

**Food Sensitivities Test Report**

**COMPREHENSIVE WELLNESS 2**

Item Count: 200

SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION			
ACORN SQUASH SOYBEAN	AMARANTH ANCHOVY APPLE APRICOT ARTICHOKE AVOCADO BAY LEAF BELL PEPPER MIX BISON BLACK BEANS BLACK-EYED PEA BREWER'S YEAST BROCCOLI BUTTON MUSHROOM CAULIFLOWER CLAM HALIBUT OREGANO PEANUT PINEAPPLE SORGHUM STRING BEAN WHITE POTATO WILD RICE	ALMOND* BAKER'S YEAST* BASIL* BEEF* BLACK PEPPER* BLACKBERRY* BOK CHOY* CABBAGE* CANTALOUPE* CAROB* CHAMOMILE* CHICKPEA* CILANTRO* CLOVE* COCOA* CORN* CRANBERRY* DATE* DUCK* FENNEL SEED* GREEN TEA* HOPS* KALE* KELP* LENTIL BEAN* LOBSTER* MACADAMIA* MONK FRUIT* MUNG BEAN* MUSSEL* OKRA* OLIVE* OYSTER* PAPRIKA* PARSLEY* PEACH* PLUM* POMEGRANATE* PUMPKIN* SCALLION* SOLE* SUNFLOWER* SWISS CHARD* SWORDFISH* TILAPIA* TROUT* VEAL* WATERCRESS*	<b>VEGETABLES / LEGUMES</b>			
			ASPARAGUS CELERY FAVA BEAN KIDNEY BEAN NAVY BEAN PORTOBELLO MUSHRM SPINACH YELLOW SQUASH	BRSSLS SPROUT CUCUMBER GREEN PEA LEAF LETT (RED/GR) ONION RADISH SWEET POTATO ZUCCHINI SQUASH	BUTTERNUT SQUASH EGGPLANT ICEBERG LETTUCE LEEK PARSNIP RED BEET TOMATO	CARROT ENDIVE JALAPENO PEPP LIMA BEAN PINTO BEAN ROMAINE LETT TURNIP
			<b>FRUITS</b>			
			BANANA GRAPE LEMON ORANGE STRAWBERRY	BLUEBERRY GRAPEFRUIT LIME PAPAYA WATERMELON	CHERRY HONEYDEW MLN MANGO PEAR	FIG KIWI NECTARINE RASPBERRY
			<b>MEAT</b>			
			CHICKEN VENISON	LAMB	PORK	TURKEY
			<b>DAIRY / EGGS</b>			
			EGG WHITE	EGG YOLK		
			<b>SEAFOOD</b>			
			CATFISH GROUPER POLLOCK SEA BASS	CODFISH HADDOCK SALMON SHRIMP	CRAB MACKEREL SARDINE SNAPPER (RED)	FLOUNDER MAHI MAHI SCALLOP TUNA
			<b>GRAINS / STARCHES</b>			
			BUCKWHEAT RICE (BRWN/WHT)	MILLET TAPIOCA	OAT (GLUTEN FREE) TEFF	QUINOA
			<b>HERBS / SPICES</b>			
			ANCHO CHILI PEPP CORIANDER SEED LICORICE SAFFRON	CARDAMOM CUMIN NUTMEG SAGE	CAYENNE PEPPER DILL PEPPERMINT THYME	CINNAMON GINGER ROSEMARY TURMERIC
			<b>NUTS / OILS AND MISC. FOODS</b>			
			BLACK TEA COCONUT HAZELNUT PISTACHIO WALNUT	BRAZIL NUT COFFEE MUSTARD SEED SAFFLOWER	CARAWAY FLAXSEED PECAN SESAME	CASHEW GARLIC PINE NUT VANILLA

<div style="background-color: #f08080; padding: 2px; margin-bottom: 5px;"><b>CANDIDA ALBICANS</b></div> <p><b>MODERATE</b></p> <p>Also eliminate these foods:</p> <p><b>CANE SUGAR, HONEY, MAPLE SUGAR</b></p>	<div style="background-color: #008000; padding: 2px; margin-bottom: 5px;"><b>GLUTEN</b></div> <p><b>NO REACTION</b></p> <p>Also eliminate these foods:</p> <p><b>BARLEY, MALT, RYE, SPELT, WHEAT</b></p>	<div style="background-color: #ffa500; padding: 2px; margin-bottom: 5px;"><b>GLIADIN</b></div> <p><b>MODERATE</b></p> <div style="background-color: #008000; padding: 2px; margin-bottom: 5px;"><b>CASEIN</b></div> <p><b>NO REACTION</b></p> <div style="background-color: #ffff00; padding: 2px; margin-bottom: 5px;"><b>WHEY</b></div> <p><b>MILD</b></p> <p>Also eliminate these foods:</p> <p><b>COW'S MILK, GOAT'S MILK</b></p>
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## 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
<b>GRAINS / STARCHES</b>	OAT (GLUTEN FREE) TAPIOCA	MILLET	CORN* QUINOA SWEET POTATO TEFF	BUCKWHEAT RICE (BRWN/WHT)
<b>VEGETABLES / LEGUMES</b>	BUTTERNUT SQUASH CARROT CELERY CHICKPEA* EGGPLANT FAVA BEAN KALE* LEAF LETT (RED/GRN) ROMAINE LETT TOMATO YELLOW SQUASH	BOK CHOY* BRSSLS SPROUT CABBAGE* ENDIVE KELP* LENTIL BEAN* ZUCCHINI SQUASH	ASPARAGUS FENNEL SEED* GREEN PEA ICEBERG LETTUCE KIDNEY BEAN LEEK LIMA BEAN MUNG BEAN* NAVY BEAN ONION PINTO BEAN RADISH WATERCRESS*	CUCUMBER JALAPENO PEPP OKRA* PARSNIP PORTOBELLO MUSHRM RED BEET SCALLION* SPINACH SWISS CHARD* TURNIP
<b>FRUIT</b>	BANANA DATE* FIG KIWI LEMON MANGO PAPAYA STRAWBERRY	BLUEBERRY CRANBERRY* PEAR POMEGRANATE*	BLACKBERRY* CHERRY GRAPE LIME NECTARINE PEACH* PLUM* RASPBERRY	CANTALOUPE* GRAPEFRUIT HONEYDEW MLN OLIVE* ORANGE PUMPKIN* WATERMELON
<b>PROTEIN</b>	BEEF* CODFISH CRAB FLOUNDER LAMB OYSTER* SARDINE SEA BASS SNAPPER (RED) SWORDFISH* VEAL*	CATFISH CHICKEN EGG WHITE EGG YOLK MACKEREL MAHI MAHI TILAPIA* TUNA	DUCK* GROUPE POLLOCK PORK SOLE*	HADDOCK LOBSTER* MUSSEL* SALMON SCALLOP SHRIMP TROUT* TURKEY VENISON
<b>MISCELLANEOUS</b>	ANCHO CHILI PEPP CARAWAY CASHEW CHAMOMILE* COCONUT CORIANDER SEED CUMIN FLAXSEED LICORICE PARSLEY* PISTACHIO ROSEMARY SAFFLOWER TURMERIC	ALMOND* BAKER'S YEAST* BASIL* CAYENNE PEPPER CINNAMON CLOVE* GARLIC GINGER HAZELNUT HOPS* MUSTARD SEED PAPRIKA* PEPPERMINT SAFFRON	BRAZIL NUT CARDAMOM CILANTRO* COCOA* COFFEE DILL MACADAMIA* THYME	BLACK PEPPER* BLACK TEA CAROB* GREEN TEA* NUTMEG PECAN PINE NUT SAGE SESAME SUNFLOWER* VANILLA WALNUT

**Food Sensitivities Test Report**

**COMPREHENSIVE WELLNESS 2**

Item Count: 30

SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION
	BHT MSG	ACID BLUE #3* BHA* BRILLIANT BLACK* ERYTHRITOL* GREEN#3 FAST GREEN* RED#40 ALLURA RED*	<b>FOOD ADDITIVES/COLORINGS/ENVIRONMENTAL CHEMS</b> ACID RED #14      ANNATTO      ASPARTAME      BENZOIC ACID BLUE#1 BRILLIANT      BLUE#2 INDIGO CAR      CITRIC ACID      HIGH FRUCTOSE COR ORRIS ROOT      POLYSORBATE 80      RED#4 CARMINE      SACCHARIN SODIUM SULFITE      SORBIC ACID      SUCRALOSE      XYLITOL YELLOW#5 TARTRAZI      YELLOW#6 SUNSET Y
			<b>ANTIBIOTICS/ANTI INFLAMMATORY AGENTS</b>
			<b>MOLDS</b>
	RED#3 ERYTHROSINE Titanium Dioxide	RED#2 AMARANTH*	<b>PRESERVATIVES/EXPANDED ADDITIVES</b> Lecithin (Soy)
			<b>Others</b>

# 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 moderate reaction to Candida Albicans, also eliminate these foods:

CANE SUGAR, HONEY, MAPLE SUGAR

## GLUTEN

## GLIADIN

You have no reaction to Gluten and moderate reaction to Gliadin, eliminate these foods:

BARLEY, MALT, RYE, SPELT, WHEAT

## CASEIN

## WHEY

## LACTOSE

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

COWS MILK, GOAT'S MILK

ACORN SQUASH	AMARANTH	ANCHOVY
SOYBEAN	APPLE	APRICOT
	ARTICHOKE	AVOCADO
	BAY LEAF	BELL PEPPER MIX
	BISON	BLACK BEANS
	BLACK-EYED PEA	BREWER'S YEAST
	BROCCOLI	BUTTON MUSHROOM
	CAULIFLOWER	CLAM
	HALIBUT	OREGANO
	PEANUT	PINEAPPLE
	SORGHUM	STRING BEAN
	WHITE POTATO	WILD RICE

ALMOND*	BAKER'S YEAST*	BASIL*	BEEF*
BLACK PEPPER*	BLACKBERRY*	BOK CHOY*	CABBAGE*
CANTALOUPE*	CAROB*	CHAMOMILE*	CHICKPEA*
CILANTRO*	CLOVE*	COCOA*	CORN*
CRANBERRY*	DATE*	DUCK*	FENNEL SEED*
GREEN TEA*	HOPS*	KALE*	KELP*
LENTIL BEAN*	LOBSTER*	MACADAMIA*	MONK FRUIT*
MUNG BEAN*	MUSSEL*	OKRA*	OLIVE*
OYSTER*	PAPRIKA*	PARSLEY*	PEACH*
PLUM*	POMEGRANATE*	PUMPKIN*	SCALLION*
SOLE*	SUNFLOWER*	SWISS CHARD*	SWORDFISH*
TILAPIA*	TROUT*	VEAL*	WATERCRESS*

## VEGETABLES / LEGUMES

ASPARAGUS	BRSSLS SPROUT	BUTTERNUT SQUASH	CARROT
CELERY	CUCUMBER	EGGPLANT	ENDIVE
FAVA BEAN	GREEN PEA	ICEBERG LETTUCE	JALAPENO PEPP
KIDNEY BEAN	LEAF LETT (RED/GR	LEEK	LIMA BEAN
NAVY BEAN	ONION	PARSNIP	PINTO BEAN
PORTOBELLO	RADISH	RED BEET	ROMAINE LETT
MUSHRM	SWEET POTATO	TOMATO	TURNIP
SPINACH	ZUCCHINI SQUASH		
YELLOW SQUASH			

## FRUITS

BANANA	BLUEBERRY	CHERRY	FIG
GRAPE	GRAPEFRUIT	HONEYDEW MLN	KIWI
LEMON	LIME	MANGO	NECTARINE
ORANGE	PAPAYA	PEAR	RASPBERRY
STRAWBERRY	WATERMELON		

## MEAT

CHICKEN	LAMB	PORK	TURKEY
VENISON			

## DAIRY / EGGS

EGG WHITE	EGG YOLK
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## SEAFOOD

CATFISH	CODFISH	CRAB	FLOUNDER
GROUPE	HADDOCK	MACKEREL	MAHI MAHI
POLLOCK	SALMON	SARDINE	SCALLOP
SEA BASS	SHRIMP	SNAPPER (RED)	TUNA

## GRAINS / STARCHES

BUCKWHEAT	MILLET	OAT (GLUTEN FREE)	QUINOA
RICE (BRWN/WHT)	TAPIOCA	TEFF	

## NUTS / OILS AND MISC. FOODS

BLACK TEA	BRAZIL NUT	CARAWAY	CASHEW
COCONUT	COFFEE	FLAXSEED	GARLIC
HAZELNUT	MUSTARD SEED	PECAN	PINE NUT
PISTACHIO	SAFFLOWER	SESAME	VANILLA
WALNUT			

## HERBS / SPICES

ANCHO CHILI PEPP	CARDAMOM	CAYENNE PEPPER	CINNAMON
CORIANDER SEED	CUMIN	DILL	GINGER
LICORICE	NUTMEG	PEPPERMINT	ROSEMARY
SAFFRON	SAGE	THYME	TURMERIC