

Severe Intolerance

BASS
CAULIFLOWER
CORN
NUTMEG
ORANGE
PLUM

Moderate Intolerance

BUCKWHEAT
CHERRY
CHICK PEA
CHICKEN
FLAXSEED
GINGER
MUSHROOM

Mild Intolerance

ANCHOVY*
AVOCADO*
BEET*
CASHEW*
CAYENNE PEPPER
COCOA*
CRAB*
CRANBERRY*
DUCK*
EGG YOLK*
GOAT'S MILK*
LAMB*
LEEK*
LIME*
SESAME*
WALNUT*

**Acceptable Foods
VEGETABLES**

ACORN SQUASH	ARTICHOKE	ASPARAGUS	BLACK-EYED PEA
BOK CHOY	BROCCOLI	BRUSSEL SPROUTS	CABBAGE
CARROT	CELERY	CHICORY	CUCUMBER
EGGPLANT	ENDIVE	FAVA BEAN	FENNEL
GREEN PEA	GREEN PEPPER	ICEBURG LETTUCE	JALAPENO PEPPE
KALE	KELP	KIDNEY BEAN	LENTIL BEAN
LIMA BEAN	MUNG BEAN	MUSTARD	NAVY BEAN
OKRA	ONION	PARSNIP	PINTO BEAN
RADISH	RHUBARB	ROMAINE LETTUCE	SOYBEAN
SPINACH	SQUASH (Yellow)	STRING BEAN	SWEET POTATO
SWISS CHARD	TOMATO	TURNIP	WATERCRESS
WHITE POTATO	ZUCCHINI		

FRUITS

APPLE	APRICOT	BANANA	BLACK CURRANT
BLACKBERRY	BLUEBERRY	CANTALOUPE	DATE
FIG	GRAPE	GRAPEFRUIT	HONEYDEW (MEL)
KIWI	LEMON	MANGO	NECTARINE
OLIVE	PAPAYA	PEACH	PEAR
PINEAPPLE	POMEGRANATE	PUMPKIN	RASPBERRY
STRAWBERRY	WATERMELON		

MEAT

BEEF	LIVER (BEEF)	PHEASANT	PORK
QUAIL	RABBIT	TURKEY	VEAL
VENSON			

DAIRY

COW'S MILK	EGG WHITE	SHEEP'S MILK
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SEAFOOD

CATFISH	CLAM	CODFISH	CRAYFISH
FLOUNDER	HADDOCK	HALIBUT	HERRING
LOBSTER	MACKEREL	MUSSEL	OYSTER
SALMON	SARDINE	SCALLOP	SHRIMP
SNAPPER	SOLE	SQUID	SWORDFISH
TROUT	TUNA	WHITEFISH	

GRAINS

MILLET	QUINOA	RICE	SPELT
TAPIOCA			

HERBS / SPICES

ANISE SEED	BASIL	BAY LEAF	BLACK PEPPER
CARDAMOM	CHILI PEPPER	CINNAMON	CLOVE
CORIANDER	CUMIN	CURRY POWDER	DILL
LIQUORICE	MINT	OREGANO	PAPRIKA
PARSLEY	ROSEMARY	SAFFRON	SAGE
TARRAGON	THYME	TURMERIC	

NUTS/ OILS AND MISC. FOODS

ALMOND	BAKER'S YEAST	BEET SUGAR	BLU/GREEN TEA
BRAZIL NUT	BREWER'S YEAST	CANE SUGAR	CARAWAY
CAROB	CHAMOMILE	COCONUT	COFFEE
COTTONSEED	FRUCTOSE	GARLIC	HAZELNUT
HONEY	HOPS	MACADAMIA	MAPLE SUGAR
PEANUT	PECAN	PINE NUT	PISTACHIO
PSYLLIUM	SAFFLOWER	SUNFLOWER	VANILLA

Candida
You have no reaction to Candida Albicans.

Gluten / Gliadin
You have no reaction to Gliadin and moderate reaction to Gluten, avoid these foods:

BARLEY MALT OAT
RYE WHEAT

Casein / Whey
You have no reaction to Casein or Whey.

Red indicates a severe intolerance and these items should be avoided for a minimum of 6 months
Orange indicates a moderate intolerance and these items should be avoided for a minimum of 3-6 months
Yellow indicates a mild intolerance and these foods should be avoided if possible
Green indicates acceptable foods / no reaction

Your test results explained.

ALCAT TEST RESULTS ALCAT TEST RESULTS ALCAT TEST RESULTS

Food intolerance is not always a straight forward yes or no. There can be different degrees of intolerance, which can be altered through change of eating habits, stress levels, medical conditions, nutritional status and other factors that affect the body's immune system.

Your test results are divided into four distinct colored areas.

RED

These foods indicate a severe intolerance and should be avoided at all costs for a minimum of 6 months.

ORANGE

These foods indicate a strong intolerance and should be strictly avoided for a minimum of 3 to 6 months.

YELLOW

These foods indicate a mild intolerance and are indicated by an asterisk on the rotation diet to aid the nutritional balance of your eating program, and should be eaten on a rotation basis. If foods listed in the yellow section appear on the rotation plan and were eaten often, they should be avoided for 3 months especially if there are few red and orange reactive foods.

GREEN

These foods are recorded acceptable and can be eaten freely. We recommend that they be eaten on a rotational basis.

*If tested for 50 foods or less no rotation plan is provided

BLUE

This section has been divided into 3 distinct boxes.

BOX 1

This is to signify what reaction there was (if any) to candida albicans. The report will automatically remove other foods from the diet and place them in this box, as they are known to exacerbate the candida condition. Although you may not be intolerant to these foods it is recommended to avoid them due to their association with candidiasis, suggested by the candida sensitivity. Please see additional notes on candida albicans.

BOX 2

This box is to signify what reaction there was (if any) to gluten or gliadin. The report will automatically remove other grain products that contain the protein gluten or gliadin, such as wheat, oats, barley, rye and malt. Although you may not be intolerant to these other grains it is advisable to avoid them due to the close association with gluten or gliadin. A positive gluten or gliadin reaction result with negative wheat, rye, oat etc. responses can occur when the isolated protein is tested in its more concentrated form.

BOX 3

This box is to signify what reaction there was (if any) to casein or whey. The report will automatically remove other dairy products containing casein or whey from the green list. Although technically you may not be intolerant to these other products listed it is advisable to avoid them because they contain the protein casein or whey.

POSSIBLE SIDE EFFECTS

Possible side effects of the detoxification program.

Each person will react differently to the new eating regimen. The main purpose for the first eight weeks of this program is to achieve detoxification and healing of the body. It is possible that for the first few days you may feel ill as you are going through the withdrawal process. The symptoms may include a dull headache, joint pain, sinus discomfort, back pain, fatigue, etc. Some doctors speculate that this is due to the temporary excess of toxins while antigens are being withdrawn. Don't worry, it is temporary and you will feel much better soon. These withdrawal symptoms may start quickly after ceasing foods particularly coffee / tea but will rarely last longer than 4 to 5 days. In extreme cases they can last up to 7 to 10 days. If any (or all) of these symptoms affect you, we recommend that you increase your fluid intake: in severe cases an anti-inflammatory should alleviate those flu like symptoms. Not everyone will be affected by withdrawal symptoms.

The ALCAT Test will not identify **acute immediate** food allergies. Therefore, if you have immediate food allergies please continue to **AVOID** that food even though it may appear on the green list.

Day 1
STARCH

SPELT
TAPIOCA
WHITE POTATO

VEGETABLES

ARTICHOKE
BLACK-EYED PEAS
CARROT
CELERY
CHICORY
EGGPLANT
GREEN PEPPER
ICEBURG LETTUCE
KALE
PARSLEY
ROMAINE LETTUCE
TOMATO

FRUIT

BANANA
BLACK CURRANT
DATE
FIG
GRAPE
KIWI
MANGO
PAPAYA
STRAWBERRY

PROTEIN

BEEF
CODFISH
CRAB*
FAVA BEAN
FLOUNDER
HERRING
LAMB*
OYSTER
SARDINE
SNAPPER
SWORDFISH
VEAL

MISCELLANEOUS

BAY LEAF
CARAWAY
CASHEW*
CHAMOMILE
CHILI PEPPER
COCONUT
CORIANDER
COW'S MILK
CUMIN
HONEY
LIQUORICE
PISTACHIO
ROSEMARY
SAFFLOWER
TURMERIC

Day 2
STARCH

MILLET

VEGETABLES

BOK CHOY
BROCCOLI
BRUSSEL SPROUTS
CABBAGE
ENDIVE
KELP
MUSTARD
ZUCCHINI

FRUIT

APPLE
AVOCADO*
BLUEBERRY
CRANBERRY*
PEAR
PINEAPPLE
POMEGRANATE

PROTEIN

CATFISH
EGG WHITE
EGG YOLK*
LENTIL BEAN
MACKEREL
PHEASANT
QUAIL
SQUID
TUNA
WHITEFISH

MISCELLANEOUS

BAKER'S YEAST
BASIL
BREWER'S YEAST
CANE SUGAR
CAYENNE PEPPER*
CINNAMON
CLOVE
GARLIC
GOAT'S MILK*
HAZELNUT
HOPS
MAPLE SUGAR
MINT
PAPRIKA
SAFFRON

Day 3

STARCH

QUINOA
SWEET POTATO

VEGETABLES

ACORN SQUASH
ASPARAGUS
FENNEL
GREEN PEA
LEEK*
LIMA BEAN
ONION
PINTO BEAN
RADISH
STRING BEAN
SWEET POTATO

FRUIT

APRICOT
BLACKBERRY
LIME*
NECTARINE
PEACH
RASPBERRY

PROTEIN

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

MISCELLANEOUS

ALMOND
BRAZIL NUT
CARDAMOM
COCOA*
COFFEE
COTTONSEED
DILL
MACADAMIA
OREGANO
PEANUT
PSYLLIUM
SHEEP'S MILK
TARRAGON
THYME

Day 4

STARCH

RICE

VEGETABLES

BEEF*
CUCUMBER
JALAPENO PEPPER
OKRA
PARSNIP
RHUBARB
SPINACH
SQUASH (Yellow)
SWISS CHARD
TURNIP

FRUIT

CANTALOUPE
GRAPEFRUIT
HONEYDEW (MELON)
LEMON
OLIVE
PUMPKIN
WATERMELON

PROTEIN

CLAM
HADDOCK
LIVER (BEEF)
LOBSTER
MUSSEL
SALMON
SCALLOP
SHRIMP
TROUT
TURKEY
VENISON

MISCELLANEOUS

ANISE SEED
BEET SUGAR
BLACK PEPPER
BLK/GREEN TEA
CAROB
CURRY POWDER
FRUCTOSE
PECAN
PINE NUT
SAGE
SESAME*
SUNFLOWER
VANILLA
WALNUT*

Your rotation diet explained.

ROTATION DIET GUIDE ROTATION DIET GUIDE ROTATION DIET GUIDE

INTRODUCTION

Now that the ALCAT test has identified the foods to which you appear to be sensitive, you can begin the process of improving your health. In order to achieve this it is important to eliminate any foods and ingredients identified as sensitive. The idea of the rotation diet is to help you cope successfully and pleasantly with a restricted eating plan, so that you are well nourished and satisfied and that new sensitivities may not occur.

Avoid as much processed food, additives and preservatives as possible. Even prepared foods like casseroles, spreads, loaves and soups may contain ingredients you should avoid. Eat simple, whole, identifiable foods, organic wherever available. Thoroughly wash all fruits and vegetables. Check food labels often, especially if the package or price changes, because formulations can sometimes change without warning.

THE ROTATION DIET

By eating foods in a particular family one day and then omitting them for at least three days, you avoid a cumulative sensitizing effect. This is the basic principle of the Rotation plan in that it provides a healthy dietary option. You need to avoid all foods you are sensitive to for at least twelve to twenty four weeks, after which you may be able to reintroduce them successfully into your rotation diet, one by one.

REINTRODUCING FOODS

If you decide to reintroduce intolerant foods after the 12 to 24 week elimination period you should start with the least reactive foods, i.e. the yellow, then orange, then red. Add one food at a time to your rotation diet starting at day one and then monitor for 4 to 5 days. If any symptoms resurface then immediately remove this food from your rotation plan and carry on to the next food.

LAST WORD OF CAUTION

Do not use the Rotation Diet in place of a medical check up. Do not assume all symptoms are food sensitivity related. If you have symptoms be sure to consult your doctor to rule out serious disease. If you decide to eat an intolerant food during the 12 to 24 week elimination period keep in mind your total allergy load. For example, if it is a hot, humid day and mold and fungus levels are obviously high and you know you are allergic to mold, perhaps you will not want to eat any of the offending foods that day. Also keep in mind that some foods cross-react with some inhalant allergens. For example apple cross-reacts with birch pollen. If you are aware of sensitivity to latex you should be wary of kiwi and/or bananas because they cross react too.

It is important to maintain a good nutritional balance during the elimination phase. Nutritional consultation as well as quality supplements can be very helpful in this regard.

Food Additives Food Colorings	Molds	Environmental Chemicals	Pharmacoactive Agents	Other Items
Severe Reaction GREEN#3 FAST GREEN MSG SACCHARINE SODIUM SULFITE	Severe Reaction	Severe Reaction FLUORIDE ORRIS ROOT	Severe Reaction RUTIN	Severe Reaction VOLTAREN
Moderate Reaction BLUE#1 BRILLIANT BLUE BRILLIANT BLACK YELLOW#5 TARTRAZINE	Moderate Reaction	Moderate Reaction	Moderate Reaction CAFFEIC ACID OCTOPAMINE PHENYLETHYLAMINE PYRIDINE SOLANINE TRYPTOPHAN	Moderate Reaction PENICILLIN STREPTOMYCIN
Mild Reaction BLUE#2 INDIGO CARMINE POLYSORBATE 80 SODIUM METABISULFITE	Mild Reaction PULLULARIA	Mild Reaction NICKEL SULFATE PHENOL	Mild Reaction AFLATOXIN NICOTINE PIPERONAL TYRAMINE	Mild Reaction DIFLUNISAL (DOLOBID) GENTAMICIN PIROXICAM (FELDENE) SULFAMETHOXAZOLE TETRACYCLINE
No Reaction ACID ORANGE #8 ASPARTAME BENZOIC ACID POTASSIUM NITRATE POTASSIUM NITRITE RED#1 CRYSTAL PONCEAU RED#3 ERYTHROSINE B RED#40 ALLURA RED SORBIC ACID YELLOW#6 SUNSET YELLOW	No Reaction ALTERNARIA ASPERGILLUS BOTRYTIS CEPHALOSPORIUM CLADO HERBARUM CURVULARIA EPICOCOCCUM NIGRUM FUSARIUM OXYSPORIUM HELMINTHOSPORIUM HORMODENDRUM MUCOR RACEMOSUS PENICILLIUM PHOMA HERBARUM RHIZOPUS NIGRICANS RHODOTORULA RUBRA SPONDYLOCLADIUM SPOROBOLOMYCES TRICHODERMA	No Reaction AMMONIUM CHLORIDE BENZENE CHLORINE ETHYLENE GLYCOL FORMALDEHYDE TOLUENE	No Reaction ACETALDEHYDE CHLOROGENIC ACID COUMARIN DOPAMINE GALLIC ACID HISTAMINE MALVIN PHENYLALANINE SEROTONIN	No Reaction ACETAMINOPHEN AMOXICILLIN AMPICILLIN ASPIRIN CEPHALOSPORIN C CLINORIL IBUPROFEN INDOCIN NAPROXEN (ALEVE) NEOMYCIN NYSTATIN PENICILLAMINE

Your test results explained.

ALCAT TEST RESULTS ALCAT TEST RESULTS ALCAT TEST RESULTS

CHEMICALS & MOLDS

- The items in *red* and *orange* should be strictly avoided for three to six months
- The *yellow* items should be avoided if possible
- *Green* indicates items to which there was NO reaction

Cautions & Notes:

Any Item known to trigger an immediate reaction (Type 1, IgE mediated) should be avoided. Positive results to molds and candida should be analyzed in conjunction with other results (IgE, skin tests and IgG levels) and not applied in isolation. Positive molds could be considered for desensitization.

Healthcare Provider should be alerted to the possibility that any non-reactive (green) item, to which there has been no consumption or exposure for six months, should be introduced with caution.

*Alcat Test results are not designed to replace a consultation with a Healthcare Provider.

Note:

Insufficient data exists to determine that non-reactive molds, pharmacoactive agents and environmental chemicals are in fact "safe". If such an item is suspected of causing a pathology, it should be further tested or administered cautiously knowing that a reaction may occur. Confirmatory testing of chemical hyper-susceptibility or sensitivity should involve in vivo challenge in a controlled environment (ECU). This should take place after a period of de-adaptation (usually 4-6 days) using careful clinical evaluation, and where possible, objective physiological parameters.

Foods To Avoid

File: 40718

Date: 3/12/2008

Patient: SAMPLE RESULT

Clinic/Doctor: JOHN SALERNO, DO

BASS



Many different fish, not all related, are sold under the name of bass. Black sea bass, with its lean, firm flesh, is popular in Chinese cooking, steamed or deep-fried. Red and black groupers, the two most common kinds, are caught in temperate waters and appear in the cuisine of many Spanish-speaking countries. Most white sea bass on the market comes from Mexico. Although it is classified as in the drum family, White Sea bass has firm white flesh like most members of the sea bass family. For reintroduction into diet, place into day:2

BUCKWHEAT



Buckwheat enjoyed a resurgence of popularity in the mid 1970's that was brought on by the demand for commercially prepared breakfast cereal and by exports to Japan for making buckwheat noodles. Most of the buckwheat grain utilized as food is marketed in the form of flour. Buckwheat flour is used primarily for making buckwheat griddle cakes, and is more commonly marketed in the form of pancake mixes than as pure buckwheat flour. Also avoid buckwheat noodles, kasha. For reintroduction into diet, place into day: 4

CAULIFLOWER



Cauliflower can be roasted, boiled, fried, steamed or eaten raw. Cauliflower is often served with a cheese sauce or with a meat gravy. Low carb dieters can use cauliflower as a reasonable substitute for potatoes for while they can produce a similar texture, or mouth feel, they lack the starch of potatoes; cauliflower is actually used to produce a potato substitute known as fauxtato. For reintroduction into diet, place into day: 2

CHERRY



Avoid also cherry juice. May be used in pies, jams, liqueurs and brandies. For reintroduction into diet, place into Day 3.

CHICK PEA



Chickpeas are grown in the Mediterranean, western Asia and the Indian subcontinent. Mature chickpeas can be cooked and eaten cold in salads, cooked in stews, ground into a flour called gram flour (also known as besan and used in primarily in Indian cuisine), ground and shaped in balls and fried as falafel, fermented to make an alcoholic drink similar to sake, stirred into a batter and baked to make farinata, cooked and ground into a paste called hummus or roasted, spiced and eaten as a snack. For reintroduction into diet, place into day: 1

CHICKEN



Because of its relatively low cost, chicken is one of the most used meats in the world. Nearly all parts of the bird can be used for food, and the meat is cooked in many different ways around the world. Popular chicken dishes include fried chicken, chicken soup, Buffalo wings, tandoori chicken, butter chicken, and chicken rice. Chicken is also a staple of fast food restaurants such as KFC, McDonald's, and Burger King. Also avoid chicken livers. For reintroduction into diet, place into day: 2

CORN



Human consumption of corn and cornmeal constitutes a staple food in many regions of the world. Corn meal is made into a thick porridge in many cultures. It is the main ingredient for tortillas and many other dishes of Mexican food. The eating of corn on the cob varies culturally. Sweetcorn is a genetic variation that is high in sugars and low in starch that is served like a vegetable. Also avoid corn flour, corn grits, corn oil, corn starch, corn sugar, corn flakes, blue corn chips, processed meats, soft drinks, margarine, popcorn, aspirin, dextrose, hominy, beer and other alcoholic beverages containing corn. Due to the presence of corn syrup also avoid, cranberry and other fruit juices as well as ketchup. For reintroduction into diet, place into day: 3

FLAXSEED



Flax seeds come in two basic varieties, brown and yellow or golden, with most types having similar nutritional values and equal amounts of short-chain omega-3 fatty acids. Flax seeds produce a vegetable oil known as flaxseed or linseed oil; it is one of the oldest commercial oils and solvent-processed flax seed oil has been used for centuries as a drying oil in painting and varnishing. Ground flax seeds can also be mixed in with oatmeal, yogurt, wafer (similar to Metamucil), or any other food item where a nutty flavor is appropriate. For reintroduction into diet, place into day: 1

GINGER



The juice from old ginger roots is extremely potent and is often used as a spice in Chinese cuisine to flavor dishes. Powdered dry ginger root (ginger powder) is typically used to add spiciness to gingerbread and other recipes. Ginger is also made into candy and used as a flavoring for cookies, crackers and cake, and is the main flavor in ginger ale, as well as the similar, but somewhat spicier beverage ginger beer. For reintroduction into diet, place into day: 2

MUSHROOM



Edible mushrooms are used extensively in cooking, in many cuisines. Avoid mushroom salad, pate, truffles and pickled mushrooms. Also avoid mushroom soups and sauces. For reintroduction into diet, place into day: 2

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.

Foods To Avoid

File: 40718

Date: 3/12/2008

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NUTMEG



Nutmeg is a flavorful addition to cheese sauces. In Indian cuisine, nutmeg powder is used almost exclusively in sweet dishes. In Middle Eastern cuisine, nutmeg powder is often used as a spice for savory dishes. In European cuisine, nutmeg and mace are used especially in potato dishes and in processed meat products; they are also used in soups, sauces and baked goods. Japanese varieties of curry powder include nutmeg as an ingredient. Nutmeg is a traditional ingredient in mulled cider, mulled wine, and eggnog. For reintroduction into diet, place into day: 4

ORANGE



Avoid also orange juice, marmalade, satsumas & tangerines. Used in orangeade, orange oil (used to flavour beverages, liquors, sweets, gelatins, puddings, gum and condiments) and orange zest. Also used in perfumery and essential oils. Used in salads as a garnish and can be added to meat and fish dishes. For reintroduction into diet, place into Day 4.

PLUM



Avoid also prune & prune juice. Plums are used in jams, jellies, preserves, liqueurs and compotes. Sloe gin is made from plum. For reintroduction into diet, place into Day 3.
