



Food Sensitivity Test

Date Collected: 29 Feb 16

Date Received: 02 Mar 16

Date Reported: 09 Mar 16

Clinic ID: 3419

HC Provider: ALANE PALMER, CNC

Severe Intolerance

Moderate Intolerance

BARLEY
 BASIL
 BROCCOLI
 CAYENNE PEPPER
 COCOA
 HONEY
 LICORICE
 LIMA BEAN
 STRAWBERRY

Mild Intolerance

ANCHOVY*
 BANANA*
 BEEF*
 BELL PEPPERS*
 BLUEBERRY*
 BRAZIL NUT*
 CANTALOUPE*
 CATFISH*
 CAULIFLOWER*
 CLOVE*
 COFFEE*
 CUMIN*
 GRAPE*
 KALE*
 KELP*
 KIWI*
 LENTIL BEAN*
 LOBSTER*
 MACKEREL*
 MANGO*
 MUSSEL*
 MUSTARD SEED*
 NECTARINE*
 PAPAYA*
 PARSNIP*
 PEAR*
 POMEGRANATE*
 ROMAINE LETTUCE*
 SAFFRON*
 SCALLOP*
 SEA BASS*
 SESAME*
 SORGHUM*
 ZUCCHINI SQUASH*

VEGETABLES / LEGUMES

ACORN SQUASH
 BLACK-EYED PEAS
 BUTTON MUSHROOM
 CHICK PEA
 CUCUMBER
 FAVA BEAN
 JALAPENO PEPPER
 NAVY BEAN
 PORTOBELLO MUSHRO
 SCALLIONS
 SWEET POTATO
 WATERCRESS

ARTICHOKE
 BOK CHOY
 CABBAGE
 CUCUMBER
 FENNEL SEED
 KIDNEY BEAN
 OKRA
 RADISH
 SOYBEAN
 SWISS CHARD
 WHITE POTATO

ASPARAGUS
 BRUSSEL SPROUTS
 CARROT
 EGGPLANT
 GREEN PEA
 LEEK
 ONION
 RED BEET
 SPINACH
 TOMATO
 YELLOW SQUASH

BLACK BEANS
 BUTTERNUT SQUASH
 CELERY
 ENDIVE
 ICEBERG LETTUCE
 MUNG BEAN
 PINTO BEAN
 RED/GRN LEAF LETTU
 STRING BEAN
 TURNIP

FRUITS

APPLE
 CHERRY
 GRAPEFRUIT
 OLIVE
 PLUM

APRICOT
 CRANBERRY
 HONEYDEW (MELON)
 ORANGE
 PUMPKIN

AVOCADO
 DATE
 LEMON
 PEACH
 RASPBERRY

BLACKBERRY
 FIG
 LIME
 PINEAPPLE
 WATERMELON

MEAT

BISON
 LAMB
 VENISON

CHICKEN
 PORK

CHICKEN LIVER
 TURKEY

DUCK
 VEAL

DAIRY / EGGS

EGG WHITE
 EGG YOLK

SEAFOOD

CLAM
 HADDOCK
 SALMON
 SOLE
 TROUT

CODFISH
 HALIBUT
 SARDINE
 SQUID
 TUNA

CRAB
 MAHI MAHI
 SHRIMP
 SWORDFISH

FLOUNDER
 OYSTER
 SNAPPER
 TILAPIA

GRAINS / STARCHES

AMARANTH
 OAT (GLUTEN FREE)
 TEFF

BUCKWHEAT
 QUINOA
 WILD RICE

CORN
 RICE

MILLET
 TAPIOCA

HERBS / SPICES

ANCHO CHILI PEPPER
 CILANTRO
 GINGER
 PARSLEY
 THYME

BAY LEAF
 CINNAMON
 NUTMEG
 PEPPERMINT
 TURMERIC

BLACK PEPPER
 CORIANDER
 OREGANO
 ROSEMARY

CARDAMOM
 DILL
 PAPRIKA
 SAGE

NUTS/ OILS AND MISC. FOODS

ALMOND
 CANE SUGAR
 CHAMOMILE
 GARLIC
 MAPLE SUGAR
 PISTACHIO
 VANILLA

BAKER'S YEAST
 CARAWAY
 COCONUT
 HAZELNUT
 PEANUT
 PSYLLIUM
 WALNUT

BLK/GREEN TEA
 CAROB
 FLAXSEED
 HOPS
 PECAN
 SAFFLOWER

BREWER'S YEAST
 CASHEW
 FRUCTOSE (HFCS)
 MACADAMIA
 PINE NUT
 SUNFLOWER

You have no reaction to Candida Albicans.

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

BARLEY	MALT*	RYE
SPELT	WHEAT	

You have no reaction to Whey and mild reaction to Casein, limit these foods:

COWS MILK	GOAT'S MILK*
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RED indicates a severe intolerance and these items should be avoided for a minimum of 6 months YELLOW indicates a mild intolerance and these foods should be avoided if possible ORANGE indicates a moderate intolerance and these items should be avoided for a minimum of 3-6 months GREEN indicates acceptable foods / no reaction



Food Sensitivity Test

4 Day Rotation Diet

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DAY 1

STARCH/GRAINS

OAT (GLUTEN FREE)
TAPIOCA
WHITE POTATO

VEGETABLES/LEGUMES

ARTICHOKE
BLACK-EYED PEAS
BUTTERNUT SQUASH
CARROT
CELERY
EGGPLANT
KALE*
PARSLEY
RED/GRN LEAF LETTUCE
ROMAINE LETTUCE*
TOMATO
YELLOW SQUASH

FRUIT

BANANA*
DATE
FIG
GRAPE*
KIWI*
MANGO*
PAPAYA*

PROTEIN

BEEF*
BISON
CHICK PEA
CODFISH
CRAB
FAVA BEAN
FLOUNDER
LAMB
OYSTER
SARDINE
SEA BASS*
SNAPPER
SWORDFISH
VEAL

MISCELLANEOUS

ANCHO CHILI PEPPER
BAY LEAF
CARAWAY
CASHEW
CHAMOMILE
COCONUT
CORIANDER
CUMIN*
FLAXSEED
PISTACHIO
ROSEMARY
SAFFLOWER
TURMERIC

DAY 2

STARCH

MILLET
WILD RICE

VEGETABLES

BELL PEPPERS*
BOK CHOY
BRUSSEL SPROUTS
BUTTON MUSHROOM
CABBAGE
CAULIFLOWER*
ENDIVE
KELP*
RED BEET
ZUCCHINI SQUASH*

FRUIT

APPLE
AVOCADO
BLUEBERRY*
CRANBERRY
PEAR*
PINEAPPLE
POMEGRANATE*

PROTEIN

CATFISH*
CHICKEN
EGG WHITE
EGG YOLK
LENTIL BEAN*
MACKEREL*
MAHI MAHI
SQUID
TILAPIA
TUNA

MISCELLANEOUS

BAKER'S YEAST
BREWER'S YEAST
CANE SUGAR
CINNAMON
CLOVE*
GARLIC
GINGER
HAZELNUT
HOPS
MAPLE SUGAR
MUSTARD SEED*
PAPRIKA
PEPPERMINT
SAFFRON*

DAY 3

STARCH

CORN
QUINOA
SORGHUM*
SWEET POTATO
TEFF

VEGETABLES

ACORN SQUASH
ASPARAGUS
BLACK BEANS
FENNEL SEED
GREEN PEA
ICEBERG LETTUCE
LEEK
ONION
PINTO BEAN
RADISH
STRING BEAN
WATERCRESS

FRUIT

APRICOT
BLACKBERRY
CHERRY
LIME
NECTARINE*
PEACH
PLUM
RASPBERRY

PROTEIN

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

MISCELLANEOUS

ALMOND
BRAZIL NUT*
CARDAMOM
CILANTRO
COFFEE*
DILL
MACADAMIA
OREGANO
PEANUT
PSYLLIUM
THYME

DAY 4

STARCH

AMARANTH
BUCKWHEAT
RICE

VEGETABLES

CUCUMBER
JALAPENO PEPPER
OKRA
PARSNIP*
PORTOBELLO MUSHROOM
SCALLIONS
SPINACH
SWISS CHARD
TURNIP

FRUIT

CANTALOUPE*
GRAPEFRUIT
HONEYDEW (MELON)
LEMON
OLIVE
ORANGE
PUMPKIN
WATERMELON

PROTEIN

CHICKEN LIVER
CLAM
HADDOCK
LOBSTER*
MUSSEL*
SALMON
SCALLOP*
SHRIMP
TROUT
TURKEY
VENISON

MISCELLANEOUS

BLACK PEPPER
BLK/GREEN TEA
CAROB
FRUCTOSE (HFCS)
NUTMEG
PECAN
PINE NUT
SAGE
SESAME*
SUNFLOWER
VANILLA
WALNUT

Foods To Avoid

File: 332550

Clinic/Doctor: ALANE PALMER, CN

BARLEY



Barley is used for malting and is a key ingredient in beer and whisky production. Two-row barley is traditionally used in German and English beers, and six-row barley in American beers. Non-alcoholic drinks such as barley water and mugicha (popular in Korea and Japan) are also made from un-hulled barley. Barley is also used in soups and stews, particularly in Eastern Europe. A small amount is used in health foods and coffee substitutes. Also avoid all-purpose flour, barley flakes and enriched flour. For reintroduction into diet, place into day: 2

BASIL



Basil is most commonly used fresh; in cooked recipes it is generally added at the last moment, as cooking quickly destroys the flavor. Mediterranean and Indochinese cuisines frequently use basil, the former frequently combining it with tomato. Basil is one of the main ingredients in pesto, a green Italian oil-and-herb sauce. Basil is also used in soups and other foods. It is sometimes used with fresh fruit and in fruit jams and sauces, in particular with strawberries, but also raspberries or dark-colored plums. For reintroduction into diet, place into day: 2

BROCCOLI



Only one type of broccoli is generally found in markets, but a few close relatives of this vegetable are also available. Broccoli rabe has thinner stalks and is leafier, with smaller bunches of buds. It has a stronger, more bitter flavor, and all of the plant, including its leaves, is edible. Broccolini is a new vegetable that looks just like regular broccoli except that the stalks are delicate, with thin stems; the flower buds are also smaller. Also avoid Bok Choy. For reintroduction into diet, place into day: 2

CAYENNE PEPPER



The fruits are generally dried and ground, or pulped and baked into cakes, which are then ground and sifted to make the powder, Cayenne pepper. Cayenne is used in cooking spicy hot dishes, as a powder or in its whole form (such as in Szechuan cuisine) or in a thin, vinegar-based sauce. For reintroduction into diet, place into day: 2

COCOA



Cocoa is the dried seed of the cacao tree from which chocolate is made. "Cocoa" can often also refer to the drink commonly known as hot chocolate. Cocoa powder is a dry powder made by grinding cocoa seeds and removing the cocoa butter from the dark, bitter cocoa solids. For reintroduction into diet, place into day: 3

HONEY



Significantly sweeter than table sugar and has attractive chemical properties for baking. Honey has a distinctive flavor which leads some people to prefer it over sugar and other sweeteners. The main uses of honey are in cooking, baking, as a spread on breads, and as an addition to various beverages such as tea and as a sweetener in beverages such as soft drinks and juices. For reintroduction into diet, place into day: 1

LICORICE



Liquorice flavor is found in a wide variety of liquorice candies. Liquorice is also found in some soft drinks (such as root beer), and is in some herbal teas where it provides a sweet aftertaste. The flavor is common in medicines to disguise unpleasant flavors. Modern cough syrups often include liquorice extract as an ingredient. For reintroduction into diet, place into day: 1

LIMA BEAN



Avoid also butter beans & Madagascar beans. Can be found in salads. For reintroduction into diet, place into Day 3.

STRAWBERRY



In addition to being consumed fresh, strawberries are frozen or made into preserves. Strawberries are a popular addition to dairy products, as in strawberry flavored ice cream, milkshakes and yogurts. Strawberry pie is also popular. Avoid also blackthorn tea & sole gin. For reintroduction into diet, place into day: 1

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.



Food Additives Food Colorings	Molds	Environmental Chemicals	Other Items	Other Items
<p>Severe Intolerance BLUE#1 BRILLIANT BLUE</p>	<p>Severe Intolerance</p>	<p>Severe Intolerance</p>	<p>Severe Intolerance</p>	<p>Severe Intolerance</p>
<p>Moderate Intolerance BRILLIANT BLACK</p>	<p>Moderate Intolerance</p>	<p>Moderate Intolerance</p>	<p>Moderate Intolerance</p>	<p>Moderate Intolerance</p>
<p>Mild Intolerance BENZOIC ACID XYLITOL YELLOW#6 SUNSET YELLOW</p>	<p>Mild Intolerance</p>	<p>Mild Intolerance FLUORIDE NICKEL SULFATE</p>	<p>Mild Intolerance</p>	<p>Mild Intolerance</p>
<p>No Intolerance ASPARTAME BHA BHT BLUE#2 INDIGO CARMINE CITRIC ACID ERYTHRITOL GREEN#3 FAST GREEN MSG POLYSORBATE 80 RED#4 CARMINE RED#40 ALLURA RED SACCHARINE SODIUM SULFITE SORBIC ACID SUCRALOSE (SPLENDA) YELLOW#5 TARTRAZINE</p>	<p>No Intolerance</p>	<p>No Intolerance AMMONIUM CHLORIDE CHLORINE DELTAMETHRIN ORRIS ROOT</p>	<p>No Intolerance Acid Blue #3 Acid Red #14 Annatto</p>	<p>No Intolerance</p>