Comprehensive IgG Food Allergy Test + C. albicans, S. cerevisiae (94)

**Dairy**
- Casein: 6.61
- Cheese: 7.90
- Goat Cheese: 3.22
- Milk: 4.49
- Mozzarella Cheese: 6.21
- Whey: 3.46
- Yogurt: 7.21

**Legumes - Beans and Peas**
- Garbanzo Bean: 1.21
- Green Bean: 2.07
- Kidney Bean: 1.84
- Lentil: 0.97
- Lima Bean: 0.91
- Pea: 1.26
- Pinto Bean: 1.39
- Soybean: 1.49

**Fruit**
- Apple: 1.20
- Apricot: 1.46
- Banana: 3.45
- Blueberry: 2.02
- Coconut: 2.14
- Cranberry: 2.08
- Grape: 1.60
- Grapefruit: 2.64
- Lemon: 2.25
- Orange: 1.45
- Papaya: 1.71
- Peach: 1.11
- Pear: 0.71
- Pineapple: 1.34
- Plum (Prune): 0.89
- Strawberry: 0.62
- Watermelon: 1.26

**Grains**
- Barley: 1.64

**Other**
- Buckwheat: 1.37
- Corn: 0.99
- Gliadin: 3.64
- Millet: 1.11
- Oat: 1.40
- Rice: 1.15
- Rye: 1.82
- Sorghum: 1.59
- Wheat Gluten: 3.10
- Wheat: 2.79
- Cod Fish: 1.31
- Crab: 1.68
- Halibut: 1.13
- Lobster: 1.19
- Salmon: 1.06
- Sardine: 0.90
- Shrimp: 1.25
- Tuna: 2.22
- Beef: 1.11
- Chicken: 1.26
- Egg White: 2.76
- Egg Yolk: 2.81
- Lamb: 1.13
- Pork: 0.99
- Turkey: 1.19
- Almond: 2.95
- Cashews: 5.27
- Flax: 0.92
- Hazelnut: 1.13
- Peanut: 2.70
- Pecan: 1.27
- Pistachio: 3.95
- Sesame: 1.50

A discount on custom meal plans is available at www.greatplainslaboratory.com

Testing performed by The Great Plains Laboratory, Inc., Lenexa, Kansas. The Great Plains Laboratory has developed and determined the performance characteristics of this test. This test has not been evaluated by the U.S. Food and Drug Administration.
Comprehensive IgG Food Allergy Test + C. albicans, S. cerevisiae (94)

Now with DineWise™ Customized 4 Day Food Rotation Diet

Reactivity Summary

<table>
<thead>
<tr>
<th>Reactivity Level</th>
<th>Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>High</td>
<td>Cheese, Yogurt, Casein, Mozzarella Cheese, Cashews</td>
</tr>
<tr>
<td>Moderate</td>
<td>Milk, Candida Albicans, Yeast, Brewers *, Yeast, Bakers *, Pistachio, Gliadin</td>
</tr>
<tr>
<td>Low</td>
<td>Whey, Banana, Goat Cheese, Wheat Gluten, Almond, Egg Yolk, Wheat, Egg White, Peanut, Grapefruit, Celery, Mushroom, Lemon, Tuna, Coconut, Cranberry, Green Bean, Blueberry</td>
</tr>
</tbody>
</table>

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About IgG Food Allergies: IgG antibodies do not produce the immediate histamine response we associate with IgE antibodies - a runny nose or hives, for example. IgG reactions tend to be more subtle - headaches, bloating, muscle aches, or even cognitive dysfunction. Therefore, IgG reactions are often termed “food sensitivities” or “food intolerance.”

The following pages contain a rotation diet based on your individual test results. A food rotation diet is the recommended method for reducing negative responses to foods. In general, eating from different food families distributed over several days reduces existing food reactions and lessens the chance of developing additional food sensitivities. If excessive intestinal permeability (leaky gut) is present, small amounts of food proteins enter the bloodstream. The immune system builds an antibody to those foreign proteins, predominately as IgG. Cumulative excess IgG antibodies contribute to chronic digestive and other conditions.

Foods that have elevated IgG levels on your test (those in the moderate or high categories) have been removed from rotation. Foods that are in the clinically insignificant or low categories are included in the rotation. As you remove the reactive foods from your diet, take the time to observe any changes in digestion, skin condition, energy level, or mood. Because of the extreme allergenicity of milk and wheat, if any food containing cow’s milk or wheat gluten is high, the entire group of related foods is removed from rotation. For example, if the wheat IgG value is high, rye and barley are removed from the suggested rotation diet. Dairy and wheat foods are the most frequent causes of generalized food intolerance symptoms. You and your physician may want to eliminate wheat or milk products from the diet completely even if the reactions are only in the slight to low categories. Oats, rice, corn and the other grains (millet, buckwheat, and sorghum) are not considered gluten grains and often can be tolerated on elimination diets when wheat IgG values are high.

Please note that the rotation diet is based only on IgG testing. To be absolutely safe, testing for IgE antibodies to food allergens should be considered PRIOR TO BEGINNING A ROTATION DIET. Even if histamine reactions are not symptomatically evident, IgE antibodies may still be elevated. The most common IgE reactions are to dairy, eggs, peanuts, or seafood. IgE allergies are most common in childhood, and often are outgrown by adulthood. Consult your health practitioner for advice on how long to follow your rotation diet and when to reintroduce foods as a challenge. With some patients, at least a year or more of food elimination may be necessary for IgG levels to become normal.
<table>
<thead>
<tr>
<th></th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dairy</strong></td>
<td></td>
<td>Goat Cheese</td>
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<tr>
<td><strong>Fish</strong></td>
<td>Cod Fish</td>
<td>Crab</td>
<td>Lobster</td>
<td>Salmon</td>
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<tr>
<td></td>
<td>Halibut</td>
<td>Shrimp</td>
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<tr>
<td><strong>Fruit</strong></td>
<td>Apricot</td>
<td>Blueberry</td>
<td></td>
<td>Apple</td>
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<td></td>
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<td>Peach</td>
<td>Cranberry</td>
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<td>Strawberry</td>
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<td></td>
<td>Plum (Prune)</td>
<td>Papaya</td>
<td></td>
<td>Orange</td>
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<tr>
<td><strong>Grains</strong></td>
<td>Barley</td>
<td>Corn</td>
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<td>Buckwheat</td>
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<td></td>
<td>Rice</td>
<td>Oat</td>
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<tr>
<td><strong>Legumes - Beans and Peas</strong></td>
<td>Lentil</td>
<td>Lima Bean</td>
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<td>Garbanzo Bean</td>
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<tr>
<td></td>
<td>Pea</td>
<td>Soybean</td>
<td></td>
<td>Kidney Bean</td>
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<tr>
<td><strong>Meat/Fowl</strong></td>
<td>Beef</td>
<td>Pork</td>
<td></td>
<td>Chicken</td>
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<tr>
<td></td>
<td>Lamb</td>
<td>Turkey</td>
<td></td>
<td>Turkey</td>
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<tr>
<td>** Miscellaneous**</td>
<td>Cane Sugar</td>
<td>Cocoa</td>
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<td>Coffee</td>
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<tr>
<td></td>
<td>Mushroom</td>
<td>Peanut</td>
<td></td>
<td>Sesame</td>
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<td></td>
<td>Sunflower</td>
<td>Flax</td>
<td></td>
<td>Hazelnut</td>
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<tr>
<td><strong>Nuts and Seeds</strong></td>
<td>Peanut</td>
<td>Almond</td>
<td></td>
<td>Pecan</td>
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<td></td>
<td>Sesame</td>
<td>Flax</td>
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<td>Walnut</td>
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<tr>
<td></td>
<td>Sunflower</td>
<td>Hazelnut</td>
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<tr>
<td>** Vegetables**</td>
<td>Beet</td>
<td>Celery</td>
<td></td>
<td>Asparagus</td>
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<tr>
<td></td>
<td>Carrot</td>
<td>Garlic</td>
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<td>Broccoli</td>
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<td></td>
<td>Eggplant</td>
<td>Onion</td>
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<td>Potato</td>
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<td></td>
<td>Green Pepper</td>
<td>Pumpkin</td>
<td></td>
<td>Radish</td>
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<tr>
<td></td>
<td>Tomato</td>
<td>Spinach</td>
<td></td>
<td>Sweet Potato</td>
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