

Food Sensitivities Test Report

200 FOOD PANEL

Item Count: 200

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

<b>CANDIDA ALBICANS</b> NO REACTION	<b>GLUTEN</b> MILD Also eliminate these foods: <b>BARLEY, MALT, RYE, SPELT, WHEAT</b>	<b>GLIADIN</b> MILD	<b>CASEIN</b> NO REACTION	<b>WHEY</b> NO REACTION
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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).

<b>Red</b>	These items indicate a severe sensitivity and should be strictly avoided for a minimum of 6 months.
<b>Orange</b>	These items indicate a moderate sensitivity and should be strictly avoided for a minimum of 3 to 6 months.
<b>Yellow</b>	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.
<b>Green</b>	These items are acceptable (non-reactive). It is recommend that they be consumed on a rotational basis, no more than every other day.
<b>Blue</b>	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/>

Personalized Rotation Diet

4 Day Rotation

	DAY 1	DAY 2	DAY 3	DAY 4
<b>GRAINS / STARCHES</b>	OAT (GLUTEN FREE) TAPIOCA WHITE POTATO	MILLET	CORN QUINOA SORGHUM* SWEET POTATO* TEFF*	AMARANTH* BUCKWHEAT RICE (BRWN/WHT)*
<b>VEGETABLES / LEGUMES</b>	BLACK-EYED PEA BUTTERNUT SQUASH CARROT* CELERY* CHICKPEA* EGGPLANT FAVA BEAN KALE LEAF LETT (RED/GRN) ROMAINE LETT* TOMATO YELLOW SQUASH	BELL PEPPER MIX* BROCCOLI* BUTTON MUSHROOM CABBAGE* CAULIFLOWER* ENDIVE KELP LENTIL BEAN* ZUCCHINI SQUASH	ASPARAGUS* FENNEL SEED* GREEN PEA ICEBERG LETTUCE KIDNEY BEAN* LEEK* LIMA BEAN MUNG BEAN* NAVY BEAN PINTO BEAN RADISH STRING BEAN 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	APPLE* AVOCADO* BLUEBERRY CRANBERRY PEAR PINEAPPLE* POMEGRANATE	BLACKBERRY CHERRY* GRAPE LIME NECTARINE PEACH PLUM RASPBERRY	CANTALOUPE* HONEYDEW MLN OLIVE PUMPKIN
<b>PROTEIN</b>	BISON* CODFISH* CRAB FLOUNDER SARDINE* SEA BASS SNAPPER (RED) SWORDFISH VEAL*	CATFISH CHICKEN* EGG WHITE EGG YOLK MACKEREL MAHI MAHI* TUNA	DUCK GROUPER POLLOCK PORK SOLE SOYBEAN	CLAM HADDOCK LOBSTER MUSSEL SALMON* SHRIMP TROUT* TURKEY VENISON*
<b>MISCELLANEOUS</b>	ANCHO CHILI PEPP BAY LEAF CARAWAY CASHEW* CHAMOMILE COCONUT* CORIANDER SEED* CUMIN FLAXSEED HONEY LICORICE PARSLEY PISTACHIO* ROSEMARY* TURMERIC*	ALMOND* BAKER'S YEAST* BASIL* CANE SUGAR CINNAMON CLOVE GARLIC* GINGER* HAZELNUT* HOPS MAPLE SUGAR MUSTARD SEED PAPRIKA PEPPERMINT	CARDAMOM CILANTRO* COCOA COFFEE COW'S MILK DILL GOAT'S MILK MACADAMIA OREGANO PEANUT THYME	BLACK TEA* CAROB* GREEN TEA NUTMEG PECAN PINE NUT SAGE* SESAME SUNFLOWER VANILLA

# 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 no reaction to Candida Albicans.

## GLUTEN

## GLIADIN

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

BARLEY, MALT, RYE, SPELT, WHEAT

## CASEIN

## WHEY

## LACTOSE

You have no reaction to Casein or Whey.

## OYSTER

ACORN SQUASH  
APRICOT  
BEEF  
BLACK PEPPER  
BRAZIL NUT  
BRSSLS SPROUT  
GRAPEFRUIT  
LAMB  
ORANGE  
SAFFRON  
TILAPIA  
WATERMELON

ANCHOVY  
ARTICHOKE  
BLACK BEANS  
BOK CHOY  
BREWER'S YEAST  
CAYENNE PEPPER  
HALIBUT  
ONION  
SAFFLOWER  
SCALLOP  
WALNUT  
WILD RICE

ALMOND\*  
AVOCADO\*  
BISON\*  
CANTALOUPE\*  
CAULIFLOWER\*  
CHICKPEA\*  
CORIANDER SEED\*  
GINGER\*  
LEEK\*  
MUNG BEAN\*  
ROMAINE LETT\*  
SARDINE\*  
TEFF\*  
VEAL\*

AMARANTH\*  
BAKER'S YEAST\*  
BLACK TEA\*  
CAROB\*  
CELERY\*  
CILANTRO\*  
DATE\*  
HAZELNUT\*  
LENTIL BEAN\*  
PINEAPPLE\*  
ROSEMARY\*  
SCALLION\*  
TROUT\*  
VENISON\*

APPLE\*  
BASIL\*  
BROCCOLI\*  
CARROT\*  
CHERRY\*  
COCONUT\*  
FENNEL SEED\*  
KIDNEY BEAN\*  
MAHI MAHI\*  
PISTACHIO\*  
SAGE\*  
SORGHUM\*  
TURMERIC\*  
WATERCRESS\*

ASPARAGUS\*  
BELL PEPPER  
MIX\*  
CABBAGE\*  
CASHEW\*  
CHICKEN\*  
CODFISH\*  
GARLIC\*  
KIWI\*  
MANGO\*  
RICE  
(BRWN/WHT)\*  
SALMON\*  
SWEET POTATO\*  
TURNIP\*

## VEGETABLES / LEGUMES

BLACK-EYED PEA	BUTTERNUT SQUASH	BUTTON MUSHROOM	CUCUMBER
EGGPLANT	ENDIVE	FAVA BEAN	GREEN PEA
ICEBERG LETTUCE	JALAPENO PEPP	KALE	KELP
LEAF LETT (RED/GR	LIMA BEAN	NAVY BEAN	OKRA
PARSNIP	PINTO BEAN	PORTOBELLO	RADISH
RED BEET	SOYBEAN	MUSHRM	STRING BEAN
SWISS CHARD	TOMATO	SPINACH	YELLOW SQUASH
ZUCCHINI SQUASH		WHITE POTATO	

## FRUITS

BANANA	BLACKBERRY	BLUEBERRY	CRANBERRY
FIG	GRAPE	HONEYDEW MLN	LEMON
LIME	NECTARINE	OLIVE	PAPAYA
PEACH	PEAR	PLUM	POMEGRANATE
PUMPKIN	RASPBERRY	STRAWBERRY	

## MEAT

DUCK	PORK	TURKEY
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## DAIRY / EGGS

COW'S MILK	EGG WHITE	EGG YOLK	GOAT'S MILK
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## SEAFOOD

CATFISH	CLAM	CRAB	FLOUNDER
GROUPE	HADDOCK	LOBSTER	MACKEREL
MUSSEL	POLLOCK	SEA BASS	SHRIMP
SNAPPER (RED)	SOLE	SWORDFISH	TUNA

## GRAINS / STARCHES

BUCKWHEAT	CORN	MILLET	OAT (GLUTEN FREE)
QUINOA	TAPIOCA		

## NUTS / OILS AND MISC. FOODS

CANE SUGAR	CARAWAY	CHAMOMILE	COCOA
COFFEE	FLAXSEED	GREEN TEA	HONEY
HOPS	MACADAMIA	MAPLE SUGAR	MONK FRUIT
MUSTARD SEED	PEANUT	PECAN	PINE NUT
SESAME	SUNFLOWER	VANILLA	

## HERBS / SPICES

ANCHO CHILI PEPP	BAY LEAF	CARDAMOM	CINNAMON
CLOVE	CUMIN	DILL	LICORICE
NUTMEG	OREGANO	PAPRIKA	PARSLEY
PEPPERMINT	THYME		