

TEST RESULTS

Standard Test Results

The ALCAT Test results are presented in an easy to understand, color-coded format. They highlight each patient's incompatible foods and the level of each reaction (severe, moderate or mild). The ALCAT Test results also clearly identify the foods which are non-reactive or "safe" foods by putting them in the green section of the results and organizing them by food groups.

ALCAT WORLDWIDE		Food Sensitivity Test Results		Patient Name: SAMPLE RESULT	Test Date: 01/18/10	
				Healthcare Provider:	File #:	
Severe Intolerance	BASS CAULIFLOWER CORN NUTMEG ORANGE PLUM	Moderate Intolerance	BUCKWHEAT CHERRY CHICKPEA CHICKEN FLAXSEED GINGER MUSHROOM			
Mild Intolerance	ANCHOVY* AVOCADO* BEET* CASHEW* CAYENNE PEPPER COCOA* CRAB* CRANBERRY* DUCK* EGG YOLK* GOATS MILK* LAMB* LEEK* LIME* SESAME* WALNUT*		ACORN SQUASH BOK CHOY CARROT EGGPLANT GREEN PEA KALE LIMA BEAN OKRA RADISH SPINACH SWISS CHARD WHITE POTATO	ARTICHOKE BROCCOLI CELERI ENDIVE GREEN PEPPER KELP MUNG BEAN ONION Rhubarb SQUASH (Yellow) TOMATO ZUCCHINI	ASPARAGUS BRUSSEL SPROUTS CHICORY FAVA BEAN ICEBURG LETTUCE KIDNEY BEAN MUSTARD PARSNIP ROMANE LETTUCE STRING BEAN TURNIP	BLACK-EYED PEA CABBAGE CUCUMBER FENNEL JALAPENO PEPPER LENTIL BEAN NAVY BEAN PINTO BEAN SWEET POTATO WATERCRESS
Candida	You have no reaction to Candida Albicans.					
Gluten / Gliadin	You have no reaction to Gliadin and moderate reaction to Gluten, avoid these foods:		APPLE BLACKBERRY FIG KIWI OLIVE PINEAPPLE STRAWBERRY	APRICOT BLUEBERRY GRAPE LEMON PAPAYA POMEGRANATE WATERMELON	BANANA CANTALOUPE GRAPEFRUIT MANGO PEACH PUMPKIN	BLACK CURRANT DATE HONEYDEW (MELON) NECTARINE PEAR RASPBERRY
Casein / Whey	You have no reaction to Casein or Whey.					
Red Indicates a severe intolerance and these items should be avoided for a minimum of 6 months Orange Indicates a moderate intolerance and these items should be avoided for a minimum of 3-6 months Yellow Indicates a mild intolerance and these foods should be avoided if possible Green Indicates acceptable foods / no reaction						
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Rotation Plan

Each test result also includes a customized 4-Day Rotation Plan. Studies have shown that variety in the human diet is very important to health and wellbeing. Research in physical anthropology and nutritional science has shown that the human digestive system is more suited to coping with a seasonal diet as opposed to the traditional Westernized diet. By eating foods in a particular family one day and then omitting them for at least the next three days, a cumulative sensitizing effect is avoided. This time allows the food molecules to "clear" the system, avoiding overload.

ALCAT WORLDWIDE		Food Sensitivity Test 4 Day Rotation Diet		Patient Name: SAMPLE RESULT	Test Date: 01/18/10
				Healthcare Provider:	File #:
Day 1 STARCH	Day 2 STARCH	Day 3 STARCH	Day 4 STARCH		
SPIEL TAPICCA WHITE POTATO	MILLET	QUINOA SWEET POTATO	RICE		
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES		
ARTICHOKE BLACK-EYED PEAS CARROT CELERI CHICORY EGGPLANT GREEN PEPPER ICEBURG LETTUCE KALE PARSLEY ROMAINE LETTUCE TOMATO	BOK CHOY BRUSSEL SPROUTS CARROT CELERI CHICORY EGGPLANT GREEN PEPPER ICEBURG LETTUCE KALE PARSLEY ROMAINE LETTUCE TOMATO	ACORN SQUASH BOK CHOY BRUSSEL SPROUTS CABBAGE ENDIVE FENNEL JALAPENO PEPPER KELP MUSTARD ONION PINTO BEAN RADISH STRING BEAN SWEET POTATO	BEET* CUCUMBER JALAPENO PEPPER OKRA PARSNIP RHUBARB SPINACH SQUASH (Yellow) SWISS CHARD TURNIP		
FRUIT	FRUIT	FRUIT	FRUIT		
BANANA BLACK CURRANT DATE FIG GRAPE KIWI MANGO PAPAYA PINEAPPLE STRAWBERRY	APPLE AVOCADO* BLUEBERRY CRANBERRY* PEAR PINEAPPLE POMEGRANATE	APPLE AVOCADO* BLACKBERRY CRANBERRY* GRAPEFRUIT LEMON NECTARINE PEACH RASPBERRY	APRICOT BLACKBERRY UME* NECTARINE PEACH RASPBERRY	CANTALOUPE GRAPEFRUIT HONEYDEW (MELON) LEMON OLIVE PUMPKIN WATERMELON	
DAIRY	DAIRY	DAIRY	DAIRY		
COW'S MILK EGG WHITE	SHEEP'S MILK				
SEAFOOD	SEAFOOD	SEAFOOD	SEAFOOD		
CATFISH FLOUNDER LOBSTER SALMON SNAPPER TROUT	CLAM HADDOCK MACKEREL SARDINE SOLE TUNA	CODFISH HALIBUT MUSSEL SCALLOP SHRIMP WHITEFISH	CRAYFISH HERRING LISTERIAN MACKEREL PHEASANT QUAIL SQUID TUNA WHITEFISH	CATFISH GRAYFISH CRAB* HALIBUT KIDNEY BEAN MUNG BEAN NAVY BEAN PORK RABBIT SCOLE SOYBEAN	
GRAINS	GRAINS	GRAINS	GRAINS		
MILLET TAPICCA	QUINOA	RICE	SPLET		
HERBS / SPICES	HERBS / SPICES	HERBS / SPICES	HERBS / SPICES		
ANISE SEED CARDAMOM CORIANDER LIQUORICE PARSLEY TARRAGON	BAKERS YEAST BREWERS YEAST CHAMOMILE FRUITOSE HOPS PEANUT PSYLLIUM	BASIL CHILI PEPPER CUMIN MINT ROSEMARY THYME	BAY LEAF CINNAMON CURRY POWDER DILL SAFFRON TURMERIC	BLACK PEPPER CLOVE DILL PAPRIKA SAGE	
NUTS / OILS AND MISCELLANEOUS	NUTS / OILS AND MISCELLANEOUS	NUTS / OILS AND MISCELLANEOUS	NUTS / OILS AND MISCELLANEOUS		
ALMOND BRAZIL NUT CAROB COTTONSEED HONEY PEANUT PSYLLIUM	BAKERS YEAST BREWERS YEAST CHAMOMILE FRUITOSE HOPS PEANUT PSYLLIUM	BEEF SUGAR CANE SUGAR COCONUT GARLIC MACADAMIA PINE NUT SAFFLOWER SUNFLOWER	BLK/GREEN TEA CARAWAY COFFEE COPPER COTTONSEED DILL GOATS MILK* HONEY LIQUORICE PISTACHIO ROSEMARY SAFFLOWER TURMERIC	BAKER'S YEAST BREWERS YEAST CANE SUGAR CAYENNE PEPPER* CINNAMON CLOVE GOATS MILK* HAZELNUT HOPS MAPLE SUGAR MINT PAPRIKA SAFFRON	
MISCELLANEOUS	MISCELLANEOUS	MISCELLANEOUS	MISCELLANEOUS		
ANISE SEED BEET SUGAR BLACK PEPPER BLK/GREEN TEA CAROB CURRY POWDER PEANUT PINE NUT SAGE SESAME* SUNFLOWER VANILLA WALNUT*	ANISE SEED BRAZIL NUT CARADAMOM COCOA* COFFEE COTTONSEED DILL MACADAMIA OREGANO PEANUT PSYLLIUM SHEEP'S MILK TARRAGON THYME	ALMOND BRAZIL NUT CARADAMOM COCOA* COFFEE COTTONSEED DILL MACADAMIA OREGANO PEANUT PSYLLIUM SHEEP'S MILK TARRAGON THYME			

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