

Severe Intolerance

BAY LEAF
DANDELION LEAF

Moderate Intolerance

APRICOT
BLACK PEPPER
CANTALOUPE
CAYENNE PEPPER
CLAM
COFFEE
CRAB
EGGPLANT
GRAPEFRUIT
KALE
LIME
MALT
MULBERRY
PEAR
PEPPERMINT
RED BEET
SEA BASS
SHEEP'S MILK
SNAPPER
SOYBEAN
SPEARMINT
STRAWBERRY
SWEET POTATO

Mild Intolerance

ACORN SQUASH*
BAKER'S YEAST*
BELL PEPPERS*
BLACK BEANS*
BRAZIL NUT*
BREWER'S YEAST*
BUCKWHEAT*
CARAWAY*
CARDAMOM*
CHAMOMILE*
COCOA*
CODFISH*
DILL*
DUCK*
FLAXSEED*
GRAPE*
GREEN PEA*
GUAVA*
HADDOCK*
HALIBUT*
HONEY*
HONEYDEW (MELON)
KIWI*
LICORICE*
LOBSTER*
MUNG BEAN*
OAT (GLUTEN FREE)*
OLIVE*
PEACH*
PEANUT*
PINEAPPLE*
PISTACHIO*
PUMPKIN*
RICE*
SALMON*
SESAME*
SHRIMP*
TOMATO*
VEAL*
WAKAME SEAWEED*
WALNUT*
WATERMELON*
WHITE POTATO*

VEGETABLES / LEGUMES

ADZUKI BEANS
BLACK-EYED PEAS
BRUSSEL SPROUTS
CANNELLINI BEANS
CELERY
CUCUMBER
FENNEL SEED
KIDNEY BEAN
MUSTARD GREENS
PARSNIP
RED/GRN LEAF LETTUCE
SHALLOTS
STRING BEAN
WATER CHESTNUT
ZUCCHINI SQUASH

ARTICHOKE
BOK CHOY
BUTTERNUT SQUASH
CAPERS
CHICK PEA
ENDIVE
ICEBERG LETTUCE
LEEK
NAVY BEAN
PINTO BEAN
RHUBARB
SHITAKE MUSHROOM
SWISS CHARD
WATERCRESS

ARUGULA
BOSTON BIBB LETTUCE
BUTTON MUSHROOM
CARROT
CHICORY
ESCAROLE
JALAPENO PEPPER
LENTIL BEAN
OKRA
PORTOBELLO MUSHRO
ROMAINE LETTUCE
SPAGHETTI SQUASH
TARO ROOT
YAM

ASPARAGUS
BROCCOLI
CABBAGE
CAULIFLOWER
COLLARD GREENS
FAVA BEAN
KELP
LIMA BEAN
ONION
RADISH
SCALLIONS
SPINACH
TURNIP
YELLOW SQUASH

FRUITS

APPLE
BLACKBERRY
DATE
MANGO
PERSIMMON
STAR FRUIT

AVOCADO
BLUEBERRY
FIG
NECTARINE
PLUM
TANGERINE

BANANA
CHERRY
LEMON
ORANGE
POMEGRANATE

BLACK CURRANT
CRANBERRY
LYCHEES
PAPAYA
RASPBERRY

MEAT

BEEF
LAMB

BISON
PORK

CHICKEN
TURKEY

CHICKEN LIVER
VENISON

DAIRY / EGGS

EGG WHITE

EGG YOLK

SEAFOOD

ANCHOVY
MAHI MAHI
SCALLOP
TILAPIA

CATFISH
MUSSEL
SOLE
TROUT

FLOUNDER
OYSTER
SQUID
TUNA

MACKEREL
SARDINE
SWORDFISH

GRAINS / STARCHES

AMARANTH
QUINOA
WILD RICE

ARROWROOT
SORGHUM

CORN
TAPIOCA

MILLET
TEFF

HERBS / SPICES

ANCHO CHILI PEPPER
CINNAMON
CURRY POWDER
OREGANO
SAFFRON
TURMERIC

BASIL
CLOVE
GINGER
PAPRIKA
SAGE

CHIVES
CORIANDER
HORSERADISH
PARSLEY
TARRAGON

CILANTRO
CUMIN
NUTMEG
ROSEMARY
THYME

NUTS/ OILS AND MISC. FOODS

ALMOND
CASHEW
GARLIC
MACADAMIA
NUTRITIONAL YEAST
SAFFLOWER

BLK/GREEN TEA
CHIA
HAZELNUT
MAPLE SUGAR
PECAN
SUNFLOWER

CANE SUGAR
COCONUT
HEMP
MOLASSES
PINE NUT
VANILLA

CAROB
FRUCTOSE (HFCS)
HOPS
MUSTARD SEED
PSYLLIUM

You have no reaction to Candida Albicans.

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

BARLEY*	RYE	SPELT
WHEAT		

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

COW'S MILK	GOAT'S MILK	LACTOSE*
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Food Sensitivity Test

4 Day Rotation Diet

Clinic ID: 3419

HC Provider: ALANE PALMER, CNC

Date Collected: 20 Oct 15

Date Received: 21 Oct 15

Date Reported: 28 Oct 15

DAY 1

STARCH/GRAINS

ARROWROOT
OAT (GLUTEN FREE)*
TAPIOCA
WHITE POTATO*

VEGETABLES/LEGUMES

ARTICHOKE
BLACK-EYED PEAS
BUTTERNUT SQUASH
CAPERS
CARROT
CELERY
CHICORY
MUSTARD GREENS
PARSLEY
RED/GRN LEAF LETTUCE
ROMAINE LETTUCE
TOMATO*
WAKAME SEAWEED*
YAM
YELLOW SQUASH

FRUIT

BANANA
BLACK CURRANT
DATE
FIG
GRAPE*
GUAVA*
KIWI*
MANGO
PAPAYA

PROTEIN

BEEF
BISON
CHICK PEA
CODFISH*
FAVA BEAN
FLOUNDER
LAMB
OYSTER
SARDINE
SWORDFISH
VEAL*

MISCELLANEOUS

ANCHO CHILI PEPPER
CARAWAY*
CASHEW
CHAMOMILE*
CHIA
COCONUT
CORIANDER
CUMIN
FLAXSEED*
HONEY*
LICORICE*
PISTACHIO*
ROSEMARY
SAFFLOWER
TURMERIC

DAY 2

STARCH

MILLET
WILD RICE

VEGETABLES

BELL PEPPERS*
BOK CHOY
BOSTON BIBB LETTUCE
BROCCOLI
BRUSSEL SPROUTS
BUTTON MUSHROOM
CABBAGE
CAULIFLOWER
ENDIVE
ESCAROLE
KELP
SHITAKE MUSHROOM
ZUCCHINI SQUASH

FRUIT

APPLE
AVOCADO
BLUEBERRY
CRANBERRY
PINEAPPLE*
POMEGRANATE
TANGERINE

PROTEIN

CATFISH
CHICKEN
EGG WHITE
EGG YOLK
LENTIL BEAN
MACKEREL
MAHI MAHI
SQUID
TILAPIA
TUNA

MISCELLANEOUS

BAKER'S YEAST*
BASIL
BREWER'S YEAST*
CANE SUGAR
CHIVES
CINNAMON
CLOVE
GARLIC
GINGER
HAZELNUT
HEMP
HOPS
MAPLE SUGAR
MUSTARD SEED
PAPRIKA
SAFFRON

DAY 3

STARCH

CORN
QUINOA
SORGHUM
TEFF

VEGETABLES

ACORN SQUASH*
ARUGULA
ASPARAGUS
BLACK BEANS*
COLLARD GREENS
FENNEL SEED
GREEN PEA*
ICEBERG LETTUCE
LEEK
LIMA BEAN
ONION
PINTO BEAN
RADISH
SHALLOTS
STRING BEAN
TARO ROOT
WATERCRESS

FRUIT

BLACKBERRY
CHERRY
NECTARINE
PEACH*
PLUM
RASPBERRY
STAR FRUIT

PROTEIN

ANCHOVY
DUCK*
HALIBUT*
KIDNEY BEAN
MUNG BEAN*
NAVY BEAN
PORK
SOLE

MISCELLANEOUS

ALMOND
BRAZIL NUT*
CARDAMOM*
CILANTRO
COCOA*
DILL*
HORSERADISH
MACADAMIA
OREGANO
PEANUT*
PSYLLIUM
TARRAGON
THYME

DAY 4

STARCH

AMARANTH
BUCKWHEAT*
RICE*

VEGETABLES

CUCUMBER
JALAPENO PEPPER
OKRA
PARSNIP
PORTOBELLO MUSHROOM
RHUBARB
SCALLIONS
SPAGHETTI SQUASH
SPINACH
SWISS CHARD
TURNIP
WATER CHESTNUT

FRUIT

HONEYDEW (MELON)*
LEMON
LYCHEES
OLIVE*
ORANGE
PERSIMMON
PUMPKIN*
WATERMELON*

PROTEIN

ADZUKI BEANS
CANNELLINI BEANS
CHICKEN LIVER
HADDOCK*
LOBSTER*
MUSSEL
SALMON*
SCALLOP
SHRIMP*
TROUT
TURKEY
VENISON

MISCELLANEOUS

BLK/GREEN TEA
CAROB
CURRY POWDER
FRUCTOSE (HFCS)
MOLASSES
NUTMEG
NUTRITIONAL YEAST
PECAN
PINE NUT
SAGE
SESAME*
SUNFLOWER
VANILLA
WALNUT*

Foods To Avoid

File: 322920

Clinic/Doctor: ALANE PALMER, CN

APRICOT



The fruit can be consumed fresh, dried, frozen or processed as canned product, as juice, or as baby food (pureed). Also avoid apricot oil, apricot chutneys. For reintroduction into diet, place into day: 3

BAY LEAF



Bay leaves are a fixture in the cooking of many European cuisines (particularly those of the Mediterranean), as well as in North America. They are used in soups, stews, meat, seafood, and vegetable dishes. The leaves also flavor classic French dishes such as bouillabaisse and bouillon. The leaves are most often used whole and removed before serving. In Indian cuisine, bay leaves are often used in biryani and many salads. For reintroduction into diet, place into day: 1

BLACK PEPPER



Black pepper is used as a spice and seasoning. The same fruit is also used to produce white pepper, red/pink pepper, and green pepper. Dried ground pepper is one of the most common spices in European cuisine. The spiciness of black pepper is due to the chemical piperine. Ground black peppercorn, usually referred to simply as "pepper", may be found on nearly every dinner table in some parts of the world, often alongside table salt. For reintroduction into diet, place into day: 4

CANTALOUPE



Cantaloupe is normally eaten as a fresh fruit, as a salad, or as a dessert with ice-cream or custard. Melon pieces wrapped in prosciutto are a familiar modern antipasto. For reintroduction into diet, place into day: 4

CAYENNE PEPPER



The fruits are generally dried and ground, or pulped and baked into cakes, which are then ground and sifted to make the powder, Cayenne pepper. Cayenne is used in cooking spicy hot dishes, as a powder or in its whole form (such as in Szechuan cuisine) or in a thin, vinegar-based sauce. For reintroduction into diet, place into day: 2

CLAM



Clams can be eaten raw, steamed, boiled, baked or fried; the method of preparation depends partly on size and species. Clam chowder is a popular soup in the U.S. and Canada. In Italy, clams are often an ingredient of mixed seafood dishes, or are eaten together with pasta. For reintroduction into diet, place into day: 4

COFFEE



Coffee may be presented in a variety of ways, drip brewed, percolated or French-pressed. It may be served with no additives (black) or with sugar, milk or cream. Also avoid iced coffee and espresso. For reintroduction into diet, place into day: 3

CRAB



Crabs are found in all of the world's oceans. Additionally, there are also many freshwater and terrestrial crabs, particularly in tropical regions. Also avoid seafood soups, seafood salads, imitation crab and crab cakes. For reintroduction into diet, place into day: 1

DANDELION LEAF



EGGPLANT



The eggplant is used in cuisines from Japan to Spain. It is often stewed, as in the French ratatouille, the Italian melanzane alla parmigiana, the Greek moussaka, and many South Asian dishes. It may also be roasted in its skin until charred, so that the pulp can be removed and blended with other ingredients such as lemon, tahini, and garlic, as in the Middle Eastern dish baba ghanoush and the similar Greek dish melitzanosalata or the Indian dishes of Baigan Bhartha or Gojju. It can be sliced, battered, and deep-fried, then served with various sauces which may be based on yogurt, tahini, or tamarind. For reintroduction into diet, place into day: 1

This list is presented as a sample reference list. You should read all labels each time you make a purchase because manufacturers may change formulations. Become aware of all ingredients found in foods you plan to consume. Please see accompanying booklet for more information. It is advisable to consult a qualified nutritional counsellor for further assistance with your rotation diet plan.

Foods To Avoid

File: 322920

Clinic/Doctor: ALANE PALMER, CN

GRAPEFRUIT



Also avoid Grapefruit juice, fruit juice blends and canned fruit cocktail. For reintroduction into diet, place into day: 4

KALE



Kale or Borecole is a form of cabbage, green in color, in which the central leaves do not form a head. Kale greens can provide an intense addition to salads. For reintroduction into diet, place into day: 1

LIME



Limes are used in beverages, such as limeade (akin to lemonade). Alcoholic beverages prepared with limes include cocktails such as gin and tonic, margarita, mojito, as well as many drinks that may be garnished with a thin slice of the fruit. Tequila is commonly accompanied by lime wedges and salt. Beer is often served with limes in Mexico. Lime juice is also used in some commercial soft drinks. In cooking, lime is valued both for the acidity of its juice and the floral aroma of its zest. It is used in Key lime pie and is a very common ingredient in authentic Mexican, Southwestern American and Thai dishes. For reintroduction into diet, place into day: 3

MALT



Avoid also all-purpose flour, caramel color, caramel flavor, enriched flour, malted barley, malt vinegar, maltodextrin & maltose. Can be found in hot milk drinks, breakfast cereals, baking and some alcoholic beverages (e.g. malt whisky & real ales) For reintroduction into diet, place into Day 3.

MULBERRY

American mulberry is a fruit that is native to eastern United States. Mulberries can be purple/red when ripe, however they can also be white or multiply variegated colors. They may appear in Wine, jelly, jam, syrup, pie filling, muffins, cakes, ice cream, yogurt and may be added to salads.

PEAR



Avoid also pear juice. Can be used in cooking and pickling. Used in desserts, fruit salad, preserves and confectionary. For reintroduction into diet, place into Day 2.

PEPPERMINT



Avoid also peppermint tea, spearmint, balm teas, bergamont tea, curry, mint teas, pennyroyal, tea, peppermint & menthol. Also found in chewing gum, mint sauce (especially with lamb), mint jelly, toothpaste, stuffings, salads, flavouring in drinks and sweets, crème de menthe and curries. For reintroduction into diet, place into Day 2.

RED BEET

The leaves and stems of young plants are steamed briefly and eaten as a vegetable. The usually deep-red roots of garden beet are eaten boiled either as a cooked vegetable, or cold as a salad. A large proportion of the commercial production is processed into boiled and sterilized beets or into pickles. In Eastern Europe beet soup, such as cold borscht, is a popular dish. Garden beet juice is a popular health food. Also avoid beet sugar and swiss chard. For reintroduction into diet, place into day: 4

SEA BASS

Some dishes include; Entrees, Soups, and Ceviche. Maybe found in Latin American, Caribbean and Greek cuisine. Very good source of omega fatty acids a good source of protein and magnesium.

SHEEP'S MILK

Sheep's Milk is used predominantly in cheese and yogurt. Well-known cheeses made from sheep milk include the Feta of Greece, Roquefort of France, Pecorino Romano and Ricotta from Italy. For reintroduction into diet, place into day:3

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Foods To Avoid

File: 322920

Clinic/Doctor: ALANE PALMER, CN

SNAPPER



The red snapper is a reef fish found off the Atlantic and Pacific coasts of The Americas and the Gulf of Mexico. For reintroduction into diet, place into day: 1

SOYBEAN



Avoid also soy cheese, soy flour, soy grits, soy milk, soy sauce, tenpe, soybean oil, tamari sauce, tofu, chocolate, hot dogs, mayonnaise, miso & processed foods. Used in delicate noodles called harusame and used to make flavouring pastes, and condiments. The shoots of the soybean can be eaten raw (known as bean sprouts). For reintroduction into diet, place into Day 3.

SPEARMINT

STRAWBERRY



In addition to being consumed fresh, strawberries are frozen or made into preserves. Strawberries are a popular addition to dairy products, as in strawberry flavored ice cream, milkshakes and yogurts. Strawberry pie is also popular. Avoid also blakthorn tea & sole gin. For reintroduction into diet, place into day:1

SWEET POTATO



The roots are most frequently boiled, fried, or baked. They can also be processed to make starch and a partial flour substitute. Industrial uses include the production of starch and industrial alcohol. For reintroduction into diet, place into day: 3

This list is presented as a sample reference list. You should read all labels each time you make a purchase because manufacturers may change formulations. Become aware of all ingredients found in foods you plan to consume. Please see accompanying booklet for more information. It is advisable to consult a qualified nutritional counsellor for further assistance with your rotation diet plan.



**Food Additives
Food Colorings**

Molds

**Environmental
Chemicals**

**Pharmacoactive
Agents**

**Other
Items**

Severe
Intolerance

Severe
Intolerance

Severe
Intolerance

Severe
Intolerance

Severe
Intolerance

Moderate
Intolerance

Moderate
Intolerance

Moderate
Intolerance

Moderate
Intolerance

Moderate
Intolerance

Mild
Intolerance

Mild
Intolerance

Mild
Intolerance

Mild
Intolerance

Mild
Intolerance

No
Intolerance

No
Intolerance

No
Intolerance

No
Intolerance

No
Intolerance



Food Sensitivity Test

Clinic ID: 3419

HC Provider: ALANE PALMER, CNC

Date Collected: 20 Oct 15

Date Received: 21 Oct 15

Date Reported: 28 Oct 15

Severe Intolerance

DANDELION ROOT
GOTU KOLA
LOBELIA
MISTLETOE

Moderate Intolerance

CATUABA
CHLORELLA
GINKO BILOBA
GLUCOSAMINE
HORNY GOAT WEED
PINE BARK
RESVERATROL
ST JOHNS WORT
VINPOCETINE

Mild Intolerance

ALOE VERA
AMERICAN GINSENG
BILLBERRY
BLACK WALNUT
BURDOCK
CHONDROITIN
DAMIANA
DEER ANTLER VELVE
ECHINACEA
ESSIAC
FEVERFEW
GOJI BERRY
GOLDENSEAL
GRAPE SEED EXTRAC
GYMNEMA SYLVESTR
MILK THISTLE
MULLEIN LEAF
NETTLE LEAF
PYGEUM BARK
SCHISANDRA BERRY
SIBERIAN GINSENG
SKULL CAP
STINGING NETTLE ROC
VALERIAN
YELLOW DOCK

Functional Foods and Medicinal Herbs

ACAI BERRY
BARLEY GRASS
GUARANA SEED
LO HAN
PAU DARCO BARK
ROOIBOS TEA
WHEAT GRASS

AGAVE
BEE POLLEN
HAWTHORN BERRY
LUTEIN
RED YEAST RICE
SENNA
WORMWOOD

ASHWAGANDHA
CASCARA
HUPERZINE
MAITAKE MUSHROOM
REISHI MUSHROOM
SPIRULINA

ASTRAGALUS
ELDERBERRY
KAVA KAVA
NONI BERRY
RHODIOLA
STEVIA LEAF

Herbs: Male/Female

ALFALFA LEAF
CATS CLAW
FO-TI ROOT
LYCOPENE
MYRRH
SAW PALMETTO
YERBA MATE

ARNICA
CHAPARRAL ROOT
IRISH MOSS
MACA ROOT
PUMPKIN SEED
TRIBULUS TERRESTRIS
YOHIMBE BARK

BUTCHERS BROOM ROO
CNIDIUM MONNIER
JUNIPER BERRY
MUCANA PRURIENS
REHMANNIA
UVA URSI

CALENDULA
DONG QUA
KOREAN GINSENG
MUIRA PUAMA
SARSAPARILLA
YARROW

RED indicates a severe intolerance and these items should be avoided for a minimum of 6 months
YELLOW indicates a mild intolerance and these foods should be avoided if possible
ORANGE indicates a moderate intolerance and these items should be avoided for a minimum of 3-6 months
GREEN indicates acceptable foods / no reaction