

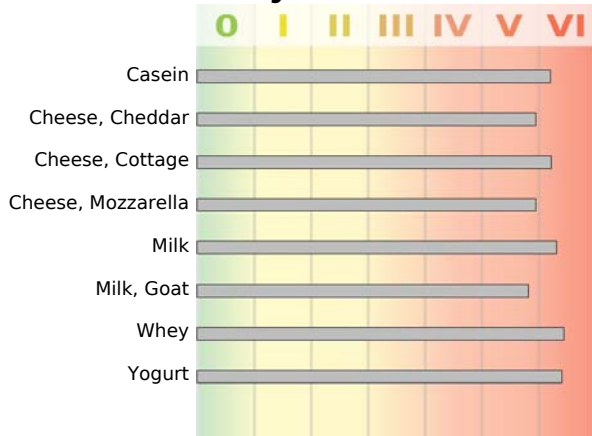
**Physician:** FxMed Ltd  
**Patient:** SAMPLE  
**Age:** 34  
**Sex:** F

 IgG 

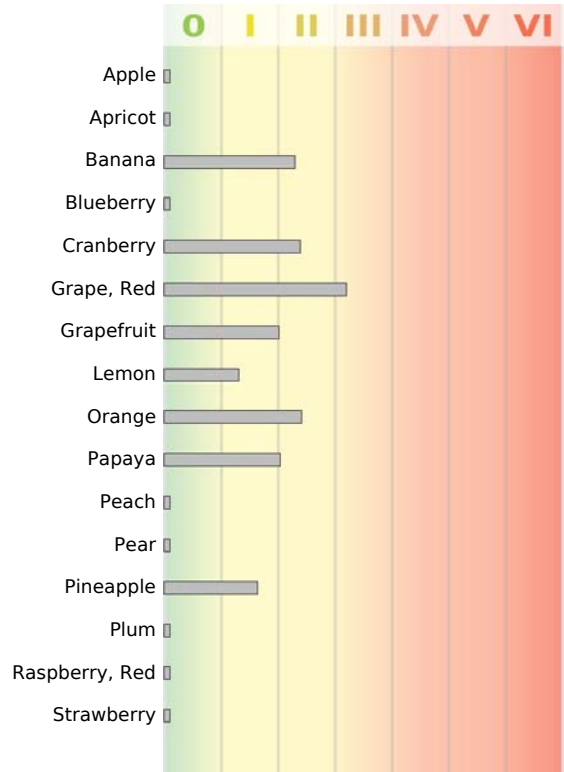
**Collected:** 2009-12-17 **Received:** 2010-01-15 **Completed:** 2010-01-20 © US BioTek Laboratories

### Dairy

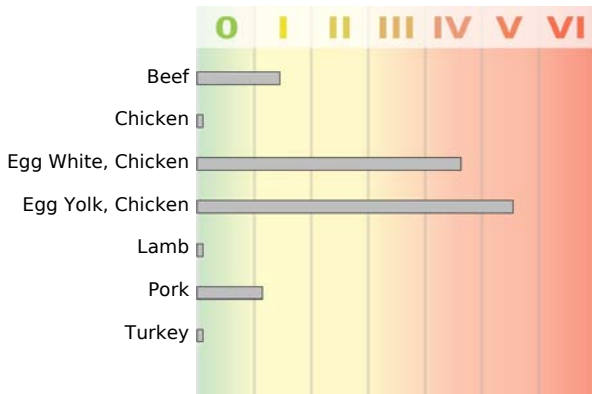
*Bovine-derived unless specified*



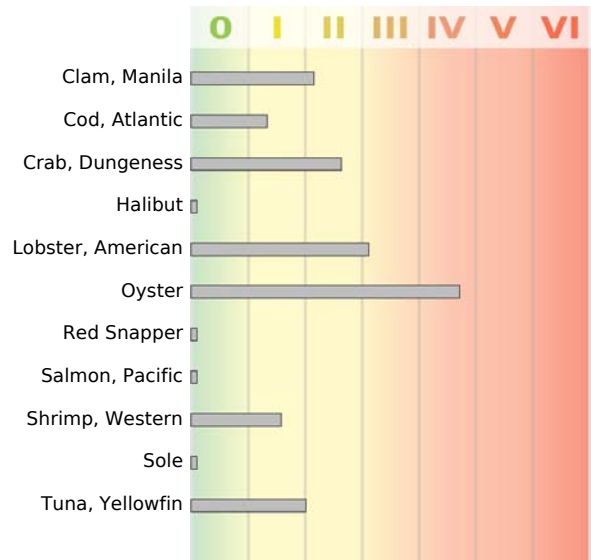
### Fruits



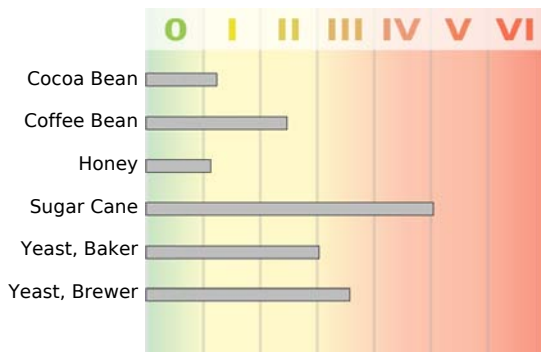
### Meat/Fowl



### Fish/Crustacea/Mollusk



### Misc



#### Reaction Class



This test does not identify anaphylaxis. Low allergen-IgE cannot justify secondary exposure to food suspect of inducing anaphylaxis as it may prove fatal.

This test is not intended to diagnose, treat, cure, or prevent any disease or replace the medical advice and/or treatment obtained from a qualified healthcare practitioner.

US BioTek's proprietary ELISA analysis is a semi-quantitative assessment for specific Total IgG (subclasses 1, 2, 3, 4) and IgE antibodies.

The classification of 0 to VI denotes the level of IgG, IgA, and/or IgE antibodies detected through spectrophotometric analysis.

US BioTek Laboratories has developed and determined the performance characteristics of this test. This test has not been evaluated by the U.S. Food and Drug Administration. IgG and IgA antibodies may be associated with Delayed-Onset Hypersensitivity Reactions. IgE antibodies may be associated with Immediate-Onset Hypersensitivity Reactions.

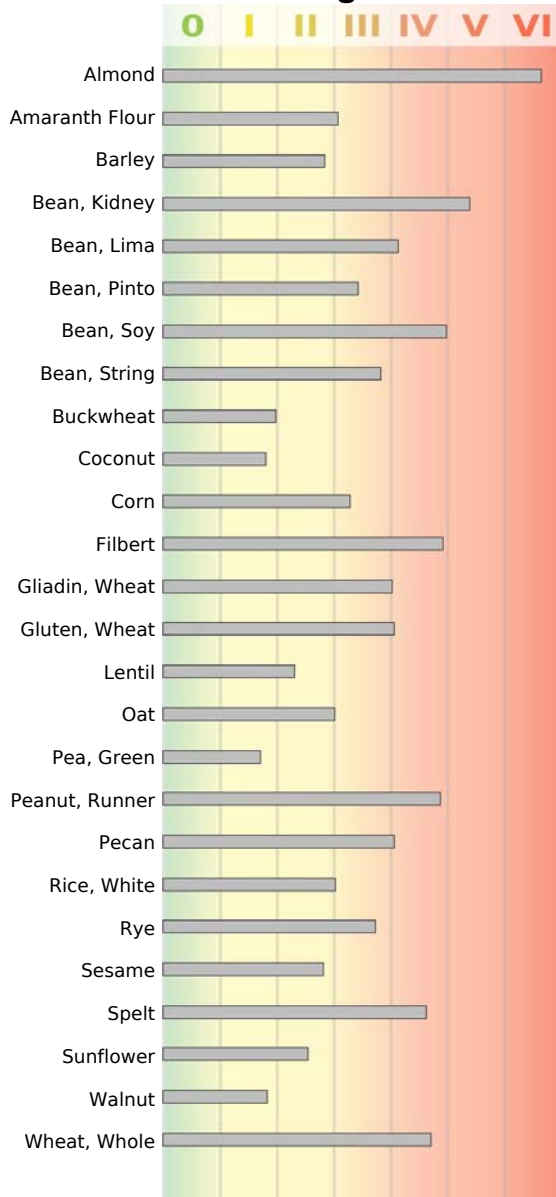
The antigens in this panel are subject to changes without prior notice. Reference ranges are periodically updated.

**Physician:** FxMed Ltd  
**Patient:** SAMPLE  
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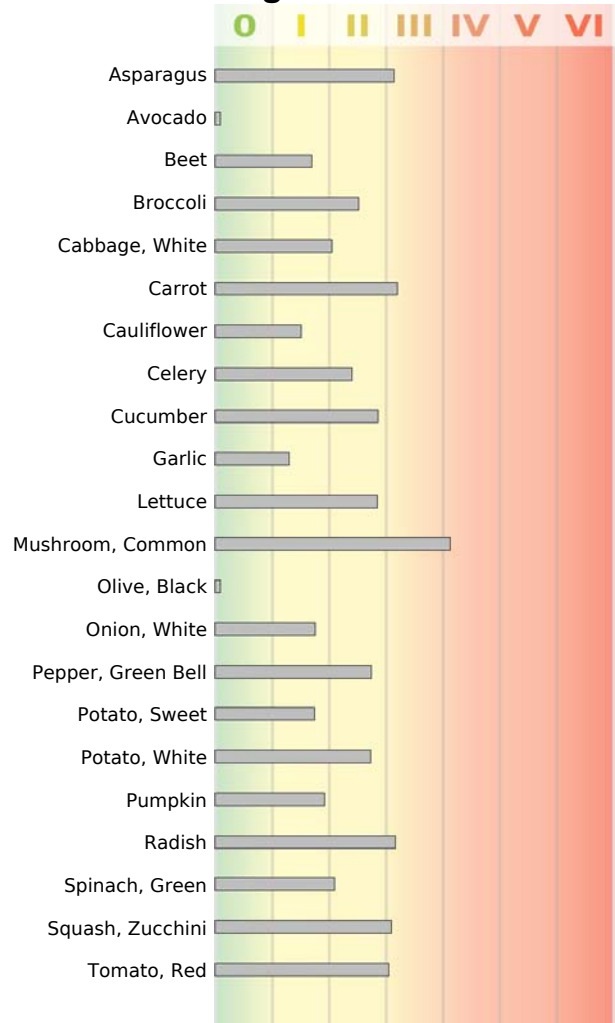
 IgG 

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### Grains/Legumes/Nuts



### Vegetables



#### Reaction Class



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# FoodStats Antibody Assessment

Test Results & Personalized Elimination/Rotation Diet Guideline (IgA/IgG)

Prepared for:	<b>SAMPLE</b>
Accession:	sample
Practitioner:	FxMed Ltd
Test Date:	January 18th, 2010
Suggested Retest:	July, 2010
Guideline Prepared:	January 20th, 2010



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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. US BioTek is not responsible or liable for misuse or misinterpretation of the information provided, or any diagnoses or healthcare changes initiated by a patient or a healthcare practitioner based on the content of US BioTek's informational materials. Please consult your healthcare provider for questions regarding test results, or before beginning any course of supplementation or dietary changes. Immediately consult your healthcare practitioner if you experience weight loss or other health-related concerns. The Elimination and Rotation Diet Guideline is provided at no additional charge, as a courtesy through US BioTek, and is to be modified at the discretion of the practitioner. The information in the Elimination and Rotation Diet Guideline has not been evaluated by the Food and Drug Administration.

## Congratulations!

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

The report enclosed consists of information regarding your immune system's response to certain foods, spices, herbs and/or inhalants. Depending on which test(s) were ordered by your practitioner, three antibody types, IgA, IgE<sup>1</sup>, and IgG are measured using an Enzyme linked Immunosorbent assay, or ELISA.

In understanding your report it is helpful to have some background information on what are defined as Adverse Reactions to Foods. Under this broad category we have reactions involving the body's immune system, called immune-mediated reactions, or allergies, and non-immune-mediated reactions, or food intolerances. Food intolerances are many. A common example is the inability to digest the milk sugar, lactose, known as lactose intolerance. Other types of intolerances include reactions to various food additives.

A food allergy is defined as a reaction mediated by the body's immune system. These immune reactions are divided into IgE-mediated and non-IgE-mediated reactions. The latter of which may involve antibodies other than IgE.

IgE-mediated reactions are fairly rapid in onset and a temporal relationship can usually be drawn between exposure to a specific food and onset of the reaction. Non-IgE-mediated reactions, on the other hand, may be more variable in onset, becoming evident hours or days after exposure to a food, creating a less well defined temporal relationship. The symptoms produced as a result of specific antibody production to any particular food vary in type and quality from person to person and may affect how we function and/or feel.

**The rotation diet guideline is based on your food-specific IgA and/or IgG test results only. IgE reactive foods are advised to be avoided completely.** All the foods to which you scored a *High* reaction, or greater, have been eliminated from the suggested diet plan. The diet plan includes the foods to which you scored *No reaction* to *Moderate*. These foods are rotated throughout a 4-day cycle by their food families (groups of foods that are biologically or botanically related). Depending on the severity of your symptoms, your practitioner may advise you to avoid foods that are included in the rotation plan (i.e.: foods to which you scored a *Moderate* reaction to or lower).

The 4-day rotation guideline alternates the food families based on a day 1 and 3, or day 2 and 4 cycle. The idea behind rotation-style eating is not to consume the same food more than once every four days and no foods of the same family more than once every two days. You may move any food through days 1 to 4 as long as members of the same family are not consumed on consecutive days, and any particular food is not consumed more than once every four days. Rotation-style eating is designed to encourage diversification of the diet and prevent the development of new food sensitivities from repetitive intake. In the rotation guideline ALL of the foods that you scored a *Moderate* reaction to or lower are listed. 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. This is but one suggested rotation schedule. Other yet similar schedules may involve a 7-day plan and/or limit any particular food family to one day of the rotation cycle vs. two. These suggestions 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.

Provided for you in this packet is an easy to read food family booklet for your reference. This booklet includes other important information including the science behind Adverse Reactions to Foods and meal planning tips.

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!

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<sup>1</sup>IgE antibody testing and results are not available through the Aller-Check test kit.

## Report Summary

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

<b>Highly Reactive Foods</b>	Almond, Artichoke, Casein, Cashew Nut, Cheddar Cheese, Common Mushroom, Cottage Cheese, Cow's Milk, Egg White (Chicken), Egg Yolk (Chicken), Filbert, Flaxseed, Goat's Milk, Kamut, Kidney Bean, Lima Bean, Mozzarella Cheese, Navy Bean, Oyster, Pecan, Quinoa Flour, Runner Peanut, Soy Bean, Spelt, Sugar Cane, Watermelon, Wheat Gliadin, Wheat Gluten, 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:

<b>Moderately Reactive Foods</b>	Amaranth Flour, American Lobster, Asparagus, Baker's Yeast, Bean Sprout, Brewer's Yeast, Carrot, Chili Pepper, Corn, Oat, Pinto Bean, Pistachio Nut, Radish, Red Grape, Red Tomato, Rye, String Bean, White Rice, Zucchini Squash
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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 guideline refers to your food-specific IgA and/or IgG results, depending on what was ordered by your practitioner. IgE reactive foods are advised to be avoided.**

IgE antibody testing and results are not available through the Aller-Check test kit.

## Your Personal Rotation Diet Guideline

All of the tested foods (IgA and/or IgG) are listed excluding those that show a *High* reaction, or greater, as depicted on the Food-Specific Antibody Assessment graph.

The foods listed are allocated into 4 separate days based on food families, 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.

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

