



Food Sensitivity Test

Patient Name: JUANITA WATSON

Test Date: 24 Aug 2012

Healthcare Provider: JUANITA WATSON

File #: 154229 (200)

Severe Intolerance

- BLACK BEANS
- CASHEW
- EGG WHITE
- EGGPLANT
- FIG
- HADDOCK
- NAVY BEAN
- SAFFLOWER
- TURKEY
- VANILLA
- WHEAT

Moderate Intolerance

- ASPARAGUS
- CARDAMOM
- CAULIFLOWER
- CHICKEN
- COCOA
- COCONUT
- COW'S MILK
- CRAB
- CUMIN
- HAZELNUT
- ICEBERG LETTUCE
- KALE
- LICORICE
- MAHI MAHI
- MUNG BEAN
- PEACH
- PISTACHIO
- PLUM
- SAGE
- TILAPIA
- WATERMELON

Mild Intolerance

- ACORN SQUASH*
- ARTICHOKE*
- BANANA*
- BELL PEPPERS*
- BLACK-EYED PEAS*
- BLUEBERRY*
- BOK CHOY*
- BUTTERNUT SQUASH
- BUTTON MUSHROOM*
- CABBAGE*
- CANOLA OIL*
- CARAWAY*
- CARROT*
- CAYENNE PEPPER*
- CHICK PEA*
- CINNAMON*
- CORN*
- GRAPEFRUIT*
- HOPS*
- JALAPENO PEPPER*
- KIWI*
- LOBSTER*
- MALT*
- MANGO*
- OKRA*
- ONION*
- OYSTER*
- PEAR*
- PECAN*
- PINE NUT*
- POMEGRANATE*
- PORTOBELLO MUSHROCK
- RASPBERRY*
- RED/GRN LEAF LETTUC
- ROMAINE LETTUCE*
- ROSEMARY*
- SARDINE*
- SCALLIONS*
- SEA BASS*
- SHRIMP*
- SUNFLOWER*
- SWORDFISH*
- TAPIOCA*
- WILD RICE*

VEGETABLES / LEGUMES

- BEET
- BROCCOLI
- BRUSSEL SPROUTS
- CELERY
- CUCUMBER
- ENDIVE
- FAVA BEAN
- FENNEL SEED
- GREEN PEA
- KELP
- KIDNEY BEAN
- LEEK
- LENTIL BEAN
- LIMA BEAN
- MUSTARD
- PARSNIP
- PINTO BEAN
- RADISH
- SOYBEAN
- SPINACH
- SQUASH (Yellow)
- STRING BEAN
- SWEET POTATO
- SWISS CHARD
- TOMATO
- TURNIP
- WATERCRESS
- WHITE POTATO
- ZUCCHINI SQUASH

FRUITS

- APPLE
- APRICOT
- AVOCADO
- BLACK CURRANT
- BLACKBERRY
- CANTALOUPE
- CHERRY
- CRANBERRY
- DATE
- GRAPE
- HONEYDEW (MELON)
- LEMON
- LIME
- NECTARINE
- OLIVE
- ORANGE
- PAPAYA
- PINEAPPLE
- PUMPKIN
- STRAWBERRY

MEAT

- BEEF
- BUFFALO
- CHICKEN LIVER
- DUCK
- LAMB
- PORK
- VEAL
- VENISON

DAIRY

- EGG YOLK

SEAFOOD

- ANCHOVY
- CATFISH
- CLAM
- CODFISH
- FLOUNDER
- HALIBUT
- MACKEREL
- MUSSEL
- SALMON
- SCALLOP
- SNAPPER
- SOLE
- SQUID
- TROUT
- TUNA

GRAINS

- AMARANTH
- BARLEY
- BUCKWHEAT
- MILLET
- OAT
- QUINOA
- RICE
- RYE
- SORGHUM
- SPELT

HERBS / SPICES

- BASIL
- BAY LEAF
- BLACK PEPPER
- CHILI PEPPER
- CLOVE
- CORIANDER
- DILL
- GINGER
- NUTMEG
- OREGANO
- PAPRIKA
- PARSLEY
- PEPPERMINT
- SAFFRON
- THYME
- TURMERIC

NUTS/ OILS AND MISC. FOODS

- ALMOND
- BAKER'S YEAST
- BLK/GREEN TEA
- BRAZIL NUT
- BREWER'S YEAST
- CAROB
- CHAMOMILE
- COFFEE
- COTTONSEED
- FLAXSEED
- GARLIC
- MACADAMIA
- PEANUT
- PSYLLIUM
- SESAME
- WALNUT

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

| | | |
|-------------|------------------|-------|
| CANE SUGAR* | FRUCTOSE (HFCS)* | HONEY |
| MAPLE SUGAR | | |

You have no reaction to Gluten/Gliadin.

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

| |
|-------------|
| GOAT'S MILK |
|-------------|

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



Food Sensitivity Test
4 Day Rotation Diet

Patient Name: JUANITA WATSON

Test Date: 8/24/2012

Healthcare Provider: JUANITA WATSON

File #: 154229

DAY 1

STARCH

OAT
SPELT
TAPIOCA*
WHITE POTATO

VEGETABLES/LEGUMES

ARTICHOKE*
BLACK-EYED PEAS*
BUTTERNUT SQUASH*
CARROT*
CELERY
PARSLEY
RED/GRN LEAF LETTUCE*
ROMAINE LETTUCE*
TOMATO

FRUIT

BANANA*
BLACK CURRANT
DATE
GRAPE
KIWI*
MANGO*
PAPAYA
STRAWBERRY

PROTEIN

BEEF
BUFFALO
CHICK PEA*
CODFISH
FAVA BEAN
FLOUNDER
LAMB
OYSTER*
SARDINE*
SEA BASS*
SNAPPER
SWORDFISH*
VEAL

MISCELLANEOUS

BAY LEAF
CARAWAY*
CHAMOMILE
CHILI PEPPER
CORIANDER
FLAXSEED
ROSEMARY*
TURMERIC

DAY 2

STARCH

BARLEY
MILLET
RYE
WILD RICE*

VEGETABLES

BELL PEPPERS*
BOK CHOY*
BROCCOLI
BRUSSEL SPROUTS
BUTTON MUSHROOM*
CABBAGE*
ENDIVE
KELP
MUSTARD
ZUCCHINI SQUASH

FRUIT

APPLE
AVOCADO
BLUEBERRY*
CRANBERRY
PEAR*
PINEAPPLE
POMEGRANATE*

PROTEIN

CATFISH
EGG YOLK
LENTIL BEAN
MACKEREL
SQUID
TUNA

MISCELLANEOUS

BAKER'S YEAST
BASIL
BREWER'S YEAST
CAYENNE PEPPER*
CINNAMON*
CLOVE
GARLIC
GINGER
HOPS*
PAPRIKA
PEPPERMINT
SAFFRON

DAY 3

STARCH

CORN*
QUINOA
SORGHUM
SWEET POTATO

VEGETABLES

ACORN SQUASH*
FENNEL SEED
GREEN PEA
LEEK
LIMA BEAN
ONION*
PINTO BEAN
RADISH
STRING BEAN

FRUIT

APRICOT
BLACKBERRY
CHERRY
LIME
NECTARINE
RASPBERRY*

PROTEIN

ANCHOVY
DUCK
HALIBUT
KIDNEY BEAN
PORK
SOLE
SOYBEAN

MISCELLANEOUS

ALMOND
BRAZIL NUT
CANOLA OIL*
COFFEE
COTTONSEED
DILL
MACADAMIA
MALT*
OREGANO
PEANUT
PSYLLIUM
THYME

DAY 4

STARCH

AMARANTH
BUCKWHEAT
RICE

VEGETABLES

BEEF
CUCUMBER
JALAPENO PEPPER*
OKRA*
PARSNIP
PORTOBELLO MUSHROOM*
SCALLIONS*
SPINACH
SQUASH (Yellow)
SWISS CHARD
TURNIP

FRUIT

CANTALOUPE
GRAPEFRUIT*
HONEYDEW (MELON)
LEMON
OLIVE
ORANGE
PUMPKIN

PROTEIN

CHICKEN LIVER
CLAM
LOBSTER*
MUSSEL
SALMON
SCALLOP
SHRIMP*
TROUT
VENISON

MISCELLANEOUS

BLACK PEPPER
BLK/GREEN TEA
CAROB
NUTMEG
PECAN*
PINE NUT*
SESAME
SUNFLOWER*
WALNUT

Foods To Avoid

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ASPARAGUS



Asparagus is low in calories, contains no fat or cholesterol, and is very low in sodium. The shoots are prepared and served in a number of ways around the world. In Asian-style cooking, asparagus is often stir-fried. Cantonese restaurants in the United States often serve asparagus stir-fried with chicken, shrimp, or beef. It is often used as an ingredient in stews and soups. In the French style, it is boiled or steamed and served with hollandaise sauce, melted butter or olive oil, Parmesan cheese or mayonnaise. For reintroduction into diet, place into day: 3

BLACK BEANS

Dishes may include: tacos, nachos, soups, vegetarian dishes, as well as added to salads. Usually found in Southwestern, Mexican, Cuban and other Spanish cuisines. Are in the legume family, contain protein dietary fiber and flavanoids.

CARDAMOM

The most common form of cardamom - green cardamom - is used as a flavoring, mainly for coffee and tea. In Northern Europe, cardamom is commonly used in sweet foods. It has also been known to be used for making gin. It is a common ingredient in Indian cooking, and is often used in baking in Nordic countries. For reintroduction into diet, place into day: 3

CASHEW



Cashew nuts are a common ingredient in Asian cooking. They can also be ground into a spread called cashew butter similar to peanut butter. Cashews have a very high oil content, and they are used in some other nut butters to add extra oil. Also avoid cashew nut milk. For reintroduction into diet, place into day: 1

CAULIFLOWER



Cauliflower can be roasted, boiled, fried, steamed or eaten raw. Cauliflower is often served with a cheese sauce or with a meat gravy. Low carb dieters can use cauliflower as a reasonable substitute for potatoes for while they can produce a similar texture, or mouth feel, they lack the starch of potatoes; cauliflower is actually used to produce a potato substitute known as fauxtato. For reintroduction into diet, place into day: 2

CHICKEN



Because of its relatively low cost, chicken is one of the most used meats in the world. Nearly all parts of the bird can be used for food, and the meat is cooked in many different ways around the world. Popular chicken dishes include fried chicken, chicken soup, Buffalo wings, tandoori chicken, butter chicken, and chicken rice. Chicken is also a staple of fast food restaurants such as KFC, McDonald's, and Burger King. Also avoid chicken livers. For reintroduction into diet, place into day: 2

COCOA



Cocoa is the dried seed of the cacao tree from which chocolate is made. "Cocoa" can often also refer to the drink commonly known as hot chocolate. Cocoa powder is a dry powder made by grinding cocoa seeds and removing the cocoa butter from the dark, bitter cocoa solids. For reintroduction into diet, place into day: 3

COCONUT



The coconut palm is grown throughout the tropical world, for decoration as well as for its many culinary and non-culinary uses; virtually every part of the coconut palm has some human use. The white, fleshy part of the seed is edible and used fresh or dried in cooking. The cavity is filled with coconut water which contains sugar, proteins, antioxidants, vitamins and minerals. Coconut water provides an isotonic electrolyte balance, and is a highly nutritious food source. Coconut milk is made by processing grated coconut with hot water or milk, which extracts the oil and aromatic compounds. Also avoid Coconut oil and macaroons. For reintroduction into diet, place into day: 1

COW'S MILK



Avoid also skimmed milk, semi-skimmed milk, butter, butter cakes, ice cream, marscapone (sweet Italian cheese), imitation milk products, lactaid milk, margarine, neufchatel cheese, non-fat dry milk, processed cheese, buttermilk, cheese, chocolate, cottage cheese, cream, cream cheese, evaporated cow's milk & guar gum. For reintroduction into diet, place into Day 1.

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

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.

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CUMIN



Cumin is identified with Indian, Mexican and Cuban cuisine. It is used as an ingredient of curry powder. Cumin can be found in some Dutch cheeses like Leyden cheese, and in some traditional breads from France. It is also wide-spread used by traditional culinary in Brazil. In herbal medicine, cumin is classified as stimulant, and antimicrobial. Cumin can be used to season many dishes, as it draws out their natural sweetness. It is traditionally added to curries, enchiladas, tacos, and other Middle-eastern, Indian, Cuban and Mexican-style foods. It can also be added to salsa to give it extra flavor. Cumin has also been used on meat in addition to other common seasonings. For reintroduction into diet, place into day: 1

EGG WHITE



Egg white is the common name for the clear liquid contained within an egg. Its primary natural purpose is to protect the egg yolk and provide additional nutrition for the growth of the embryo, as it is rich in proteins and is of high nutritional value. It is often separated and used for cooking (meringues, soufflés, and some omelets). Also avoid egg, mayonnaise, albumen, egg powder, custard, quiche, egg noodles, and egg pasta. Eggs can also be a hidden ingredient in glazes, margarine and even ice cream. Egg can also be listed as ovalbumin or lecithin. For reintroduction into diet, place into day: 2

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

FIG



The Common Fig is widely grown for its edible fruit throughout its natural range Iran and also in the rest of the Mediterranean region and other areas of the world with a similar climate, including Australia, Chile, South Africa, and California, Oregon, Texas, and Washington in the United States. Figs can be eaten fresh or dried, and used in jam-making. For reintroduction into diet, place into day: 1

HADDOCK



Haddock is a very popular fish, sold fresh, smoked, frozen, dried, or canned. Haddock, along with cod and plaice, is one of the most popular fish used in British fish and chips. For reintroduction into diet, place into day:4

HAZELNUT



Avoid also filbert & hazelnut oil. Used in butters, confectionary and desserts. For reintroduction into diet, place into Day 2.

ICEBERG LETTUCE

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

LICORICE



Liquorice flavor is found in a wide variety of liquorice candies. Liquorice is also found in some soft drinks (such as root beer), and is in some herbal teas where it provides a sweet aftertaste. The flavor is common in medicines to disguise unpleasant flavors. Modern cough syrups often include liquorice extract as an ingredient. For reintroduction into diet, place into day:1

MAHI MAHI

Can be served; grilled, bakes, and sautéed even added to chowders. Is a lean fish low in fat, high in protein, and DHA, so an excellent brain food.

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MUNG BEAN



Mung beans are commonly used in Chinese cuisine, where they are called "green bean", as well as in Japan, Korea, India, Thailand and Southeast Asia. Mung bean sprouts are stir fried as a vegetable accompaniment. Uncooked bean sprouts are used in filling for Vietnamese spring rolls, as well as a garnish. For reintroduction into diet, place into day: 3

NAVY BEAN



Small white variety of common bean also known as pearl haricot, navy bean and pea bean. Used to make French dish cassoulet and forerunners of modern canned baked beans (which contain other products e.g. tomato etc). Avoid also great northern bean & white beans. For reintroduction into diet, place into Day 3.

PEACH



Also avoid nectarines. Peaches can be found in baked goods, pies and fruit juice blends. For reintroduction into diet, place into day: 3

PISTACHIO



Used in stuffings, sauces and confectionery, baking and ice cream. For reintroduction into diet, place into Day 1.

PLUM



Avoid also prune & prune juice. Plums are used in jams, jellies, preserves, liqueurs and compotes. Sloe gin is made from plum. For reintroduction into diet, place into Day 3.

SAFFLOWER



Avoid also safflower oil, safflower oil margarine. Used in special diet mayonnaise, and salad dressings. For reintroduction into diet, place into Day 1.

SAGE



Sage has a slight peppery flavour. It is used to flavour fatty meats and in stuffing for poultry or pork. Sage tea is said to have a calming affect. For reintroduction into diet place on day 4.

TILAPIA



TURKEY



Turkeys are sold sliced and ground, as well as "whole" in a manner similar to chicken with the head, feet, and feathers removed. Frozen whole turkeys remain popular. Sliced turkey is frequently used as a sandwich meat or served as cold cuts. Also avoid turkey franks, turkey sausage. For reintroduction into diet, place into day: 4

VANILLA



Used as flavouring in sweet sauces, cakes, chocolate, puddings and ice creams. For reintroduction into diet, place into Day 4.

WATERMELON



Fresh watermelon may be eaten in a variety of ways and is also often used to flavor summer drinks and smoothies. Also avoid fruit salads and watermelon flavored candies. For reintroduction into diet, place into day: 4

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WHEAT



Avoid also enriched flour, msg, pasta, puffed wheat, shredded wheat, soy sauce, triticale, wheat berries, wheat bran, wheat germ, whole wheat flour, all-purpose flour, bread, products, bulgur, crackers & cream of wheat. For reintroduction into diet, place into Day 2.

| Food Additives Food Colorings | Molds | Environmental Chemicals | Pharmacoactive Agents | Other Items |
|---|---|--|-----------------------------|--|
| Severe Intolerance BHA BHT | Severe Intolerance | Severe Intolerance DELTAMETHRIN | Severe Intolerance | Severe Intolerance |
| Moderate Intolerance GREEN#3 FAST GREEN | Moderate Intolerance | Moderate Intolerance | Moderate Intolerance | Moderate Intolerance ASPIRIN |
| Mild Intolerance RED#1 CRYSTAL PONCEAU | Mild Intolerance | Mild Intolerance FLUORIDE | Mild Intolerance | Mild Intolerance CEPHALOSPORIN C NAPROXEN (ALEVE) NEOMYCIN PENICILLAMINE PENICILLIN |
| No Intolerance ASPARTAME BENZOIC ACID BLUE#1 BRILLIANT BLUE BLUE#2 INDIGO CARMINE ERYTHRITOL MSG POLYSORBATE 80 POTASSIUM NITRITE RED#40 ALLURA RED SACCHARINE SODIUM SULFITE SORBIC ACID SUCRALOSE (SPLENDA) XYLITOL YELLOW#5 TARTRAZINE YELLOW#6 SUNSET YELLOW | No Intolerance ALTERNARIA ASPERGILLUS BOTRYTIS CEPHALOSPORIUM CLADO HERBARUM CURVULARIA EPICOCCUM NIGRUM FUSARIUM OXYSPORIUM HELMINTHOSPORIUM HORMODENDRUM MONILIA SITOPHILA MUCOR RACEMOSUS PENICILLIUM PHOMA HERBARUM PULLULARIA RHIZOPUS NIGRICANS RHODOTORULA RUBRA SPONDYLOCLADIUM TRICHODERMA | No Intolerance AMMONIUM CHLORIDE BENZENE CHLORINE FORMALDEHYDE GLYPHOSATE ORRIS ROOT PHENOL TOLUENE | No Intolerance | No Intolerance ACETAMINOPHEN AMOXICILLIN AMPICILLIN CLINORIL DIFLUNISAL (DOLOBID) GENTAMICIN IBUPROFEN INDOCIN NYSTATIN PIROXICAM (FELDENE) STREPTOMYCIN SULFAMETHOXAZOLE TETRACYCLINE VOLTAREN |



Food Sensitivity Test

Patient Name: JUANITA WATSON

Test Date: 24 Aug 2012

Healthcare Provider: JUANITA WATSON

File #: 154229 (50)

Severe Intolerance

- FEVERFEW
- GRAPE SEED EXTRAC
- KAVA KAVA
- ST JOHNS WORT
- VINPOCETINE

Moderate Intolerance

- GOJI BERRY
- LUTEIN
- MILK THISTLE
- RED CLOVER SEED
- RESVERATROL
- SENNA
- WHEAT GRASS

Mild Intolerance

- ALOE VERA
- BARLEY GRASS
- BILLBERRY
- LO HAN
- MULLEIN LEAF
- NONI BERRY
- PINE BARK
- SCHISANDRA BERRY
- STEVIA LEAF
- VALERIAN
- YELLOW DOCK

Functional Foods and Medicinal Herbs

| | | | |
|----------------|----------------|------------------|-----------------|
| ACAI BERRY | AGAVE | ASHWAGANDHA | ASTRAGALUS |
| BEE POLLEN | BLACK WALNUT | CASCARA | CHLORELLA |
| DANDELION | ECHINACEA | ELDERBERRY | ESSIAC |
| GINKO BILOBA | GOLDENSEAL | GURANA SEED | GYMNEMA SYLVEST |
| HAWTHORN BERRY | HUPERZINE | MAITAKE MUSHROOM | MANGOSTEEN |
| PAU DARCO BARK | RED YEAST RICE | REISHI MUSHROOM | RHODIOLA |
| ROOIBOS TEA | SPIRULINA | WORMWOOD | |

Herbs: Male/Female

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