

Contact ID: ...
Sample ID: ...
Client Name: Mr. / Mrs. ...

□

Dear Mr. / Mrs. ...

I am enclosing the results of the Food Intolerance Test you recently undertook with us. Your blood was tested for IgG antibodies using the ELISA method of testing. You will see that your results are graded into three groups:

NO REACTION (Green Column) - these foods can be eaten without restriction, **unless** you already know that these foods do cause you a reaction and you have been avoiding them, in which case you should continue to do so.

IF YOU SUFFER CLASSICAL ALLERGIC REACTIONS TO ANY OF THESE FOODS - DO NOT EAT THEM.

ROTATE (Yellow Column) - you have a slight reaction to these foods and may benefit by limiting their consumption to every three to four days.

AVOID (Red Column) - you have raised IgG antibody levels to these foods and you should try to eliminate them completely from your diet. A grading of +1 to +4 is used (with +4 as the highest) to indicate the strength of your reaction, although this grading does not necessarily equate to the severity of the symptoms. You may benefit from removing all foods in the 'Avoid' column from your diet. It is recommended that you try eliminating those with the highest number first

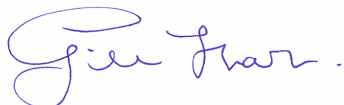
Along with your test results I have included a Food Intolerance Guidebook. In it you will find all that you need to help you to take out offending foods from your diet, including some information on removing commonly eaten staple foods from your diet.

May I stress that your test results are complementary to, and certainly not a substitute for, the best medical help. If you requested a copy of your results for your GP, pharmacist or Health Practitioner I have included a copy that will form the basis of a consultation with them. If your chronic symptoms do not improve significantly over the next few weeks, we advise you to contact a health professional.

You have made the important decision to take our test. It is now up to you to follow strictly the advice given. We know from our research that the majority of our patients who alter their diet in accordance with their test results show a significant improvement in their condition(s). I hope that you are one of them and I would be interested to learn of your progress and improvement in due course.

Yours sincerely,

Dr Gill Hart AIBMS
Technical Director



FoodSCAN 113 Food Intolerance Test

Client Name: ...

Contact ID: ...

	AVOID	BORDERLINE	NO REACTION
Grains	Millet + 1		Barley Buckwheat Corn (Maize) Oat Rice Rye Wheat
Dairy			Cows Milk Egg White Egg Yolk
Meats			Beef Chicken Duck Lamb Pork Turkey
Fish			Crustacean Mix Mollusc Mix Oily Fish Mix Plaice/Sole Salmon/Trout Tuna White Fish Mix
Vegetables			Asparagus Aubergine Avocado Celery Cucumber Haricot Bean Kidney Bean Lentils Lettuce Mushroom Mustard Mix Onion Pea Peppers(Capsicum)/Paprika Potato Spinach String Bean

FoodSCAN 113 Food Intolerance Test

	AVOID	BORDERLINE	NO REACTION
Fruits			Apple Apricot Banana Blackberry Blackcurrant Cherry Cranberry Grape Grapefruit Kiwi Lemon Lime Melon Mix Olive Orange Peach Pear Pineapple Plum Raspberry Strawberry Tomato
Nuts		Cashew	Almond Brazil Hazelnut Peanut Walnut
Spices / Herbs			Chilli Pepper Cinnamon/Clove Garlic Ginger Mustard Seed Nutmeg/Peppercorn Parsley Sesame Seed Vanilla
Others	Yeast + 1		Carob Cocoa Bean Coffee Hops Sunflower Seed Tea

MILLET-You have 1 degree intolerance



Millet is a kind of grain an located in the carbohydrate group, contains high degree of fiber, B complex vitamins, vegetable protein. Usage areas are not very common. can be added to some local soups and rarely flour products. The most common use is in making beverage made of slightly fermented millet. This beverages 'raw material is millet. Definetely do not drink it. When you remove millet from your diet, consume food made of rice, pea and its flour instead of millet.

YEAST-You have 1 degree intolerance



Yeast is the member of single-celled organisms group, and obtained from purification of “*Saccharomyces Cerevisiae*”. Yeast cells are round or oval in shape and size varies between 2-3 μm and 20-50 μm . 1 gr of wet yeast contains approximately 10 billion cells. Yeast is especially used for swelling of food. There are three main functions of yeast in the dough:

1. Produces carbon dioxide gas that gives the desired volume to dough and winning the spongy tissue when baked.
2. Gluten structure nourish and strengthen the dough by fermentation activity.
3. Gives taste by producing chemical compounds as by-products of fermentation process

According to normal eating habits, in commercial sense many nutrients are obtained by fermenting and these yeasts are not harmful for the human body. But according to test results, your body is developing intolerance towards yeast, when you consume yeasted products, your body develops defense systems, and has difficulties while the digestion of the yeasted nutrients. That is why you have to remove all fermented nutrients from your diet.

Nutrients containing yeast

All kinds of bread, pizza dough, croissant, muffin ,and the cakes that are belonging to other bread structure.

Fermented nutrients, soy sauce, vinegar, salad sauces containing vinegar, pickle species, ketchup.

Hydrolyzed vegetarian proteins

Malt Drinks

Wine and beer especially, and the alcohols obtained by fermentation.

Fermented or matured cheese, yoghurt.

The products which can be used instead of yeast

You can use roasted sesame oil instead of soy sauce.

Raki, gin, whiskey, vodka and tequila does not contain yeast.

Bread prepared with mineral water and without yeast, rice cakes, oat biscuit and cakes can be consumed.

Some of the cheese called green cheese does not contain yeast

Limon juice can be used instead of vinegar

NOTES

Yeast is a very good source of Vitamin B, when you remove it from your diet, increase other food containing high Vitamin B such as meat, fish, oil seeds, (hazelnuts, walnuts etc.) and dark green leafy vegetables. If necessary, you may also take B complex vitamins by consulting your doctor.