

## Diet Report Summary

The following classifications correspond to the Reaction Class noted on your Food Antibody Assessment report. The classification of 0 to IV identifies the level of food-specific-antibodies measured from your blood sample via US BioTek Laboratories' semi-quantitative ELISA (Enzyme-linked Immunosorbent Assay) and quantitative Chemiluminescent Assay. Not all antibody tests (i.e.: IgA, IgE and IgG) may have been ordered by your practitioner.

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

|                                   |
|-----------------------------------|
| <b>IgE: Class 0/I and greater</b> |
| <i>(not tested)</i>               |

If IgE was tested along with IgA and/or IgG, any food that scored Class 0/I and greater for IgE is *listed above* irrespective of IgA or IgG antibody levels.

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| High to Very High antibody levels |                            |
|-----------------------------------|----------------------------|
| Class III/IV IgA                  | Class III/IV IgG           |
| <i>(not tested)</i>               | Cottage Cheese, Green Bean |



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| Low to Moderate antibody levels |  |
|---------------------------------|--|
| Class I/II IgA                  | Class II IgG   |
| <i>(not tested)</i>             | Baker's / Brewer's Yeast, Cow's Milk, Fig, Kidney Bean, Lima Bean, Mozzarella Cheese, Oat, Pinto Bean, Wheat |



These foods are **included** in the 4-day rotation guideline. Consult with your practitioner on the exclusion of these foods from your diet:

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| Low antibody levels  |  |
|--|--|
| Class I IgG  |  |
| Banana, Beef, Black Tea, Blackberry, Cane Sugar, Cantaloupe, Casein, Cauliflower, Cheddar Cheese, Chestnut, Chili Pepper, Cinnamon, Cola Nut / Kola Nut, Gliadin, Gluten, Guava, Lobster, Navy Bean / White Bean, Oregano, Rosemary, Rye, Sage, Spelt, Tomato, Vanilla, Whey |  |



**Class 0** foods may be freely eaten, or included in the four-day rotation. Consult with your health-care provider to see which strategy is right for you.

This report does not identify IgE-mediated anaphylaxis risks. Avoid all foods to which you have had an anaphylactic reaction (consult your practitioner). IgE antibody testing is not available through the Dried Blood Spot Collection Kit.

Before

## Diet Report Summary

The following classifications correspond to the Reaction Class noted on your Food Antibody Assessment report. The classification of 0 to IV identifies the level of food-specific-antibodies measured from your blood sample via US BioTek Laboratories' semi-quantitative ELISA (Enzyme-linked Immunosorbent Assay) and quantitative Chemiluminescent Assay. Not all antibody tests (i.e.: IgA, IgE and IgG) may have been ordered by your practitioner.

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

|                                   |
|-----------------------------------|
| <b>IgE: Class 0/I and greater</b> |
| <i>(not tested)</i>               |

If IgE was tested along with IgA and/or IgG, any food that scored Class 0/I and greater for IgE is *listed above* irrespective of IgA or IgG antibody levels.

0

|  |                  |
|--|------------------|
| <b>High to Very High antibody levels</b> |                  |
| Class III/IV IgA                         | Class III/IV IgG |
| <i>(not tested)</i>                      | <i>(none)</i>    |

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|  |                |
|--|----------------|
| <b>Low to Moderate antibody levels</b> |                |
| Class I/II IgA                         | Class II IgG   |
| <i>(not tested)</i>                    | Cottage Cheese |

These foods are **included** in the 4-day rotation guideline. Consult with your practitioner on the exclusion of these foods from your diet:

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|   |  |
|---|--|
| <b>Low antibody levels</b>  |  |
| <b>Class I IgG</b>  |  |
| Baker's / Brewer's Yeast, Cow's Milk, Green Bean, Lima Bean, Mozzarella Cheese, Oat, Pinto Bean |  |

**Class 0** foods may be freely eaten, or included in the four-day rotation. Consult with your health-care provider to see which strategy is right for you.

This report does not identify IgE-mediated anaphylaxis risks. Avoid all foods to which you have had an anaphylactic reaction (consult your practitioner). IgE antibody testing is not available through the Dried Blood Spot Collection Kit.

After  
Treatment  
Program