflammation. | Best taken in conjunction with ascorbate. |
| PERQUE GUARD DIGESTA FORTÉ 10 (Synergy of 10 beneficial probiotics) | 1-2 capsules 1-2 capsules 1 capsule | With all meals for 3 months With breakfast and dinner : for 6 months. With breakfast only, after 9 months | Rebuilds healthy digestive flora in the intestinal tract. Inhibits the growth of pathogens . Promotes better overall digestion | After 6 months from start of therapy a stool culture of microflora (intestinal bugs) is recommended. Please see your healthcare professional to obtain further information. |
| PERQUE GUARD LIVA (Promotes liver health: unique antioxidant complex) | 3 capsules a day | Twice a day | Helps restore liver function. | Use for 3 months and recheck liver enzyme activity. |
| Oral Vitamin B12 as hydroxocobalamin for energy and detoxification | 1 sublingual lozenge | 5 times a day | Improves methylation detoxification and reduces cell susceptibility to stress injury. Also, improves transport of biochemicals and reduces reactivity of muscle fibers. Best dissolved under the tongue, not swallowed. | Hydroxocobalamin is the preferred form of B-12 and is suitable for vegetarians. If homocysteine levels are monitored, sufficient intake to reduce levels < 6 mg/dl is recommended. |

Sample, Report

Nutritional Recommendations

| <u>Name</u> | <u>Amount</u> | <u>Times</u> | <u>Action/Use</u> | <u>Special Comment</u> |
|---|---|--|--|---|
| <i>Specific supplements that may be helpful:</i> | | | | |
| PERQUE BONE GUARD FORTÉ 20 (Ultimate bone protection) | 4-6 Tabsules | Divided through the day : Maximum of 6 | Alkalinizing bone building formula with 20 nutrients including minerals and associated cofactors | For best absorption, include a bed time dose |
| PERQUE CHOLINE CITRATE (unique liquid performance-enhancing formula for body and mind) | 1300 mg. (1 teaspoon) diluted in juice or water | Breakfast & dinner. | Improves cell membrane communication& bile acid production. | Choline citrate is fivefold more active than choline bitartrate.Choline Bitartrate is also likely to be antigen-contaminated, |
| PERQUE MITO GUARD PLUS Coenzyme Q10 micellized with pure rice bran oil | 300 mg. | Once a day | Improves cell electron transport and increases energy production in the cell. | Improves heart /muscle health and energy |
| PERQUE TRIPLE EFA GUARD Essential Fats Omega 3,6,9 DHA EPA CLA | 2 softgels | Three times a day : total of 6 | Omega 3 reduces plaque formation. Omega 6 decreases inflammation Omega 9 enhances membrane fluidity. | Essential Fatty Acids in the right proportions for improved health |
| PERQUE METABODETOXPL US GUARD Enhanced fat metabolizers: Carnitine fumarate MCT, GABA & Kelp Alginate | 2 softgels | 4 times a day : Total of 8 | Provides effective fat metabolism; gives exercise benefits; controls appetite. Also important for heart muscle function | This is a potent formula, with convenient dosage and lasting results |
| PERQUE ENDURA/PAK GUARD L-Glutamine + Pyridoxyl-Alphaketoglutarate ("PAK") | 3 capsules | Three times a day | Gives body energy, supports mental sharpness, helps regenerate the intestinal surface cells.PAK recycles L -glutamine and prevents glutamate build up. | Take on empty stomach, i.e 1/2 hour before a meal / 2 hours after meals or at bedtime |

| Sample, Report | | Nutritional Recommendations | | |
|---|--------------------------------------|--|---|--|
| <u>Name</u> | <u>Amount</u> | <u>Times</u> | <u>Action/Use</u> | <u>Special Comment</u> |
| PERQUE DETOX IN GUARD Lipotropic/Aminoacid Blend : Neuroimmune detoxifier | Two tabsules | Twice a day : total of 6 30 to 60 minutes before eating. (empty stomach) | Sulfur and cyclic amino acids help the body to build proteins, improve metabolism and aids in detoxification. Lipotropic factors aid in fat metabolism, building cell membranes, and improving bile flow. | Energizing and alkalizing formula helps cells support optimal health |
| PERQUE DOUBLEZinc GUARDZinc Picolinate/Citrate combination : Complete immune system support. | 1 tabsule | Once a day with meal of choice. | Essential for immune function, enhances tissue repair, maximizes chemical detoxification | Zinc Picolinate/Citrate forms are most easily assimilated. Vitamin B6 in the formula aids in optimal zinc absorption |
| PERQUE ADRENO DISTRESS GUARD: Nature's comprehensive stress relief : Rhodiola, Magnolia and Phellodendron | 2 soft gels | Twice a day | Neutralizes stress, balances cortisol and rebuilds hormone function | Store product below 70°F. |
| PERQUE GLUCOSE REGULATION GUARD :Natural insulin/sugar regulation : | 2 softgels | Three times a day with meals: Total of 6 | Regulates blood sugar levels and energy balance , decreases insulin resistance, decreases hormonal dysregulation | Lowers body weight while increasing lean body mass |
| Liquid Nutrient Plan | Up to full amount to feel satisfied. | One day each week | Provides easily assimilated nutrients with minimum work by digestive system, so repair can occur. | Refer to the Liquids-Only Nutrient Sufficiency Plan : page 89 in The Alkaline Way Guide for more information |
| Panax Ginseng extract | One ampule | 1/2 hour before lunch. | Enhances adaptation to distress. | |
| Charcoal capsules or tablets | 1 or 2 capsules or tablets. | After breakfast, lunch, dinner. As needed for gas. | Absorbs excess formed gas. | Take after meals only if needed for 'gas control'. |

Learn new patterns of consumption. You may want to read *Diet for a Small Planet* by Frances Moore Luppe, *Diet and Nutrition* by Rudolph Ballantine, MD., *Minding the Body*, *Mending the Mind* by Joan Borysenko, PhD., and *Acid and Alkaline* by Herman Aihara.

Take balanced and fully active nutritional supplements as recommended in this report. Your health professional, or the sources cited in this report, can provide ordering information.

Demonstrate your commitment to your health as an essential part of your life by performing each and every part of this report as recommended by your physician with full attention.

Learn abdominal breathing and practice it for a few minutes once or more each day. Abdominal breathing means actively filling the abdomen as though it were a balloon being filled. Next allow the balloon to slowly passively deflate. Repeat for the full five minutes twice daily.

Discuss the meditation technique that is best for you with your doctor. *Active Meditation: the Western Tradition* by Robert R Leichtman, MD and Carl Japikse is an example of a non-sectarian, non-denominational approach to evoking your healing response, and is distinctly helpful.

Combine foods according to *Food Combining for Better Digestion* in order get the most efficient assimilation of nutrients from the foods you eat. This is Page 19 in the *Alkaline Way Guide*.

Have your digestion evaluated by a Comprehensive Stool Analysis.

Use special, biologically active dichromatic green lights. These are known as PAR38 (150 watt green) and are made by GE and Sylvania. These are available from *Thinking of You* at 800-806-8671. Direct the light at the face from a distance of about 5 feet for about 20 minutes daily: before bed and on rising are particularly good times. Refer to *Light Therapy*: Page 109 in the *Alkaline Way Guide*.

Exercise using the rebounder-type trampoline for 15 minutes twice a day . Rebounder-type trampolines can be purchased at your local sporting goods store. Refer to *Distress Busting: Central Health Promoting Actions - Rebounder Trampoline*: Page 106 in *The Alkaline Way Guide*

Take a daily salt and soda bath. The Epsom salt (Magnesium Sulfate) electrolyte improves the electrical conductivity of the skin and the alkaline baking soda helps rid the skin of acid residue deep in the pores. Put one half cup each of Epsom salts and baking soda in a tub of warm (not hot) water. Soak for 10-15 minutes and shower thereafter, gently rubbing the skin with a loofa. Refer to *Distress Busting: Central Health Promoting Actions - Salt and Soda Baths* for more information: Page 91 in *The Alkaline Way Guide*

Receive traditional acupuncture [6-8 sessions to determine effectiveness] from a traditional acupuncturist near you. Ask your physician for a referral.

Potato, White

History/Discussion:

White Potato(*Solanum Tuberosum L*) is a member of the *Solanaceae* (Nightshade) family.

Plants in the Nightshade family contain, to varying degrees, chemical compounds (alkaloids called solanins) with pharmacological and toxic effects. This family contains some toxic, as well as some food plants. Also included in the nightshade family is poison sumac. All nightshade foods contain some solanins; sumac contains the most. Other common members of this family include tomatoes and bell peppers

Sources of Exposure: Potatoes can be used as chips, in casseroles, stews, baked goods such as pies and bread. Potatoes can also be used as a filler or thickener in soups, desserts and gravies.

If you are reactive to two or more items in the nightshade family we recommend you avoid all the items in this family because the chance of cross-reactivity and/or developing new sensitivities is great.

If potato is reactive, all potatoes (**except** sweet potatoes or yams) and items containing potato starch and/or flour should be avoided.

Substitutions: Any of the non-reactive vegetables.

Spinach

History/Discussion: Spinach is a very popular green leafy vegetable.

Sources of Exposure: Soups, casseroles and other processed foods (check labels).

Substitutions: Other leafy vegetables such as collard greens or mustard greens (assuming you do not react to them).

Note: Avoidance of specific foods to which you react is sufficient. There is no added benefit in avoiding a complete food family unless specifically directed to.

Whey

Description:

Whey is one of the 2 major proteins in milk. It is a by-product of cheese making and is formed when the curds separate from the milk or cream. In this curdling process, when rennet or an edible acidic substance is added to milk, cheese curds are formed, and the remaining liquid is called whey. This liquid is watery and thin.

Other names:

Bovine Whey Protein Concentrate, MBP, Milk Protein, Milk Protein Isolate, Mineral Whey Concentrate, Whey, Whey Fraction, Whey Peptides, Whey Protein Concentrate, Whey Protein Hydrolysate, Whey Protein Isolate.

Sources of exposure:

Whey is used to produce some cheeses like ricotta, brown cheeses, Gjetost and Messmör/Prim. It is also an additive in many processed foods, including breads, crackers and commercial pastry. Whey protein is of very high biological value and used in powders and bars for improving athletic performance and body building. It is also used as a nutritional supplement in weight management programs and sometimes as an alternative to milk for people with lactose intolerance. In Switzerland, where cheese production is an important industry, whey is used as the basis for a carbonated soft drink called Rivell.

Note: If you are COW DAIRY sensitive, you must avoid whey.

Alternatives:

Other healthy non – sensitive protein sources e.g egg, soy, rice and fish

Gum, Acacia

Items Tested: Acacia is the odorless, colorless, tasteless dried exudate from the stem of the acacia tree grown in Africa, the Near East, India and the southern United States. Unlike many other natural gums, it dissolves easily in water.

History/ Discussion: Also called gum arabic, this substance has many uses as a emulsifier, flavoring agent, thickener, processing aid and stabilizer in beverages, and dessicant. For example, it is an emulsifier typically used in salad dressings, particularly when they contain oil and water. It is derived from a natural product, and no clearly defined health effects have been reported. However it can be irritating to the eyes, nose, and respiratory tract.

Sources of Exposure: A principal use of acacia is the confectionary industry where it is used to retard sugar crystallization and as a thickener for candies, jellies, glazes, beverages, fillings, frostings, gelatins, and chewing gum. It is also used in cough drops and dairy products analogs. It is used as a foam stabilizer in the soft drink and brewing industries and as mucilage to give form to tablets. Arabic gum is permitted as an "optional ingredient" in standardized foods and thus does not have to be listed as an ingredient on the label.

Substitutions: Home-made, farm-made, and organically-certified, full disclosure labels can avoid 'hidden' acacia. When in doubt, don't use a product.

Mannitol

Item Tested: Mannitol is an organic compound with the formula (C₆H₈(OH)₆). This polyol is used as an osmotic diuretic agent and a weak renal vasodilator. It was originally isolated from the secretions of the flowering ash, called manna after their resemblance to the Biblical food, and is also referred to as mannite and manna sugar. Mannitol is a sugar alcohol; that is, it is derived from a sugar by reduction. Other sugar alcohols include xylitol and sorbitol.

History/Discussion: Mannitol is used clinically to reduce acutely raised intracranial pressure until more definitive treatment can be applied, e.g., after head trauma. It is also used to treat patients with oliguric renal failure.

Mannitol can also be used to open the blood-brain barrier by temporarily shrinking the tightly coupled endothelial cells that make up the barrier. This makes mannitol indispensable for delivering various drugs directly to the brain (e.g., in the treatment of Alzheimer's disease). Mannitol is commonly used in the circuit prime of a heart lung machine during cardiopulmonary bypass. The presence of mannitol preserves renal function during the times of low blood flow and pressure, while the patient is on bypass. The solution prevents the swelling of endothelial cells in the kidney, which may have otherwise reduced blood flow to this area and resulted in cell damage.

Mannitol is also being developed by an Australian pharmaceutical company as a treatment for cystic fibrosis and bronchiectasis and as a diagnostic test for airway hyperresponsiveness. The mannitol is orally inhaled as a dry powder through what is known as an osmohaler and osmotically draws water into the lungs to thin the thick, sticky mucus characteristic of cystic fibrosis. This is intended to make it easier for the sufferer to cough the mucus up during physiotherapy. The critical characteristic of the mannitol is its particle size distribution.

Mannitol is also the first drug of choice for the treatment of acute glaucoma in veterinary medicine. It dehydrates the vitreous humor and, thus, lowers the intraocular pressure. However, it requires an intact blood-ocular barrier to work.

Mannitol can also be used to temporarily encapsulate a sharp object (such as a helix on a lead for an artificial pacemaker) while it is passed through the venous system. Because the mannitol dissolves readily in blood, the sharp point will become exposed at its destination.

Mannitol may be administered in cases of severe Ciguatera poisoning. Severe ciguatoxin, or "tropical fish poisoning" can produce stroke-like symptoms.

Mannitol is the primary ingredient of Mannitol Salt Agar, a bacterial growth medium, and is used in others.

In oral doses larger than 20 g, mannitol acts as an osmotic laxative, and is sometimes sold as a laxative for children.

Sources of exposure (additional): Mannitol is also used as a sweetener for people with diabetes, and in chewing gums. Since mannitol has a positive heat of solution, it is used as a sweetener in "breath-freshening" candies, the cooling effect contributing to the fresh feel. The pleasant taste and mouthfeel of mannitol also makes it a popular excipient for chewable tablets.

FD&C Yellow #5

Item Tested: FD&C Yellow #5 food color is also known as Tartrazine, Acid Yellow or Lemon Yellow.

History/Discussion: FD&C Yellow # 5, or Tartrazine, is bright orange-yellow powder which is freely soluble in water. FD&C Yellow # 5 is one of the most widely used color additive in food, drugs, and cosmetics. Originally a coal-tar derivative, it is a pyrazole coloring agent. FD&C Yellow # 5 has provoked asthma in some individuals and may cause hives in some patients. In particular it can cause allergic reactions in persons sensitive to aspirin. Some aspirin sensitive patients have been reported to develop life-threatening asthmatic symptoms upon ingestion of this coloring. The FDA requires labeling of FD & C Yellow # 5 in food, drugs and cosmetics.

Sources of Exposure: FD&C Yellow # 5 is used in some prepared breakfast cereals, imitation strawberry jelly, bottled soft drinks, gelatin desserts, ice cream, sherbets, custards, dry drink powders, candy, confections, bakery products, preserves, spaghetti and puddings. Also used as a coloring in hair rinses, hair-waving fluids, and in bath salts. FD&C Yellow # 5 is also used as a dye for wool and silk. Efforts were made to ban this color in over-the-counter pain relievers, antihistamines, oral decongestants, and prescription anti-inflammatory drugs. It is still available in these products, however.

Substitutions: Any of the non-toxic natural colors from food and/or plants.

NIGHTSHADES

Items Tested: There is a family of plants called the Solanaceae family or nightshades. Eggplant, bell peppers, chili peppers, goji berries, paprika, white potato, tobacco, and tomato are members of this nightshade family tested.

History/Discussion:

Plants in this family contain, to varying degrees, chemical compounds (alkaloids called solanins) with pharmacologic and toxic effects. This family contains some toxic, as well as some food plants. Also included in the nightshade family is poison sumac. All nightshades contain some solanin; sumac contains the most.

Sources of Exposure:

Potatoes, tomatoes and bell peppers are foods widely distributed in the U.S. diet. Many sources of exposure to these foods are obvious, potatoes can be an unexpected filler or thickener (as in soups), while tomatoes and peppers can be hidden under the label of "natural flavorings and spices". Eggplant and tobacco generally easy to identify.

If you are reactive to two or more items in the nightshade family we recommend you avoid all the items in this family because the chance of cross-reactivity and/or developing new sensitivities is great. All peppers (green, yellow, red, sweet, hot, etc.) should be avoided, as well as all potatoes (except sweet potatoes or yams) and items containing potato starch and/or flour should be avoided.

Substitutions: Any of the non-reactive vegetables.

COW DAIRY

Items Tested: The **DAIRY** category includes Butter, Whole; Butter, Clarified (Ghee); Cheese, Brick (Cow); Cheese, Cottage (Cow); Cheese, Parmesan (Cow); Cheese, Processed (Cow); Casein; Lactalbumin; Lactoglobulin; Milk, Pasteurized (Cow); Milk, Raw (Cow); and Yogurt (Cow). Casein, Lactalbumin and Lactoglobulin are various proteins found in dairy products. Ghee or clarified butter is a derivative of butter. It is made by melting butter and removing all the milk solids.

History/Discussion: If you are reactive to one or more products in the cow dairy family, it will be listed on your results in bold as **DAIRY**. This is done to draw your attention to the greater possibility of cross-reactivity to other dairy products, possibly resulting in the development of more reactivates in this group. Therefore, it is recommended that you avoid all cow dairy products and substitute as described below.

Substitutions: The exception to this avoidance of all dairy recommendations involves organic ghee. If you are shown sensitive to whole butter but not to clarified butter, which is also known as ghee, you may try using organic ghee while avoiding whole butter. Sheep and goat dairy may be used as substitutes if non reactive.

Bean, Lima

History/Discussion: Lima bean is a member of the *Fabaceae* (legume) family.

Sources of Exposure: Vegetarian dishes, soups, salads and other processed foods (check labels).

Substitutions: Mung, navy, kidney beans or any other non-reactive bean or vegetable of choice.

Note: Avoidance of specific foods to which you react is sufficient. There is no added benefit in avoiding a complete food family unless specifically directed to.

Pepper, Chili, Red

History/Discussion: Plants in the Nightshade family contain, to varying degrees, chemical compounds (alkaloids called solanins) with pharmacological and toxic effects. This family contains some toxic, as well as some food plants. Also included in the nightshade family is poison sumac. All nightshade foods contain some solanins; sumac contains the most.

Sources of Exposure: Chili pepper and foods with chili pepper added as a spice.

If you are reactive to two or more items in the nightshade family we recommend you avoid all the items in this family because the chance of cross-reactivity and/or developing new sensitivities is great.

Substitutes: Any of the non-reactive spices.

Acai Berry

Items Tested: The acai berry is an inch-long reddish, purple fruit. It comes from the acai palm tree *Euterpe oleracea*, which is native to Central and South America.

History/Discussion: Because the acai berry is relatively new to the western world, very little research has been done on it and its effects, especially in the area of rapid weight loss, which may be exaggerated. What is known is that the acai berry is extremely high in antioxidants and anthocyanins, rich in protein fiber, vitamin E and iron. It is reported that it helps promote cardiovascular and digestive functions. It is naturally low in sugar and the flavor is described as a mixture of red wine and chocolate. Research on the acai berry has focused on its possible antioxidant activity. Theoretically, that activity may help prevent diseases caused by oxidative stress such as heart disease and cancer.

Some cosmetics and beauty products contain acai oil in the ingredient list.

Sources of exposure: In the general consumer market, acai is sold as frozen pulp, juice, or an ingredient in various products from beverages, smoothies, liquor and foods to body care products, cosmetics and supplements.

Substitutions: Any other non-reactive fruit.

Potassium sorbate

Item Tested: Potassium sorbate is the potassium salt of sorbic acid. Its primary use is as a food preservative (E number 202).

History/Discussion: The molecular formula of potassium sorbate is $C_6H_7O_2K$ and its systematic name is potassium (E, E)-hexa-2,4-dienoate. It has a molecular weight of 150.22 g/mol. It is very soluble in water (58.2% at 20 °C). It is prepared by the reaction of sorbic acid with potassium hydroxide.

Sources of Exposure: Potassium sorbate is used in a variety of applications including food, wine, and personal care. Potassium sorbate is used to inhibit molds and yeasts in many foods, such as cheese, wine, yogurt, dried meats, apple cider and baked goods. It can also be found in the ingredients list of many dried fruit products. In addition, herbal dietary supplement products generally contain potassium sorbate, which acts to prevent mold and microbes and to increase shelf life, and is used in quantities at which there are no known adverse health effects. Labeling of this preservative reads as "potassium sorbate" on the ingredient statement. Also, it is used in many personal care products to inhibit the development of microorganisms for shelf stability. Some manufacturers are using this preservative as a replacement for parabens.

FD&C Red #2

Item Tested: Red # 2 is the dye also known as Amaranth.

History/Discussion: Red #2 is a dark, reddish brown powder that turns bright red when mixed with fluid. This color was certified for use in food, drugs and cosmetics and was formerly one of the most widely used colorings. A monoazo color, it was used in lipsticks, rouges and other cosmetics as well as cereals, maraschino cherries, and desserts. The safety of this dye was questioned by American scientists for more than twenty years. Two Russian scientists found that the then certified FD& C Red No. 2 prevented some pregnancies and caused stillbirths in rats. The FDA ordered manufacturers using the color to submit data on all food, drug, and cosmetics products containing it. Controversial tests at the FDA's National Center for Toxicological Research in Arkansas showed that in high doses Red No. 2 caused a statistically significant increase in a variety of cancers in female rats. For health and safety reasons, the use of this dye in foods, drugs and cosmetics was banned in the United States by the FDA in January 1976.

Sources of Exposure: Presently it is used for dyeing wool and silk a bright bluish-red. It is also used in photography and in hydrazine titrations. Red #2 is also permitted for use in foods, drugs and cosmetics in Canada and Europe. Thus, items consumed in these countries and possibly some imported foods may contain this coloring agent.

Substitutions: Any non-toxic, natural colors from food and/or plants.

FD&C Yellow #10

Item Tested: FD&C Yellow # 10 is also called Quinoline Yellow, or Acid Yellow. It is the disodium salt of the disulfonic acid of (2-Quinoly) -1,3, Indanedione.

History/Discussion: FD&C Yellow # 10 is not permitted for use in foods within the United States, although it is allowed for such in Europe. In the United States it is permitted for use in drugs and cosmetics. It has also been approved for use in medical devices such as implants, valves, sutures and the like.

Sources of Exposure: A wide variety of drugs and cosmetics.

Substitutions: Any of the non-toxic natural colors from food and/or plants.

Cadmium

Items Tested: Cadmium, like lead, is a natural underground mineral. It is usually found combined with other elements such as oxygen (cadmium oxide), chlorine (cadmium chloride) or sulfur (cadmium sulfate or sulfite). The cadmium that industry uses is extracted during the production of other metals like zinc, lead and copper. As with lead, cadmium has no known biological function and widespread industrial use of cadmium has led to serious cadmium pollution problems.

History/Discussion: Cadmium enters the air from mining, industry, and burning coal and household wastes. Once in the air cadmium particles can travel long distances before falling onto the ground or water. It does not break down in the environment, but can change forms and binds strongly to soil particles. Cadmium stays in the body a very long time (with a half life in the body of thirty years) and can build up to dangerous levels from many years of low level exposure. Cadmium is toxic to the embryo and fetus. It can cross the placenta and concentrate in amniotic fluid, where it can lead to retarded fetal growth and developmental abnormalities. High cadmium levels have been associated with learning disabilities in children and have been significantly correlated with poor intelligence scores, achievement scores, and verbal IQ.

Sources of Exposure: Cadmium is used for plating metals (electroplating) and is contained in pigments used in the production of plastics, luminous paints and food colors. It is also employed in fertilizers, antiseptics, fungicides to control mold on lawns and golf turfs, in nickel-cadmium batteries, in the manufacture of rubber tires, and as a neutron absorbent in nuclear reactors. It is released into the environment through the smelting of zinc and lead ores, the burning of garbage, coal and oil, auto exhaust, disintegration of auto tires, and the disposal of industrial waste and sludge. This environmental contamination leads to high cadmium levels in our air, food, and water supply. Shellfish, large ocean fish, dairy products and liver and kidneys from domestic food animals have been found to contain considerable levels of cadmium. Leafy vegetables and some grains, especially those which have been highly processed and refined, have shown notable levels as well. Smoking is one of the primary sources of cadmium exposures for the greatest number of individuals in our society. One cigarette a day can measurably increase blood cadmium levels, and smokers usually have about twice the body burden of cadmium as non-smokers do, especially in their livers, kidneys and lungs.

Sources of Cadmium Exposure: Paints (artist's and commercial/industrial), metals (metal plating), colored plastics, fertilizers and fungicides, antiseptics, solder, batteries, gasoline, refined foods, fish and shellfish, coffee, liver and kidney organ meats, poultry, grains, dairy products, cigarette smoke, oil and air in and around cities and industrialized areas, landfills, sewage sludge, waste incineration, disintegration of rubber tires.

According to the U.S. Agency for Toxic Substances and Disease Registry, persons in this country at greatest risk for cadmium exposure are half a million workers, including the following:

- Alloy makers
- incandescent lamp makers
- jewelers, sculptors and smelters
- aluminum solder makers and welders
- auto mechanics
- battery and bearing makers
- makers of pottery, cadmium alloys, dental amalgam, electrical instruments, glass, pesticides, paint and textile printers.

Polyvinylpyrrolidone/Povidone

History/Discussion: Polyvinylpyrrolidone (PVP) is a hygroscopic, amorphous polymer. It has many toxicological characteristics including skin irritation, eye irritation, and upper respiratory tract irritation. It may be harmful if absorbed through the skin or swallowed. It also emits toxic fumes under fire conditions. Povidone is the generic name for Polyvinylpyrrolidone

Sources of Exposure: Polyvinylpyrrolidone can be found in hairsprays, its found in the glue that holds plywood together and is used as a blood plasma extender as well. Other uses for povidone include textile dyeing, ink jet printing, photoprocessing, processing of laundry detergents. Polyvinylpyrrolidone is a commonly used inactive ingredient in the preparation of pharmaceutical products. It serves as a dry and damp binding substance in the production of granules and tablets, as well as a thickening agent and solutizer. Povidone-iodine (PVP-I) is a stable chemical complex of polyvinylpyrrolidone (povidone, PVP) and elemental iodine . universally preferred iodine disinfectant. Cross-linked PVP is also used as a highly active explosive agent and as an accelerating agent for disintegration of solid medications.

Pyrene

Items Tested: Pyrene, a colorless solid that is soluble in organic solvents, is known as a polynuclear aromatic hydrocarbon. Its only constituents are carbon and hydrogen.

History/Discussion: Pyrene is a polynuclear aromatic hydrocarbon that is derived from the burning of coal tar and fossil fuel, food, garbage, tobacco and other organic substances. It is also produced naturally during cooking at lower temperatures. It is present in abundance as a particle component in the US atmosphere where it is derived from diesel fuels and other forms of hydrocarbon combustion.

Sources of Exposure: Pyrene is a common air contaminant released from petroleum manufacturing, aluminum and asphalt manufacturing, auto and truck emissions, coal combustion, refuse combustion and tobacco smoke.

Recommendations for those hypersensitive to Pyrene: Consume pure water. Drink pure spring, filtered or purified water and bathe with filtered water. For bathing purposes you can obtain either a "whole house" water filtration system or a simple carbon filter that attaches to your shower head. Consume organic foods which are free of pesticides and solvents. The popularity and availability of organic foods is growing daily with increased public awareness about the importance of pure, nutrient-dense food. Many large grocery stores now carry organic foods. Also, check your local area for health food stores, food cooperatives and organic farm cooperatives. Filter your home, work place and/or auto air as necessary with a HEPA filter.

Echinacea

Item Tested: Echinacea, also called Snakeroot and Purple Cornflower, resembles a Black-Eyed Susan.

History/Discussion: During the 1800's, claims of the plant's curative properties ranged from a blood purifier to a treatment for dizziness and rattlesnake bites. During the early part of the twentieth century, extracts of the plant were used as anti-infectives. The plant and its extracts continue to be used topically for wound-healing and internally to stimulate the immune system. Echinacea is also used for preventing and treating the common cold, flu, and upper respiratory tract infections. It is used to increase general immune system function and to treat vaginal candidiasis. Echinacea's antibacterial properties can stimulate wound healing and are of benefit to skin conditions such as burns, insect bites, ulcers, psoriasis, acne and eczema. The constituents of echinacea include essential oil, polysaccharides, polyacetylenes, betain, glycoside, sesquiterpenes, and caryophyllene. It also contains copper, iron, tannins, protein, fatty acids, and vitamins A, C, and E.

Sources of Exposure: The primary exposure to Echinacea is from pain reducing liniments and therapeutically recommended tinctures or remedies. Sometimes exposure occurs in early childhood at a time of illness or distress. Sensitization that is programmed that early in life remains 'on alert' until a systematic resetting and homeostasis restoring program is consistently applied for a three to six month period. Check supplements, herbal teas, massage oils, and body rubs to make sure they are Echinacea free.

Suggestions: Speak with your health professional to determine if anything other than avoidance is needed.

Aspirin

Item Tested: Acetylsalicylic acid is the chemical compound commonly known as aspirin.

History/Discussion: Pain relief by the bark of the willow tree has been known since antiquity. The active ingredient in the willow bark is salicin, and various techniques have been developed to extract this active ingredient from the bark and to prepare salicylic acid. This extraction was perfected during the first half of the nineteenth century. During the second half of the nineteenth century salicylates were used to preserve food and control pain and fever and to relieve gout. Aspirin produced from coal tar was introduced around 1899. Aspirin has been effective as an analgesic, antipyretic and anti-inflammatory drug. It also reduces the aggregation of platelets.

Aspirin can encourage the development of Reye's Syndrome (an acute encephalopathy which occurs in children as they recover from some viral diseases that leave them antioxidant depleted). Aspirin is also known to damage the cells lining the stomach which commonly leads to gastrointestinal bleeding. Aspirin can lead to an exaggerated production of leukotrienes which in turn results in bronchial constriction. Aspirin sensitivity and aspirin allergy is not uncommon. It tends to develop in middle age and involves skin, the respiratory tract or both. In skin it causes hives. In the respiratory tract, formation of nasal polyps often proceeds the development of aspirin sensitivities. Bronchial asthma may occur, but rarely.

Aspirin is probably the most widely used over-the-counter drug in the United States. Americans consume close to 20,000 tons of aspirin per year. However, aspirin, as well as the rest of the salicylates, can cause gastric irritation and upper gastrointestinal bleeding (enteric-coated aspirin reduces this problem). Persons using ordinary doses of 2 grams, or 6 aspirins daily, typically lose about one teaspoon of blood daily in their stool. Aspirin can also increase intestinal permeability to large protein molecules, thereby inducing and promoting a more permeable or "leaky" gut resulting in increased risk of developing further food hypersensitivities. Also, at normal daily doses, it can cause tinnitus (ringing in the ears), decreased hearing, vertigo and mild asymptomatic hepatitis. It functions as an analgesic, anti-inflammatory, fever-reducing, and anti-blood clotting agent. Aspirin can be found in dozens of cold, pain and other medications aside from aspirin itself. Common products containing aspirin include Ancasal, Artria SR, Aspro, Easprin, Ecotrin, Emprin, Excedrin and Measurin. Please note that while aspirin contains salicylates, salicylate sensitivity can be separate from aspirin (acetylsalicylate) sensitivity. One can be sensitive to aspirin but not salicylates and vice versa, thus the two substances are tested separately.

Substitutions: Alternative anti-inflammatory agents include buffered ascorbate (vitamin C), quercetin, white willow bark and sylimarin. Natural substances which effectively decrease 'sticky' platelets include fish oils, vitamin E, garlic, vitamin C and quercetin.

ELISA/ACT LRA RESULTS

Sample, Report

72287 8/6/2014

Expected Re-Test Date is 2/7/2015

STRONG REACTIONS

| | | |
|---------------|----------|----------------|
| Potato, White | Spinach | Whey |
| Gum, Acacia | Mannitol | FD&C Yellow #5 |

STRONG FOOD GROUP(S):

NIGHTSHADES **COW DAIRY**

MODERATE REACTIONS

| | | |
|-------------------|----------------------|-----------------|
| Bean, Lima | Pepper, Chili, Red | Acai Berry |
| Potassium sorbate | FD&C Red #2 | FD&C Yellow #10 |
| Cadmium | Polyvinylpyrrolidone | Pyrene |
| Echinacea | Aspirin/Coal Tar | |

Rotation Diet Plan
for
Report Sample
72287

At a glance:

Rotation of foods is often indicated to strengthen the immune system while avoiding allergies and hypersensitivities shown by the LRA by ELISA/ACT tests.

- The enclosed diet outline is based on a 4 day rotation plan.
- Each day provides a list of foods to choose from for that day.
- It is not necessary to eat all the items listed for that day; you may make your choice according to your preference.
- Amounts can be modified based on individual needs or requirements.
- For adequate digestive repair and restoration we provide for a "Juice or Liquids Only Day". This diet plan shows Sunday as the Juice Day. However, you may choose any day.

Please note that the EAB Rotation Diet is designed to help you get started on rotation and can be individualized. It complements the LRA by ELISA/ACT and Alkaline Way health restoration program.

Rotation Diet for Report Sample

72287
8/6/2014

Sunday (or Day 1)

Fish

fish broth

Fowl

chicken broth 16-oz turkey broth 16-oz

Fruit

| | | | | | |
|-------------|------|------------------|------|--------------|------|
| apple juice | 8-oz | apricot juice | 8-oz | cherry juice | 8-oz |
| grape juice | 8-oz | grapefruit juice | 8-oz | lemon juice | |
| melon juice | 8-oz | orange juice | 8-oz | peach juice | 8-oz |
| pear juice | 8-oz | pineapple juice | 8-oz | prune juice | 8-oz |

Grains

wheatgrass juice 2-oz

Meat

meat broth 16 oz

Miscellaneous

herb tea 16 oz miso broth 16-oz seaweed broth 8-oz

Mollusks

clam broth 8-oz

Spices and Seasonings

ginger tea 16-oz

Sugars

honey 2-T

Vegetables

| | | | | | |
|-----------------|------------|-----------------|------------|----------|------------|
| alfalfa sprouts | as desired | beet | as desired | broccoli | as desired |
| cabbage | as desired | carrot juice | as desired | celery | as desired |
| chive | as desired | cucumber | as desired | garlic | as desired |
| kale | as desired | lettuce-romaine | as desired | onion | as desired |
| parsley | as desired | watercress | as desired | | |

- Note:**
1. Plan one juice day per week - Sunday or Day 1
 2. If you are reactive to any yeast, no fruit for first month.
 3. For menu ideas and recipes, please refer to the Joy of Food [Alkaline Way Handbook](#)

Monday**Crustaceans**

lobster 4-oz

Fish

| | | | | | |
|---------|------|----------|------|------------|------|
| anchovy | | flounder | 4-oz | salmon/lox | 4-oz |
| snapper | 4-oz | sole | 4-oz | swordfish | 4-oz |

Fowl

| | | | | | |
|-----------|------|-------------|---|----------|---|
| chicken | 4 oz | egg-chicken | 2 | egg-duck | 2 |
| game fowl | 4 oz | | | | |

Fruit

| | | | | | |
|-------------|------|------------|------|---------------|------|
| apple | 4 | blackberry | 8-oz | currant (dry) | 2-oz |
| lemon | 4 | lime | 4 | orange | 4 |
| pear | 4 | persimmon | 8-oz | pineapple | 8-oz |
| pomegranate | 6-oz | tangerine | 4 | watermelon | 8-oz |

Grains

| | | | | | |
|-------------|--|--------|--|------|--|
| amaranth | | barley | | corn | |
| rice(white) | | | | | |

Meat

beef 3-oz

Miscellaneous

| | | | | | |
|--------------|-----|----------|--|---------|------|
| miso(hatcho) | 1-T | sea salt | | tapioca | 6-oz |
|--------------|-----|----------|--|---------|------|

Mollusks

oyster 4-oz

Nuts and Seeds

| | | | | | |
|-----------|------|------------------|------|-------|------|
| flax | 2-oz | hazelnut/filbert | 2-oz | pecan | 2-oz |
| pistachio | 2-oz | sesame/tahini | 2-oz | | |

Oils

| | | | | | |
|------------|-----|---------------|-----|-----------|-----|
| corn oil | 1-T | flax seed oil | 1-T | olive oil | 1-T |
| sesame oil | 1-T | | | | |

Spices and Seasonings

| | | | | | |
|-------|--|-------------|--|---------|--|
| curry | | horseradish | | mustard | |
| thyme | | | | | |

Sugars

sucanat 1-T

Vegetables

| | | | | | |
|-----------------|-------|---------|------|------------|------|
| artichoke | 8-oz | cabbage | 8-oz | carrot | 8-oz |
| celery | 8-oz | corn | | green peas | 8-oz |
| lettuce-iceberg | 8-oz | olive | 2-oz | onion | 6-oz |
| sweet potato | 12-oz | | | | |

Tuesday**Crustaceans**

shrimp 4-oz

Dairy

ghee 2- T sheep cheese 2-oz

Fishbass 4-oz catfish 4 oz perch 4-oz
pike 4-oz trout 4-oz**Fowl**

duck 4-oz goose 4-oz

Fruitbanana 4 blueberry 8-oz cherry 8-oz
coconut 8-oz cranberry 4-oz figs (dry) 2-oz
grapes 8-oz nectarine 4 papaya 8-oz
peach 4 raisins 2-oz**Grains**millet quinoa tritcale
wheat**Meat**

pork 3-oz rabbit 3-oz

Miscellaneousherb tea 16-oz sea salt seaweed/kelp 1-oz
tofu 5-oz**Mollusks**

scallops 4-oz

Nuts and Seedsbrazil 2-oz cashew 2-oz peanut 2-oz
pine 2-oz sunflower 2-oz**Oils**peanut oil 1-T primrose oil 1-T safflower oil 1-T
sunflower oil 1-T**Spices and Seasonings**dill garlic ginger
mace peppermint rosemary**Sugars**

molasses 1-T

Vegetablesbrussel sprouts 8-oz cauliflower 6-oz chick peas 4-oz
cucumber 8-oz kale 8 oz kohlrabi 8-oz
lentils(dry) 2-oz lettuce-red leaf 8-oz mushroom 4-oz
parsley 4-oz string bean 8-oz sunflower sprouts 4-oz
turnip 8-oz wheat sprouts 6-oz

Wednesday**Crustaceans**

crab 4-oz

Dairy

goat cheese 2-oz goat milk 8-oz

Fishcod 4 oz haddock 4-oz halibut 4-oz
tuna 4-oz turbot/white 4-oz**Fowl**

turkey 4-oz

Fruitapricot 10 cantaloupe 1 cranberry 8-oz
date 15 grapefruit 2 guava 8 oz
honeydew 1 kiwi 4 mango 2
plum/prune 10 raspberry 8-oz strawberry 8-oz**Grains**buckwheat oats rye
teff**Meat**

lamb 3-oz venison/deer 3-oz

Miscellaneous

herb tea 16-oz sea salt spirulina 6

Mollusks

clam 4-oz

Nuts and Seedsalmond 2-oz chestnut 2-oz macademia 2-oz
pumpkin 2-oz walnut 2-oz**Oils**almond oil 1-T cod liver oil 1-T soybean oil 1-T
walnut oil 1-T**Spices and Seasonings**basil bay leaf oregano
sage**Sugars**

maple 1-T

Vegetablesalfalfa sprouts 8-oz asparagus 8-oz avocado 8-oz
beet 8 oz broccoli 8-oz kidney bean 8-oz
leek 4 oz mung sprouts 8-oz navy bean 8-oz
radish 3-oz soy(fermented) 6-oz squash 8 oz
watercress 4-oz

Thursday**Crustaceans**

lobster 4-oz

Fish

| | | | | | |
|---------|--|----------|------|------------|------|
| anchovy | | flounder | 4-oz | salmon/lox | 4-oz |
| snapper | | sole | 4-oz | swordfish | 4-oz |

Fowl

| | | | | | |
|-----------|------|-------------|---|----------|---|
| chicken | 4 oz | egg-chicken | 2 | egg-duck | 2 |
| game fowl | 4 oz | | | | |

Fruit

| | | | | | |
|-------------|------|------------|------|---------------|------|
| apple | 4 | blackberry | 8-oz | currant (dry) | 2-oz |
| lemon | 4 | lime | 4 | orange | 4 |
| pear | 4 | persimmon | 8-oz | pineapple | 8-oz |
| pomegranate | 6-oz | tangerine | 4 | watermelon | 8-oz |

Grains

| | | | | | |
|-------------|--|--------|--|------|--|
| amaranth | | barley | | corn | |
| rice(white) | | | | | |

Meat

beef 3-oz

Miscellaneous

| | | | | | |
|--------------|-----|----------|--|---------|------|
| miso(hatcho) | 1-T | sea salt | | tapioca | 6-oz |
|--------------|-----|----------|--|---------|------|

Mollusks

oyster 4-oz

Nuts and Seeds

| | | | | | |
|-----------|------|------------------|------|-------|------|
| flax | 2 oz | hazelnut/filbert | 2-oz | pecan | 2-oz |
| pistachio | 2-oz | sesame/tahini | 2-oz | | |

Oils

| | | | | | |
|------------|-----|---------------|-----|-----------|-----|
| corn oil | 1-T | flax seed oil | 1-T | olive oil | 1-T |
| sesame oil | 1-T | | | | |

Spices and Seasonings

| | | | | | |
|-------|--|-------------|--|---------|--|
| curry | | horseradish | | mustard | |
| thyme | | | | | |

Sugars

sucanat 1-T

Vegetables

| | | | | | |
|-----------|------|------------|------|-----------------|-------|
| artichoke | 8-oz | cabbage | 8-oz | carrot | 8-oz |
| celery | 8-oz | green peas | 8-oz | lettuce-iceberg | 8-oz |
| olive | 2-oz | onion | 6-oz | sweet potato | 12-oz |

Friday**Crustaceans**

shrimp 4-oz

Dairy

ghee 2-T sheep cheese 2-oz

Fishbass 4-oz catfish 4 oz perch 4-oz
pike trout 4-oz**Fowl**

duck 4-oz goose 4-oz

Fruitbanana 4 blueberry 8-oz cherry 8-oz
coconut 8-oz cranberry 4-oz figs(dry) 2-oz
grapes 8-oz nectarine 4 papaya 8-oz
peach 4 raisins 2-oz**Grains**millet quinoa triticale
wheat**Meat**

pork 3-oz rabbit 3-oz

Miscellaneousherb tea 16-oz sea salt seaweed/kelp 1-oz
tofu 5-oz**Mollusks**

scallops 4-oz

Nuts and Seedsbrazil 2-oz peanut 2-oz pine 2-oz
sunflower 2-oz**Oils**peanut oil 1-T primrose oil 1-T safflower oil 1-T
sunflower oil 1-T**Spices and Seasonings**dill garlic ginger
mace peppermint rosemary**Sugars**

molassas 1-T

Vegetablesbrussel sprouts 8-oz cauliflower 6-oz chick peas 4-oz
cucumber 8-oz kale 8 oz kohlrabi 8-oz
lentils(dry) 2-oz lettuce-red leaf 8-oz mushroom 4-oz
parsley 4-oz string bean 8-oz sunflower sprouts 4-oz
turnip 8-oz wheat sprout 6-oz

Saturday**Crustaceans**

crab 4-oz

Dairy

goat cheese 2-oz goat milk 8-oz

Fishcod 4-oz haddock 4-oz halibut 4-oz
tuna 4-oz turbot/white 4-oz**Fowl**

turkey 4-oz

Fruitapricot 10 cantaloupe 1 cranberry 8-oz
date 15 grapefruit 2 guava 8-oz
honeydew 1 kiwi 4 mango 2
plum/prune 10 raspberry 8-oz strawberry 8-oz**Grains**buckwheat oats rye
teff**Meat**

lamb 3-oz venison/deer 3-oz

Miscellaneous

herb tea 16oz sea salt spirulina 6

Mollusks

clam 4-oz

Nuts and Seedsalmond 2-oz chestnut 2-oz macademia 2-oz
pumpkin 2-oz**Oils**almond oil 1-T cod liver oil 1-T soybean oil 1-T
walnut oil 1-T**Spices and Seasonings**

bay leaf oregano

Sugars

maple 1-T

Vegetablesalfalfa sprouts 8-oz asparagus 8-oz avocado 8-oz
beet 8-oz broccoli 8-oz kidney bean 8-oz
mung sprouts 8-oz radish 3-oz soy(fermented) 6-oz
squash 8-oz watercress 4-oz

