

# 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>	<p>On your food results you will have 3 distinct blue boxes :</p> <p>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.</p> <p>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.</p> <p>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.</p>

## 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.

SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION	Item Count: 50
ACAI BERRY ASHWAGANDHA ASTRAGALUS BEE POLLEN BILBERRY GRAPE SEED EXTRACT MAITAKE MUSHROOM YELLOW DOCK	ALOE VERA* BARLEY GRASS* BLACK WALNUT* CASCARA* CHLORELLA* DANDELION ROOT* ECHINACEA* ESSIAC* MILK THISTLE* RESVERATROL* ROOIBOS TEA* SCHISANDRA BERRY* SENNA* VALERIAN*	<b>Functional Foods and Medicinal Herbs</b>  BAMBOO SHOOT GINKGO BILOBA GUARANA SEED KAVA KAVA NONI BERRY RED YEAST RICE ST JOHNS WORT  CHONDROITIN GLUCOSAMINE GYMNEMA SYLVESTRE LUO HAN GUO PAU DARCO BARK REISHI MUSHROOM VINPOCETINE  ELDERBERRY GOJI BERRY HAWTHORN BERRY LUTEIN PINE BARK RHODIOLA WHEATGRASS  FEVERFEW GOLDENSEAL HUPERZINE MULLEIN LEAF RED QUEBRACHO SPIRULINA WORMWOOD	Herbs: Male/Female	

Patient Information



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

GLUTEN

GLIADIN

CASEIN

WHEY

Patient Information



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

GLUTEN

GLIADIN

CASEIN

WHEY

VEGETABLES / LEGUMES

VEGETABLES / LEGUMES

FRUITS

FRUITS

MEAT

MEAT

DAIRY / EGGS

DAIRY / EGGS

SEAFOOD

SEAFOOD

GRAINS / STARCHES

GRAINS / STARCHES

NUTS / OILS AND MISC. FOODS

NUTS / OILS AND MISC. FOODS

HERBS / SPICES

HERBS / SPICES