

Results Guide

<p>Reactive Foods</p> <p>OREGANO PAPAYA PLUM RED PEPPER BREWERS YEAST PINEAPPLE SNAPPER SQUASH TOMATO TUNA APRICOT* BARLEY* CHERRY* COTTONSEED* OAT* OLIVE* ONION* ORANGE* PEANUT*</p>	<p>You have a mild reaction to Gluten. We recommend that you limit the following foods</p> <p>RYE WHEAT</p> <p>You have a mild reaction to Casein. We recommend that you limit the following foods</p> <p>COWS MILK</p> <p>Further Eliminations Due to the close links some foods have we recommend that you avoid the following foods</p>	<p>Fruit</p> <p>APPLE AVOCADO BANANA BLUEBERRY CANTALOUPE CRANBERRY GRAPE GRAPEFRUIT LEMON MANGO PEACH PEAR PUMPKIN STRAWBERRY WATERMELON</p> <p>Seafood</p> <p>CLAM CODFISH CRAB LOBSTER SCALLOP SHRIMP SOLE TROUT</p> <p>Beverages</p> <p>COFFEE TEA</p>	<p>Vegetables</p> <p>BEET BROCCOLI CABBAGE CARRIOT CAULIFLOWER GREEN PEPPER GRN PEA LIMA BEAN MUSTARD OKRA PINTO BEAN SOYBEAN SPINACH STRING BEAN SWEET POTATO WHITE POTATO</p> <p>Dairy</p> <p>EGG (WHOLE)</p> <p>Yeasts</p> <p>BAKERS YEAST</p>	<p>Grains</p> <p>BUCKWHEAT CORN MILLET RICE</p> <p>Saled</p> <p>CELEERY CUCUMBER LETTUCE</p> <p>Miscellaneous</p> <p>BEET SUGAR CANE SUGAR CAROB COCOA COLA GARLIC HOPS SESAME VANILLA</p> <p>File Patient Doctor/Clinic Test Date</p>	<p>Meat</p> <p>BEEF CHICKEN LAMB PORK TURKEY</p> <p>Nuts and Oils</p> <p>ALMOND CASHEW COCONUT HAZELNUT PECAN PISTACHIO SUNFLOWER WALNUT</p> <p>Herbs and Spices</p> <p>BASIL CINNAMON GINGER NUTMEG PAPRIKA TURMERIC</p> <p>(English)</p> <p>1004 Sample Patient Ref. Physician 27 Aug 1999</p>
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Your test results explained.

Food intolerance is not always a straightforward 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 coloured areas.

RED

These foods indicate a severe intolerance and should be avoided at all costs for a minimum of 3 to 6 months.

ORANGE

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

YELLOW

These foods indicate a mild intolerance and as such are avoided if possible, especially if there are few red and orange foods. These foods are indicated by an asterisk and under circumstances where you show a high degree of intolerance to many red and orange foods these will appear in your green list to aid the nutritional balance of your eating plan. If eaten, these should only be eaten on one day in four to prevent increased reactivity.

BLUE

This section has been divided into 4 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. The report will automatically remove other grain products that contain the protein gluten, such as wheat, oats, barley and rye. Although you may not be intolerant to these other grains it is advisable to avoid them due to the close association with gluten. A positive gluten 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. The report will automatically remove other dairy products containing casein 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.

BOX 4

This box will list any foods that you should avoid due to close chemical ties to existing foods in the reactive list. For example, if goat's milk is listed as intolerant then it is recommended to avoid goat's cheese.

GREEN

These foods recorded no intolerant reaction and can be eaten freely. We recommend that they be eaten on a rotational basis.

POSSIBLE SIDE EFFECTS

Possible side effects of the detoxification programme.

Each person will react differently to the new eating regime. The main aim for the first six weeks of following the programme is to achieve detoxification and healing of the body. It is possible that for the first few days you may feel unwell. It is as though you are going through withdrawal process. The symptoms may include a dull headache, joint pain, sinus discomfort or even back pain. Some doctors speculate that this is due to temporary excess of antibodies while antigens are being withdrawn, thus creating something resembling 'serum sickness'. Don't worry, it's temporary and which means that you will feel much better soon. These withdrawal symptoms may start as little as 2 hours after stopping the 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 affects you, we recommend that you increase your fluid intake; in severe cases a painkiller should alleviate those flu like symptoms. Not everyone will be affected by the withdrawal symptoms. The absence of any side effects does not mean the programme is not working for you, it just means you are fortunate not to be affected in this way.

The Alcat Test will not identify acute allergies. Therefore if you are already aware of such a reaction please continue to avoid that food even though it may appear on the green list.

The Alcat Test is a scientific clinical test and as such is only intended to provide information regarding possible incompatible foods and other substances. The test is not intended to diagnose or treat medical conditions. There is no assurance provided that any particular results will be achieved, as your condition may not be related to food intolerance.

Rotation Diet

File 1004

Patient Sample Patient

Test Date 8/27/1999

Doctor/Clinic Ref. Physician

Language: (English)

	Day 1	Day 2	Day 3	Day 4
Starch	WHITE POTATO	MILLET	CORN SWEET POTATO	BUCKWHEAT RICE
Vegetables	CARROT CELERY GREEN PEPPER LETTUCE	BROCCOLI CABBAGE CAULIFLOWER MUSTARD	GRN PEA LIMA BEAN PINTO BEAN STRING BEAN SWEET POTATO	BEET CUCUMBER OKRA SPINACH
Fruit	BANANA GRAPE MANGO	APPLE AVOCADO BLUEBERRY CRANBERRY PEAR	PEACH STRAWBERRY	CANTALOUPE GRAPEFRUIT LEMON PUMPKIN WATERMELON
Protein	BEEF CODFISH LAMB	CHICKEN EGG (WHOLE)	PORK SOLE SOYBEAN	CLAM CRAB LOBSTER SCALLOP SHRIMP TROUT TURKEY
Miscellaneous	CASHEW PAPRIKA PISTACHIO SUNFLOWER TURMERIC	BAKER'S YEAST BASIL CANE SUGAR CINNAMON COCONUT GINGER HAZELNUT HOPS	ALMOND COCOA COFFEE COLA GARLIC VANILLA	BEET SUGAR CAROB NUTMEG PECAN SESAME TEA WALNUT

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 do not occur.

In the first place 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 non-organic fruits and vegetables. Keep an eye on food labels, 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 sensitising effect. This is the basic principle of the Rotation plan in that it provides a healthy dietary option. You need to avoid for at least twelve to twenty four weeks all foods you are sensitive to, 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 into 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 and diagnosis if you are experiencing symptoms. 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 mould and fungus levels are obviously high and you know you are allergic to mould, 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. Try to use the same plan for about a month before making changes.

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.

Foods To Avoid

File: 1004

Date: 8/27/1999

Patient: Sample Patient

Clinic/Doctor: Ref. Physician

APRICOT



Avoid also apricot juice, apricot oil & dried apricots. Also found in some chutneys. For reintroduction into diet, place into Day 3.

BARLEY

Avoid also all-purpose flour, barley flakes, barley flour, enriched flour, malt & malted barley. Used in the production of whisky, gin and beer. For reintroduction into diet, place into Day 2.

BREWER'S YEAST

Avoid also alcoholic beverages, apple cider, apple cider vinegar, processed foods, processed juices, processed meats & soy sauce, vinegar. May also be used as an ingredient in vitamin tablets. 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.

COTTONSEED

OAT

Avoid also oat bran, oat flour, porridge, oatmeal (ingredient in haggis, oat cakes and the whisky drink Athol Brose), oat gum (used to prolong the shelf life of sweets, cream and butter, and used as a thickener and stabiliser in cream cheese and cheese spreads), roasted ranch oats & whole oats. For reintroduction into diet, place into Day 2.

OLIVE



Avoid also black olives, green olives & olive oil. Used in salads and for cooking. Some olives are stoned and stuffed and used for canapés and hor d'œuvres. For reintroduction into diet, place into Day 4.

ONION



Avoid also chive, spring onion, spanish onion, shallots, green onions, leeks, picante sauce & scallions. Used in stews, soups, sauces, chutney and pickles, relish on hamburgers, stuffing, salads and garnishes. For reintroduction into diet, place into Day 3.

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.

OREGANO



Avoid also basil & chili powder. For reintroduction into diet, place into Day 2.

PAPAYA



Avoid also pawpaw. Can be used as breakfast fruit or in preserves and pickles. 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.