



The Great Plains Laboratory, Inc.

Sample Report

William Shaw, Ph.D Director

11813 W. 77th Street, Lenexa, KS 66214

(913) 341-8949

Fax (913) 341-6207

Requisition #: 231396

Physician Name:

Patient Name:

Date of Collection: 2/17/2011

Patient Age: 55

Time of Collection: 02:30 PM

Sex: F

Print Date: 5/31/2011

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

Now with DineWise™ Customized 4 Day Food Rotation Diet

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
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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

Fish

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

Meat/Fowl

Beef	1.11
Chicken	1.26
Egg White	2.76
Egg Yolk	2.81
Lamb	1.13
Pork	0.99
Turkey	1.19

Nuts and Seeds

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.



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Now with DineWise™ Customized 4 Day Food Rotation Diet

Nuts and Seeds		Continued	
Sunflower			0.99
Walnut			1.27
Vegetables			
Asparagus			1.61
Avocado			1.29
Broccoli			1.69
Beet			1.00
Cabbage			1.95
Carrot			1.83
Celery			2.47
Eggplant			1.25
Garlic			1.55
Green Pepper			1.38
Lettuce			1.49
Onion			1.24
Potato			1.87
Pumpkin			1.18
Radish			1.32
Spinach			1.14
Sweet Potato			1.05
Tomato			1.91
Miscellaneous			
Candida Albicans			4.37
Cane Sugar			1.53
Cocoa			1.26
Coffee			1.47
Honey			1.22
Mushroom			2.34
Yeast, Bakers *			3.97
Yeast, Brewers *			4.14

*Saccharomyces cerevisiae

Clinically Insignificant	1.00-1.99
Low	2.00-3.49
Moderate	3.50-4.99
High	>=5

Reactivity Summary

High

Cheese
Yogurt
Casein
Mozzarella Cheese
Cashews

Moderate

Milk
Candida Albicans
Yeast, Brewers *
Yeast, Bakers *
Pistachio
Gliadin

Low

Whey
Banana
Goat Cheese
Wheat Gluten
Almond
Egg Yolk
Wheat
Egg White
Peanut
Grapefruit
Celery
Mushroom
Lemon
Tuna
Coconut
Cranberry
Green Bean
Blueberry

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Congratulations

The IgG test was an important step in improving your health. Now we'll show you how your test results fit into a Food Rotation Diet. Call to set up an appointment for your free consultation.

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FOOD ROTATION DIET BASED ON IGG RESULTS

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.



DineWise™ 4 Day Rotation Diet - Customized Especially for

Day 1	Day 2	Day 3	Day 4
Dairy			
Goat Cheese			
Fish			
Cod Fish Halibut	Crab Lobster Shrimp	Salmon	Sardine Tuna
Fruit			
Apricot Grape Peach Plum (Prune)	Blueberry Coconut Cranberry Papaya Pineapple	Apple Pear Strawberry	Banana Grapefruit Lemon Orange Watermelon
Grains			
Barley Rice	Corn	Buckwheat Oat	Millet Sorghum
Legumes - Beans and Peas			
Lentil	Lima Bean Pea	Garbanzo Bean Soybean	Green Bean Kidney Bean Pinto Bean
Meat/Fowl			
Beef Lamb	Pork	Chicken Turkey	Egg White Egg Yolk
Miscellaneous			
Cane Sugar Cocoa Coffee Honey Mushroom			
Nuts and Seeds			
Peanut Sesame Sunflower		Almond Flax Hazelnut	Pecan Walnut
Vegetables			
Beet Carrot Eggplant Green Pepper Tomato	Celery Garlic Onion Pumpkin Spinach	Asparagus Broccoli Potato	Avocado Cabbage Lettuce Radish Sweet Potato