

Food Sensitivities Test Report

COMPREHENSIVE WELLNESS 3

Item Count: 150

SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION
ONION OYSTER	AMARANTH ARTICHOKE ASPARAGUS BAKER'S YEAST BASIL BEEF BLACKBERRY BROCCOLI CAROB CHERRY HAZELNUT HONEY HOPS LIME OLIVE SESAME SOYBEAN STRAWBERRY TILAPIA	APPLE* APRICOT* AVOCADO* BANANA* BAY LEAF* BELL PEPPER MIX* BLACK BEANS* BLACK-EYED PEA* BREWER'S YEAST* BRSSLS SPROUT* BUTTON MUSHROOM* CASHEW* CAULIFLOWER* CELERY* CLAM* CLOVE* CRAB* DILL* EGG YOLK* GARLIC* LAMB* LIMA BEAN* NUTMEG* PEANUT* PECAN* PINEAPPLE* PLUM* POLLOCK* RASPBERRY* SAGE* SHRIMP* SWEET POTATO* TOMATO* TUNA* VANILLA* VEAL* WHITE POTATO* YELLOW SQUASH*	<p>VEGETABLES / LEGUMES</p> BUTTERNUT SQUASH CABBAGE CARROT CHICKPEA CUCUMBER EGGPLANT GREEN PEA ICEBERG LETTUCE KIDNEY BEAN LENTIL BEAN NAVY BEAN PINTO BEAN RADISH RED BEET SPINACH STRING BEAN TURNIP
			<p>FRUITS</p> BLUEBERRY CANTALOUPE CRANBERRY DATE FIG GRAPE GRAPEFRUIT HONEYDEW MLN KIWI LEMON MANGO ORANGE PAPAYA PEACH PEAR PUMPKIN WATERMELON
			<p>MEAT</p> CHICKEN DUCK PORK TURKEY
			<p>DAIRY / EGGS</p> EGG WHITE
			<p>SEAFOOD</p> CODFISH HADDOCK HALIBUT LOBSTER SALMON SARDINE SCALLOP SEA BASS SNAPPER (RED) SOLE TROUT
			<p>GRAINS / STARCHES</p> BUCKWHEAT CORN MILLET OAT (GLUTEN FREE) RICE (BRWN/WHT) TAPIOCA
			<p>HERBS / SPICES</p> BLACK PEPPER CAYENNE PEPPER CINNAMON CUMIN GINGER OREGANO PAPRIKA PARSLEY PEPPERMINT THYME
			<p>NUTS / OILS AND MISC. FOODS</p> ALMOND BLACK TEA CANE SUGAR CARAWAY COCOA COCONUT COFFEE FLAXSEED GREEN TEA MUSTARD SEED PISTACHIO SAFFLOWER SUNFLOWER WALNUT

<p>CANDIDA ALBICANS NO REACTION</p>	<p>GLUTEN MILD Also eliminate these foods: BARLEY, MALT, RYE, WHEAT</p>	<p>GLIADIN MODERATE</p>	<p>CASEIN MILD Also eliminate these foods: COW'S MILK, GOAT'S MILK</p>	<p>WHEY MILD</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
GRAINS / STARCHES	OAT (GLUTEN FREE) TAPIOCA WHITE POTATO*	MILLET	CORN SWEET POTATO*	BUCKWHEAT RICE (BRWN/WHT)
VEGETABLES / LEGUMES	BLACK-EYED PEA* BUTTERNUT SQUASH CARROT CELERY* CHICKPEA EGGPLANT TOMATO* YELLOW SQUASH*	BELL PEPPER MIX* BRSSLS SPROUT* BUTTON MUSHROOM* CABBAGE CAULIFLOWER* LENTIL BEAN	BLACK BEANS* GREEN PEA ICEBERG LETTUCE KIDNEY BEAN LIMA BEAN* NAVY BEAN PINTO BEAN RADISH STRING BEAN	CUCUMBER RED BEET SPINACH TURNIP
FRUIT	BANANA* DATE FIG KIWI LEMON MANGO PAPAYA	APPLE* AVOCADO* BLUEBERRY CRANBERRY PEAR PINEAPPLE*	APRICOT* GRAPE PEACH PLUM* RASPBERRY*	CANTALOUPE GRAPEFRUIT HONEYDEW MLN ORANGE PUMPKIN WATERMELON
PROTEIN	CODFISH CRAB* LAMB* SARDINE SEA BASS SNAPPER (RED) VEAL*	CHICKEN EGG WHITE EGG YOLK* TUNA*	DUCK HALIBUT POLLOCK* PORK SOLE	CLAM* HADDOCK LOBSTER SALMON SCALLOP SHRIMP* TROUT TURKEY
MISCELLANEOUS	BAY LEAF* CARAWAY CASHEW* COCONUT CUMIN FLAXSEED PARSLEY PISTACHIO SAFFLOWER	ALMOND BREWER'S YEAST* CANE SUGAR CAYENNE PEPPER CINNAMON CLOVE* GARLIC* GINGER MUSTARD SEED PAPRIKA PEPPERMINT	COCOA COFFEE DILL* OREGANO PEANUT* THYME	BLACK PEPPER BLACK TEA GREEN TEA NUTMEG* PECAN* SAGE* SUNFLOWER VANILLA* WALNUT

ALCATTEST

HCP(12345):

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 no reaction to Candida Albicans.

GLUTEN

GLIADIN

You have a mild reaction to Gluten and moderate reaction to Gliadin, eliminate these foods

BARLEY, MALT, RYE, WHEAT

CASEIN

WHEY

LACTOSE

You have a mild reaction to Casein and Whey, eliminate these foods:

COW'S MILK, GOAT'S MILK

ONION
OYSTER

AMARANTH
ASPARAGUS
BASIL
BLACKBERRY
CAROB
HAZELNUT
HOPS
OLIVE
SOYBEAN
TILAPIA

ARTICHOKE
BAKER'S YEAST
BEEF
BROCCOLI
CHERRY
HONEY
LIME
SESAME
STRAWBERRY

APPLE*
BAY LEAF*
BREWER'S YEAST*
CAULIFLOWER*
CRAB*
LAMB*
PECAN*
RASPBERRY*
TOMATO*
WHITE POTATO*

APRICOT*
BELL PEPPER MIX*
BRSSLS SPROUT*
CELERY*
DILL*
LIMA BEAN*
PINEAPPLE*
SAGE*
TUNA*
YELLOW SQUASH*

AVOCADO*
BLACK BEANS*
BUTTON
MUSHROOM*
CLAM*
EGG YOLK*
NUTMEG*
PLUM*
SHRIMP*
VANILLA*

BANANA*
BLACK-EYED PEA*
CASHEW*
CLOVE*
GARLIC*
PEANUT*
POLLOCK*
SWEET POTATO*
VEAL*

VEGETABLES / LEGUMES

BUTTERNUT SQUASH	CABBAGE	CARROT	CHICKPEA
CUCUMBER	EGGPLANT	GREEN PEA	ICEBERG LETTUCE
KIDNEY BEAN	LENTIL BEAN	NAVY BEAN	PINTO BEAN
RADISH	RED BEET	SPINACH	STRING BEAN
TURNIP			

FRUITS

BLUEBERRY	CANTALOUPE	CRANBERRY	DATE
FIG	GRAPE	GRAPEFRUIT	HONEYDEW MLN
KIWI	LEMON	MANGO	ORANGE
PAPAYA	PEACH	PEAR	PUMPKIN
WATERMELON			

MEAT

CHICKEN	DUCK	PORK	TURKEY
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DAIRY / EGGS

EGG WHITE

SEAFOOD

CODFISH	HADDOCK	HALIBUT	LOBSTER
SALMON	SARDINE	SCALLOP	SEA BASS
SNAPPER (RED)	SOLE	TROUT	

GRAINS / STARCHES

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

NUTS / OILS AND MISC. FOODS

ALMOND	BLACK TEA	CANE SUGAR	CARAWAY
COCOA	COCONUT	COFFEE	FLAXSEED
GREEN TEA	MUSTARD SEED	PISTACHIO	SAFFLOWER
SUNFLOWER	WALNUT		

HERBS / SPICES

BLACK PEPPER	CAYENNE PEPPER	CINNAMON	CUMIN
GINGER	OREGANO	PAPRIKA	PARSLEY
PEPPERMINT	THYME		