



YOUR PERSONAL NUTRITIONAL GUIDE

A trusted companion on your path to better health

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1.

INTRODUCTION

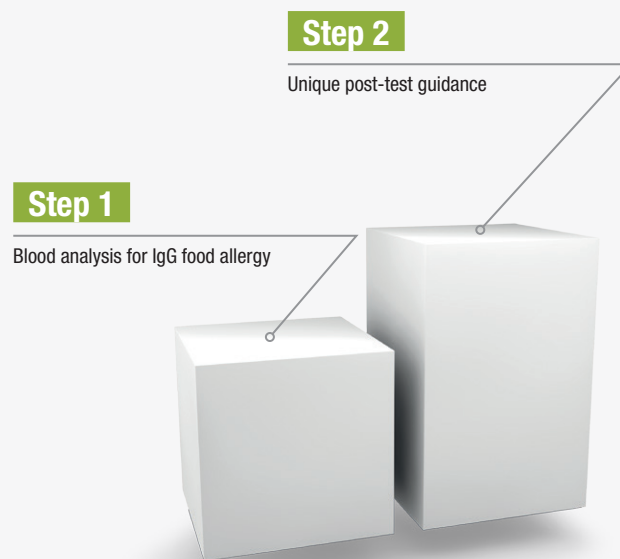


1. INTRODUCTION



1.1 ImuPro – Individual nutritional analysis and personalized guidance

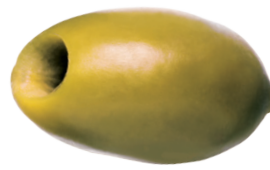
ImuPro is a concept that combines a sophisticated and reliable blood analysis for IgG food allergy with individual post-test guidance.



Your blood sample has been analyzed by a specialized laboratory which determined the presence of antibodies against a broad variety of foodstuffs. These antibodies are detected by their ability to bind to specific proteins from the analyzed foods.

Along with your test results, you have also received your individual nutritional concept. Your test results and your personal nutritional guidelines will now help you with an elimination and provocation diet with the aim of reducing inflammatory processes.

Note: Time plays an important role for the ImuPro process. Your body and your intestine need time to heal. You may have to eliminate some foods for more than one year. There may be one or two foods that you will even have to avoid permanently. Therefore, consider ImuPro as your long-term companion and make your change of diet into a new habit.



1.2 What is an IgG food allergy?

These type III food allergies often remain undetected because the symptoms may occur only after a few hours or even days after the consumption of a particular food, making them extremely difficult to identify.

The body uses its immune system to fight off invading agents. These invading agents are usually bacteria, parasites, and viruses; they are called antigens. Generally, foods are not harmful to us. However, a delayed IgG food allergy is caused by the body treating a harmless food protein as if it were harmful. If our body deems a food harmful, antibodies are produced to fight against these proteins. (See also “The intestine”).

Nature of symptoms

- e.g.
- Anaphylaxis
 - Itching
 - Red skin
 - Swelling of the mucous membranes

- Chronic inflammatory ailments, e.g.
- Atopic dermatitis-like skin problems
 - Constipation
 - Crohn's Disease
 - Diarrhoea
 - Eczema
 - Flatulence
 - Irritable Bowel Syndrome (IBS)
 - Migraine
 - Obesity



If you have a type III allergy, your immune system produces so-called specific IgG antibodies against food proteins. These antibodies can cause **inflammatory processes** which can become chronic. Symptoms are varied. Their **appearance is delayed** by up to three days after the inappropriate food was eaten.

Immediate reaction within a few minutes
(release of histamine
mediated by IgE antibodies)

After several hours to three days
(release of inflammatory mediators
caused by binding of IgG antibodies)

Onset of the symptoms

Note: A type III allergy should not be mistaken for a classic food allergy (type I). If you have a type I allergy, your immune system produces so-called IgE antibodies. These antibodies lead to an immediate allergic reaction. The symptoms appear within seconds or minutes. ImuPro does not detect classic food allergies.

1.3 The intestine

The immune system of the intestine is the largest in the entire body. Over 80% of the immune defense reactions originate from the intestine. It guarantees an almost invincible barrier for bacteria, viruses and other pathogens and a barrier against other foreign proteins from food. Our body has an extraordinary tolerance to foods, on the condition they are correctly digested and pass the intact intestinal barrier in the intended manner, namely through the intestinal cells.











However, due to medicines, infections, mycosis, stress and environmental poisons the integrity of the intestinal wall can become damaged again and again and food components can slip between the intestinal cells. The immune system may then initiate an immune reaction against these food proteins.

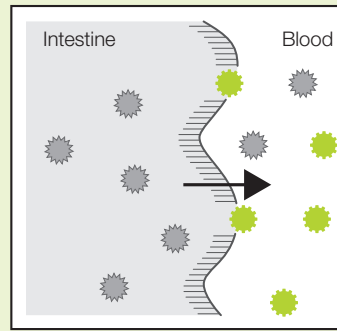
1.4 Cross-reactions

Occasionally a reaction is found to a food that the person has never eaten before. This is not a false reading from our test. This may be due to 'cross-reactions', i.e. the antibody that the body has produced not only recognizes the antigen for which it was originally formed but also other antigens which belong to other foodstuffs. Some molecules or parts of molecules which make up a food can be identical, even if the foods are not directly related.

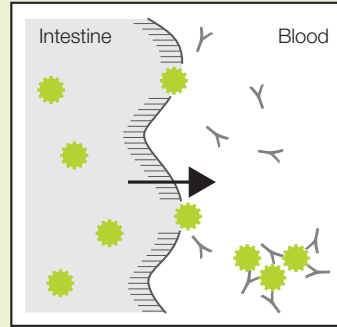
Example: Tropomyosin is the main allergen found in dust mites. This allergen is also found in invertebrates, e.g. mussels, oysters, scampi, squid, shrimps and lobsters. If you have sensitivity to the tropomyosin in dust mites or in one of these foods, then you may have high levels of IgG antibodies against any of them even if you have never eaten one before.

Legend

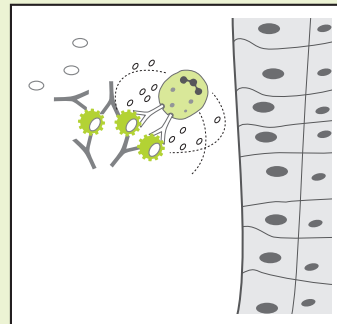
-  Food protein recognized as being harmful (not digested correctly)
-  Food protein not recognized as being harmful (digested correctly)
-  Antibody
-  Intestinal wall
-  Immune complex
-  Immune complex with complement proteins
-  Receptor (cellular adhesion molecule)
-  Immune cell (neutrophils)
-  Complement protein
-  Tissue



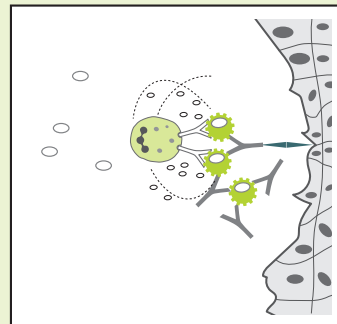
Intestinal wall is damaged: food components can slip between intestinal cells



Immune system starts immune response: formation of immune complexes



Immune complexes are destroyed: inflammatory process without tissue damage may result in systemic symptoms (e. g. hypertension, metabolic disorders)



Immune complexes are destroyed: inflammatory process with tissue damage may result in specific symptoms (e. g. IBS, migraine)

2.

NUTRITIONAL GUIDELINES



2. NUTRITIONAL GUIDELINES



Your nutritional guidelines are based on three important building blocks.

Each tested food runs through the three phases.

2 Provocation phase

Once your symptoms are significantly reduced, you are welcome to gradually reintroduce foodstuffs which you avoided in the elimination phase. This step will help you to identify the food which really caused your problems and eventually enables you to start eating the foods you enjoy again.



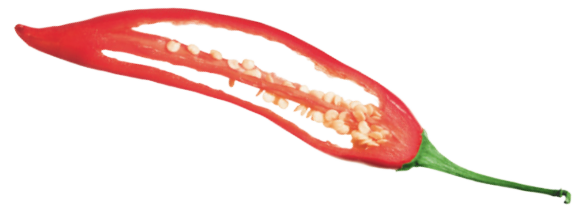
1 Elimination phase

This phase consists of two parts. As the name suggests, one part of the elimination phase is the strict elimination of all the foodstuffs you have elevated IgG levels for. This elimination will help you to recover from your health problems. One other central aspect of the elimination phase, however, is the rotation of the foods you are allowed to eat. You will also use the rotation later to reintroduce foodstuffs that you were initially no longer allowed to eat.

3 Stabilization phase

Good job, you are nearly done! You successfully identified your personal “trigger foods”; you also learned how to ensure a varied diet without promoting new type III food allergies. To stabilise your body, you now avoid your trigger foods for at least one year, so that the IgG antibodies can degrade. After one year you may start another provocation and reintroduce the foods you are still avoiding one by one.

On the following pages you will find detailed information on every phase.



2.1. Elimination phase

As we briefly explained to you already, the elimination phase consists of two parts: the **rotation** and the **elimination**.

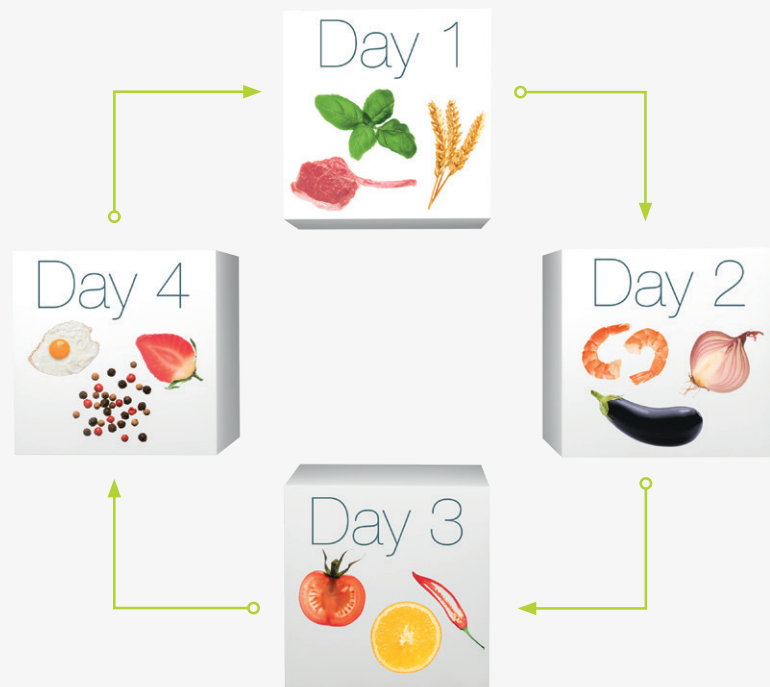
The goal is to prepare your body for the following provocation phase by helping it to recover from IgG mediated inflammations in your body.

Part 1: Rotation

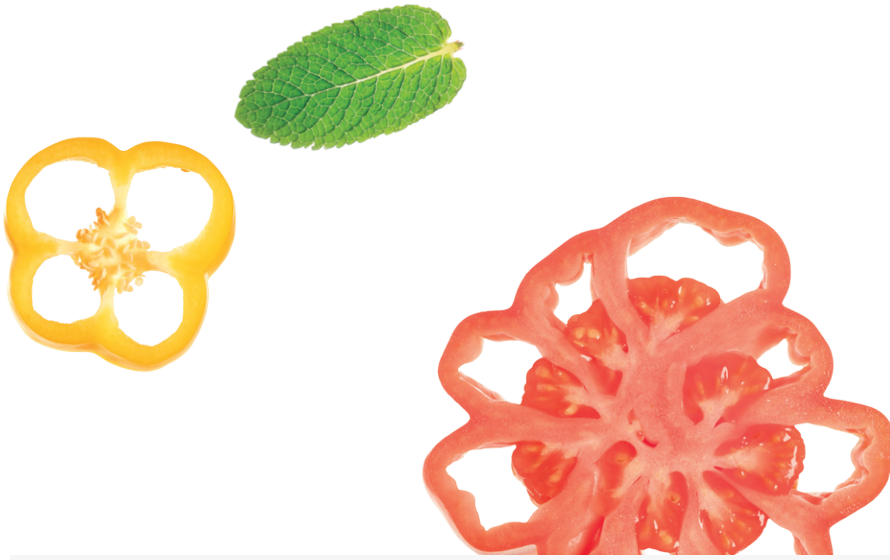
All the foods you are allowed to eat can be used to create your individual diet in a four-day cycle.

If you eat a certain selection of foods on the first day, you should avoid eating these for the next three days. This helps your body to heal from current IgG food allergies while reducing the possibility of forming new ones. It also ensures that you get all the vitamins and minerals you would expect from a varied diet.

Make up your individual “menu” of the allowed foods according to the 4-day rotation. It is up to you whether you plan your menu as you go or for the whole week. Just try it – you will soon find the most suitable approach for you.



APPENDIX 1 SHOWS YOU YOUR PERSONAL SELECTION OF FOODS WITHOUT ELEVATED LEVELS OF IGG ANTIBODIES THAT CAN BE EATEN IN ROTATION.



Practical tips:

- Rotating these new groups of foods means that the selection you eat today should be avoided for the next three days. This means you may have less variety in one day but more variety over the week. Similar foods could be included for lunch and supper over a day, raw or cooked
- Use the Rotation Plan provided to help plan your meals in advance. Write down all ingredients that make up your snacks, drinks and meals. Note how you feel each day and monitor your weight. The important information recorded here will help you if you have any problems during your change in diet.
- If you make a mistake, don't worry. An isolated incident won't set you back too much. You may feel a bit worse for a couple of days but continue to avoid all suggested foods and you will get back to normal quickly.
- Drink plenty of water. It helps your circulation and to detoxify.



Note: A good way to monitor your new diet in addition to keeping the rotation food diary is to weigh yourself every day at the same time under the same conditions. An increase in body weight of approximately 2 lbs or more overnight is a significant indicator of an inflammatory process. In this case you probably unknowingly ate a possible trigger food.

APPENDIX 2 IS A SUGGESTION FOR YOUR ROTATION DIET. YOUR SUGGESTED FOODS ARE ALLOCATED TO FOUR DAYS, SO THAT YOU CAN CHOOSE FROM A VARIETY OF FOODS ON EACH DAY.

Part 2: Elimination

The foods with elevated and highly elevated values of IgG-antibodies are strictly avoided during this phase. The initial elimination phase takes five to eight weeks. Please consult your health professional, a qualified dietician or nutritional expert to define the timeframe in your individual case.



Important: The level of IgG reflects the amount of IgG in your blood. Whether the IgG detected is relevant for a symptom or not does not depend on the amount of IgG. Even low levels of IgG to a food might cause severe symptoms, while high levels of IgG might not be responsible for a symptom. This means that elevated levels of IgG are as important as highly elevated levels.

By strictly avoiding the IgG positive foods, inflammation processes could be reduced or even stopped. This is an important preparation for the following provocation phase.

Practical tips:



- Read all labels on foods to make sure that you know what you are eating. Some foods can hide behind alternative names or can be contained in processed foods. Eggs, for instance, are used in many processed foods, such as cakes, meringues, ice cream or mayonnaise. They can be found under ingredient names like albumin, lysozyme, ovalbumin or ovoglobulin. Remember to check medications, beauty products, household products and your environment as well.
- Try to choose unprocessed foods wherever possible. There are a lot of additives in processed foods.
- Avoid products derived from IgG reactive foods. For example, if you have a reaction to cereals and yeast, also avoid beer. If you have a problem with grapes, then avoid wine, grape juice and raisins. The same applies to oils.
- Avoid the problem foods as strictly as possible. Your wellbeing will depend on your compliance during the elimination phase.

Note: At the beginning of the change in diet you might feel worse than before. This deterioration in how you feel can actually be a good sign. It could be due to your body detoxing. Drink plenty of fluids to help the process and keep to your new plan. Once the body has rid itself of any harmful substances, you will feel much better for it. The longest amount of time that this should last for is ten days. If the deterioration in your condition is extreme or goes on for longer than ten days, please consult your doctor.

APPENDIX 3 INDICATES WHICH FOODS YOU NEED TO ELIMINATE.



2.2 Provocation phase

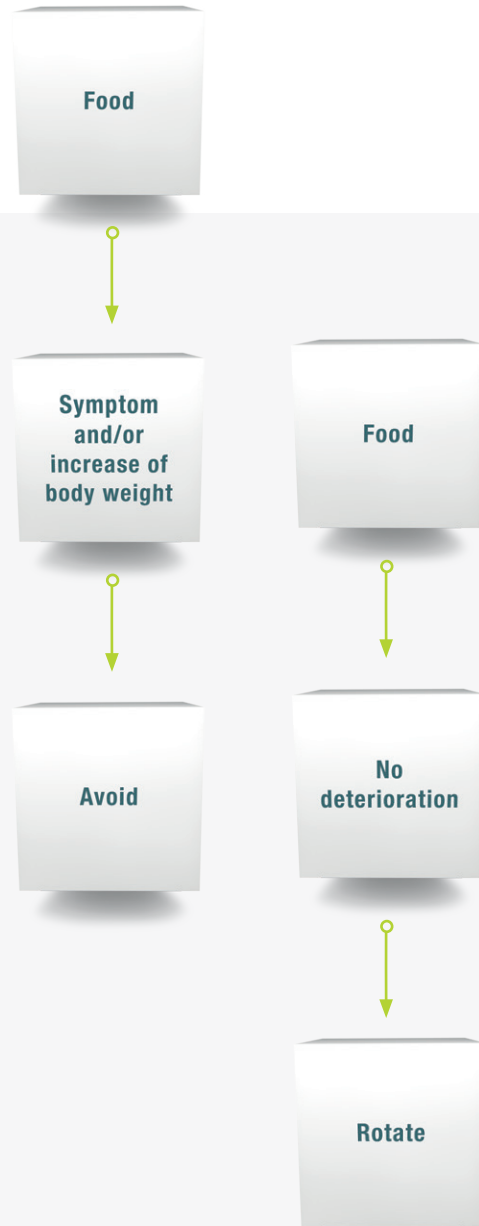
Important: If you have an existing classic IgE allergy (type I) or any other known food intolerances, please do not start eating that particular food again. These foods must be excluded from the provocation phase.

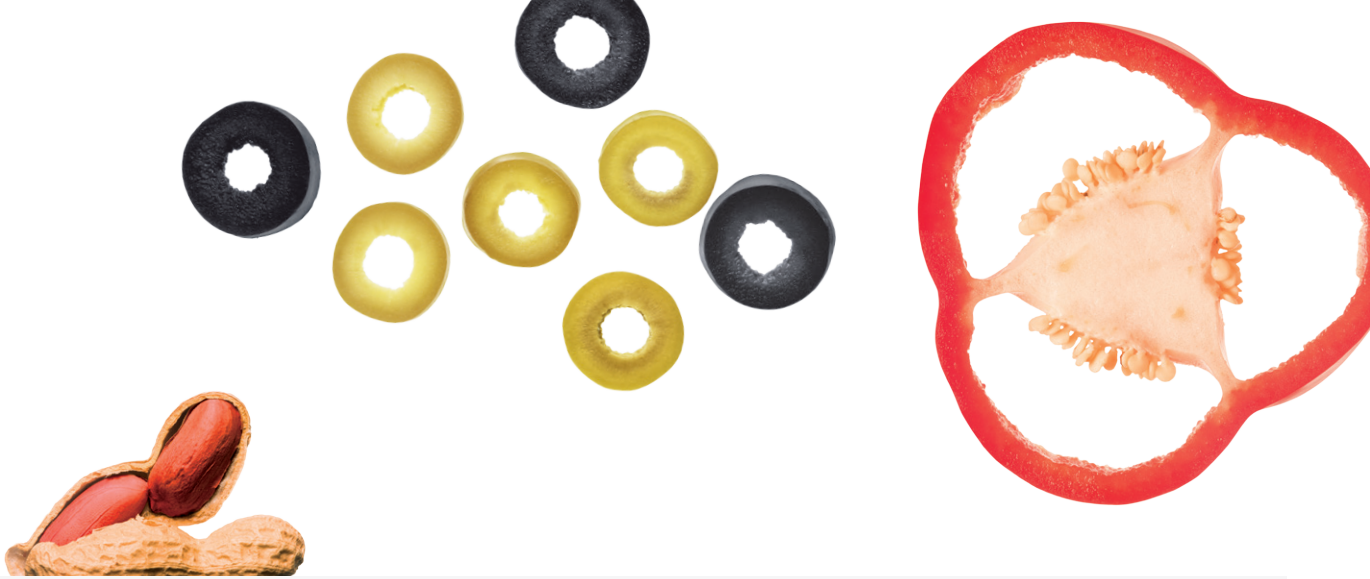
Not all of the identified IgG reactive foods indicate the cause of certain symptoms. The provocation phase helps you to identify your personal trigger foods.

You now start your provocation diet and gradually reintroduce the previously eliminated foods one by one, with three days in between, back into your diet (see example on the following page). Start with the foods which are in the group “elevated” in your test results (orange). After completing the orange category, move on to the foods which are in the group “highly elevated” (red).

Note: You might find it easier to start the provocation phase with some of your favorite foods that were tested positive. This way, you will learn right away if your favorites cause symptoms to return or not. Please keep in mind that if these foods caused a reappearance of your symptoms you have to avoid them for at least one year. Afterwards you proceed with the foods from the category “elevated” as described above.

A trigger food may cause a specific symptom or lead to an increase of body weight. The increase of body weight is caused by the retention of water due to the inflammatory response to the food eaten. This food can lead to a potential health risk in the future. Therefore we recommend the following: If a reintroduced food causes returning symptoms or leads to an increase in body weight of approximately 2 lbs or more overnight, then it must be left out of your diet for at least one year. If the food does not cause symptoms to return or an increase in body weight, it can be included in your diet again (we will come back to this when we talk about the stabilization phase).





Example: You consulted your health practitioner and agreed on an initial elimination phase of five weeks, for instance. After five weeks you introduce the first food from the orange category, e.g. pineapple. On the first day you consume pineapple several times a day to guarantee that the amount ingested is enough to possibly induce a symptom. Then you avoid it for the following three days and observe your body. You notice no deterioration. Thus, you may include pineapple back into your diet as described in the stabilization phase. Then you introduce the next food, e.g. milk. Within the following three days your migraine returns. Consequently, you avoid milk for at least one year.



Note: Try to eat as varied a diet as possible during the provocation phase to supply your body with all the nutrients needed. This also helps to prevent the development of new delayed food allergies. A good way to ensure a varied diet is to keep rotating the foods as described in the Elimination phase.

APPENDIX 4 LISTS THE FOODS WITH ELEVATED LEVELS OF IgG ANTIBODIES SORTED BY CATEGORY.



Practical tips:

The table on the following page will help you to keep track of the reintroduced foods as well as the foods you need to avoid for one year. Just make some copies of this page and use it as a diary. Below you will find an example of how to use the table.

- Start with the foods with elevated levels (orange).
- Pick one food from this category to include in a meal. Make sure that you eat a sufficient amount of the food and that it is the pure form of the food rather than a processed form, e.g. for hazelnuts you would start with the whole nut and not with a hazelnut cake. Note this food and the date of the reintroduction in the table.
- Note your health over the following three days and take your body weight daily. Do not reintroduce a new food yet.
- Have you had any adverse symptoms? Did any symptom that disappeared during the elimination phase reoccur? Did your body weight increase overnight as mentioned? If not, then you may continue to eat this food once a week. Fill in “No” in the columns “Symptom / increase in body weight” and “Avoid 1 year”.
- If any symptoms have reappeared or new ones have developed, then you need to avoid this food for at least one year. Note the symptoms in the column “Symptom / increase in body weight” and fill in “Yes” in the column “Avoid 1 year”. Then note the date one year from now in the column “Date of next provocation”.
- Repeat these steps again for the other foods from this category with three days in between reintroductions. Then start on the foods with highly elevated levels (red).

Example “Provocation Diary”:

Reintroduced food	Date of first provocation	Symptom / increase of body weight	Avoid 1 year	Date of next provocation
<i>Pineapple</i>	<i>01/09/2014</i>	<i>No</i>	<i>No</i>	<i>-</i>
<i>Milk (cow)</i>	<i>05/09/2014</i>	<i>Migraine 1.2 kg</i>	<i>Yes</i>	<i>09/09/2015</i>
<i>Vanilla</i>	<i>09/09/2014</i>	<i>No</i>	<i>No</i>	<i>-</i>



2.3 Stabilization phase

The provocation phase helped you to find your personal **trigger foods**. During the stabilization phase these foods are now avoided for at least one year, so that the IgG antibodies can decompose and your body can recover.

The foods that do not cause any symptoms or gain in body weight overnight during the provocation phase may be reintroduced into your diet. This doesn't mean that it was a false positive result for this food. It means that this food does not induce a symptom yet, but still represents a potential threat to your health. To enable your body to eliminate IgG antibodies against this food we recommend eating it only once a week.

Note: If old symptoms or new symptoms appear during the stabilization phase, one or more of the previously IgG positive foods could be the cause. In this case, repeat the elimination phase for five weeks for these foods. If your symptom disappears, one of the avoided foods is responsible for it. To identify the food(s), repeat the provocation phase with these foods, as described above. If your symptom does not disappear, either you have developed a reaction to a new food or food is not responsible for it. In this case we recommend consulting your therapist or physician.

After one year you can then start another provocation with the foods that you are still avoiding and reintroduce them one by one. You may find that there are one or two foods that you will even have to avoid permanently. If the food doesn't cause a return in symptoms or an increase of body weight after this second provocation, it can be included in your diet.

Practical tips:

- If you make a mistake, don't worry. An isolated incident won't set you back too much. You may feel a bit worse for a couple of days but continue to avoid all problem foods and you will get back to normal quickly.
- Try not to eat a food that was positive to IgG antibodies too often. If you manage to eat these foods only once a week you may tolerate them again.
- Make a varied diet a habit to ensure that you get all the vitamins and minerals you need. By rotating the foods you may have less variety in one day but more variety over the week.
- Keep a record of your body weight, even if you don't have weight problems. An increase in body weight overnight of approximately 2 lbs or more is an indication that you consumed a non-tolerated food the day before.
- If a new symptom which might be related to chronic inflammation occurs within or after 12 months and you still comply with your diet, then a new trigger food might be present. This could be an indication for a new ImuPro test.



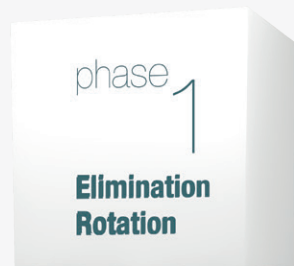
2.4 Additional tips to help your change in diet



- You may find that some of your favourite breakfast foods are now off the list. Don't panic! Use a little imagination and look at all the other foods which can make very tasty alternatives. All you have to do is find four different breakfasts. People are putting more and more recipes online. Why not spend a few minutes searching for some ideas?
- Alcoholic beverages should be avoided initially to allow your immune system to stabilise. This will also help you to detox.
- Even if you have had a negative result for coffee (if tested), caffeine can irritate the intestinal lining. This increases the permeability of the intestine to foodstuffs, allowing more partially undigested food particles to cross this barrier into the bloodstream setting off more immunological reactions. Rotate this as you would any food.
 - Some colas/carbonated beverages also contain caffeine and the high phosphate content of some of these beverages can bind to calcium stopping the body from being able to use it. The high sugar content, colourings and additives also make it best to avoid these drinks.
 - Fruit and vegetable smoothies are liquid foods rather than drinks. The fibre is very important for digestion but too much of one type of vegetable or fruit protein is consumed because large quantities of them are required to make one glass of squeezed juice. If you want to consume smoothies, then dilute the juice with some water.
 - In a restaurant or canteen, sauces can often hide ingredients you may need to avoid. Grilled meat or fish with potatoes or rice, vegetables or salad are normally unproblematic. You could order the salad without dressing and then use a dressing you brought along with you.



2.5 Summary



1 Elimination phase

Foods to avoid

- strict 5-8 week elimination

Allowed foods

- 4-day rotation



2 Provocation phase

Avoided foods

- 1-day reintroduction
- 3-day observation

Allowed foods

- rotation



3 Stabilization phase

Trigger foods

- 1-year avoidance

Allowed foods

- rotation

3.

YOUR POTENTIAL TRIGGER FOODS



YOUR POTENTIAL TRIGGER FOODS

Your Name ■ date of birth: 8/23/1990 ■ sample id: Test101

CEREALS AND STARCH

Grain contains 8 – 15 % proteins. However, these proteins do not contain all of the essential amino acids. They contain little fats that concentrate mainly in the germs and consist of poly-unsaturated fat acids. Because grain is of vegetable origin, it is low in cholesterol. It is very rich in carbohydrates (60 to 80 %) and it contains many minerals (iron, phosphorus, magnesium and zinc). It is very rich in B-group vitamins (niacin, thiamine, and riboflavin) and in folic acid. However, through grain grinding and polishing, most nutrients are lost.

AMARANTH

Amaranth belongs to the so-called pseudo-cereals and it is used often as a replacement for grains as well as wheat or oats.

Products that are made out of amaranth are correspondingly marked so that a hidden occurrence is not to be expected.

All other grains are alternatives.

However, the use of these grain sorts depends on individual tolerance of gluten.

CASSAVA

Cassava can be found in the vegetable range in the form of roots or as flour.

In Brazil, cassava is used to prepare Beijú, Farofa or Tarubá. Yuca á la Huancaína is a dish extremely popular mainly in Peru; Yuquitas are sold as snacks there at nearly all large fast food restaurants.

YOUR POTENTIAL TRIGGER FOODS

Your Name ■ date of birth: 8/23/1990 ■ sample id: Test101

QUINOA

Quinoa belongs to the pseudo-cereals, whose starch containing seeds are processed like grain. Baked goods and candies are produced from quinoa. Food containing quinoa is correspondingly labelled so that it can be relatively simply avoided.

Alternative: other grain sorts

SWEET CHESTNUT

The peeled chestnuts are eaten fried, roasted, or dried.

They can also be ground to flour. Its carbohydrates contain 40% starch, two times more than potatoes. Chestnut puree flavors ice-cream and desserts, e.g. the dessert "Mont Blanc" consists of a mixture of cream with chestnut puree.

Cross reactions: Chestnuts have common allergenic structures with latex. If one is allergenic or sensitised to latex, a cross reaction with chestnuts is possible. You can absolutely react to chestnuts without ever having eaten one. The indoor plant Benjamin's fig is another possible source for this allergen. If you are sensitised to the plant, you shouldn't have it in your rooms.

YOUR POTENTIAL TRIGGER FOODS

Your Name ■ date of birth: 8/23/1990 ■ sample id: Test101

EGGS

Due to their composition, egg proteins can be used by our organism up to 95 %. 1 egg covers about 15 % of the daily need for protein. The egg white consists mainly of water; it contains 11 % proteins, as well as water-soluble vitamins, sodium, potassium, minerals and chlorides. The egg yolk is rich in lecithin, fats (phospholipids, cholesterol), vitamins A, B1, B2, D and E, calcium, phosphorous and iron. Egg white is often a strong antigen. Therefore, one must try to completely avoid it.

CHICKEN EGG (EGG WHITE AND EGG YOLK)

The egg consists of two components, the white and the yolk. The white surrounds the yolk that is also known as the yellow of the egg. When breaking an egg, the white runs more or less apart while the yolk is held together by a thin skin. A practical feature, useful to separate the two components for individual use of each of them.

In cooking, the lecithin contained in the yolk is also used. This helps in the making of emulsions and the manufacturing of mayonnaises. Yolk is also used to manufacture certain gravies/sauces (i.e. Hollandaise) as well as sweet foods and cream. The whisked egg white especially utilizes its capabilities in the binding of many desserts.

Our advice: Do you have to change your diet because of this allergy type III? Above all – pay attention to the list of ingredients of industrially manufactured products. Here eggs and their components are frequently used as ingredients, but are not always listed on the label. Some medicines may also contain egg components. Therefore, always read the composition of medicines.

List of products that can contain eggs:

- | | | | |
|---------------------|-----------------|--------------------------|-----------------|
| ■ Gluten free bread | ■ Pancakes | ■ Quiches | ■ Gratins |
| ■ Desserts | ■ Sauces | ■ Candies | ■ Bread spreads |
| ■ Soups | ■ Meat products | ■ Confectionary products | ■ Cakes |
| ■ Stews | ■ Fresh dough | ■ Instant meals | ■ Mayonnaise |
| ■ Ice cream | ■ Hamburger | ■ Sausages | ■ Mustard |
| ■ Pies | ■ Ketchup | | |

Labels that hide eggs:

- | | | | |
|-----------------|-------------|-----------|------------------|
| ■ Yolk | ■ Ovalbumin | ■ Albumin | ■ Globulin |
| ■ Lecithin E322 | ■ Egg-white | ■ Livetin | ■ Lysozyme E1105 |
| ■ Ovomuroid | | | |

YOUR POTENTIAL TRIGGER FOODS

Your Name ■ date of birth: 8/23/1990 ■ sample id: Test101

Alternative to eggs: It is not necessary to cover the need for proteins with egg-free nourishment. If one takes into consideration nourishment with different protein sources, the amount of the necessary amino acids is guaranteed. In addition to different animal protein sources, there are many vegetable protein sources: soybeans and their derived products, legumes, nuts, seeds, rice, potatoes and grains. The difficulties arise in daily cooking and substitution of egg characteristics. On the market, egg replacements are available.

To replace the bounding effect of an egg: mix 1 spoon soybean flour with 2 spoons of water. In case of soyabean intolerance, one can also make a mixture with rice or corn flour.

Deficiency syndrome without milk and eggs?

Egg, milk and milk products give the body high-quality protein and important vitamins and minerals. Above all, the need for vitamin B2 (Riboflavin) and the mineral calcium is covered in these basic foods. Many patients with egg and/or milk allergy type III are concerned that with a diet deprived of egg and milk that certain nutrients will not be sufficiently covered. This fear is usually unjustified. Through a careful and varied selection of the permitted foods, nutrient deficiencies can be avoided. For the "critical" nutrients protein, vitamin B2 and calcium alternative sources are listed below.

Types of food containing proteins:

- Vegetables: legumes, soybeans and soy products, grains and grain products, nuts and seeds.
- Animal: sheep and goat milk and their products, fish and meat.

When using protein, quality is important rather than quantity. Animal protein generally has a higher value than vegetable protein. Therefore, with suitable combinations and simultaneous consumption of different vegetable and animal proteins, the type of protein quality provided by eggs or milk can be attained. To increase the protein intake use nut puree for salad sauces, desserts, and in baking and for non-alcoholic cocktails. Scatter sunflower seeds, nuts or almonds over sweet and spicy foods.

Foods rich in vitamin-B2:

- Vegetables: whole grain products (bread, rice & pasta), beans, spinach, broccoli, tomatoes, Brussels sprouts, mushrooms, seedling (soybean sprouts, grain, bean & lentil germs).
- Animal: meat, fish

Because vitamin-B2 is water-soluble, you should consider cooking it in a closed pot with little water and reusing the water if possible as a vegetable broth as a base for soups and gravies. Preferably consume vegetables as raw vegetable salads.

Foods rich in calcium:

- Vegetables: legumes (soybeans, lentils, beans), kale, broccoli, spinach, mangold, fennel, herbs, whole grain products, seeds (sesame), stinging nettle.

YOUR POTENTIAL TRIGGER FOODS

Your Name ■ date of birth: 8/23/1990 ■ sample id: Test101

Calcium is water-soluble. For preparation, you should cook it in a closed pot with little water and reuse the water if possible as a vegetable broth as a base for soups and sauces. Preferably consume the vegetables as raw vegetable salads. Soybean products (soy drink, tofu) only contain a little calcium.

YOUR POTENTIAL TRIGGER FOODS

Your Name ■ date of birth: 8/23/1990 ■ sample id: Test101

FISH AND SEAFOOD

Fish meat contains from 15 to 20 % proteins. It is rich in many minerals and vitamins. Fatty fish represent a very good vitamin D source. Fish fat is mainly composed of polyunsaturated Omega 3 fats, which possesses cancer prophylactic properties.

TROUT

The most frequent types are the rainbow trout and the brook trout. It can also be smoked. The meat is semi-fat, very smooth and very perfumed.

YOUR POTENTIAL TRIGGER FOODS

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FRUITS

The majority of the fruits have a high water content (88-95%) and contain many minerals and vitamins such as vitamin A, B6, C, potassium, calcium, iron and magnesium. Fresh fruits should be eaten well washed and with the skin, because most vitamins, minerals and the fibers are contained in the skin. Certain people may also have difficulties in digesting raw fruits.

YELLOW PLUM

Yellow plum is very popular as a compote fruit. On the market, it cannot be found as a canned food.

Yellow plum brandy is used by gourmet chefs for refining fruit salads and desserts. A hidden occurrence of yellow plum cannot be expected.

Alternatives offered for you:

- Plum
-

YOUR POTENTIAL TRIGGER FOODS

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MILK PRODUCTS

Under the term of milk, we usually understand cow's milk. It is either hidden or obvious in a large amount of food types: soups, sauces, pancakes, cakes, confectionery products, desserts, aperitifs, purees etc.

Homogenized milk – fat milk that is prepared under pressure. Due to this procedure, fat particles do not gather at the surface.

Whole milk – milk that contains 3,5% fat and is rich in vitamin D.

Pasteurized milk - milk that is heated up close to its boiling point in order to eliminate all pathogenic bacteria.

Milk, cooked – cow's milk which is boiled for at least 30 minutes, cooled down, the developed skin is removed. Not to be mixed up with UHT milk. It cannot be purchased as a retail product.

Skimmed and/or low fat milk - milk that contains no more than 0.3% fat. It is often enriched with vitamin D.

Semi-skimmed milk – milk that contains 1-2% fat and is often enriched with vitamins A and D.

Raw milk - untreated milk - (is illegal for sale in many countries).

Condensed milk – milk has up to 60% of its water evaporated by a vacuum. It contains 7.5% fat and is enriched with vitamins C and D.

Sweetened condensed milk – condensed milk that is sweetened with sugar. It contains 40-45% sugar and 8% fat. It is always enriched with vitamin A and sometimes with vitamin D.

Whole milk powder - dehydrated milk, rich in vitamins A and D. It contains at least 25% fat. The semi-skimmed dried milk contains 9.5% fat and the skimmed milk powder 0.8% of fat.

Flavoured milk – milk that is mixed with other flavor additives (milk with chocolate, fruits or vanilla)

Ice milk – milk ice is low in fat (between 2 and 7%) but its sugar level is very high.

Microfiltered milk- milk that was treated with a filtering procedure that permits the elimination of 99,9% of bacteria.

UHT milk (ultra high temperature treated milk) - milk that was packed in sealed, sterile containers. At room temperature, it lasts up to 3 months (unopened).

YOUR POTENTIAL TRIGGER FOODS

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Buttermilk - fluid with a slightly acidic taste which separates itself from the cream while butter is being produced. Nowadays, buttermilk is obtained by adding a bacteria culture to milk.

Goat's milk - goat's milk has an intense taste. It is considered as being more digestible than cow's milk.

Sheep's milk - milk from sheep especially bred for this purpose.

Cream

Cream is the milk fat that is formed during the first stage of the butter production and that gathers at the surface of the milk. It is used for many foods: vinaigrette, soups, sauces, fried eggs (according to the preparation method), pies, desserts, confectionery products and aperitifs.

Coffee cream - 10% fat. It is used for coffee.

"Light"-cream - cream that contains at most 12-13% fat

Double cream - crème fraîche with 40% fat.

Cream - pasteurized cream which is enriched with fermented milk.

Sour cream - pasteurized cream that is fermented with a bacteria culture.

Butter - it is produced from cream. Butter can be produced from cow's, buffalo and camel's milk.

Low-fat butter - butter that contains much more water than normal butter. It is used for bread spreads. It contains between 21 and 45% fat.

Yogurt - milk that was fermented.

Kefir - milk that is fermented by the effect of bacteria and yeasts. It is a low carbon dioxide and alcohol content and has a spicy flavor. It is consumed ice cold with mint leaves or poured over fruits.

Cheese

Product that is obtained by clotting and draining milk, cream or a mixture of both.

Cheese is produced from cow's, sheep's, goat's or buffalo milk. Cheese is classified according to its firmness that varies based on the moisture content.

Hard cheese - Parmesan, Peccorino etc.

Cream cheese - has relatively high water content and therefore should be consumed quickly. Cottage cheese, Ricotta, Mascarpone, etc

YOUR POTENTIAL TRIGGER FOODS

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Soft cheese - the water content of this sort is of 50-60% and that of the fat is 20 to 25%. Camembert, Chaumes, etc.

Soft goat's cheese - cheese sort that is 100% made of goat's milk or goat's milk mixed with cow's milk.

Processed cheese (for bread spreads) - cheeses which are produced out of melted cheese types, and to which milk, cream or butter is added. Cheese stabilizers, emulsifying agents, salt, dye, sweetener and spice are also added.

Blue cheese - cheese types made with good mold: Roquefort, Gorgonzola, Bavaria Blue, etc.

GOAT: MILK AND CHEESE

Goats milk is processed to cheese and it is a replacement for cows milk.

Products made of goats milk are labelled and can be easily avoided.

KEFIR

Kefir is a thick and slightly alcoholic fermented milk product, that is often used for milk mix drinks, sweets or sauces. Please check the ingredient list.

MILK (COW)

Milk is not only used in the obvious processing (yoghurt, kefir, etc.), but it also comes hidden in a multitude of other food types.

The following foods (selection) contain milk or its components:

- | | | | |
|------------------------------|------------------|-------------------|-----------------|
| ■ white bread | ■ scrambled eggs | ■ instant dough | ■ baked rolls |
| ■ chocolate | ■ pudding | ■ pastry | ■ vanilla sauce |
| ■ many liqueurs | ■ cakes | ■ yoghurt | ■ buttermilk |
| ■ many salad dressings | ■ ice cream | ■ hamburgers | ■ cream soups |
| ■ cheese | ■ meatballs | ■ rusk | ■ ketchup |
| ■ different types of sausage | ■ margarine | ■ mayonnaise | ■ cocoa |
| ■ ovaltine | ■ soufflés | ■ mashed potatoes | |
-

YOUR POTENTIAL TRIGGER FOODS

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Our advice: Pay close attention to the list of ingredients for these foods. As the list represents a selection, basically all labels should be studied.

Labels behind which cow's milk proteins are hidden:

- Lactoglobulin
- Lactalbumin
- Whole milk
- Dried whole milk
- Concentrated milk
- Buttermilk
- Cream
- Sour cream
- Casein
- Milk proteins
- Butter
- Yoghurt

Cow's milk alternatives (to avoid in case of an intolerance against one of the ingredients or if this had not been tested):

- Goat's milk and cheese
- Sheep's milk and cheese
- Soya milk
- Rice milk
- Oats milk
- Pine milk
- Almond milk
- Coconut milk

Important when choosing alternatives to cow's milk is continuous alternation. Do not use soy drinks every day if you are allowed to but choose many of the listed alternatives. Use only one of the alternatives per day.

Deficiency syndrome without milk and eggs?

Egg, milk and milk products give the body high-quality protein and important vitamins and minerals. Above all, the need for vitamin B2 (Riboflavin) and the mineral calcium is covered in these basic foods. Many patients with egg and/or milk allergy type III are concerned that with a diet deprived of egg and milk that certain nutrients will not be sufficiently covered. This fear is usually unjustified. Through a careful and varied selection of the permitted foods, nutrient deficiencies can be avoided. For the "critical" nutrients protein, vitamin B2 and calcium alternative sources are listed below.

Types of food containing proteins:

- Vegetables: legumes, soybeans and soy products, grains and grain products, nuts and seeds.
- Animal: sheep and goat milk and their products, fish and meat.

When using protein, quality is important rather than quantity. Animal protein generally has a higher value than vegetable protein. Therefore, with suitable combinations and simultaneous consumption of different vegetable and animal proteins, the type of protein quality provided by eggs or milk can be attained. To increase the protein intake use nut puree for salad sauces, desserts, and in baking and for non-alcoholic cocktails. Scatter sunflower seeds, nuts or almonds over sweet and spicy foods.

Foods rich in vitamin B2:

- Vegetables: whole grain products (bread, rice & pasta), beans, spinach, broccoli, tomatoes, Brussels sprouts, mushrooms, seedling (soybean sprouts, grain, bean & lentil germs).
- Animal: meat, fish

YOUR POTENTIAL TRIGGER FOODS

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Because vitamin B2 is water-soluble, you should consider cooking it in a closed pot with little water and reusing the water if possible as a vegetable broth as a base for soups and gravies. Preferably consume vegetables as raw vegetable salads.

Foods rich in calcium:

- Vegetables: legumes (soybeans, lentils, beans), kale, broccoli, spinach, mangold, fennel, herbs, whole grain products, seeds (sesame), stinging nettle.

Calcium is water-soluble. For preparation, you should cook it in a closed pot with little water and reuse the water if possible as a vegetable broth as a base for soups and sauces. Preferably consume the vegetables as raw vegetable salads. Soybean products (soy drink, tofu) only contain a little calcium.

Health considerations:

There is a difference between milk allergy and lactose intolerance. Please note that ImuPro only indicates a possible type III allergy. ImuPro is not suitable for diagnosing lactose intolerance or an IgE-mediated allergy.

Many people do not tolerate milk well. There are many different reasons for this. They may be intolerant to milk protein in the form of a type I or type III allergy, or they may be lactose intolerant. These different types of allergy and intolerance must not be confused.

With a milk protein allergy (IgE and IgG), the immune system reacts to milk proteins that are normally harmless. Anyone with this type of allergy will not be able to tolerate any dairy products where this protein is present. Lactose-free products are also not suitable for these sufferers, because they still contain the milk protein. Milk products from other animals (such as sheep, goats, etc.) may be tolerated.

Type I milk allergy (IgE) is the classic, acute form of milk allergy. It is characterized by an immediate reaction to the consumption of milk. If symptoms occur within 30 minutes of consuming milk, they are very likely to have been caused by a type I milk allergy. If symptoms occur later, they probably have another cause.

With lactose intolerance, the problem is the specific type of sugar in milk (lactose). The problem is caused by an enzyme deficiency - it is not an immune system reaction. The body needs an enzyme called lactase to digest lactose. Someone with insufficient lactase in their system can experience symptoms such as diarrhea, bloating, and abdominal pain. However, these symptoms do not occur until at least 30 minutes after consuming products containing lactose. As lactose is also present in milk from other animals, those affected can usually not tolerate milk from sheep, goats or horses either.

The antibodies detected by the ImuPro test cause a type III milk allergy. This is characterized by delayed symptoms, i.e. symptoms may occur any time from between 2 hours to 3 days after consumption. Symptoms can include gastrointestinal problems but may also manifest elsewhere in the body. The symptoms are often chronic, because dairy products are consumed every day. ImuPro cannot detect lactose intolerance.

YOUR POTENTIAL TRIGGER FOODS

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The antigen effect

Cow's milk composition differs very much from breast milk. Breast milk contains three more proteins, ten more growth hormones, less lactose and less sugar substances. Breast milk contains, in comparison to cow's milk, oligosaccharides that favour the development of the intestinal flora. Milk intolerance appears mainly due to the cow's milk proteins. Yogurt and cheese are derived products that are obtained by fermentation or acidification. This procedure changes the milk proteins and can either reinforce or weaken the antigen effect.

MILK, COOKED

Cooked milk should not be mistaken for the so-called long-life milk. This product is not on sale.

The milk tested here was boiled for 30 minutes, cooled down and the developed skin was removed.

RENNET CHEESE (COW)

Rennet cheese includes: Parmesan, Leerdam, Edam, Emmental cheese, Chester, Tilsit, Brie cheese, Gouda etc.

SHEEP: MILK AND CHEESE

Sheep cheese is offered as pure sheep cheese, but also as a mixture of sheep and cow cheese.

Most important sorts: Roquefort and Pecorino

SOUR-MILK PRODUCTS (COW)

Typical sour-milk products are buttermilk, yoghurt, whey and curd as well as sour-milk cheese.

Types of sour-milk cheese include the following products: cottage cheese, Harzer cheese, Handkäse, Korbkäse, Vienenburger Schimmelkäse, Olmützer Quargel, Mainzer cheese, Stangenkäse, Spitzkäse, Styrian Graukäse etc.

A very popular dish is called "Handkäs mit Musik" (Handkäs with music). For this dish, the ripe cheese is marinated in a mixture of chopped onions, vinegar, oil, caraway, pepper and salt and served together with the marinade.

YOUR POTENTIAL TRIGGER FOODS

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MUSHROOMS

Mushrooms do not obtain their growth energy from the sun light, they use other sources such as nitrogen or live in symbiosis with trees. Some types are poisonous and can cause diarrhoea, abdominal pain and vomiting, even death. Even though the majority of mushrooms are edible, there are only about twenty sorts that are really tasty. Mushrooms are available canned, frozen, dried or fresh. They are rich in potassium, riboflavin and have numerous healing characteristics, especially laxative, antibiotic and hypo-cholesterol.

MEADOW MUSHROOMS

Meadow mushrooms are processed to soup (above all, instant products), mushrooms liver sausage and mushrooms sauce. You can also find meadow mushrooms fresh or canned and deep-frozen.

YOUR POTENTIAL TRIGGER FOODS

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SEEDS AND NUTS

ALMOND

Sweet almonds are especially used in confectionery (almond, nougat, cake), in marzipan goods and to manufacture almond oil. Further, almonds can be found in candies and granolas. Bitter almonds give the typical aroma to the popular Amaretto liqueur.

Rubbed sweet almonds with a supplement of water are used to produce the so-called almond milk. This milk together with almond syrup, are used in cosmetics and cocktails.

Possible cross reaction: Almonds have common allergenic structures with birch pollen, namely the so called Bet v1 allergen. If one reacts allergic to birch pollen or is sensitive to it, allergic reactions are possible if one consumes almonds.

Alternatives offered for you:

- Sunflower seed
-

BRAZIL NUT

The strong oil-containing, three-edged nut is offered without shell for the raw consumption as an ingredient of snack foods or with shell.

The list of ingredients should be reviewed before purchase.

In the Asian and Mexican kitchen, it is frequently eaten as an ingredient to poultry dishes or as garnish to vegetables.

The oil produced from the nut finds no use in the "domestic" cuisine.

Alternatives offered for you:

- Cashew nut
 - Walnut
-

YOUR POTENTIAL TRIGGER FOODS

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COCOA BEAN

Cocoa is the basic ingredient for chocolate. Cocoa beans are available in very many foods in this form. They are used as an intermediate coat on different candies or as icing for candies or fresh baked goods. Drink powders consist of instant cocoa mixtures.

Cocoa is also processed into drinks such as cocoa liqueur, different cocktails etc.

Alternatives offered for you:

- Carob
-

COCONUT

The coconut is processed into the following products: coconut oil, macaroons (shredded coconut with eggs), cake, coconut milk and ice-cream.

Shredded coconut is found in the dry form in the candy baked goods industry.

Coconut flakes contain more than 5% and at most 40% shredded coconuts.

In the Asian, African, Indonesian and South American cuisine, coconut is a basic ingredient.

HAZELNUT

Hazelnuts are used in the manufacture of baked goods (gingerbread, macaroons), snack foods and candies (nougat, chocolate). Hazelnut marrow and hazelnut oil are used to produce a nut-nougat bread spread.

If food contains nuts, it is labelled on the packaging. Therefore, you should read the list of ingredients of this sort of foods.

Possible cross reactions: Hazelnuts have common allergenic structures with birch pollen, namely the so called Bet V1 allergen. If one reacts allergic to birch pollen or is sensitive to it, allergic reactions are possible if one consumes hazelnuts.

YOUR POTENTIAL TRIGGER FOODS

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Alternatives offered for you:

- Walnut
-

LINSEED

One can gain linseed oil from the seed of the lin plant, which is used for cold dishes. Linseed has a digestive effect because of its external slime layer which protects it and disperses so as roughage in the nourishment pulp making it better digestible.

Linseed is added in many full grain breads.

Before purchasing, the list of ingredients should be read.

MACADAMIA NUT

Macadamia nuts count among the world's most expensive nuts. Thus, an addition without declaration in other foodstuffs is not possible.

PINE NUT

Industrial products with a peppermint flavor, artificial aroma is usually used. Many types of toothpaste contain different essential oils made of peppermint.

The list of ingredients should be reviewed at purchase.

POPPY SEEDS

From poppy seeds, we produce poppy oil. It is an easily digestible food oil which is very difficult to find in Germany .

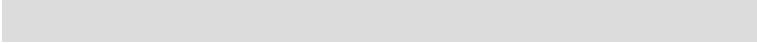
Poppy seeds are used to garnish baked goods and pastry products, such as poppy-seed strudel, as a filling in dumplings, on bread and rolls. Poppy is also found in baked goods, different candies and cheese kinds.

YOUR POTENTIAL TRIGGER FOODS

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Alternatives offered for you:

- Sesame



YOUR POTENTIAL TRIGGER FOODS

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SPICES AND HERBS

The words "seasoning" and "condiments" are often used, indistinctively, for all products which intensify the flavor of foods. The spices are aromatic plants coming from plants which grow in tropical regions. Fine herbs are herbs from temperate regions, easily cultivated in gardens.

NUTMEG

On the market, nutmeg is available such as it is (entire nuts), coarsely grinded or as nutmeg powder. As a spice, it is used in preparing meat, baked goods and spirituous drinks (Cocktails etc.)

Nutmeg is also contained in spice mixtures such as curry. Read the list of ingredients carefully before purchasing.

Possible cross reaction: Nutmeg has common allergenic structures with the pollen of mugwort, in the protein profilin. If one reacts allergic to or is sensitised to pollen of mugwort, allergic reactions are possible if one consumes nutmeg.

OREGANO

Oregano is especially used in the Mediterranean cuisine. It is added to almost all spice mixtures; therefore, you should pay attention, to the list of ingredients.

Possible cross reaction: Oregano has common allergenic structures with the pollen of mugwort, in the protein profilin. If one reacts allergic to or is sensitised to pollen of mugwort, allergic reactions are possible if one consumes oregano.

PEPPER, BLACK

The sharp-spicy, black pepper is very frequently used in the household. It is also contained in spice mixtures, as well as in meat and fish products, soups, sauce and canned food.

The list of ingredients should be reviewed before purchasing, because black pepper is available in very many types of food and it is not necessarily labelled.

YOUR POTENTIAL TRIGGER FOODS

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Possible cross reaction: Black pepper has common allergenic structures with the pollen of mugwort, in the protein profilin. If one reacts allergic to or is sensitized to pollen of mugwort, allergic reactions are possible if one consumes black pepper.

Alternatives offered for you:

- Chili - On the market, chili can be found both as powder and pod (green and red). Chili has more seasoning strength than black pepper.

YOUR POTENTIAL TRIGGER FOODS

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TEAS, COFFEE AND TANNIN

PEPPERMINT

Peppermint is very good to flavor fruits, cooked or raw salads or to perfume drinks and aperitifs.

It is mainly used in the summer because of its freshening properties.

It fits lamb, but also different vegetables, cucumbers, tomatoes, potatoes and legumes.

Peppermint is used as medicine in herbal medicine.

Peppermint leaves are dried and used for tea.

Industrial products with a peppermint flavor, artificial aroma is usually used. Many types of toothpaste contain different essential oils made of peppermint.

YOUR POTENTIAL TRIGGER FOODS

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VEGETABLES

Vegetables and grains were people's main foods for long time. One should pay attention to the freshness of the vegetable. The preparation and preservation of vegetables influence their taste, nutritional value, composition and appearance. Each vegetable contains healthy nutrients.

Generally one can say:

- vegetables contain vitamins and minerals
 - they have a high water content
 - they are rich in water-soluble and insoluble fibers
 - they are poor in fats (except for avocados and olives)
 - they contain no cholesterol
-

ARTICHOKE

Artichokes are offered fresh or as canned products. You rarely find them as ingredients in semi-finished or instant meals such as refrigerated pizza, instant salads, pesto, dips or sauces. Food which contains artichoke is accordingly labelled, so that avoiding artichoke is easy.

Possible cross reaction: Artichokes have common allergenic structures with the pollen of mugwort, in the protein profilin. If one reacts allergic to or is sensitised to pollen of mugwort, allergic reactions are possible if one consumes artichokes.

Alternatives offered for you:

- Asparagus
-

BROCCOLI

Broccoli is mainly used for casseroles and soups. It is offered in commerce either fresh, frozen or in instant meals. Products which contain broccoli are accordingly labelled.

YOUR POTENTIAL TRIGGER FOODS

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Alternatives offered for you:

- Brussel sprouts
 - Cauliflower
-

CARROTS

They are processed into canned or frozen products. Carrots have multiple uses: e. g. purée, salad, for drinks, broths and vegetable mixtures.

Possible cross reactions: Carrots have common allergenic structures with birch pollen, namely the so called Bet V1 allergen. If one reacts allergic to birch pollen or is sensitive to it, allergic reactions are possible if one consumes carrots. Another possible cross reaction: Carrots have common allergenic structures with the pollen of mugwort, in the protein profilin. If one reacts allergic to or is sensitised to pollen of mugwort, allergic reactions are possible if one consumes carrots.

PUMPKIN

Pumpkin is used to prepare soups, desserts, different cake mixtures and sometimes jams. A hidden occurrence of the pumpkin in food, which is not labelled as containing pumpkin, is not to be expected.

Cross reaction: Pumpkin has common allergenic structures with certain grass pollen. If one is allergic or sensitised to grass pollen, allergic reactions may occur if one consumes pumpkin.

Alternatives offered for you:

- Zucchini
-

RED CABBAGE

Red cabbage is processed to deep-frozen food and to juice and is canned. On the market, it is also available fresh as a cabbage head.

It is very popular as a raw food salad and vegetable supplement to beef, hare and venison.

YOUR POTENTIAL TRIGGER FOODS

Your Name ■ date of birth: 8/23/1990 ■ sample id: Test101

Alternatives offered for you:

- White cabbage

APPENDIX 1

Your Name ■ date of birth: 8/23/1990 ■ sample id: Test101

FOODS WITHOUT ELEVATED IgG-ANTIBODY VALUES

Meat			
Beef	Chicken	Deer	Duck
Goat meat	Goose	Hare	Lamb
Ostrich meat	Pork	Quail	Rabbit
Turkey hen	Veal	Venison	Wild boar
Fish and seafood			
Anchovy	Carp	Cod, codling	Crayfish
Gilthead bream	Haddock	Hake	Halibut
Herring	Mackerel	Ocean perch	Plaice
Pollock	Salmon	Sardine	Shark
Sole	Squid, cuttlefish	Swordfish	Tunafish
Zander			
Eggs			
Goose eggs	Quail eggs		
Fruits			
Apple	Apricot	Avocado	Banana
Cherry	Date	Fig	Grape / Raisin
Kiwi	Lemon	Lychee	Mango
Nectarine	Orange	Papaya	Peach
Pear	Pineapple	Plum	Strawberry
Watermelon			
Vegetables			
Asparagus	Aubergine	Beetroot	Broad bean
Brussel sprouts	Cauliflower	Celeriac, knob celery	Chard, beet greens
Chickpeas	Chili Cayenne	Chinese cabbage	Courgette
Cucumber	Green bean	Green pea	Kale, curled kale
Kohlrabi (Turnip cabbage)	Leek	Lentil	Mung bean, green gram
Olive	Onion	Parsnip	Potato
Radish red - Radish white	Rutabaga	Savoy cabbage	Soy bean
Spinach	Stalk celery	Sweet pepper	Tomato
White cabbage			
Milk products			
Camel's milk	Halloumi	Mare's milk	Ricotta
Salads			
Butterhead lettuce	Chicory	Endive	Iceberg lettuce
Lamb's lettuce	Lollo rosso	Radicchio	Rocket
Romaine / Cos lettuce			
Sweeteners			
Cane sugar	Honey (Mixture)		
Spices and herbs			
Basil	Chive	Cinnamon	Garlic
Horseradish	Mustard seed	Paprika, spice	Parsley
Rosemary	Thyme	Vanilla	
Food additives			
Guar flour (E412)			

Note: The table continues on the next page.

APPENDIX 1

Your Name ■ date of birth: 8/23/1990 ■ sample id: Test101

FOODS WITHOUT ELEVATED IgG-ANTIBODY VALUES

Yeast			
Yeast			
Seeds and nuts			
Cashew kernels	Peanut	Pistachio	Pumpkin seeds
Sesame	Sunflower seed	Walnut	
Cereals containing gluten			
Barley	Gluten	Kamut	Oats
Rye	Spelt	Wheat	
Cereals w/o gluten and alternatives			
Arrowroot	Buckwheat	Carob	Fonio
Jerusalem artichoke	Lupine	Maize, sweet corn	Millet
Rice	Sweet potato	Tapioca	Teff

APPENDIX 2

Your Name ■ date of birth: 8/23/1990 ■ sample id: Test101

FOODS TO BUILD YOUR OWN 4-DAY ROTATION DIET

	Day 1	Day 2	Day 3	Day 4
Cereals and starch				
	Barley	Arrowroot	Buckwheat	Carob
	Gluten	Fonio	Jerusalem artichoke	Lupine
	Kamut	Maize, sweet corn	Millet	Rice
	Oats	Sweet potato	Tapioca	Teff
	Rye			
	Spelt			
	Wheat			
Eggs				
	Goose eggs	Quail eggs		
Fish and seafood				
	Anchovy	Carp	Cod, codling	Crayfish
	Gilthead bream	Haddock	Hake	Halibut
	Herring	Mackerel	Ocean perch	Plaice
	Pollock	Salmon	Sardine	Shark
	Sole	Squid, cuttlefish	Swordfish	Tunafish
	Zander			
Fruits				
	Apple	Apricot	Avocado	Banana
	Cherry	Date	Fig	Grape / Raisin
	Kiwi	Lemon	Lychee	Mango
	Nectarine	Orange	Papaya	Peach
	Pear	Pineapple	Plum	Strawberry
	Watermelon			
Meat				
	Beef	Chicken	Deer	Duck
	Goat meat	Goose	Hare	Lamb
	Ostrich meat	Pork	Quail	Rabbit
	Turkey hen	Veal	Venison	Wild boar
Milk products				
		Camel's milk		Halloumi
		Mare's milk		Ricotta
Salads				
	Butterhead lettuce	Chicory	Endive	Iceberg lettuce
	Lamb's lettuce	Lollo rosso	Radicchio	Rocket
	Romaine / Cos lettuce			
Seeds and nuts				
	Cashew kernels	Peanut	Pistachio	Pumpkin seeds
	Sesame	Sunflower seed	Walnut	
Spices and herbs				
	Basil	Chive	Cinnamon	Garlic
	Horseradish	Mustard seed	Paprika, spice	Parsley
	Rosemary	Thyme	Vanilla	

Note: The table continues on the next page.

APPENDIX 2

Your Name ■ date of birth: 8/23/1990 ■ sample id: Test101

FOODS TO BUILD YOUR OWN 4-DAY ROTATION DIET

	Day 1	Day 2	Day 3	Day 4
Sweeteners	Cane sugar	Honey (Mixture)		
Vegetables	Asparagus Brussel sprouts Chickpeas Cucumber Kohlrabi (Turnip cabbage) Olive Radish red - Radish white Spinach White cabbage	Aubergine Cauliflower Chili Cayenne Green bean Leek Onion Rutabaga Stalk celery	Beetroot Celeriac, knob celery Chinese cabbage Green pea Lentil Parsnip Savoy cabbage Sweet pepper	Broad bean Chard, beet greens Courgette Kale, curled kale Mung bean, green gram Potato Soy bean Tomato
Yeast	Yeast			

APPENDIX 3 AND 4

Your Name ■ date of birth: 8/23/1990 ■ sample id: Test101

FOODS WITH ELEVATED IgG-ANTIBODY VALUES

Avoid for at least 5 weeks

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|--------------------------|----------------------------|-------------------------|--|
| ■ Almond | ■ Amaranth | ■ Artichoke | ■ Brazil nut |
| ■ Broccoli | ■ Carrots | ■ Cassava | ■ Chicken egg (egg white and egg yolk) |
| ■ Cocoa bean | ■ Coconut | ■ Goat: milk and cheese | ■ Hazelnut |
| ■ Kefir | ■ Linseed | ■ Macadamia nut | ■ Meadow mushrooms |
| ■ Milk (cow) | ■ Milk, cooked | ■ Nutmeg | ■ Oregano |
| ■ Pepper, black | ■ Peppermint | ■ Pine nut | ■ Poppy seeds |
| ■ Pumpkin | ■ Quinoa | ■ Red cabbage | ■ Rennet cheese (cow) |
| ■ Sheep: milk and cheese | ■ Sour-milk products (cow) | ■ Sweet chestnut | ■ Trout |
| ■ Yellow plum | | | |
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CLASSIFICATION OF THE FOODS TESTED POSITIVE INTO “ELEVATED” AND “HIGHLY ELEVATED”

Elevated

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|-----------------------|------------------|--|---------------|
| ■ Almond | ■ Amaranth | ■ Artichoke | ■ Broccoli |
| ■ Carrots | ■ Cassava | ■ Chicken egg (egg white and egg yolk) | ■ Cocoa bean |
| ■ Coconut | ■ Hazelnut | ■ Meadow mushrooms | ■ Nutmeg |
| ■ Oregano | ■ Pepper, black | ■ Peppermint | ■ Pine nut |
| ■ Poppy seeds | ■ Pumpkin | ■ Quinoa | ■ Red cabbage |
| ■ Rennet cheese (cow) | ■ Sweet chestnut | ■ Trout | ■ Yellow plum |

Highly elevated

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|----------------------------|-------------------------|----------------|--------------------------|
| ■ Brazil nut | ■ Goat: milk and cheese | ■ Kefir | ■ Linseed |
| ■ Macadamia nut | ■ Milk (cow) | ■ Milk, cooked | ■ Sheep: milk and cheese |
| ■ Sour-milk products (cow) | | | |
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