



Nutritional Laboratory Services

P.O. BOX 4233 East Burwood Victoria 3151
Australia Tel: +613 9803 5335 www.nlabs.com.au

Food-Specific IgG Antibody Assessment

Your Test Results &
Personalized Elimination/Rotation Diet Guideline

Prepared for:

Elizabeth

Practitioner: **Nutritional Laboratory Services**

Test Date: **October 16th, 2008**

Suggested Retest: **April, 2009**

Guideline Prepared: **October 28th, 2008**

The information in the Elimination and Rotation Diet Guideline is intended for educational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease. This information is not intended to replace the services of a trained health professional or to be a substitute for medical advice of physicians or other healthcare professionals.





Congratulations Elizabeth

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.

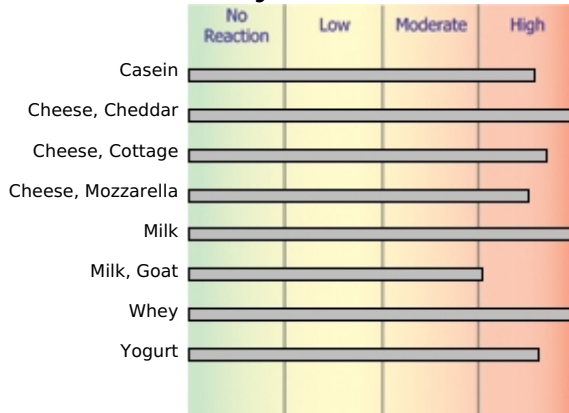
Sincerely yours in good health!

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

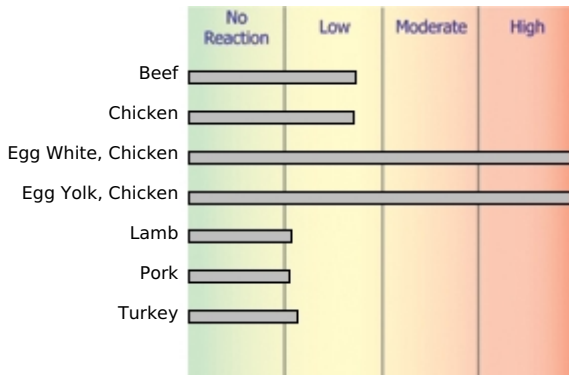
Physician: Nutritional Laboratory Services
 Patient: Elizabeth
 Accession #: 20084
 Age: 40
 Sex: F
 Collected: 2008-09-22 Received: 2008-10-14 Completed: 2008-10-28

IgG 

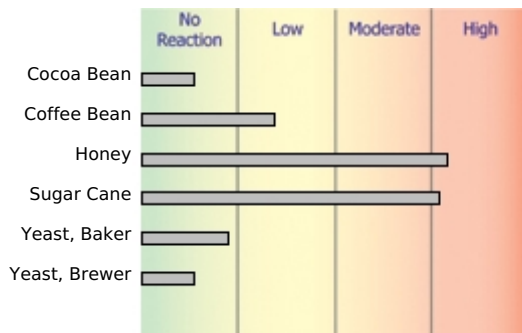
Dairy Bovine-derived unless specified



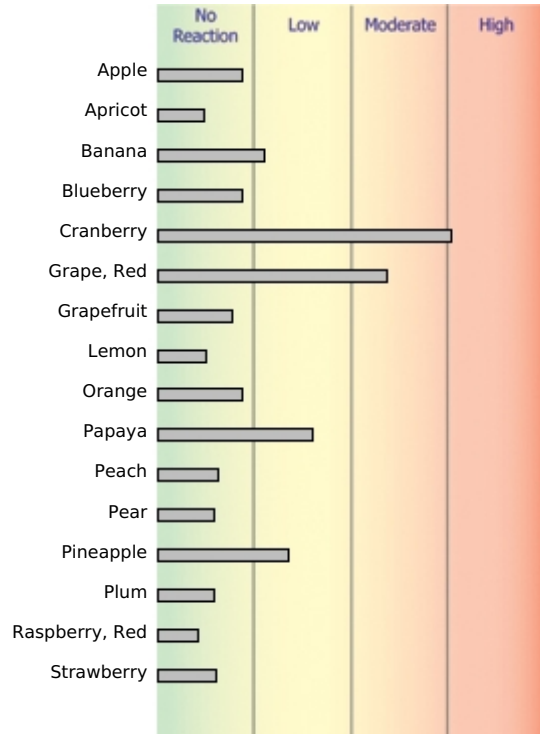
Meat/Fowl



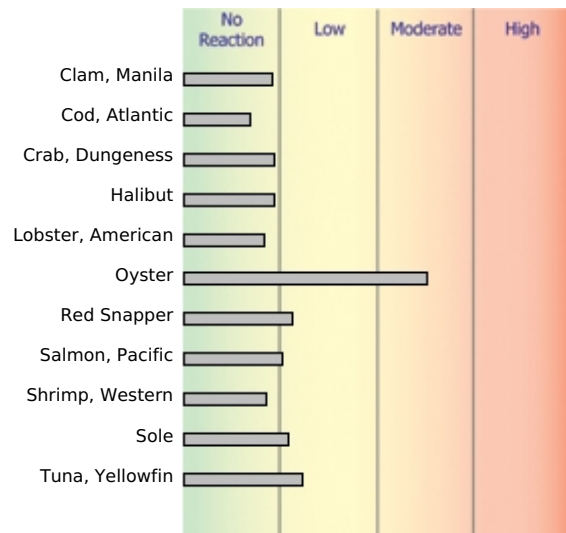
Misc



Fruits



Fish/Crustacea/Mollusk



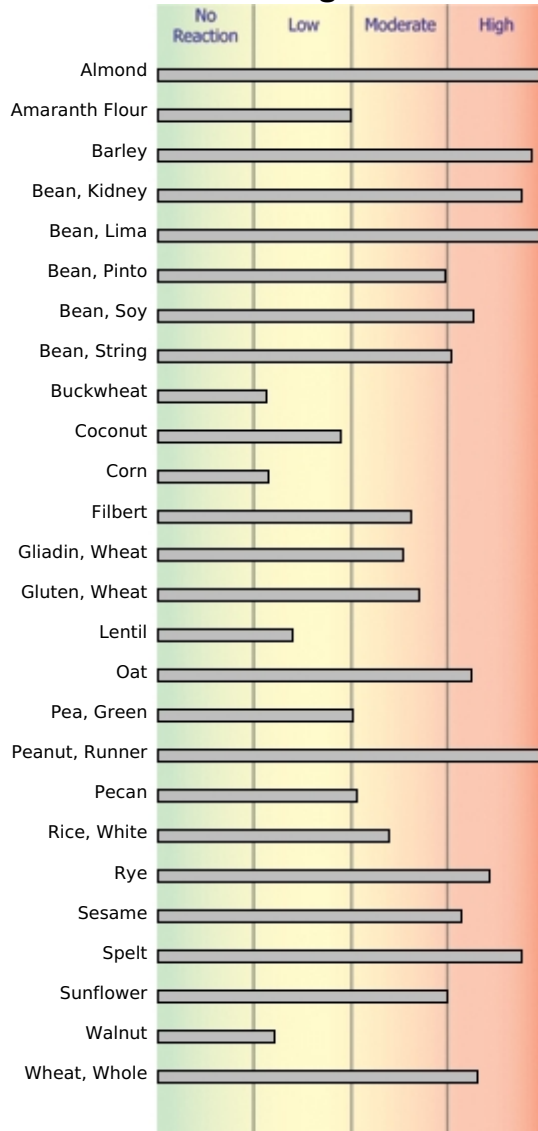
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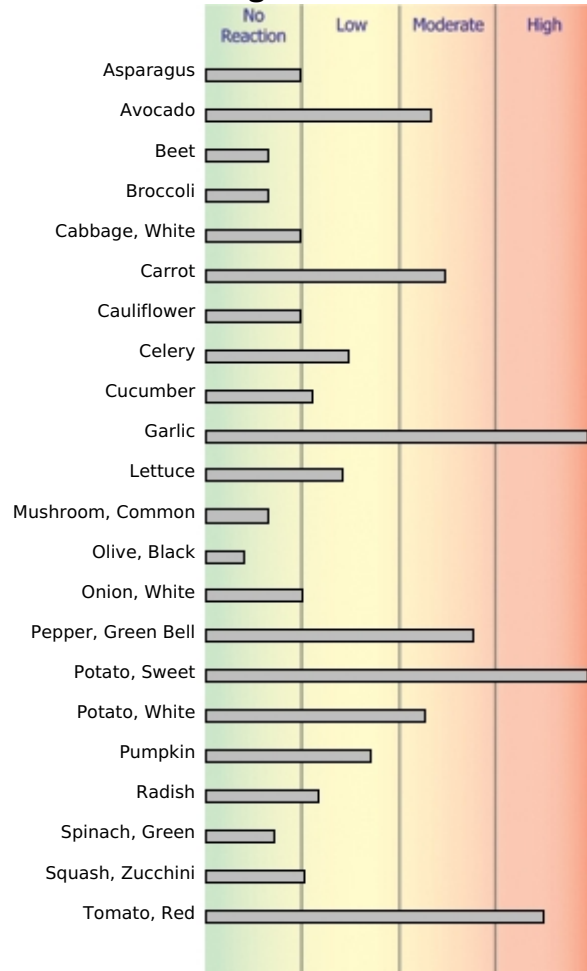
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IgG 

Grains/Legumes/Nuts



Vegetables



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Report Summary

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

Highly Reactive Foods	Almond, Barley, Casein, Cheddar Cheese, Cottage Cheese, Cow's Milk, Cranberry, Egg White (Chicken), Egg Yolk (Chicken), Garlic, Goat's Milk, Honey, Kidney Bean, Lima Bean, Mozzarella Cheese, Oat, Pinto Bean, Red Tomato, Runner Peanut, Rye, Sesame, Soy Bean, Spelt, String Bean, Sugar Cane, Sunflower, Sweet Potato, Whey, Whole Wheat, Yogurt
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These foods are included in the 4-day rotation guideline. Consult with your practitioner on the exclusion of these foods from your diet:

Moderately Reactive Foods	Amaranth Flour, Avocado, Carrot, Filbert, Green Bell Pepper, Green Pea, Oyster, Pecan, Red Grape, Wheat Gliadin, Wheat Gluten, White Potato, 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
Fish, Crustacea, Mollusk	American Lobster, Western Shrimp	Atlantic Cod, Oyster, Red Snapper, Sole, Yellowfin Tuna	Dungeness Crab	Halibut, Manila Clam, Pacific Salmon
Fruits	Apple, Apricot, Papaya, Plum, Strawberry	Coconut, Orange, Red Grape	Banana, Peach, Pear, Pineapple, Red Raspberry	Blueberry, Grapefruit, Lemon
Grains, Legumes, Nuts	Filbert, Walnut, Wheat Gliadin, Wheat Gluten	Amaranth Flour, Green Pea, Lentil	Buckwheat, Corn, Pecan, White Rice	
Meat, Fowl	Chicken, Lamb	Pork	Beef, Turkey	
Miscellaneous	Baker's Yeast, Cocoa Bean		Brewer's Yeast, Coffee Bean	
Vegetables	Asparagus, Avocado, Black Olive, Cucumber, Green Bell Pepper, White Potato	Cauliflower, Celery, Green Spinach, Radish	Common Mushroom, Pumpkin, White Onion, Zucchini Squash	Beet, Broccoli, Carrot, Lettuce, White Cabbage



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For Your Wallet...

Patient: **Elizabeth**

Practitioner: **Nutritional Laboratory Services**

Your Reactive Foods

Highly Reactive – Almond, Barley, Casein, Cheddar Cheese, Cottage Cheese, Cow's Milk, Cranberry, Egg White (Chicken), Egg Yolk (Chicken), Garlic, Goat's Milk, Honey, Kidney Bean, Lima Bean, Mozzarella Cheese, Oat, Pinto Bean, Red Tomato, Runner Peanut, Rye, Sesame, Soy Bean, Spelt, String Bean, Sugar Cane, Sunflower, Sweet Potato, Whey, Whole Wheat, Yogurt

Moderately Reactive – Amaranth Flour, Avocado, Carrot, Filbert, Green Bell Pepper, Green Pea, Oyster, Pecan, Red Grape, Wheat Gliadin, Wheat Gluten, White Potato, White Rice

Suggested Retest:
April, 2009