## IgG Food Antibody Assessment



Innovative Testing for Optimal Health

63 Zillicoa Street Asheville, NC 28801 © Genova Diagnostics

Patient: **SAMPLE** 

Order Number:

PATIENT

Completed: July 28, 2006 Received: July 19, 2006 Collected: July 19, 2006

Sex: F MRN:

Age: 17

| IgG Food Antibody Results  |   |   |                              |  |                 |   |  |
|--|---|---|------------------------------|--|-----------------|---|--|
| Dairy  |   | Vegetables  | _                            | Fish/Shellfis  | sh              | Nuts and Gra  | ains                                     |
| Casein Cheddar cheese Cottage cheese Cow's milk Goat's milk Lactalbumin Yogurt                     | 0 | Alfalfa Asparagus Avocado Beets Broccoli Cabbage Carrot Celery  | VL 0 3+ VL VL 3+ 3+ 3+ 3+ 3+ | Clam Cod Crab Lobster Oyster Red snapper Salmon Sardine                        | 0               | Almond Buckwheat Corn Corn gluten Gluten Kidney bean Lentil Lima bean       | VL 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 |
| Fruits Apple Apricot Banana Blueberry Cranberry Grape Grapefruit Lemon Orange Papaya Peach Pear    | 0 | Cucumber Garlic Green Pepper Lettuce Mushroom Olive Onion Pea Potato, sweet Potato, white Spinach String bean | 0                            | Shrimp Sole Trout Tuna  Poultry/Mean Beef Chicken Egg white Egg yolk Lamb Pork | 0               | Oat Peanut Pecan Pinto bean Rice Rye Sesame Soy Sunflower seed Walnut Wheat | 1+                                       |
| Pineapple Plum Raspberry Strawberry  | 0 | Tomato Zucchini   | VL VL Inside                 | Turkey  I IgE  Outside   | Reference Range | Yeast Cane sugar Chocolate Coffee   | 1+                                       |
| Total IgE ◆ 298.0 <=87.0 IU/mL Honey 0 □  0 □ None Detected VL Very Low 1+ Low 2+ Moderate 3+ High |   |   |                              |  |                 |   |  |

- The performance characterisitcs of all assays have been verified by Genova Diagnostics, Inc. Unless otherwise noted with ◆ as cleared by the U.S Food and Drug Administration are For Research Use Only.
- Total IgE level may have clinical significance regardless of specific antibody levels.
- Increasing levels of antibody detected suggest an increasing probability of clinical reactivity to specific foods.
- The True Relief diet is specific to IgG results only. Allergens inducing IgE response should be avoided.

| Laboratory Comments |  |  |  |  |  |
|---------------------|--|--|--|--|--|
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|                     |  |  |  |  |  |

## **Summary of Test Results**

|                |                | 3+          |             |
|----------------|----------------|-------------|-------------|
| Avocado        | Cabbage        | Carrot      | Celery      |
| Corn           | Pecan          |             |             |
|                |                | 1+          |             |
| Cane sugar     | Corn gluten    | Garlic      | Grape       |
| Grapefruit     | Lobster        | Mushroom    | Oat         |
| Sesame         | Spinach        | String bean | Wheat       |
| Yeast          |                |             |             |
|                |                | VL          |             |
| Alfalfa        | Almond         | Beet        | Blueberry   |
| Broccoli       | Cheddar cheese | Chocolate   | Coffee      |
| Cottage cheese | Cow's milk     | Crab        | Egg yolk    |
| Goat's milk    | Green pepper   | Lettuce     | Olive       |
| Onion          | Pea            | Peach       | Plum        |
| Potato, sweet  | Potato, white  | Raspberry   | Rice        |
| Strawberry     | Tomato         | Walnut      | Yogurt      |
| Zucchini       |                |             |             |
|                |                | 0           |             |
| Apple          | Apricot        | Asparagus   | Banana      |
| Beef           | Buckwheat      | Casein      | Chicken     |
| Clam           | Cod            | Cranberry   | Cucumber    |
| Egg white      | Gluten         | Honey       | Kidney bean |
| Lactalbumin    | Lamb           | Lemon       | Lentil      |
| Lima bean      | Orange         | Oyster      | Papaya      |
| Peanut         | Pear           | Pineapple   | Pinto bean  |
| Pork           | Red Snapper    | Rye         | Salmon      |
| Sardine        | Shrimp         | Sole        | Soy         |
| Sunflower seed | Trout          | Tuna        | Turkey      |

tangerine, kumquat

|  | None Detected / Very Low | Low | Moderate | High |
|--|--------------------------|-----|----------|------|
|--|--------------------------|-----|----------|------|

| FAMILY  DAY ONE DAY TWO DAY THREE DAY FOUR  Apple  Apple  Apple Pear  Rose Grapherry, blackberry, Ioganberry, blackberry Ioganberry Io | True Relief                       | ROTATION DIET SCI | HEDULE     | (Combin                          | ed), page 2 of 3  |
|--|-----------------------------------|-------------------|------------|----------------------------------|-------------------|
| Rose Raspberry Strawberry    Raspberry   Strawberry  | FAMILY                            | DAY ONE           | DAY TWO    | DAY THREE                        | DAY FOUR          |
| Rose raspberry, blackberry, loganberry, stawberry  Heath blueberry, cranberry, bluckberry  Banana arrowroot, banana, plaintain  Papaya  Grape raisins, buckthom tea  Pineapple  Gluten Containing wheat, rye, cats, spelt, trificale, kamut, barfey  trificale, kamut, barfey  Rice white rice, brown rice  Walnut butternut, hickorynut, pecan  Sesame  Sesame  Sesame  Sesame  Raspberry  Strawberry  Blueberry  Bruer  Brana  Grape  Grape |                                   |                   |            |                                  |                   |
| Rose raspberry, blackberry, cyganberry blackberry, loganberry, stawberry raspberry, blackberry, stawberry blueberry, cramberry, buckleberry  Banana arrowroot, banana, plaintain  Papaya  Papaya  Papaya  Papaya  Papaya  Papaya  Papaya  Papaya  Pineapple  Gluten Containing wheat, rye, casts, spelt, triticale, kamut, barley triticale, kamut, barley  Corn  Corn, blue corn, popcorn  Avoidance of all corn products is advised with a 3+ reaction to either corn or gluten.  Rice white rice, brown rice  Buckwheat rhubarb, sorrel  Walnut butternut, hickorynut, pecan  Sesame  Sesame  Sesame  Sesame  Sesame  Kidney bean Lima bean Peanut Pean Lima bean Peanut Pean Pinto bean Pinto bean Pinto bean Pinto bean   |                                   |                   | Apple      |                                  | Pear              |
| respberry, blackberry, loganberry, strawberry  Heath blueberry, cranberry, huddeberry  Banana arrowroot, banana, plaintain  Papaya  Papaya  Papaya  Papaya  Papaya  Papaya  Papaya  Pineapple  Gluten Containing wheat, rye, oats, spelt, triticale, kamut, barley  Corn  Corn, blue com, popcorn  Corn, blue com, popcorn  Avoidance of all com products is advised with a 3+ reaction to either corn or gluten.  Rice white rice, brown rice  Buckwheat mubarb, sorrel  Buckwheat mubarb, sorrel  Walnut buttemut, hickorynut, pecan  Sesame  Sesame  Sesame  Sesame  Sesame  Sesame  Kidney bean Legume alfafa, peas, green beans, dried beans, lentils, black-eyed peas, peanut, loroice, acacia, serna Peanut Peanut Pean Peanut Pean Pean Pean Pean Pean Pean Pinto bean Pinto bean Pinto bean Pinto bean Pinto bean   | apple, pear, quince               |                   |            |                                  |                   |
| Legame   L   |                                   | Raspberry         |            | Strawberry                       |                   |
| Banana arrowroot, banana, plaintain  Papaya  Papaya  Papaya  Papaya  Pineapple  Giuten Containing wheat, rye, oats, spelt, triticale, karnut, barley  Corn  corn, blue corn, popcorn  Corn, blue corn, popcorn  Avoidance of all corn products is advised with a 3+ reaction to either corn or gluten.  Rice white rice, brown rice  Buckwheat rhubarb, sorrel  Wainut butternut, hickorynut, pecan  Sesame  Sesame  Sesame  Sesame  Sesame  Sesame  Kidney bean Lima bean Peanut Pea Pineapple  Pineapple  Pineapple  Pineapple  Oat Wheat Wheat Wheat  Rice  Wainut  Wainut  Pecan  Wainut  Legume  Alfalfa Lima bean Peanut Pea Penanut Pea Pinto bean Pinto bean Pinto bean  |                                   |                   |            |                                  |                   |
| Banana arrowroot, banana, plaintain  Papaya  Grape raisins, buckthom tea  Pineapple  Gluten Containing wheat, rye, oats, spelt, triticale, kamut, bariey  Corn corn, blue corn, popcorn  Avoidance of all corn products is advised with a 3+ reaction to either corn or gluten.  Rice white rice, brown rice  Buckwheat rhubarb, sorrel  Buckwheat rhubarb, sorrel  Buckwheat Pean  Sesame  Sesame  Sesame  Sesame  Kidney bean Lima bean Pean Pean Pean Pean Pean Pean Pean P   |                                   |                   | Cranberry  |                                  | Blueberry         |
| Papaya  Papaya | blueberry, cranberry, huckleberr  | у                 |            |                                  |                   |
| Papaya   Papaya   Papaya   Grape   Grape   Grape   Falsins, buckthorn tea   Pineapple      |                                   | Banana            |            |                                  |                   |
| Grape raisins, buckthorn tea  Pineapple  Gluten Containing wheat, rye, oats, spelt, triticale, kamut, barley  Corn corn, blue corn, popcorn  Rice white rice, brown rice  Buckwheat rhubarb, sorrel  Walnut butternut, hickorynut, pecan  Sesame  Sesame  Sesame  Sesame  Sesame  Kidney bean Lima bean Peanut Pean Pean Pean Pean Pean Pean Pean Pean   | arrowroot, banana, plaintain      |                   |            |                                  |                   |
| Pineapple  Gluten Containing wheat, rye, oats, spelt, triticale, kamut, barley  Corn corn, blue corn, popcorn  Rice white rice, brown rice  Buckwheat rhubarb, sorrel  Buckwheat rhubarb, sorrel  Buckwheat butternut, hickorynut, pecan  Sesame  Sesame  Sesame  Sesame  Sesame  Kidney bean Lima bean Jerusalem artichoke, safflower  Legume alfalfa, peas, green beans, dried beans, lentils, black-eyed peas, peanut, licorice, acacia, senana Peanut Pea Pea Pineapple  Rye Wheat Wheat Wheat  Wheat  Wheat  Wheat  Wheat  Wheat  Wheat  Wheat  Wheat  Wheat  Wheat  Wheat  Wheat  Wheat  Wheat  Wheat  Alfalfa  Lentil  Pea  Pea  Pea  Pea  Pinto bean   | Papaya                            |                   | Papaya     |                                  |                   |
| Pineapple  Gluten Containing wheat, rye, oats, spelt, triticale, kamut, barley  Corn corn, blue corn, popcorn  Rice white rice, brown rice  Buckwheat rhubarb, sorrel  Buckwheat rhubarb, sorrel  Buckwheat butternut, hickorynut, pecan  Sesame  Sesame  Sesame  Sesame  Sesame  Kidney bean Lima bean Jerusalem artichoke, safflower  Legume alfalfa, peas, green beans, dried beans, lentils, black-eyed peas, peanut, licorice, acacia, senna Peanut Pean Pean  Alfalfa Lentil Pean Pean Pean Pean Pean Pean Pean Pean   | Grape                             |                   |            |                                  | Grape             |
| Gluten Containing wheat, rye, oats, spelt, triticale, kamut, barley  Corn corn, blue corn, popcorn  Rice white rice, brown rice  Buckwheat rhubarb, sorrel  Buckwheat rhubarb, sorrel  Buckwheat rhubarb, sorrel  Sesame  Sesame  Sesame  Sesame  Sesame  Sesame  Sesame  Sesame  Kidney bean Lima bean Peanut Seya Pinto bean Pinto bean  Seya Pinto bean  Seya Wheat  Wheat  Wheat  Wheat  Wheat  Wheat  Wheat  Wheat  Wheat  Wheat  Wheat  Wheat  Wheat  Wheat  Wheat  Wheat  Alfalfa Lentii Lentii Peanut Pe | raisins, buckthorn tea            |                   |            |                                  |                   |
| Gluten Containing wheat, rye, oats, spelt, triticale, kamut, barley  Corn corn, blue corn, popcorn  Rice white rice, brown rice  Buckwheat rhubarb, sorrel  Buckwheat rhubarb, sorrel  Walnut butternut, hickorynut, pecan  Sesame  Sesame  Sesame  Sesame  Sesame  Sesame  Kidney bean Lima bean Peanut Pean Pean Pean Pean Pean Pean Pinto bean  | Pineapple                         |                   |            | Pineapple                        |                   |
| wheat, rye, oats, spelt, triticale, kamut, barley  Corn  corn, blue corn, popcorn  Rice white rice, brown rice  Buckwheat rhubarb, sorrel  Walnut buttemut, hickorynut, pecan  Sesame  Sesame  Sesame  Sesame  Sesame  Sesame  Sesame  Sesame  Kidney bean Lima bean Peanut Pea Pea Pea Pea Pea Pea Pea Pea Pinto bean Peanut Pecan  Wheat Wheat Wheat Wheat Wheat  Wheat Wheat  Wheat  Wheat  Wheat  Wheat  Wheat  Wheat  Wheat  Wheat  Wheat  At reaction to either corn or gluten.  Rice  Rice  Walnut  Pecan  Walnut  Buckwheat  At falfa  Lentil  Lentil Pea Pea Pea Pea Pea Pinto bean Pinto bean Pinto bean   |                                   | Olistan           |            | Dur                              |                   |
| Corn  corn, blue corn, popcorn  Rice white rice, brown rice  Buckwheat rhubarb, sorrel  Walnut butternut, hickorynut, pecan  Sesame  Alfalfa Lima bean Lima bean Lima bean Peanut Pean Lima bean Peanut Pea Pinto bean Pinto bean Pinto bean   |                                   |                   |            |                                  |                   |
| Corn, blue corn, popcorn  Avoidance of all corn products is advised with a 3+ reaction to either corn or gluten.  Rice White rice, brown rice  Buckwheat rhubarb, sorrel  Buckwheat butternut, hickorynut, pecan  Sesame  Sesa |                                   |                   |            |                                  |                   |
| Corn, blue corn, popcorn  Avoidance of all corn products is advised with a 3+ reaction to either corn or gluten.  Rice White rice, brown rice  Buckwheat rhubarb, sorrel  Buckwheat butternut, hickorynut, pecan  Sesame  Alfalfa Lima bean Lima bean Peanut Pea Pea Peanut Pea Pea Pinto bean Pinto bean  |                                   |                   |            |                                  |                   |
| Corn, blue corn, popcorn  Avoidance of all corn products is advised with a 3+ reaction to either corn or gluten.  Rice white rice, brown rice  Buckwheat rhubarb, sorrel  Buckwheat butternut, hickorynut, pecan  Sesame  Alfalfa Lima bean Lima bean Peanut Pea Pea Peanut Pea Pea Pinto bean Pinto bean  |                                   |                   |            |                                  |                   |
| Avoidance of all corn products is advised with a 3+ reaction to either corn or gluten.  Rice  white rice, brown rice  Buckwheat rhubarb, sorrel  Buckwheat butternut, hickorynut, pecan  Sesame  Alfalfa Lima bean Lima bean Peanut Peanut Pea Pea Pinto bean Pinto bean   |                                   |                   |            | -                                |                   |
| Walnut butternut, hickorynut, pecan  Sesame  Alfalfa Lima bean Lima bean Lima bean Peanut Peanu | com, blue com, popcom             | Avoidance         |            | sed with a 3+ reaction to either | r corn or gluten. |
| Walnut butternut, hickorynut, pecan  Sesame  Alfalfa Lima bean Lima bean Lima bean Peanut Peanut Pea Pea Pinto bean  | Rice                              |                   |            | T                                | Rice              |
| Walnut   Pecan   Walnut  |                                   |                   |            |                                  |                   |
| Walnut   Pecan   Walnut  | Ruckwheat                         |                   | Ruckwheat  |                                  |                   |
| Sesame  Sesame  Sesame  Sesame  Sunflower  Jerusalem artichoke, safflower  Legume  alfalfa, peas, green beans, dried beans, lentils, black-eyed peas, peanut, licorice, acacia, senna  Middle Sesame  Sunflower seed  Alfalfa  Lima bean  Lentil  Peanut  Pea  Pea  Pinto bean   |                                   |                   | Duckwileat |                                  |                   |
| Sesame  Sesame  Sesame  Sesame  Sunflower  Jerusalem artichoke, safflower  Legume  alfalfa, peas, green beans, dried beans, lentils, black-eyed peas, peanut, licorice, acacia, senna  butternut, hickorynut, pecan  Sesame  Sunflower seed  Sunflower seed  Alfalfa  Lima bean  Lentil  Peanut  Pea  Pea  Pinto bean  | Walnut                            |                   | Peran      |                                  | Walnut            |
| Sunflower  Jerusalem artichoke, safflower   Legume  alfalfa, peas, green beans, dried beans, lentils, black-eyed peas, peanut, licorice, acacia, senna  Sunflower seed  Alfalfa  Lima bean  Peanut  Pea  Pea  Pinto bean   |                                   |                   | i ccan     |                                  | vvainat           |
| Sunflower  Jerusalem artichoke, safflower   Legume  alfalfa, peas, green beans, dried beans, lentils, black-eyed peas, peanut, licorice, acacia, senna  Sunflower seed  Alfalfa  Lima bean  Peanut  Pea  Pea  Pinto bean   | Sasama                            | Sesame            |            | T                                |                   |
| Legume  Alfalfa  Alfalfa  Lima bean  Lentil  Peanut  Pea  Pea  Pinto bean  |                                   | Ocsame            |            |                                  |                   |
| alfalfa, peas, green beans, dried beans, lentils, black-eyed peas, peanut, licorice, acacia, senna  Lima bean Peanut Peanut Pea Pinto bean   |                                   |                   |            | Sunflower seed                   |                   |
| alfalfa, peas, green beans, dried beans, lentils, black-eyed peas, peanut, licorice, acacia, senna  Lima bean  Peanut  Peanut  Soy  Lima bean  Pea  Pea  Pinto bean  | Legume                            |                   |            |                                  |                   |
| peanut, licorice, acacia, senna  Soy  Pinto bean   | alfalfa, peas, green beans, dried | Lima bean         |            |                                  |                   |
|  |                                   |                   |            |                                  |                   |
|  | podriat, noonoo, dodola, soilila  |                   |            |                                  |                   |
|  |                                   |                   |            |                                  |                   |

Moderate

High

Low

None Detected / Very Low

| True Relief I   | ROTATION DIET SO | TATION DIET SCHEDULE |            | (Combined), page 3 of 3 |  |  |
|---|------------------|----------------------|------------|-------------------------|--|--|
| FAMILY  | DAY ONE          | DAY TWO              | DAY THREE  | DAY FOUR                |  |  |
|   |                  |                      |            |                         |  |  |
| Mustard   | Cabbage          |                      | Broccoli   |                         |  |  |
| mustard, cabbage, collard greens,<br>cauliflower, broccoli, Brussel sprou<br>turnips, kale, rutabagas, kohlrabi,<br>radish, horseradish, watercress |                  |                      |            |                         |  |  |
| Composite Flower  | Lettuce          |                      | Τ          |                         |  |  |
| lettuce (leaf, head), endive, chicory escarole, artichoke, dandelion  | у,               |                      |            |                         |  |  |
| Lily  |                  | Asparagus            |            | Onion                   |  |  |
| asparagus, onions, garlic, chives<br>green onions, leeks, scallions,<br>shallots, aloe vera   | 5,               | Garlic               |            |                         |  |  |
| Parsley   |                  | Carrot               | 1          | Celery                  |  |  |
| parsley, parsnip, carrot,<br>celery, caraway, anise, dill,<br>fennel, coriander, cilantro   |                  |                      |            | 55.5.7                  |  |  |
| Potato  | Green pepper     |                      | Tomato     |                         |  |  |
| potato, tomato, eggplant, peppers<br>(bell, red, green, chile, cayenne),<br>tomatillo, pimento, tobacco   | Potato, white    |                      |            |                         |  |  |
| Morning Glory   |                  | T                    | ı ı        | Potato, sweet           |  |  |
| sweet potato, yam   | ┚┖───            |                      |            |                         |  |  |
| Goosefoot   | Beet             |                      | Spinach    |                         |  |  |
| beet, spinach, chard, Swiss chard   | i                |                      |            |                         |  |  |
| Gourd   |                  | Cucumber             |            | Zucchini                |  |  |
| canteloupe, melon, cucumber, pumpkin, summer and winter square  | sh               |                      |            |                         |  |  |
| Laurel  |                  |                      | Avocado    |                         |  |  |
| avocado, cinnamon, bayleaf  | □                |                      |            |                         |  |  |
| Olive   | Olive            |                      |            |                         |  |  |
| green olive, black  |                  |                      |            |                         |  |  |
| Fungi<br>mushrooms, yeast   | $\exists$        | Mushroom             | -          | Yeast                   |  |  |
| Coffee  | Coffee           |                      |            |                         |  |  |
| Chocolate chocolate, cocoa  |                  |                      | Chocolate  |                         |  |  |
| Cane  |                  |                      | Cane sugar |                         |  |  |
| cane sugar, molasses, sorghun   | n                |                      |            |                         |  |  |
| Honey bee pollen, royal jelly   | Honey            |                      |            |                         |  |  |
| None Detected / Ve  | ery Low          | Low                  | Moderate   | High                    |  |  |