

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:

IgE: Class 0/I and greater <i>(not tested)</i>
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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.

Class III/IV (High to Very High antibody levels)		
IgA:	IgA & IgG:	IgG:
<i>(not tested)</i>	<i>(none)</i>	Almond, Chicken Egg Yolk, Cottage Cheese, Mozzarella Cheese *

Class II (Moderate antibody levels)		
IgA:	IgA & IgG:	IgG:
<i>(not tested)</i>	<i>(none)</i>	Blue Cheese, Chestnut, Garlic, Honey, Kelp, Oregano, Rosemary, Tomato, Whey *

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

Class I (Low antibody levels)		
IgA:	IgA & IgG:	IgG:
<i>(not tested)</i>	<i>(none)</i>	Amaranth, Apple, Asparagus, Avocado, Baker's / Brewer's Yeast, Bass, Bay Leaf, Beef, Beet, Black Tea, Brown Rice, Buffalo, Cabbage, Cane Sugar, Carp, Casein, Cheddar Cheese, Cherry, Chicken Egg White, Chickpea, Chili Pepper, Cinnamon, Cod, Cow's Milk, Crab, Cranberry, Curry Powder, Duck, Duck Egg Whole, Eel, Fennel Seed, Fig, Flounder, Gingko Nut, Ginseng, Gogiberry, Goose, Grape, Green Bean, Guava, Herring, Kale, Kidney Bean, Leek, Lettuce, Lima Bean, Lobster, Lotus Root, Macadamia Nut, Mango, Mung Bean, Oat, Okra, Orange, Papaya, Paprika, Peach, Peanut, Pecan, Pinto Bean, Plum, Poppy Seed, Quinoa, Raspberry, Red Snapper, Rhubarb, Sage, Shiitake Mushroom, Sorghum, Soybean, Spinach, Squash, Stevia, Strawberry, Sunflower Seed, Sweet Potato, Swiss Cheese, Swordfish, Tarragon, Teff, Tilapia, Turkey, Turnip, Venison, Walnut, White Rice, Yogurt, Zucchini Squash *

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

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.

Class II improvement from 13 foods to 3

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

IgE: Class 0/I and greater
(not tested)

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.

Class III/IV (High to Very High antibody levels)		
IgA:	IgA & IgG:	IgG:
(not tested)	(none)	Almond, Cottage Cheese

Class II (Moderate antibody levels)		
IgA:	IgA & IgG:	IgG:
(not tested)	(none)	Chicken Egg Yolk

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

Class I (Low antibody levels)		
IgA:	IgA & IgG:	IgG:
(not tested)	(none)	Chestnut, Honey, Mozzarella Cheese

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.

Class I sensitivities improvement from 89 foods to just 3 following Leaky Gut treatment program