

Food Sensitivities Test Report

COMPREHENSIVE WELLNESS 1

Item Count: 50

SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION
	ASPARTAME MSG SORBIC ACID SUCRALOSE	ACID BLUE #3* BHA* BLUE#1 BRILLIANT BLUE* BLUE#2 INDIGO CARMINE* GREEN#3 FAST GREEN* RED#40 ALLURA RED* YELLOW#5 TARTRAZINE*	FOOD ADDITIVES/COLORINGS/ENVIRONMENTAL CHEMS ACID RED #14 BRILLIANT BLACK ORRIS ROOT SODIUM SULFITE ANNATTO CITRIC ACID POLYSORBATE 80 XYLITOL BENZOIC ACID ERYTHRITOL RED#4 CARMINE YELLOW#6 SUNSET Y BHT HIGH FRUCTOSE COR SACCHARIN
			ANTIBIOTICS/ANTI INFLAMMATORY AGENTS
Fusarium MUCOR RACEMOSUS RHODOTORULA RUBRA	ALTERNARIA* EPICOCOCCUM NIGRUM* HELMINTHOSPORIUM* PHOMA HERBARUM* PULLULARIA* RHIZOPUS NIGRICANS*		MOLDS ASPERGILLUS CURV SPECIFERA PENICILLIUM BOTRYTIS GEOTRICHUM CANDID SPONDYLOCLADIUM CEPHALOSPORIUM HORMODENDRUM TRICHODERMA CLADO HERBARUM MONILIA SITOPHILA
		Titanium Dioxide*	PRESERVATIVES/EXPANDED ADDITIVES Lecithin (Soy) RED#2 AMARANTH RED#3 ERYTHROSINE
			Others

Your Test Results Explained.

Food Sensitivity/Intolerance is not always a straight-forward yes or no. There can be different degrees of reactivity, 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 categories (denoted by the colored columns).

Red	These items indicate a severe sensitivity and should be strictly avoided for a minimum of 6 months.
Orange	These items indicate a moderate sensitivity and should be strictly avoided for a minimum of 3 to 6 months.
Yellow	These items indicate a mild sensitivity and are also indicated by an asterisk on the rotation diet to aid the nutritional balance of your eating program as they should be eaten on 4 day rotational basis. If the items listed in the yellow section appear on the rotation plan and are consumed frequently, they should be considered for a 3 month avoidance period, especially if there are few red and orange reactive foods.
Green	These items are acceptable (non-reactive). It is recommend that they be consumed on a rotational basis, no more than every other day.
Blue	On your food results you will have 3 distinct blue boxes : Candida Albicans: it will include items that are known to exacerbate the Candida condition. Although you may not be sensitive/intolerant to these, it is recommended to avoid them, suggested by the Candida sensitivity. Gluten/Gliadin: it will include grain products that contain the protein gluten/gliadin, such as wheat, rye, barley, spelt, etc. Although you may not be sensitive/intolerant to these other grains, it is advisable to avoid them due to their gluten/gliadin content. A positive gluten/gliadin reaction result with negative wheat, rye, etc responses can occur when the isolated protein is tested in its more concentrated form. Casein/Whey: it will include products that contain casein/whey such as cow's milk, sheep's milk and goat's milk. Although you may not be sensitive/intolerant to these products listed, it is advisable to avoid or limit them because they contain the protein casein or whey.

Cautions & Notes:

- a. Any item known to trigger an immediate reaction (Type 1, IgE mediated, allergic reaction) should be avoided. Positive results to molds and candida should be analyzed in conjunction with other results (IgE, skin tests and IgG levels) and not applied in isolation. Positive molds could be considered for desensitization.
- b. Healthcare providers should be alerted to the possibility that any non-reactive (green) item, to which there as has been no consumption or exposure for six months, should be introduced with caution.
- c. Alcat Test results are not designed to replace a consultation with a healthcare provider.

Note:

1. Insufficient data exists to determine that non-reactive molds, pharmacoactive agents and environmental chemicals are in fact "safe". Nonetheless, it is reasonable to assume at this time that a moderate or strong cellular reaction on the test is indicative of a clinical sensitivity and avoidance, if possible, is recommended.
2. If tested for 50 foods or less, no rotational plan is provided.

For more information, click here to see Understanding Your Alcat Test Result online.

<https://CellScienceSystems.com/pdfviewer/Understanding-Your-Alcat-Test-Results/>

	DAY 1	DAY 2	DAY 3	DAY 4
GRAINS / STARCHES	OAT (GLUTEN FREE) SPELT TAPIOCA WHITE POTATO	BARLEY* MILLET RYE WHEAT WILD RICE	CORN* QUINOA SORGHUM* SWEET POTATO TEFF	AMARANTH* BUCKWHEAT RICE (BRWN/WHT)*
VEGETABLES / LEGUMES	ARTICHOKE* BLACK-EYED PEA BUTTERNUT SQUASH CARROT CELERY CHICKPEA EGGPLANT* KALE LEAF LETT (RED/GRN) ROMAINE LETT* TOMATO YELLOW SQUASH	BELL PEPPER MIX* BOK CHOY* BROCCOLI* BRSSLS SPROUT* BUTTON MUSHROOM* CABBAGE CAULIFLOWER ENDIVE* KELP LENTIL BEAN ZUCCHINI SQUASH	ACORN SQUASH* BLACK BEANS FENNEL SEED* GREEN PEA ICEBERG LETTUCE KIDNEY BEAN LEEK MUNG BEAN ONION PINTO BEAN RADISH STRING BEAN WATERCRESS	CUCUMBER JALAPENO PEPP OKRA PARSNIP PORTOBELLO MUSHRM RED BEET SCALLION SPINACH* SWISS CHARD* TURNIP
FRUIT	DATE* FIG KIWI* LEMON MANGO PAPAYA* STRAWBERRY	BLUEBERRY* CRANBERRY PEAR PINEAPPLE POMEGRANATE	APRICOT CHERRY GRAPE LIME* PEACH PLUM* RASPBERRY	GRAPEFRUIT ORANGE PUMPKIN* WATERMELON*
PROTEIN	BISON* CODFISH* CRAB FLOUNDER LAMB OYSTER SEA BASS SNAPPER (RED) SWORDFISH* VEAL*	CATFISH* CHICKEN* EGG YOLK* MACKEREL MAHI MAHI TILAPIA* TUNA	DUCK GROUPER HALIBUT* POLLOCK PORK SOLE SOYBEAN	CLAM* HADDOCK LOBSTER MUSSEL* SALMON SCALLOP SHRIMP* TROUT VENISON
MISCELLANEOUS	BAY LEAF CARAWAY CASHEW* CHAMOMILE* COCONUT CUMIN* FLAXSEED LICORICE PARSLEY PISTACHIO ROSEMARY* SAFFLOWER* TURMERIC	BAKER'S YEAST CAYENNE PEPPER CINNAMON CLOVE* GARLIC* GINGER HAZELNUT* HOPS* MUSTARD SEED* PAPRIKA PEPPERMINT SAFFRON	COCOA COFFEE DILL MACADAMIA MALT* OREGANO PEANUT THYME*	BLACK TEA GREEN TEA NUTMEG PECAN PINE NUT SAGE SESAME* SUNFLOWER VANILLA WALNUT

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ALCATTEST

The Alcat Test does not identify the **immediate allergic response** to foods. If you have true food allergies, please **continue to AVOID those foods**, even though they may not appear "reactive" on your Alcat Test results.

CANDIDA ALBICANS

You have a mild reaction to Candida Albicans, also eliminate these foods:

CANE SUGAR, HONEY, MAPLE SUGAR

GLUTEN

GLIADIN

You have no reaction to Gluten or Gliadin.

CASEIN

WHEY

LACTOSE

You have no reaction to Casein and moderate reaction to Whey, eliminate these foods:

COWS MILK, GOATS MILK

ALMOND	ANCHO CHILI PEPP	ANCHOVY
ASPARAGUS	APPLE	AVOCADO
	BANANA	BASIL
	BEEF	BLACK PEPPER
	BLACKBERRY	BRAZIL NUT
	BREWER'S YEAST	CANTALOUPE
	CARDAMOM	CAROB
	CILANTRO	CORIANDER SEED
	EGG WHITE	FAVA BEAN
	HONEYDEW MLN	LIMA BEAN
	NAVY BEAN	NECTARINE
	OLIVE	NECTARINE
	TURKEY	SARDINE

ACORN SQUASH*	AMARANTH*	ARTICHOKE*	BARLEY*
BELL PEPPER MIX*	BISON*	BLUEBERRY*	BOK CHOY*
BROCCOLI*	BRSSLS SPROUT*	BUTTON	CASHEW*
CATFISH*	CHAMOMILE*	MUSHROOM*	CLAM*
CLOVE*	CODFISH*	CHICKEN*	CUMIN*
DATE*	EGG YOLK*	CORN*	ENDIVE*
FENNEL SEED*	GARLIC*	EGGPLANT*	HAZELNUT*
HOPS*	KIWI*	HALIBUT*	MALT*
MONK FRUIT*	MUSSEL*	LIME*	PAPAYA*
PLUM*	PUMPKIN*	MUSTARD SEED*	ROMAINE LETT*
ROSEMARY*	SAFFLOWER*	RICE (BRWN/WHT)*	SHRIMP*
SORGHUM*	SPINACH*	SESAME*	SWORDFISH*
THYME*	TILAPIA*	SWISS CHARD*	WATERMELON*
		VEAL*	

VEGETABLES / LEGUMES

BLACK BEANS	BLACK-EYED PEA	BUTTERNUT SQUASH	CABBAGE
CARROT	CAULIFLOWER	CELERY	CHICKPEA
CUCUMBER	GREEN PEA	ICEBERG LETTUCE	JALAPENO PEPP
KALE	KELP	KIDNEY BEAN	LEAF LETT (RED/GR
LEEK	LENTIL BEAN	MUNG BEAN	OKRA
ONION	PARSNIP	PINTO BEAN	PORTOBELLO
RADISH	RED BEET	SCALLION	MUSHRM
STRING BEAN	SWEET POTATO	TOMATO	SOYBEAN
WATERCRESS	WHITE POTATO	YELLOW SQUASH	TURNIP
			ZUCCHINI SQUASH

FRUITS

APRICOT	CHERRY	CRANBERRY	FIG
GRAPE	GRAPEFRUIT	LEMON	MANGO
ORANGE	PEACH	PEAR	PINEAPPLE
POMEGRANATE	RASPBERRY	STRAWBERRY	

MEAT

DUCK	LAMB	PORK	VENISON
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DAIRY / EGGS

SEAFOOD

CRAB	FLOUNDER	GROUPE	HADDOCK
LOBSTER	MACKEREL	MAHI MAHI	OYSTER
POLLOCK	SALMON	SCALLOP	SEA BASS
SNAPPER (RED)	SOLE	TROUT	TUNA

GRAINS / STARCHES

BUCKWHEAT	MILLET	OAT (GLUTEN FREE)	QUINOA
RYE	SPELT	TAPIOCA	TEFF
WHEAT	WILD RICE		

NUTS / OILS AND MISC. FOODS

BAKER'S YEAST	BLACK TEA	CARAWAY	COCOA
COCONUT	COFFEE	FLAXSEED	GREEN TEA
MACADAMIA	PEANUT	PECAN	PINE NUT
PISTACHIO	SUNFLOWER	VANILLA	WALNUT

HERBS / SPICES

BAY LEAF	CAYENNE PEPPER	CINNAMON	DILL
GINGER	LICORICE	NUTMEG	OREGANO
PAPRIKA	PARSLEY	PEPPERMINT	SAFFRON
SAGE	TURMERIC		