

# IgG Food Antibody Assessment



**Genova  
Diagnostics®**

*Innovative Testing for Optimal Health*

63 Zillico Street  
Asheville, NC 28801  
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Patient: **SAMPLE  
PATIENT**

**Order Number:**

Completed: July 28, 2006

Age: 17

Received: July 19, 2006

Sex: F

Collected: July 19, 2006

MRN:

## IgG Food Antibody Results

Dairy		Vegetables		Fish/Shellfish		Nuts and Grains	
Casein	0	Alfalfa	VL	Clam	0	Almond	VL
Cheddar cheese	VL	Asparagus	0	Cod	0	Buckwheat	0
Cottage cheese	VL	Avocado	3+	Crab	VL	Corn	3+
Cow's milk	VL	Beets	VL	Lobster	1+	Corn gluten	1+
Goat's milk	VL	Broccoli	VL	Oyster	0	Gluten	0
Lactalbumin	0	Cabbage	3+	Red snapper	0	Kidney bean	0
Yogurt	VL	Carrot	3+	Salmon	0	Lentil	0
<b>Fruits</b>		Celery	3+	Sardine	0	Lima bean	0
Apple	0	Cucumber	0	Shrimp	0	Oat	1+
Apricot	0	Garlic	1+	Sole	0	Peanut	0
Banana	0	Green Pepper	VL	Trout	0	Pecan	3+
Blueberry	VL	Lettuce	VL	Tuna	0	Pinto bean	0
Cranberry	0	Mushroom	1+	<b>Poultry/Meats</b>		Rice	VL
Grape	1+	Olive	VL	Beef	0	Rye	0
Grapefruit	1+	Onion	VL	Chicken	0	Sesame	1+
Lemon	0	Pea	VL	Egg white	0	Soy	0
Orange	0	Potato, sweet	VL	Egg yolk	VL	Sunflower seed	0
Papaya	0	Potato, white	VL	Lamb	0	Walnut	VL
Peach	VL	Spinach	1+	Pork	0	Wheat	1+
Pear	0	String bean	1+	Turkey	0	<b>Miscellaneous</b>	
Pineapple	0	Tomato	VL	<b>Total IgE</b>		Yeast	1+
Plum	VL	Zucchini	VL	Inside  Outside  Reference Range		Cane sugar	1+
Raspberry	VL	<b>Total IgE ♦</b>		298.0		Chocolate	VL
Strawberry	VL			<=87.0 IU/mL		Coffee	VL
						Honey	0

0 None Detected VL Very Low 1+ Low 2+ Moderate 3+ High

- The performance characteristics 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

# Summary of Test Results

## Reactive / Non-Reactive Foods

3+

Avocado

Corn

Cabbage

Pecan

Carrot

Celery

1+

Cane sugar

Grapefruit

Sesame

Yeast

Corn gluten

Lobster

Spinach

Garlic

Mushroom

String bean

Grape

Oat

Wheat

VL

Alfalfa

Broccoli

Cottage cheese

Goat's milk

Onion

Potato, sweet

Strawberry

Zucchini

Almond

Cheddar cheese

Cow's milk

Green pepper

Pea

Potato, white

Tomato

Beet

Chocolate

Crab

Lettuce

Peach

Raspberry

Walnut

Blueberry

Coffee

Egg yolk

Olive

Plum

Rice

Yogurt

0

Apple

Beef

Clam

Egg white

Lactalbumin

Lima bean

Peanut

Pork

Sardine

Sunflower seed

Apricot

Buckwheat

Cod

Gluten

Lamb

Orange

Pear

Red Snapper

Shrimp

Trout

Asparagus

Casein

Cranberry

Honey

Lemon

Oyster

Pineapple

Rye

Sole

Tuna

Banana

Chicken

Cucumber

Kidney bean

Lentil

Papaya

Pinto bean

Salmon

Soy

Turkey

**(Combined), page 1 of 3**

 None Detected / Very Low
  Low
  Moderate
  High

**True Relief****ROTATION DIET SCHEDULE****(Combined), page 2 of 3**

FAMILY	DAY ONE	DAY TWO	DAY THREE	DAY FOUR
<b>Apple</b> apple, pear, quince		Apple		Pear
<b>Rose</b> raspberry, blackberry, loganberry, strawberry	Raspberry		Strawberry	
<b>Heath</b> blueberry, cranberry, huckleberry		Cranberry		Blueberry
<b>Banana</b> arrowroot, banana, plantain	Banana			
<b>Papaya</b>		Papaya		
<b>Grape</b> raisins, buckthorn tea				Grape
<b>Pineapple</b>			Pineapple	
<b>Gluten Containing</b> wheat, rye, oats, spelt, triticale, kamut, barley	Gluten Oat		Rye Wheat	
<b>Corn</b> corn, blue corn, popcorn		Corn Corn gluten		
	Avoidance of all corn products is advised with a 3+ reaction to either corn or gluten.			
<b>Rice</b> white rice, brown rice				Rice
<b>Buckwheat</b> rhubarb, sorrel		Buckwheat		
<b>Walnut</b> butternut, hickorynut, pecan		Pecan		Walnut
<b>Sesame</b>	Sesame			
<b>Sunflower</b> Jerusalem artichoke, safflower			Sunflower seed	
<b>Legume</b> alfalfa, peas, green beans, dried beans, lentils, black-eyed peas, peanut, licorice, acacia, senna	Kidney bean Lima bean Peanut Soy		Alfalfa Lentil Pea Pinto bean String bean	

None Detected / Very Low

Low

Moderate

High

**True Relief****ROTATION DIET SCHEDULE****(Combined), page 3 of 3**

FAMILY	DAY ONE	DAY TWO	DAY THREE	DAY FOUR
<b>Mustard</b> mustard, cabbage, collard greens, cauliflower, broccoli, Brussel sprouts, turnips, kale, rutabagas, kohlrabi, radish, horseradish, watercress	Cabbage		Broccoli	
<b>Composite Flower</b> lettuce (leaf, head), endive, chicory, escarole, artichoke, dandelion	Lettuce			
<b>Lily</b> asparagus, onions, garlic, chives, green onions, leeks, scallions, shallots, aloe vera		Asparagus Garlic		Onion
<b>Parsley</b> parsley, parsnip, carrot, celery, caraway, anise, dill, fennel, coriander, cilantro		Carrot		Celery
<b>Potato</b> potato, tomato, eggplant, peppers (bell, red, green, chile, cayenne), tomatillo, pimento, tobacco	Green pepper Potato, white		Tomato	
<b>Morning Glory</b> sweet potato, yam				Potato, sweet
<b>Goosefoot</b> beet, spinach, chard, Swiss chard	Beet		Spinach	
<b>Gourd</b> cantaloupe, melon, cucumber, pumpkin, summer and winter squash		Cucumber		Zucchini
<b>Laurel</b> avocado, cinnamon, bayleaf			Avocado	
<b>Olive</b> green olive, black	Olive			
<b>Fungi</b> mushrooms, yeast		Mushroom		Yeast
<b>Coffee</b>	Coffee			
<b>Chocolate</b> chocolate, cocoa			Chocolate	
<b>Cane</b> cane sugar, molasses, sorghum			Cane sugar	
<b>Honey</b> bee pollen, royal jelly	Honey			



None Detected / Very Low



Low



Moderate



High