



**Nutritional Laboratory Services**

P.O. BOX 4233 East Burwood Victoria 3151  
Australia Tel: +613 9803 5335 [www.nlabs.com.au](http://www.nlabs.com.au)

# Food-Specific IgG Antibody Assessment

Your Test Results &  
Personalized Elimination/Rotation Diet Guideline

Prepared for:

**Tim**

Practitioner: **Nutritional Laboratory Services**

Test Date: **September 25th, 2008**

Suggested Retest: **March, 2009**

Guideline Prepared: **September 29th, 2008**





Congratulations Tim

We are excited that you have taken this positive step towards a healthier life.

Enclosed you will find your FOODStats ELISA report and a suggested Diet Guideline. These are suggestions only, based on your food antibody test results, and do not constitute or replace professional medical advice. You should discuss any dietary changes with your healthcare practitioner before undertaking them, and immediately consult your practitioner if you experience weight loss or other health-related concerns.

The FOODStats report enclosed consists of information regarding your immune system's response to certain foods, spices, herbs and/or inhalants.

The effects of an IgG mediated response are usually delayed, sometimes hours or even days after exposure. Symptoms produced as a result of specific antibody production vary from person to person and may affect how we function and feel. Even though you may have the same food sensitivities as another person, your symptoms may be entirely different.

The enclosed Diet Guideline is designed to eliminate all foods from your diet to which you have demonstrated a **High Reaction** to as depicted on your test results. All other foods are rotated based on a 4-day menu. Please note that each person reacts differently to the levels of antibodies he/she produces towards food antigens. Hence, your practitioner may want you to follow a different, but similar diet guideline. **Please speak with your practitioner about the specific foods he/she would like for you to avoid and/or rotate.** You can alter your personalized diet accordingly.

In the FOODStats Diet Guideline, 'Your Highly Reactive Foods' are those foods that we suggest be avoided. If you happen to show reactivity to multiple foods from a single family, your practitioner may suggest you eliminate additional members of that family.

The first few days of your new diet may be challenging, and a portion of people eliminating their reactive foods may experience symptoms similar to withdrawal, such as headaches and food cravings. If this occurs, contact your practitioner; the symptoms may be due to food elimination or may be due to something else.

You have already achieved your first step towards a larger goal in health by pursuing food sensitivity testing. Be kind to yourself and take this path in health one rotation day at a time.

Sincerely yours in good health!

**FOODStats does not assess for anaphylaxis. Avoid all foods to which you have had an anaphylactic reaction (consult with your practitioner).**

Physician: Nutritional Laboratory Services  
 Patient: Tim  
 Accession #: 20084  
 Age: 27  
 Sex: M  
 Collected: 2008-09-10 Received: 2008-09-23 Completed: 2008-09-29

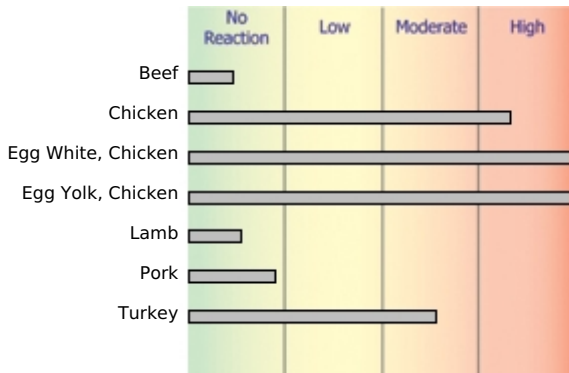
IgG 

## Dairy

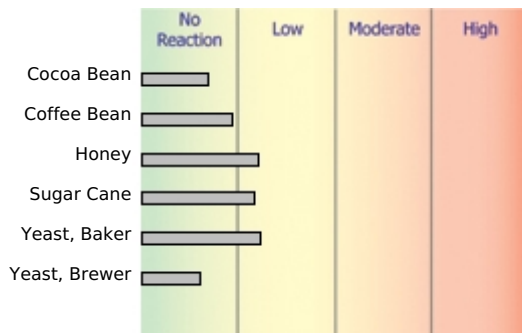
*Bovine-derived unless specified*



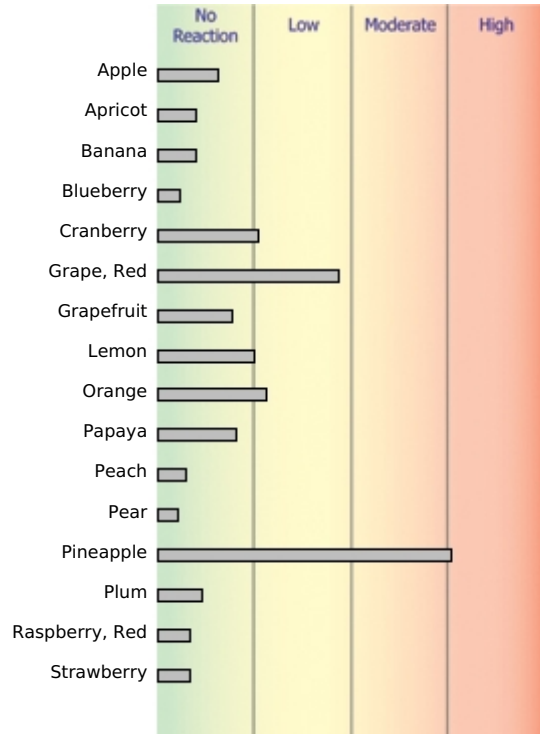
## Meat/Fowl



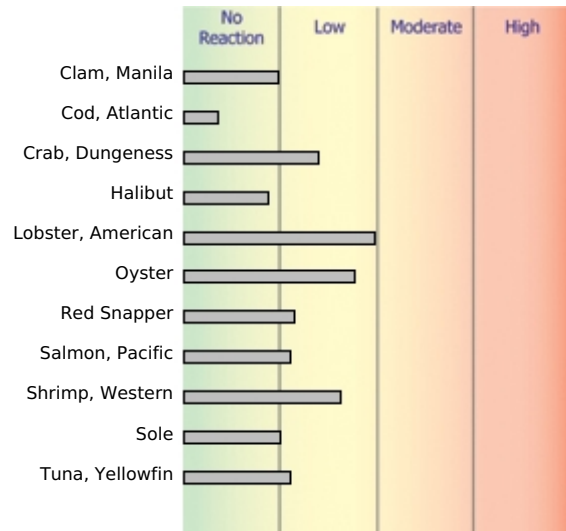
## Misc



## Fruits



## Fish/Crustacea/Mollusk



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**Physician:** Nutritional Laboratory Services

**Patient:** Tim

**Accession #:** 20084

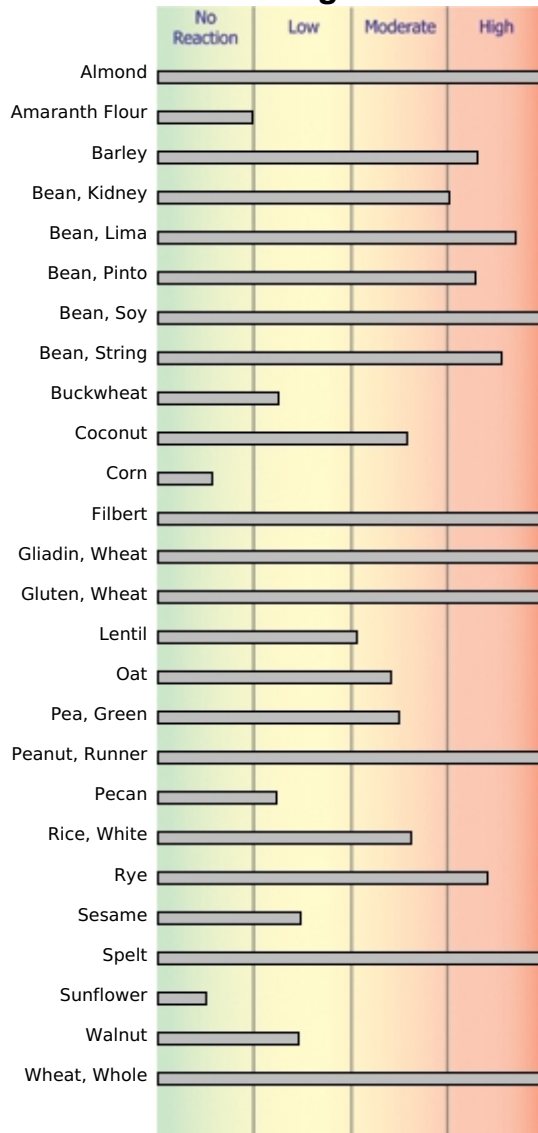
**Age:** 27

**Sex:** M

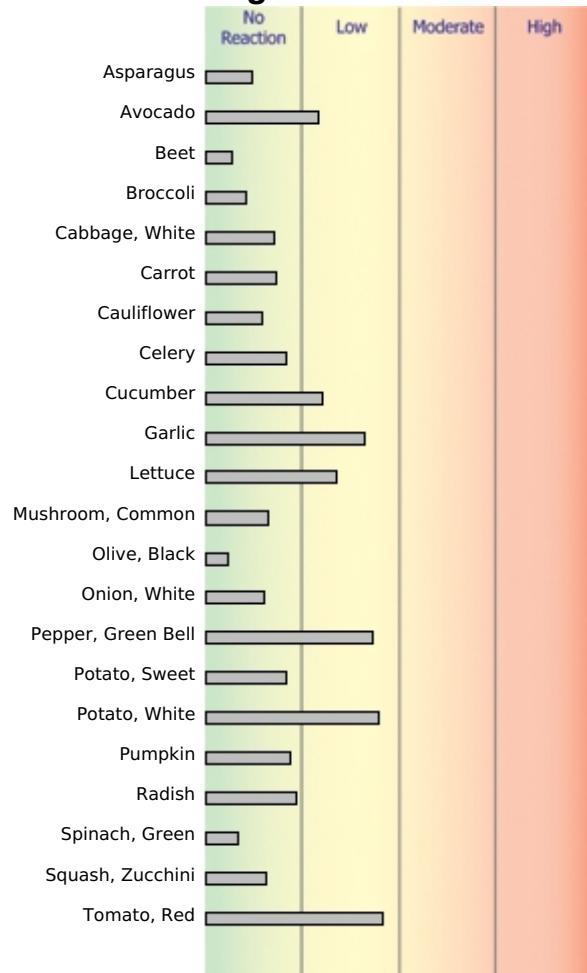
**Collected:** 2008-09-10 **Received:** 2008-09-23 **Completed:** 2008-09-29

IgG 

**Grains/Legumes/Nuts**



**Vegetables**



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## Report Summary

These foods are omitted from the 4-day rotation plan:

<b>Highly Reactive Foods</b>	Almond, Barley, Casein, Cheddar Cheese, Chicken, Cottage Cheese, Cow's Milk, Egg White (Chicken), Egg Yolk (Chicken), Filbert, Goat's Milk, Kidney Bean, Lima Bean, Mozzarella Cheese, Pineapple, Pinto Bean, Runner Peanut, Rye, Soy Bean, Spelt, String Bean, Wheat Gliadin, Wheat Gluten, Whey, Whole Wheat, Yogurt
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These foods are included in the 4-day rotation plan. Consult with your practitioner on the exclusion of these foods from your diet:

<b>Moderately Reactive Foods</b>	Coconut, Green Pea, Lentil, Oat, Turkey, White Rice
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This report does not assess for anaphylaxis. Avoid all foods to which you have had an anaphylactic reaction (consult your practitioner).

The enclosed suggested 4-day rotation plan refers to your food-specific IgG antibody results only.



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## Your Personal Rotation Diet Guideline

All of the tested foods are listed excluding those that show a *High* reaction as depicted on the Food-Specific IgG Antibody Assessment graph.

The foods listed are allocated into 4 separate days based on food groups, where no particular food item is eaten more than once every 4 days. This is not a mandatory food menu. Pick, choose and improvise as you like for a nutritionally balanced and varied diet.

Food Group	Day 1	Day 2	Day 3	Day 4
<b>Fish, Crustacea, Mollusk</b>	American Lobster, Western Shrimp	Atlantic Cod, Oyster, Red Snapper, Sole, Yellowfin Tuna	Dungeness Crab	Halibut, Manila Clam, Pacific Salmon
<b>Fruits</b>	Apple, Apricot, Papaya, Plum, Strawberry	Coconut, Cranberry, Orange, Red Grape	Banana, Peach, Pear, Red Raspberry	Blueberry, Grapefruit, Lemon
<b>Grains, Legumes, Nuts</b>	Sesame, Walnut	Amaranth Flour, Green Pea, Lentil, Sunflower	Buckwheat, Corn, Oat, Pecan, White Rice	
<b>Meat, Fowl</b>	Lamb	Pork	Beef, Turkey	
<b>Miscellaneous</b>	Baker's Yeast, Cocoa Bean		Brewer's Yeast, Coffee Bean, Honey, Sugar Cane	
<b>Vegetables</b>	Asparagus, Avocado, Black Olive, Cucumber, Green Bell Pepper, Sweet Potato, White Potato	Cauliflower, Celery, Green Spinach, Radish	Common Mushroom, Garlic, Pumpkin, Red Tomato, White Onion, Zucchini Squash	Beet, Broccoli, Carrot, Lettuce, White Cabbage



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## For Your Wallet...

Patient: **Tim**

Practitioner: **Nutritional Laboratory Services**

### Your Reactive Foods

**Highly Reactive** – Almond, Barley, Casein, Cheddar Cheese, Chicken, Cottage Cheese, Cow's Milk, Egg White (Chicken), Egg Yolk (Chicken), Filbert, Goat's Milk, Kidney Bean, Lima Bean, Mozzarella Cheese, Pineapple, Pinto Bean, Runner Peanut, Rye, Soy Bean, Spelt, String Bean, Wheat Gliadin, Wheat Gluten, Whey, Whole Wheat, Yogurt

**Moderately Reactive** – Coconut, Green Pea, Lentil, Oat, Turkey, White Rice

Suggested Retest:  
**March, 2009**