

Your Personalized Step-By-Step Guide To Feeling Better Fast!



IMMUNO HEALTH GUIDE™

6801 Powerline Road
Fort Lauderdale, FL 33309-2215

Phone: (954) 691-2520
Toll Free: (888) 246-3676
Fax: (954) 691-2525

www.BetterHealthUSA.com

"The right food is your first and best medicine!"





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Immuno Health Guide™

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Preface: Use Food as Your First Medicine

In ancient times, life was simple. Survival was the human challenge. To stay alive was a feat in itself. Survival was dependent upon living in harmony with the world. Harmonious living included unique relationships that the people had with their traditional foods.

The American Indians had a deep reverence for the food they ate and the earth in which it was nurtured. They had celebrations for the changing seasons and the harvesting of food.

The Japanese people created some of the most artistic, visually attractive foods which we later realized were low in fat and cholesterol.

Ancient Chinese traditions used food for rejuvenation and longevity, while Indian scriptures taught that optimal health involved using certain types of foods for certain types of people.

Hippocrates, considered a medical leader to this day, discovered thousands of years ago, "one person's food is another's poison."

Earlier hunting and agricultural societies had a more active involvement and awareness of the foods they ate.

Over the past 75 years, that special relationship with food has all but vanished. Mass marketing, fast foods, fast-paced life, competition and food processing are how you are linked to the food you eat.

Is it coincidental that heart disease has become the number one killer, followed by cancer and diabetes? These diseases are now directly linked to your diet.

The American Heart Association and the American Cancer Society's research has proven that how you prepare your foods and what you choose to eat directly affects your risk to these diseases.



You can reverse this trend and recapture a special relationship with your food as meaningful as your ancestors once had. A relationship that fosters healthy awareness and vitality, and helps you live in harmony with your environment. I believe that such an opportunity exists today. To achieve it, we must have a clear vision of what you want and then find the assistance to obtain it.

Over 30 years ago, my vision included the desire for better health. I was motivated by poor digestion and fatigue.

When I researched "recipes" for better health, I found many around the world. It was a long, demanding journey to sort out the "recipes" and apply them to fit my needs.

For you to research early cultures and study volumes of information on health and nutrition would be a monumental task.

Relax, it's not necessary. It's already done for you. The findings from one simple test, the Immuno 1 Bloodprint™, and the direction you receive from your Immuno Health Guide™ gives you an individualized guide for new found health and vitality.

It is said that a long journey begins with the first step. You may feel that improving your health is going to be a long process. It may be, and it can be filled with adventure, new insights about yourself, and step by step improvement. Your first step awaits you at the turn of this page.

Jeffrey S. Zavik, CEO and Founder
Immuno Laboratories, Inc.

Chapter 1: Food Sensitivities and Your Health

Life can be seen as a series of decisions, some trivial, others important. Looking back over the years, you can probably recall many decisions you would classify as important. So important, in fact, that they changed the course of your life. Your decision to participate in this health-building program can improve your health for the rest of your life. That makes it one of the most important decisions you have ever made.

Nutrition has a powerful influence, positive or negative, on every area of your life. It can make the difference between a day that begins with a moan and a day that begins with a sigh of contentment. It can change a drab pallor and replace it with the glow that comes only from feeling good. It can give you mental alertness and energy. And maybe, most important of all, it can make you a healthier person.

You've made a very important decision to enhance the quality of the rest of your life by taking steps to improve your health.

You are about to begin an exciting and unique program to help you achieve your goal.

The Immuno Health Guide™ introduces you to an educational and motivational program that will help you improve the way you look and feel. It's not just another diet, although you will be making some changes in how and what you eat. This program is founded on established dietary and nutritional principles. It also has a unique scientific basis from the food sensitivity test results you received in your personal Immuno 1 Bloodprint™.

During this program, you will discover those foods you need to temporarily avoid eating. You will also gain practical advice on which foods you

can eat, how to combine your foods properly and which methods of preparation best serve your health. To enable you to track your progress during the program, you will learn how to keep records on what you eat and drink and how you're feeling.

Motivation and commitment are very important to ensure your success. This guide includes practical suggestions to assist you in adhering to your program.

Become Partners in Health With Your Doctor

The Immuno Health Guide™ is not meant to replace the sound medical advice from your physician or other qualified healthcare provider. We make no claims that your BetterHealthUSA Program is a cure for every ailment. However, our experience has shown that many patients' symptoms are often alleviated or disappear when they follow the suggestions in their Immuno Health Guide™ and Immuno 1 Bloodprint™. We strongly suggest that you follow this program under the close supervision of a qualified medical professional.

Let's consider some of the reasons why you are committing to this program. It may be because you don't have enough energy and tire quickly. Frequent headaches or digestive problems could be making your life miserable. Aches and pains in your muscles and joints may be limiting your activities. Perhaps your memory is not as clear as it could be or you find that you lose your concentration easily.

Your irritability or loss of temper may be affecting your relationships with those close to you. Possibly it's your child who needs the BetterHealthUSA



Program. Hyperactivity or learning disabilities could be affecting his or her performance in and out of school.

The chart on the next page lists the wide variety of symptoms attributed to food sensitivities. Many of these symptoms can be alleviated when you follow your Immuno Health Guide™.

Know the Food Allergy/ Sensitivity Link to Your Health

You have probably heard of food allergies but the term food sensitivities may be new to you. It must be emphasized that food sensitivities are not the same as food allergies and they affect your body in different ways.

When you eat something to which you are allergic, your body reacts immediately and you feel symptoms such as uncontrollable sneezing or your sinuses rapidly congesting. Some people eat a food and experience an uncomfortable swelling in their throat while others may feel nauseous or break out in a rash. An almost certain sign of an allergic reaction is the speed with which these symptoms develop, usually within minutes of eating something to which you are allergic.

More people are sensitive, rather than allergic, to a food. If you are sensitive to a food, your body may not react for several hours or even the next day. Food sensitivity symptoms are deceptive because you would not normally associate them with foods you have eaten. Headaches, chronic sinus congestion, aching muscles and joints

or feeling drained of energy are all symptoms of food sensitivity reactions.

Some doctors think that food sensitivities can even affect your mind. They may cause mood swings or affect your mental clarity. Irritability and a short temper may also be the result of food sensitivities. Food sensitivities are often related to food addictions and can be a cause of weight problems for a reason you wouldn't suspect.

Food addictions often occur with foods that are highest in sugar and fat. Addictions cause your body to crave these high calorie foods, even though you know they are bad for you and cause excess weight. Thus you end up in a cycle of compulsive eating.

Food sensitivities can also cause you to retain water, further adding to your weight problem! In this guide, we will help you to overcome these addictions.

"Qualified health professionals should advise persons with food allergies and intolerances on the diagnosis of these conditions and on diets that exclude foods and food substances that induce symptoms."

C. Everett Koop, M.D. Former
Surgeon General U.S. Public
Health Service



Chronic symptoms attributed to food sensitivities

DIGESTION: Nausea, vomiting, diarrhea, constipation, bloating, belching, passing gas, stomach pain, cramps, heartburn

EMOTIONS: Mood swings, anxiety, fear, nervousness, anger, irritability, aggressive behavior, depression, "binge" eating or drinking, food cravings

ENERGY & ACTIVITY: Fatigue, sluggishness, lethargy, drowsiness, lack of energy, apathy, hyperactivity, restlessness

EYES, EARS & NOSE: Watery/itchy eyes, blurred vision (excluding near or far sightedness), ear infections, hearing loss, sneezing attacks, runny/stuffy nose, hay fever, sinus problems, excessive mucous formation

HEART & LUNGS: Irregular heartbeat, chest pain, congestion, asthma, bronchitis, shortness of breath, difficulty breathing

MIND: Poor memory/concentration, lethargy, speech problems and learning disability

MUSCLES & JOINTS: General weakness, muscle/joint aches and pains, arthritis and stiffness

SKIN: Hives, rashes, dry skin, excessive sweating, acne, hair loss, irritation around eyes

THROAT & MOUTH: Coughing, sore throat, hoarseness, swelling/pain, and sores on tongue, gums and lips

OTHER: Excess weight, dizziness, water retention, insomnia, headaches, genital itch, frequent urination



Hereditary factors can make some people more likely than others to develop food sensitivities. Additionally, clinical experience has shown that there are several life-style factors which we know contribute to developing food sensitivities. Some of this information may be new to you. However, you do have control over all of these factors. Your challenge is to modify your life-style and correct those factors that do not serve your good health.

Food sensitivities may begin when your body does not efficiently digest the foods you eat. When, on a regular basis, incompletely digested food enters your blood stream, your immune system reacts adversely. The effects of these reactions can produce unpredictable symptoms in different parts of your body.

Your eating habits may also be a major contributing factor in the development of food sensitivities. When you eat too much of certain foods or eat them too often, sensitivities can appear. Eating too fast and not thoroughly chewing your food or eating while emotionally upset can have the same results. Eating over-processed foods,

such as canned food and refined flour can also result in sensitivities.

Some food sensitivities may develop during early childhood. For example, babies who are fed infant formula or cow's milk, often develop sensitivities for years. The Immuno Health Guide™ is designed to help you, even with long standing conditions.

Self-Assess Your Health

Now is an appropriate time to review your current health status. Complete the Initial Symptom Checklist which you will find in chapter 15 of this guide.

This will clearly establish the frequency and severity of symptoms you are experiencing. Simply follow the

and compare scores to track your improvement.

Through your commitment to making the life-style changes recommended in this Immuno Health Guide™, you can achieve a greater sense of well being and a fuller appreciation and enjoyment of life. We will help you make and keep this commitment so that when you have reached your goal of improved health, you can take pride in your accomplishment. You will be amazed at your new positive outlook on life and your improved self image.



instructions for completing the checklist. Be honest with yourself and take time to really think about your symptoms. Transfer your scores to column #1 on the Progress Chart also located in chapter 15 of this guide.

Later in your program you will update the Symptom Progress Checklist

Chapter 2: How the Immuno Health Guide™ Works

Read & Re-Read Your Immuno Health Guide™

The Immuno Health Guide™ provides you with easy, practical ways to eat every meal, every day. You will enjoy what you eat and the way it makes you feel. The suggestions can help you lose and maintain your ideal weight.

In addition, you can increase your energy levels and reduce your risk of heart disease and cancer. By following the recommendations that we provide, you can probably alleviate or eliminate a host of minor ailments which have prevented you from enjoying life to the fullest. All this as a result of eating right.

Your Immuno Health Guide™ works. It works for the rest of your life, not just for the 60-90 days or length of time that your healthcare provider advises you to follow the program.

You are about to learn how to choose foods that are good for you, both when you are shopping in a supermarket and when you are selecting from a menu. There will be some foods and food additives you will need to avoid. Some of these may be your favorite foods. However, there will be a wide range of foods you can eat.

The Immuno Health Guide™ works specifically with the food sensitivity test called the Immuno-1 Bloodprint™, using a well-established testing process called the Enzyme Linked Immunosorbent Assay, or ELISA for short.

Customize What You Eat With Your Immuno 1 Bloodprint™

The Immuno 1 Bloodprint™ for food sensitivities makes this health improvement program unique. This method, used to determine food sensitivities, has already been used with over 250,000 people.

Compared to other ways of testing food sensitivities, the Immuno 1 Bloodprint™ method is extremely accurate. Results are available in days rather than weeks. It is reasonably priced and painless, requiring only a single blood sample.

The test is run using a tray of test wells as shown below. The inside of each well is coated with a different food extract, made according to government standards. A drop of blood is then added to each test well. Various chemical solutions are also added to each test

well. A yellow color develops in the wells that contain a food extract to which you are sensitive. A special instrument measures the level of color in each well.

After your test is completed, the results are entered into a computer, which then provides a detailed printout. The printout is called an Immuno 1 Bloodprint™.

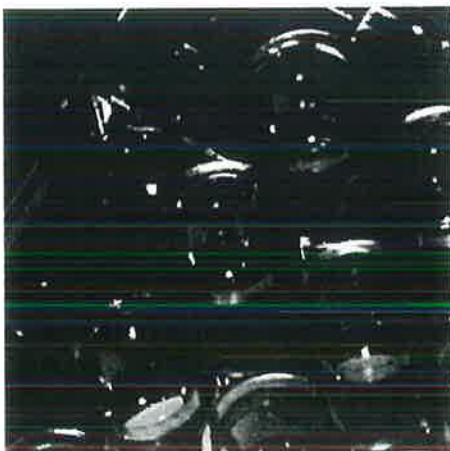
Immuno 1 Bloodprint™ is the trade name we use. Like a fingerprint, your Immuno 1 Bloodprint™ results are unique to you. It is individualized for your body's needs, not someone else's.

Immuno Laboratories offers several tests for other areas which can affect your health. Brief descriptions of these can be found in chapter 14 of this guide.

The chart on the following page will help you understand your Immuno 1 Bloodprint™ report.

Please take note of the following recommendations before you start selecting foods and planning your meals:

Do not eat any food unless it is part of the Immuno 1 Bloodprint™ test and is listed as safe for you to eat. It is especially important not to eat other foods in the first 30 days. If you insist on eating an untested food, then test yourself as described in the food reintroduction procedure in chapter 4 of this guide.



Micro-Titer Plate For ELISA Testing

"One of 37 keys to consistently reliable testing."

Remember, a natural food is less likely to cause problems than a processed food.

The Immuno 1 Bloodprint™ may indicate that you are sensitive to a food you don't think you have ever eaten. This can happen if the food in question is very much like foods you have eaten and have become sensitive to. Your body can't tell the difference. You may even have eaten this food in the past as a hidden ingredient and didn't know it.

If you feel bad whenever you eat certain foods, then don't eat them, even though the Immuno 1 Bloodprint™ says they're safe.

Our experience shows that most food sensitivities are temporary. When you incorporate all of the recommendations for eating, preparing, combining and avoiding foods provided in both your Immuno Health Guide™ and Immuno 1 Bloodprint™, most, or all, of your sensitivities will disappear.

Some people find that a few of their sensitivities don't go away, so they need to avoid those foods permanently.



UNDERSTANDING YOUR IMMUNO 1 BLOODPRINT™ RESULTS

Your results include the names of you and your physician, followed by a listing of all the foods tested. The foods to which you are sensitive have been printed in red, along with a number from +1 to +6. Unless advised otherwise, carefully avoid all the reactive [red] foods. A scoring evaluation key and advice on interpreting the test results are also provided.

From the choices available, your doctor has selected the report format that is most appropriate for you.

Remember, the key to your success is food avoidance. Be certain to carry your pocket size food avoidance card with you as a handy reference guide.

You have to prepare yourself for dealing with your old habits and urges, which are bound to tempt you into eating something that doesn't serve your health. Make no mistake, old habits die hard. They sneak up on you and you're going to have to overcome them to be successful in achieving improved health.

Don't eat foods to which you are sensitive. This will stop your body's immune response to them.

Rotate your foods so you don't eat the same food two days in a row. This reduces overexposure, which may create additional food sensitivities.

Like most of us, you've probably created many eating habits that do not serve your health.

Here's a list of factors which will do you good. Some of them you will have heard of and some will probably be new. All are helpful.

- Take vitamins with a meal, not on an empty stomach.
- If your doctor approves, wait at least one hour after eating before taking any medication.
- Chew your food thoroughly.
- Eat only the size portions that are comfortable. It's better to leave some food on your plate than to stuff yourself.
- Make eating pleasant by creating attractive table settings and a relaxing mood. Avoid distractions such as TV, radio, reading, driving or stressful conversations while eating.
- If you must eat while stressed, eat less and chew more.



Choose Your Food And Beverages Wisely

- Eat a wide variety of foods.
- Eat raw fruits and vegetables often.
- Eat foods in their whole form such as whole grains and whole fruits instead of juices.
- If you experience gas or bloating after eating, try combining your foods as indicated in the food combination chart at the end of this chapter.
- Eat fruits, nuts and seeds by themselves, and only between meals.
- Eat a leafy green salad and assorted vegetables with every cooked meal. Be sure to rotate the lettuces and vegetables each day.
- Read labels. When you're eating out, ask questions about ingredients in foods that are served. Know what's going into your body.
- Water is essential. You lose three quarts a day just by living. Drink 6-8 glasses of pure water every day or be

certain that you eat plenty of high water content foods (fresh fruits and vegetables) daily. Make sure your water is pure. Bottled spring water, distilled water, and filtered tap water are acceptable.

- Don't drink any alcohol with meals. Alcohol should be consumed in moderation, if at all.



Don't overcook food. You lose a lot of nutrients that way.

Fully cook meats, poultry and fish on low to medium heat. Pork should be thoroughly cooked on low heat. Steaming, poaching, broiling, baking and stir frying are recommended as healthy cooking methods.

Cook grains over low heat for 15-20 minutes. Whole grains such as barley, millet, brown rice and wild rice are best soaked in purified water for 6-12 hours before cooking.

Slightly refined grains such as buckwheat, oats, rye flakes, bulgur wheat and corn grits don't need soaking. Dried legumes such as garbanzo, black and lima beans and lentils are best soaked overnight. Discard the soak water and cook in purified water on low to medium heat for 30-40 minutes. Soaking makes these beans less gaseous during digestion and cuts down on cooking times too.

Use only cold pressed "virgin" vegetable oils when cooking. Processed oils can contribute to heart disease.



In many restaurants, the staff will explain ingredients and how dishes on the menu are prepared.

If this information is not freely offered, don't be afraid to ask. If there is reluctance to reveal this information, tell your waiter or waitress that you need the information for health reasons. They will usually be happy to help.

You will probably find that simply prepared foods without sauces and other heavy seasonings will suit you best.

Sometimes you have to be very diplomatic in determining what's in a dish, especially if you're eating at a friends. If possible, find out ahead of time what's to be served. Explain that you have food sensitivities and have to avoid certain foods. You may even suggest bringing an entree, prepared according to your health needs, for everyone to share. If your host is willing to adapt the meal to your needs then express your warm appreciation. Be sure to politely turn down any foods or drinks

not on your program. A kind host will not force any unwanted food or drink on a guest.

When you're eating away from home, take a small health kit with you to make eating easier. Your kit might include small cans of water packed tuna, a container of salad dressing, seasoning, herbal tea bags and natural grain crackers or any food that is safe for you.

You know the feeling. Your body screams for a food you know is not good for you. It happens to many people, and those cravings can override the best of intentions. Fortunately, you can learn how to channel those cravings so they won't destroy your new food plan.

Be aware of when those cravings emerge. Usually they happen when you are feeling emotional. Perhaps you're bored or angry or feeling lonely. Maybe it's just a habit you've developed like always eating pizza after a movie.

Ask yourself why you want this food. Ask yourself if you want this food to satisfy an old habit or emotion. Identify the emotion or habit and refuse to give into it.

Instead of eating, do something else. Make a list of actions that cause you to eat. Then make a list of things you can do to meet the need, aside from eating. For example, if you're bored, try reading, walking, window shopping or some other activity you enjoy, instead of eating.

If you're angry, instead of eating, vent your anger by writing a long, nasty letter; then, tear it up.

Just make sure that you develop a list of substitute activities that work for you. Write them down and pick up this list whenever those cravings hit.

Soon, you'll find yourself automatically substituting another activity for eating.

Friends and family may make it difficult for you to follow your Immuno Health Program. Don't be surprised if it happens.

Many people enjoy tempting others away from health progress. They want you to be the same person you were. When they see you doing something to improve your health it just reminds them that they're not doing anything about their health. They may even make fun of you.

It's not just your food changes that will threaten them. Any healthful change you want to make may be unsettling.

Don't let them sidetrack you. You have to ask yourself a question: Are they running your life or are you? If they truly want you to be well and be happier with yourself, then they'll respect what you're doing.

To overcome some of these potential challenges, talk to the people closest to you and share with them what you're doing. Tell them that some of your life-style changes are only temporary.

That should make them feel more comfortable, and they will better accept those changes you make permanently. Let those close to you know that you are not asking for their advice about whether to make these changes, you have already made that decision. Just let them know that this program is right for you and you would like their support.



For anyone except people close to you, you need not bother with explanations.

When you are offered food or drink which you can't have or don't want, just say, "Thanks, but no thanks."

For those who are close to you, you may want to give something back in exchange for their support and help. You can minimize the impact of your program on their lives.

Don't keep pointing out your sacrifices. No one likes a martyr. Don't change their routines or start telling them what to eat and drink. No one likes a nag. They will change themselves if and when they are ready. Just reassure them that you are still yourself and you still love them. That is likely to create a happy supportive atmosphere.

Your Food Combination Chart

Do not eat any food in column 1 within two hours of eating a food in column 2.

Fruits and Carbohydrates

Beans
Candy
Fruit & Fruit Juices
Grains
Honey
Ice Cream
Pasta
Pastries
White/Brown Bread

Proteins and Fats

Dairy Products
Eggs
Fish
Meat
Oils
Poultry
Protein Powder
Shellfish

This information is only essential for individuals with chronic digestive symptoms.

4: Maintaining Your Improved Health

Routinely Reassess Yourself 90 Days & Beyond

After you have followed your BetterHealthUSA Program for 60-90 days, you have finished the most challenging part. This is a good time to go through the Symptom Progress Checklist again to see how much progress you've made. Use a new checklist located in chapter 15.

Once you have completed the checklist, transfer your scores to the second column of page 40's Progress Chart. It's a good idea to complete the Symptom Progress Checklist again, three to six months from now. In this way, you can check that you are maintaining your improved health.

If you're like most people, you will feel a lot better within 90 days or less. Food related headaches, stomach discomfort and other aches and pains have eased by now.

You probably have more energy and you can accomplish more now than you could before you started your BetterHealthUSA program. Many of the scores on your Progress Chart have improved, although some may have stayed the same. Overall, you are seeing a noticeable improvement in your health and you are enjoying life more fully.

Now What? You Have Two Choices:

1. If you made some improvement and want more, continue with your program for another thirty days and then reevaluate your health status and goals.
2. If your major symptoms are completely gone, then you can either continue not eating foods to which you showed sensitivities or you can start eating them again. If you decide to start eating these foods again, be sure to adhere to the following procedures.

Know How To Reintroduce The Foods You Have Avoided

Make a list of the foods you want to start eating again and rank them in the order you want to test them.

Start with all the foods which showed an Immuno 1 Bloodprint™ reaction of +1. Then go to +2 reaction foods and work your way up to the most reactive, which could be as high as +6 foods.

Introduce only one of these foods every 4 days. For example, if you start eating wheat on Monday, wait until Friday before you try tomatoes.

Keep a daily food journal, staying alert for all reactions.

If reactions do occur, don't eat that food for another 30 days. Then try it again. If you still react, this could indicate a permanent sensitivity to that food.

If you do react to a food, wait until the symptoms go away before starting to eat another food on your reintroduction list. You may have to wait more than four days to ensure the reaction has completely cleared.

USING YOUR DAILY FOOD JOURNAL

On the left hand side of your journal, write everything, everything you put in your mouth. That list is to include everything from water and medication to soda and breath mints.

Remember two things:

1. List everything in each food. Don't write "salad". Instead, write "lettuce, tomato, carrot, celery, green pepper, mayonnaise".
2. Fill in the Journal information during or just after a meal. That way you will provide the most complete and accurate information.

On the right hand side of your Daily Food Journal, jot down any symptoms you are having.

1. Write down when they started, how long they lasted and how severe they were.
2. Write down how you feel physically and mentally before each meal or snack.
3. Write down the same information 30 minutes after you eat.

If you don't react to a food, then start eating it again in moderation. Just to be safe, don't eat it more often than every other day.

Keep preparing and combining your foods the way you have learned.

Always reintroduce foods one at a time so you will know which ones, if any, still cause reactions.



It is important to keep a food journal during the reintroduction process. This will allow you to see exactly how these foods affect you. Remember, some food sensitivities may turn out to be permanent.

If you have conscientiously followed your program and your health challenges have not cleared up, ask your health counselor or other knowledgeable health professional to review your Daily Food Journal. Many medical and nutritional factors could be at work, including metabolic, emotional, glandular and body structural aspects of your health.

Let a qualified health professional work with you to assess your additional needs. Follow their recommendations and continue your program under their guidance.

If you have experienced gas or bloating, make sure you prepare and combine your foods as recommended in the "Your Food Combination Chart" at the end of Chapter 3. If you feel your digestive system is not functioning properly, consult a health professional. They may suggest digestive enzyme supplements and a comprehensive stool analysis to further evaluate your system. In addition, a Heidelberg pH test may also be advisable.

After several months of following the advice in this Immuno Health Guide™, most people have great results: more energy all day, no more digestive upsets, no more headaches or other aches and pains. We hope you are enjoying similar results. If you are, it's time to congratulate yourself. You've made yourself feel better, and you've adopted healthier habits that you can keep for life.

Furthermore, you see the connection between what you eat and how you feel.

Now you are more knowledgeable about your health and nutrition. With these months of practice behind you, you have developed a stronger will to treat your body in ways that serve, rather than destroy, health.

Don't stop here. You can learn even more. Search your library, book stores, and the Internet for more information that can affect your health. Visit health food stores and talk with holistically-oriented health professionals. Fine tune what you can do for your body.



and live longer. Your participation in this program has enabled you to take control of your eating, an important part of your life. Keep eating in ways that best serve your health and you could be feeling even better several months from now, years from now and even for your entire life.

You've just begun to live your life free of pain and other symptoms. Imagine the tranquillity that comes from years of steady good health.

At some point, it may be tempting to go back to your former ways of eating. You

Studies show that people who feel in control of their lives have better health and live longer. Your participation in this program has enabled you to take control of your eating, an important part of your life.

Routinely Track Your Progress

One other important point: Check the testing date on your Immuno 1 Bloodprint™. You'll find it at the top of your Immuno 1 Bloodprint™ report and at the bottom of your wallet-size reactive foods card. Twelve months after that date, it is advisable that you repeat the Immuno 1 Bloodprint™. When you first receive your report, it is a good idea to remind yourself by marking the repeat test date on your calendar.

The second test will further confirm your progress and will reveal any new food sensitivities you may have developed.

Studies show that people who feel in control of their lives have better health

may think that you have become so healthy and strong, poor health habits can't hurt you. Wrong! If you are like most people, a return to your former ways will quickly bring on a return of your former aches, pains and fatigue. You will quickly see a decline in your health that corresponds with a decline in your commitment to this program.

If you do slip once in a while, you're normal. It's essential to your health, however, that you remember that this program is a lifetime project. After you slip, renew your commitment to your good health and get back on the program that you've learned in this guide. Think of this program not as a temporary way to feel better, but as a way of life for the rest of your life.

Chapter 5: Goal Setting and Helpful Hints

GOAL SETTING

First, choose the goals you want to achieve. Write them down in specific detail, spelling out exactly what you want to accomplish. Don't fool yourself with a generalized statement such as "I want to feel better." How do you want to feel better? Be specific.

Think carefully, then write your goals in the space provided below:

Health is more than just changing your diet. In this chapter we will help you formalize your commitment to this program by setting specific goals. We've also included helpful hints on diet and exercise.

You may find it helpful to visualize that you have already achieved your goals. The person you see when you close your eyes and visualize will soon become the person you see when you open your eyes and look in the mirror.

Studies now show the power of the mind does influence health. Research in the field of psychoneuroimmunology confirms that positive thinking and imagery can improve our physical well-being.

A clear mental image of better health and a more enjoyable life will be accompanied by a better feeling within you.

You have been learning how to create this future of choice throughout the Immuno Health Guide™.

Mental imagery is a powerful tool. For greatest success, you may want to research sources for more details. The library or the Internet can be a great resource for help. Your attitude, commitment and self esteem can really make or break your long term successful pursuit of better health.

For example, do you plan to "try hard" to follow this program or are you going to DO it? Don't promise yourself to merely "try." That's giving yourself an easy out.

If you find yourself struggling with these ideas, consider additional support, whether it be your healthcare provider, a weekend seminar on this subject or your library.

Hidden Ingredients

Be aware that some food ingredients can have a variety of names. Also, the ingredient name may bear no resemblance to the common name. Examples of some common reactive foods and the various terms that refer to them are listed below.

Sugar

Cane sugar, beet sugar, corn sugar, date sugar, maple sugar, turbinado sugar, brown sugar, fructose, sucrose, glucose, lactose, maltose, xylose, invert sugar, corn syrup, malt syrup, rice syrup, dextrose, honey, molasses

Milk

Milk solids, whey, casein, nonfat dried milk

Wheat

Bran, germ, cous-cous, semolina, white flour

Beef

Veal, beef kidney, beef liver, tripe, sweetbreads, tongue

Spices

Spices, herbs, and condiments may be in foods even if they are not listed on the label. They may be referred to as natural flavors, spices, or seasonings

Foods you are reactive to may also be ingredients in other prepared foods. A listing of hidden foods is located in chapter 8.

Whenever possible, avoid prepared foods containing chemical additives. These do not serve your desire for improved health.

Restaurant menus usually do not list ingredients. Feel free to ask what is in various dishes. Select from those that do not include anything to which you are sensitive. If you cannot find out what is in a particular food, do not eat it.

Caffeine

Coffee, tea, sodas and other beverages containing caffeine are not good for you. Caffeine contributes to heart problems, headaches, hypertension and nervousness. It is preferable to limit yourself to one caffeine containing beverage per day. Switch to herbal teas or Postum.

Artificial Sweeteners

They are found in a multitude of foods but their long term safety is still being questioned. Protect your body and stick to natural sweeteners found in fruits, juices, honey and the sweet herb, stevia.

Packaged and Processed Foods

Canned, frozen and preserved foods are often nutrient depleted and contain chemical additives. Carefully read labels for ingredients and nutritional information. Better yet, primarily eat fresh foods.

Dairy Products

There is considerable evidence that homogenized cow's milk may not be as healthful as we grew up believing. You can get all of the nutrients available in milk from other sources such as eggs, green leafy vegetables, shellfish and vitamin supplements.

Excess Medication

Taking too many medications, either prescription or nonprescription, can create major side effects in your body. Have one doctor review all medications you are taking, to make sure you are safe.

Smoking

You know by now smoking is bad for you. Smokers die sooner, get cancer and have heart attacks more often. Also, smokers' minor ailments develop into severe illnesses more often than in nonsmokers. Stopping smoking reduces these risks. The American Lung Association, the American Cancer Society and your doctor all offer supportive assistance in quitting smoking. Talk to them today and for your health's sake stop smoking now.

Food Combinations

There are situations where it may be necessary to avoid eating certain combinations of foods. Due to different digestive times, fresh or dried fruits, starch and refined sugars sometimes can ferment in your stomach and digestive tract when eaten in combination with proteins or fats. This can cause gas and bloating in some people. To ease these types of discomforts, avoid eating foods combined in this manner. The food combination chart at the end of chapter 3 can assist you.

Exercise Regularly

Regular exercise can help you reduce your risk of cardiovascular disease, help you lose weight and lower blood pressure and cholesterol levels. Also,



your energy and stamina levels can improve with exercise. Studies have shown that exercise even improves immune function, which promotes better health.

It is very important that you consult your doctor or other health professional before embarking on an exercise program. He or she will recommend the type and amount of exercise which best suits your health status and needs. Even regular gentle walks are good for your health. You do not have to do strenuous exercises to gain health benefits.

As you continue to create good health for yourself, it is inevitable that people will notice changes in you. They will probably be curious as to what is responsible for your extra energy and good disposition. They will comment on how well you look, that you seem rested and younger.

At the time of these comments, you will find that it is easy to share some of your experiences and new found knowledge. This sharing could make a significant difference in the lives of people you touch.

Chapter 6: Meal Planning Ideas

This idea list has not been edited to remove your reactive foods



BREAKFAST IDEAS



LUNCH AND DINNER IDEAS

Eggs

- Baked with today's vegetables or proteins
- Egg foo yung with today's vegetables
- Soft boiled, poached, scrambled, fried, coddled
- Omelets with today's vegetables

Other Proteins

- Steamed, poached, or microwaved seafood
- Baked or broiled meats & poultry
- Grilled meats, poultry, or seafood
- Breakfast sausages from the proteins of the day

Cereals

- Creamed cereal grains
- Bran cereals, creamed cereals with cooked fruit, grits made from various grains
- Puffed grain cereals with fresh fruit

Fruit Variations

- Fresh fruit & fruit combinations
- Baked fruit topped with nuts
- Broiled fruit with spices of the day
- Fruit cooked in cereals
- Fruit compotes, homemade with bread of the day

Poultry

- Baked with the seasoning of the day
- Poultry salad with today's vegetables
- Broiled poultry
- Poultry and grain casseroles
- Grilled poultry with vegetables
- Roasted poultry
- Poultry and vegetable casseroles
- Poultry soups, stews and gumbos
- Poultry pies with today's vegetables
- Stir-fried poultry and vegetables
- Poultry fried in bread crumbs

Seafood

- Broiled seafood
- Creamy seafood soup
- Seafood and wild rice casserole with nuts
- Seafood gumbo, seafood bisque
- Broiled seafood, with seeds or nuts on top
- Grilled seafood
- Seafood kabobs broiled or grilled
- Seafood salad
- Seafood cakes
- Stir-fried seafood and vegetables
- Fried seafood, with bread crumbs
- Poached seafood

Meats

- Chops — pan-fried, baked, broiled, or grilled
- Roasts — braised, dry roasted, pot roasts
- Ground meats — burgers, meat loaf, casseroles
- Chinese-style sliced and stir-fried with vegetables
- Ribs — baked, broiled or grilled
- Soups and stews with the vegetables of the day

Grains, Cereals and Breads

- Whole grain pilaf
- Steamed whole grains
- Stir-fried cooked whole grains
- Whole grain stuffing for fish or poultry
- Sandwiches made with breads, pancakes or tortillas

Vegetables

- Steamed, stir-fried or microwaved
- Cut into pieces and served with a dip
- Stuffed with the grain of the day
- Cooked or cold in a salad
- Cooked in a soup

Snacks/Treats

- Fruit, fresh and dried
- Bouillon
- Canned fish or meat
- Seeds and nuts
- Raw vegetables
- Cookies, muffins, cakes, pies

Additional snacks can be prepared at home using your approved alternative flour and ingredients. A health food store or your local grocery store may be a good resource. Food allergies are becoming more common and specially-prepared foods are now more available at your local grocery. **READ ALL LABELS!** A snack could be planned for mid-morning or mid-afternoon.

Tips for Packing Lunches

Food safety is important when food will not be refrigerated for several hours. Bacteria grows rapidly on food at room temperature. A healthy lunch could become a live colony of harmful bacteria in a period of 3 to 4 hours in a warm environment. If you have no way of keeping food cold or hot, it may be difficult for you to take food with you. Here are some suggestions.

1. Invest in a lunch box that has a blue ice frozen insert to keep food cool. Freeze beverages and place in lunch box: they will thaw by lunch time and keep other food cool.
2. Prepare your lunch the night before. Wrap in plastic or foil and freeze overnight. In the morning wrap your lunch in several layers of newspaper. Store until lunch time in a cool area.

3. Bring a hot lunch thermos. Soups, stews, and casseroles are a nutritious full meal. A glass-lined thermos will keep foods hottest or coldest.

Lunch Box Ideas

- Sandwiches on your kind of bread, lettuce roll ups, waffles, pancakes, or tortillas
- Leftovers (from the night before) to heat up in a microwave*
- Salad bowl made from the raw vegetables of the day
- Raw vegetables, plain or stuffed, nuts
- Fresh fruit to snack on mid-morning or mid-afternoon

Stuffing Ideas for Vegetables or Sandwiches

- Nut butters (made with the nuts you can eat)
- Fruit and nut combinations
- Salad and sprouts or cucumbers
- Meat, poultry or fish
- Nut butters with applesauce, banana, jelly, etc.
- Your favorite dip and raw vegetables
- Cold meat or poultry salad packed in a plastic container

* You can start your rotation at your evening meal; make enough to bring to lunch the next day. (Each "day" is 24 hours and you may start whenever it is convenient for you — a food eaten for the first time at supper may be eaten again for breakfast or lunch the next day).



Chapter 7: Recipe Alternatives

Here are a few recipes using alternatives for commonly reactive foods. Feel free to experiment!

GINGERSNAPS

These are delicious and easy to make. This recipe is free of wheat, milk, eggs, corn, soy and yeast.

- 1½ cup barley flour
- ½ tsp. ginger
- ½ tsp. baking soda
- ½ cup light molasses
- ⅛ tsp. unbuffered vitamin C crystals (or ½ tsp. lemon or lime juice)
- ¼ cup oil

Combine the flour, baking soda, vitamin C crystals, and ginger in a large bowl. Mix together the molasses and oil and stir into the dry ingredients until they are just blended in. Drop the dough by tablespoonfuls onto an ungreased baking sheet and flatten the cookies to about ¼ thickness with your fingers held together. Bake them at 350 degrees for 10 to 15 minutes, or until they begin to brown. Makes 1½ to 2 dozen cookies.

Allergy Cooking With Ease, by Nicolette M. Dumke, 1991, by Starburst, Inc., Lancaster, PA., USED BY PERMISSION

APPLESAUCE BREAD

This grain-free bread is delicious for breakfast or dessert.

- 2 cups quinoa flour
- ¼ cup oil
- ½ cup tapioca flour
- 1 cup unsweetened applesauce
- ½ tsp. unbuffered vitamin C crystals
- ¾ cup apple juice concentrate, thawed
- 2 tsp. baking soda
- 2 tsp. cinnamon

Combine the flours, baking soda, vitamin C crystals, and cinnamon in a large bowl. Mix together the oil, applesauce, and juice, and stir them into the dry ingredients until they are just mixed in. Pour the batter into an oiled and floured 8" by 4" loaf pan and bake at 350 degrees for 45 to 55 minutes, or until the bread is brown and a toothpick inserted into the center of the loaf comes out dry. Cool the loaf in the pan for about 10 minutes, and then remove it from the pan to finish cooling. Makes one loaf.

(This recipe is free of all grains [including wheat and corn], gluten, milk, eggs, soy, yeast, and refined sugar.)

Allergy Cooking With Ease, by Nicolette M. Dumke, 1991 by Starburst, Inc., Lancaster, PA. USED BY PERMISSION

LEMONETTE DRESSING

Makes ¾ cup

salt and pepper to taste

½ cup canola oil (or oil of choice)

½ tsp. dry mustard (optional)

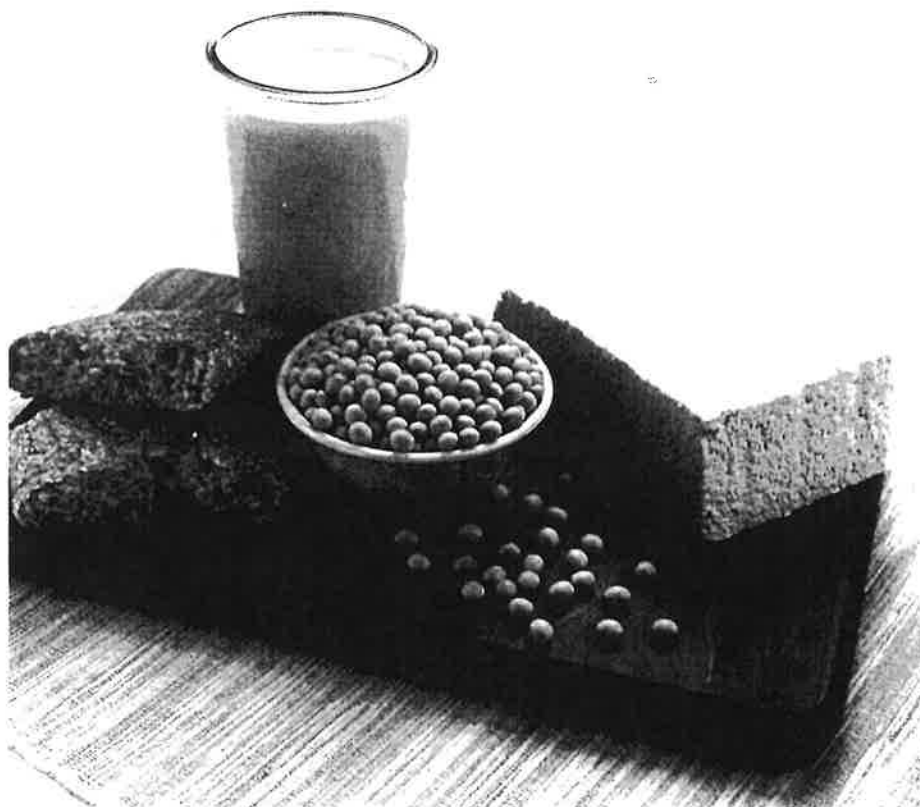
¼ tsp. herbs of choice (oregano, thyme, tarragon, marjoram, basil or dill)

¼ cup lemon juice

1 clove garlic, crushed (or ½ tsp. onion powder, 1 green onion, chopped, ½ tsp. chopped leek)

Blend well. Shake well before pouring on salad. Note: vinegar may be used instead of lemon, if tolerated.

Allergy Free Eating by Liz Reno, M.A. and Joanna DeUrais, M.A. USED BY PERMISSION



BASIC PANCAKES

1 cup whole wheat flour (spelt, brown rice, buckwheat, barley, oat or corn)

1 tsp. baking powder

1 to 2 T. oil

2 T. honey or other sweetener (optional)

1 egg (or 1 tsp. baking powder or 1 tsp. egg replacer)

1 cup water (or milk of choice depending upon grain)

½ tsp. vanilla or lemon extract or 1 tsp. vanilla or lemon liquid (optional)

Preheat your griddle or pan over medium-high heat. Stir the dry ingredients together 2 to 3 times. Beat well with an egg beater the oil, egg, sweetener, and vanilla. Alternately blend the flour and water into the egg mixture. Add enough water to maintain a pourable and fairly thin consistency. As the grain sits it will absorb liquid and thicken. Adding more water as needed will not alter the pancake. Cook on your hot griddle. As you make them, keep them warm until serving time in your oven which is set on the lowest temperature. Serve with your new favorite topping.

Allergy Free Eating by Liz Reno, M.A. and Joanna DeUrais, M.A., USED BY PERMISSION

NUT MILK RECIPES:

Cow's Milk Substitutes

The number shown in parentheses () is the approximate number of calories for each recipe. If, after processing in a food blender or food processor, you choose not to strain the nut milk, the calories content will be twice that listed.

SOY MILK

(73 Calories)

1 cup purified water

4 T. Soy Powder

Optional: add vanilla extract or carob powder for flavor.

Blend well. Pour through strainer. Refrigerate before serving.

ALMOND MILK

(70 Calories)

1 cup purified water

4 T. almond meal (ground almonds)

Blend well. Pour through strainer. Refrigerate before serving.

PECAN MILK

(104 Calories)

1 cup purified water

4 T. pecan meal (ground pecans)

Blend well. Pour through strainer. Refrigerate before serving.

SESAME MILK

(98 Calories)

1 cup purified water

¼ cup sesame seed

Put water in blender and slowly add seeds, blending for one minute. Pour through strainer. Refrigerate before serving.

BRAZIL NUT MILK

(133 Calories)

1 cup purified water

4 T. brazil nut meal (ground brazil nuts)

Blend well. Pour through strainer. Refrigerate before serving.

WALNUT MILK

(100 Calories)

1 cup purified water

4 T. walnut meal (ground walnuts)

Blend well. Pour through strainer. Refrigerate before serving.

CASHEW NUT MILK

(98 Calories)

1 cup purified water

¼ cup cashew nuts

Soak nuts in water for 8 hours.

Blend well. Shake and pour through a strainer. Refrigerate before serving.

Information for Alternatives to Wheat Flour

Wheat flour is commonly used as breading, thickening agent and in baking. Since each alternative to wheat may have different properties than the flour that you are familiar with, you will save yourself much frustration and time if you have special cookbooks that describe the particular properties of the alternatives. Feel free to experiment. Again as a suggestion when trying a new recipe using an alternative food, try making only half the recipe. You can also freeze your baked goods between your rotation days.

Some substitutes for 1 cup of wheat flour:

¾ cup rice flour

½ cup arrowroot starch

¾ cup potato starch flour

¾ cup tapioca flour

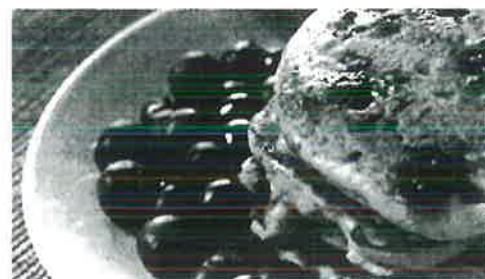
¾ cup soy flour

1 cup corn flour

¾ cup teff flour

¾ cup buckwheat flour

When using amaranth, combine with another type of starch/flour or ground nuts, otherwise it may become gummy.



Chapter 8: Hidden Food Lists

Where One Food May Be Hidden in Another Food

This list of hidden food sources is to help you identify additional foods that MAY contain your reactive foods. THESE ARE GIVEN AS SUGGESTIONS. Some of these foods MAY NOT contain your reactive foods. You will need to READ LABELS to determine if you can or cannot eat them.

Amaranth

Any foods containing amaranth: cereals

Banana

Arrowroot, bananas, banana extract, plantain, and foods containing bananas

Black/White Pepper

All foods containing pepper. Pepper may simply be listed as "spices" on a label. Black pepper is the whole peppercorn that has been ground. White pepper is made from the inner core of the peppercorn. Both should be avoided.

Cane Sugar

Brown sugar, invert sugar, dextrose, disaccharides, molasses, succanat, polysaccharides, powdered sugar, rum, sucrose, turbinado sugar, white sugar, foods with sugar from cane, evaporated cane juice, splenda (derived from cane sugar) – sugar sources vary seasonally with price and availability and manufacturers need the flexibility in labeling. AVOID ALL SOURCES OF CANE SUGAR!

Canola

Any foods containing canola, canola oil, rapeseed: fried foods, stir-fried foods, popcorn

Carrot

Carrots, stews and soups containing carrots, carrot and raisin salad, tossed salads with carrots, pot roast with carrots, carrot cake

Cashew

Any foods containing cashew, cashew oil: cashew butter, candy, cookies, cakes, muffins, pies

Celery

Celery, celeriac, celery seed, turnip-rooted celery, foods containing celery: Celery is used in meat sauces, soups, soup mixes, meat loaf, casseroles, green salads, poultry seasonings, ham salad, macaroni salads, V-8 juice, vegetable broths, chicken and beef broths, bouillon cubes and as an ingredient in curry.

Cheese

Whey, casein, yogurt, soft: American, Baker's cheese, Cottage cheese (has added milk, cream and gums), Cream cheese, Farmer's cheese, Feta cheese, Gervais, Neufachatel, Petit-Suisse, Pot cheese, Hard aged: Cheddars, Cheshire, Colby: Edam, Granular: Grana, Parmesan, Reggiana, Romano, Sardo, Mozzarella: Caciocavallo, String cheese, Provolone, Swiss: Emmental, Gruyere, Swiss, Asiago, Mold Ripened: Bleu, Brie, Camembert, Crema Dania, Liederkranz, Danish Blue, Gorgonzola, Roquefort, Stilton, Bacteria-Ripened: Brick, Bel Paese, Fontina, Gammelost, Gouda, Jack, Muenster, Port de Salut, Bacteria and Yeast Ripened: Limburger, Whey Cheeses: Gytost, Mysost, Primost, Ricotta, Sapsago, Processed cheese food, Cheesecake, cream cheese frosting

Chicken

Chicken, chicken broth, chicken bouillon cubes, chicken salads, chicken casseroles, and all foods containing chicken

Cocoa - Chocolate

Cacao bean, chocolate, cacao butter, cacao, theobromine, cakes, candy, chocolate desserts, frozen ices, ice creams, flavor emulsions, frozen cream pies, frozen creamy desserts, canned creamy desserts, hot chocolate, mocha-flavored foods

Cinnamon

Cinnamon and foods containing cinnamon. It is often one of those unlisted spices on a label. Apple butter, breakfast rolls, chili, chili powder, cinnamon teas, cookies, spiced cakes, spiced teas, seasoned meats, processed meats, hot dogs, chewing gum, curry, candy, catsup

Clove

Cloves, pumpkin spice, spiced teas, pickled fruits, sweet syrups, fruit punches, fruit cakes and mixed spices

Coconut

Any foods containing coconut or coconut oil: candy, cakes, muffins, pies, cookies, piña coladas, coconut meal, coconut milk, alcoholic beverages made from coconut

Cod

Cod and foods containing cod – cod is a plentiful and popular fish often served in fish cakes and fish sticks

Coffee

All coffee: regular, freeze-dried, instant or decaf, mocha and coffee flavored foods, candies, any foods containing coffee



Corn

Corn oil, corn meal, corn cereals, corn bread, corn flour, corn starch, corn sugar, popcorn, hominy, grits, corn chips, tortillas, baking powder, coffee creams, candy, chewing gum, pancake syrups, jams, jellies, preserves, cakes, cake mixes, baked goods, peanut butter, processed meats, hot dogs, cereals, ice cream, baking mixes, fish sticks, TV dinners, potato chips (cooked in corn oil), salad dressings, margarines, vegetable oils, Chinese food (the gravy is made with corn starch), gravies made with corn starch, soups, cream pies, crackerjacks, carbonated drinks, soda water, fruit drinks, bleached white flours, cheeses, canned prepared foods of all kinds, chili mix, instant coffee, sauces, sherbets, dates, sweetened deep frying mixtures, gelatin desserts, gelatin capsules, glucose products, graham crackers, Similac, canned or frozen beans, soybean milks, instant tea, vinegar, vitamins with candy outer coatings, alcoholic beverages, wines, white powdered sugar has corn starch, baker's yeast often has corn starch, baking powder may often contain corn starch

Cow's Milk

Butter, buttermilk, casein, all cheeses except hard cheeses such as cheddar, Swiss, Parmesan, Provolone – if and only if you are non-reactive to cheese. Some cocoa-chocolates, cottage cheese, cream, cream cheese, evaporated cow's milk, half and half, ice cream, imitation milk products, lactaid milk, margarine, milk chocolate, non-fat dry milk, processed cheese, skim milk, sour cream, sour half & half, whey and yogurt

Eggs

Whole eggs and foods containing eggs: Baked goods, bavarian cream, breaded foods, cake flours, batters used for frying foods, creamy fillings, puddings, custards, breakfast cereals, bouillon (used to clear them), cake flours, prepared frostings, cookies, divinity, egg beater, fondant,

French toast, fritters, hollandaise sauce, ice cream, malted cocoa drinks (Ovaltine, Ovamalt), egg noodles, macaroni, meat loaf, meat balls, macaroons, marshmallows, mayonnaise, meringues, muffins, omelets, pancakes, pretzels, baking mixes, salad dressings, sausages, sherbets, soufflés, soups, tartar, waffles

Goat's Milk

Any foods containing goat's milk: goat butter, goat cream cheese, evaporated goat's milk, feta cheese, goat cheese, goat cheddar, goat jack, goat mozzarella, goat parmesan, powdered goat's milk, goat ricotta, goat's milk, plain and flavored yogurt

Grape

Avoid all types of grapes, fruit juices containing grape juice, wines, champagne, raisins and foods containing them. Most baking powders contain cream of tartar or tartaric acid, which is by-product of the wine making industry. Avoid cream of tartar, breads, biscuits, and muffins made with tartrate baking powders.

Haddock

Haddock and foods containing haddock, fish chowder, pollack and artificial crab meat

Lamb

Lamb, mutton and foods containing them, gyros, Greek & ethnic foods

Mace/Nutmeg

Allspice, bayberry, clove, eucalyptus, guava, nutmeg, mace, doughnuts, pound cakes, fish sauces, she-crab soup, oyster stew, cinnamon rolls, sweet rolls, processed meats, hot dogs, turkey sausages, franks, candies, creamed seafood, soups, custard, eggnog, junkets, meat stuffings, puddings, spice for fruit pies

Millet

Any foods containing millet or millet flour: baked goods, cereals

Oregano

Basil, marjoram, oregano, foods and products made from oregano oil, Italian foods, spaghetti sauces, pizza, Mexican food, chili powder

Pecan

Any foods containing pecan or pecan oil: pecan butter, cakes, cookies, pies, muffins, candy, brownies

Pepper

Green: you also will need to avoid red, yellow or orange bell peppers if reactive to green pepper

Pumpkin

Any foods containing pumpkin; cookies, muffins, breads, tarts

Quinoa

Any foods containing quinoa or quinoa flour: cakes, pasta, cereal, stuffings, cold salads such as tabouli, casseroles

Rice

White rice, brown rice, cream of rice cereal, rice noodles, Oriental dishes, fried rice, casseroles containing rice, Cajun dishes, Indian dishes, pilafs, rice stuffing, rice pudding

Sage

Applemint, balm, basil, catnip, chia seed, Chinese artichoke, clary, horehound, hyssop, lavender, lemon balm, marjoram, menthol, mints, oregano, rosemary, sage and foods containing it, savory, spearmint, thyme, pennyroyal tea (herb teas), dressings and stuffings for meat and poultry, sage tea, pork, sausage, salami, bologna, canned meats, liqueurs, pickles and processed cheeses

Sesame

Breads and crackers with sesame seeds, tahini (sesame butter), sesame seed oil, halvah (Jewish candy), Nui bi tang (Chinese candy), margarines, salad dressing

Snapper

Red snapper and foods containing it: European perch, freshwater bass, grouper, sea bass, yellow bass

Soy

Any foods containing soy: bean sprouts, cellulose, glycerin, hydrolyzed vegetable protein, lecithin, miso, nitroglycerin, soybeans, soybean oil, soy dairy products, soy nuts, soy pastas, soy sprouts, soy sauce, tofu, some infant formulas, baby food, baked goods, candy, cereals, coffee substitutes, Crisco, custard, dry lemonade mix, hamburger mixes, ice cream, steak sauce, liquid protein foods, lunch meat, margarine, mayonnaise, cooking oil spray, seasonings, salad dressings, sausage, soups, vitamins, weight loss products, Worcestershire sauce, NON-FOOD PRODUCTS: tape, blankets, candles, cloth, envelopes, massage creams, stamps, stickers, soaps

Spinach

Spinach and foods containing spinach – spinach is contained in any dish called Florentine, Italian Canneloni, spinach dips and some casserole dishes

Sweet Potato/Yam

Sweet potatoes, yams and foods containing them, sweet potato pie or casserole

Tea

Green tea, black tea, Orange Pekoe Tea, Pekoe Tea, blended teas

Tuna

Tuna and foods containing it: tuna casserole, tuna fish salad, tuna patties

Turkey

Turkey meat and foods containing it: Turkey eggs, turkey hams, turkey franks, turkey sausages, turkey salami, casseroles made with turkey, turkey salad

Walnut

Any foods containing walnuts: walnut oil, walnut butter, cakes, cookies, brownies, muffins, pies, candy

Wheat

Biscuits, bologna, bouillon cubes, cakes, cereals, cookies, cooked meat dishes, chocolate candy, corn bread, crackers, doughnuts, dumplings, coconuts, flour-rolled meats, flour, gin, gluten breads, gravies, pancakes, ice cream, liverwurst, lunch ham, macaroni, matzo, spaghetti and pastas, durum, bread, rolls, semolina, prepared soups, breadings, waffles, muffins, crepes, wheatgrass and sprouted wheat should also be avoided

Yam

True yams are not related to sweet potatoes. They are grown in the tropics and are known as yampees and cush-cush. Since yams and sweet potatoes are

commonly used and labeled interchangeably, avoid if sensitive to either one.

Yeast

Baker's yeast is found in many breads, bagels, buns, rolls and pastries. Read labels on all baked goods, (Note: Real sourdough bread with a bacterial sourdough starter is ok; these breads should be labelled "yeast free".) soups, vitamins, canned goods, etc. Yeast is added to many, many products. Brewer's yeast is found in: NON-distilled vinegars and non-distilled alcohols, wine, beer, whiskey, brandy, rum, and other fermented liquors. (Note: Triple distilled vodkas, gins, and silver tequilas are generally safe due to the repeat distillation process.)

Also found in fermented forms of cider and root beer, mustard, ketchup, Worcestershire, Accent, MSG, pickled vegetables, relishes, green olives, sauerkraut, horseradish, mince meat and tamari, some soups, many flavoring agents, vinegar, many salad dressings (Note: substitute fresh squeezed lemon juice, and unprocessed vegetable oils)

SPECIAL NOTE FOR CANDIDA POSITIVE PATIENTS

If you are Candida positive, please avoid all additional products containing ANY form of yeast. Please refer to page 31 for a list of additional foods that contain yeast.



Chapter 9: Food Substitutions

These are some suggested ideas for substitutions. For example, if barley is one of your reactive foods, try substituting orzo or rice. Since this list contains foods not tested, you may be reactive to some of the substitutions. Please avoid any foods that cause you distress.

Reactive Foods: Substitute With These Foods (Cross-reference to Food Families Section, Chapter 10)

Amaranth

Substitutes: Barley, buckwheat, wheat, rice, oat, spelt, quinoa, kamut, teff, corn

Alfalfa Seeds

Substitutes: Chia, fenugreek, melon, poppy, sunflower or sesame

Alfalfa Sprouts

Substitutes: Lentil, mung bean, radish or clover sprouts

Apple

Substitutes: Pear, apricot, grape, plum, berries, cherries, mango, peach

Baker's/Brewer's Yeast

Substitutes: Baking powder (may contain corn starch), baking soda

Banana

Substitutes: Peach, persimmons, papaya, figs, (for baking: pureed pumpkin or prunes)

Barley

Substitutes: Orzo, rice

Black/White Pepper

Substitutes: Cayenne pepper, dulse, kelp, paprika, red pepper

Bread with Yeast

Substitutes: Yeast-free bread, tortillas,

quickbreads, corn bread, pancakes, waffles, crepes, flat breads

Breadcrumbs

Substitutes: Millet meal, rice bran, ground nuts or seeds, crushed cereals or potato chips

Butter

Substitutes: Whey-free margarine, soy margarine, corn oil margarine, ghee

Buckwheat

Substitutes: Amaranth, barley, wheat, rice, oat, spelt, quinoa, kamut, teff, corn

Cane Sugar

Substitutes: Stevia, raw honey, pure maple sugar, rice syrup or date sugar, agave syrup, xylitol (birch tree extract), Lo Han, pure crystalline fructose, barley malt, concentrated fruit juices, pureed fruit, pure fruit spreads

Canola

Substitutes: Grapeseed oil, peanut oil, olive oil, any other oil

Carrot Juice

Substitutes: Celery, tomato, or cucumber juice

Cashew

Substitutes: Peanut, walnut, almond, hazelnut, pecan, brazil nut

Cheese

Substitutes: Rice cheese, almond cheese, nut based cheese, sheep's cheese, soy cheese, tofu, fresh goat's cheese

Chocolate, Cocoa

Substitutes: Carob powder

Cinnamon

Substitutes: Cardamon, nutmeg

Coffee

Substitutes: Herbal teas, green tea, Postum, tea

Cow's Milk

Substitutes: Coconut milk, potato milk, oat milk, soy milk, nut milks, goat's milk, rice milk (for baking: fruit juice)

Eggs

Substitutes: Duck eggs, goose eggs, turkey eggs, ostrich eggs, emu eggs, (for baking: gelatin, flour, baking powder with Vitamin C crystals, non-fat yogurt, applesauce, banana, pumpkin, pureed fruit or pureed vegetables such as carrots), Ackee (Jamaican canned fruit that looks and tastes like scrambled eggs)



Reactive Foods: Substitute With These Foods (Cross-reference to Food Families Section, Chapter 10)

Goat's Milk Substitutes: Cow's milk, soy milk, rice milk, nut milks, oat milk, coconut milk, potato milk, (for baking: fruit juice)	pineapple, pomegranate, strawberries	Sugar Substitutes: Stevia, Lo Han, Xylitol crystals (derived from birch tree or fruits) and agave syrup (from agave cactus) are low-glycemic and may also be used on a limited/rotating basis
Ginger Substitutes: Cinnamon, nutmeg	Pasta (wheat, durum, semolina) Substitutes: 100% buckwheat noodles, corn pasta, quinoa pasta, rice pasta	Tea Substitutes: Herbal teas
Lemon, Lemon Juice Substitutes: Lime, orange juice, berry juice, vitamin C crystals	Peanut Butter Substitutes: Almond, cashew, or hazelnut butter	Vinegar Substitutes: Lemon/lime juice, berry juice, umeboshi plum paste, distilled vinegar, raw apple cider vinegar
Lettuce Substitutes: Spinach, swiss chard, beet greens, arugula, watercress, kale, cabbage, broccoli slaw	Pecan Substitutes: Cashew, peanut, walnut, almond hazelnut, brazil nut	Wheat Substitutes: Bread, breading, baked goods and gravy made with flours from barley, buckwheat, rye, oat, rice, corn, quinoa, teff or amaranth, rice cakes, corn tortillas, and rice tortillas (See "INFORMATION FOR ALTERNATIVE TO WHEAT FLOUR" in chapter 7)
Mayonnaise Substitutes: Oil and lemon/lime, nut butter dressing, avocado, eggless mayonnaise	Quinoa Substitutes: Wheat, barley, buckwheat, rye, oat, rice, corn, spelt, millet, kamut, teff, amaranth	Walnut Substitutes: Pecan, cashew, peanut, almond, hazelnut, brazil nut
Millet Substitutes: Rice, barley, dutch wheat, whole oats, orzo, pasta, quinoa	Rice Substitutes: Barley, dutch wheat, orzo, millet, pasta, whole oats, pure wild rice	White Potato Substitutes: Yam, sweet potato, cassava, purple potato
Oatmeal Substitutes: Rice, soya or millet flakes, spelt flakes, barley	Safflower Oil Substitutes: Almond, avocado, corn, peanut, sunflower, walnut, grapeseed oil	Yeast Breads Substitutes: Yeast-free sourdough breads, flat breads, whole wheat matzos or chapati, corn bread or tortillas, rice cakes, rice tortillas and wheat tortillas, pancakes, waffles, crepes
Onion Substitutes: Leeks, radish	Sesame Oil Substitutes: Canola oil, peanut oil, olive oil, grapeseed oil	
Orange Substitutes: Grapefruit, lemon, lime,	Soy Sauce Substitutes: Lime, lemon, vinegar	



10: Information on Food Families

Food Families Index

The Food Families Index lists the foods that were tested and identifies the botanical family. If you reacted to more than two members of the same food family, there is a possibility that other members of that family may be a source of irritation. Refer to the Food Families to identify additional members. Please avoid these additional foods if you develop symptoms when you eat them.

FOODS	FAMILY	FOODS	FAMILY	FOODS	FAMILY	FOODS	FAMILY
Alfalfa	Legume	Clove	Myrtle	Lobster	Crustacean	Rhubarb	Buckwheat
Almond	Rose	Cocoa-Chocolate	Sterculia	Mackerel	Mackerel	Rice	Grain/Grass
Amaranth	Purslane	Coconut	Palm	Malt	Grain/Grasses	Rye	Grain/Grass
Apple	Rose	Cod	Codfish	Millet	Grass	Safflower	Composite
Apricot	Rose	Coffee	Madder	Mint	Mint	Sage	Mint
Asparagus	Lily	Concord Grape	Grape	Mung Bean	Legume	Salmon	Salmon
Avocado	Laurel	Corn	Grain/Grasses	Mushroom	Fungus	Sardine	Herring
Baker's Yeast	Fungus	Cow's Milk	Bovine	Mustard	Mustard	Scallop	Mollusk
Banana	Banana	Crab	Crustacean	Mustard Greens	Mustard	Sea Bass	Bass
Barley	Grass	Cranberry	Heath	Navy Bean	Legume	Sesame	Pedaliun
Basil	Mint	Cumin	Parsley	Nutmeg	Nutmeg	Shrimp	Crustacean
Bay Leaf	Laurel	Currant	Gooseberry	Oat	Grass	Snapper	Bass
Beef	Bovine	Date	Palm	Olive	Olive	Sole	Flounder
Beet	Goosefoot	Dill	Parsley	Onion	Lily	Soybean	Legume
Black Walnut	Walnut	Duck	Anatidae	Orange	Citrus	Spinach	Goosefoot
Black/White Pepper	Pepper	Egg	Pheasant	Oregano	Mint	Strawberry	Rose
Blackberry	Rose	Eggplant	Nightshade	Oyster	Mollusk	Sunflower	Composite
Blueberry	Heath	English Walnut	Walnut	Papaya	Papaya	Sweet Potato	Morning Glory
Brazil Nut	Sapucaya	Flounder	Flounder	Paprika	Myrtle	Tangerine	Citrus
Brewer's Yeast	Fungus	Garlic	Lily	Parsley	Carrot	Tapioca	Grass
Broccoli	Mustard	Ginger	Ginger	Pea	Legume	Tea	Tea
Brussels Sprouts	Mustard	Goat's Milk	Bovine	Peach	Rose	Thyme	Mint
Buckwheat	Buckwheat	Goose	Anatidae	Peanut	Legume	Tomato	Nightshade
Cabbage	Mustard	Grapefruit	Citrus	Pear	Rose	Trout	Salmon
Cane Sugar	Grain/Grass	Green Beans	Legume	Pecan	Walnut	Tuna	Mackerel
Cantaloupe	Gourd	Green Pepper	Nightshade	Perch	Bass	Turkey	Turkey
Caraway Seed	Parsley	Haddock	Cod	Peppermint	Mint	Turnip	Mustard
Carrot	Carrot	Halibut	Flounder	Pimento	Nightshade	Vanilla	Orchid
Cashew	Cashew	Hazel Nut	Hazel	Pineapple	Pineapple	Venison	Deer
Catfish	Akysidae	Herring	Herring	Pinto Bean	Legume	Wheat	Grain/Grasses
Cauliflower	Mustard	Honeydew Melon	Gourd	Plum	Rose	White Grape	Grape
Cayenne Pepper	Nightshade	Horseradish	Mustard	Pork	Swine	White Potato	Nightshade
Celery	Carrot	Kidney Bean	Legume	Pumpkin	Gourd	Whitefish	Salmon
Cheese	Bovine/Fungus	Lamb	Bovine	Quinoa	Goosefoot	Yam	Yam
Cherry	Rose	Lemon	Citrus	Rabbit	Hare	Yellow Squash	Gourd
Chicken	Pheasant	Lentil	Legume	Radish	Mustard	Yellow Wax Beans	Legume
Chili Pepper	Nightshade	Lettuce	Composite	Rape Seed (canola)	Mustard	Zucchini	Gourd
Cinnamon	Laurel	Lima Bean	Legume	Raspberry	Rose		
Clam	Mollusk	Lime	Citrus	Red Pepper	Nightshade		

Food families can be used as a reference. If you reacted to more than two members of the same food family, there is a possibility that other members of that family may be a source of irritation. Please avoid these additional foods if needed, and especially if the food was not tested. Use this with the Food Families Index.

Banana/Musaceae

Arrowroot, plantains

Bass

Butterfish, cobia, crappie, croaker, drum fish, grouper, grunt, perch, red snapper, rockfish, sauger, sheephead, white perch, yellow bass, sea bass

Birch/Betulaceae

Hazel nuts

Bovine

Beef, veal, buffalo, goat, sheep, lamb, calf, bison, ox, cow's milk, goat's milk, cheese

Buckwheat/Polygonaceae

Buckwheat, garden sorrel, rhubarb, sea grape

Cashew/Anacardiaceae

Cashew, mango, pistachio, poison ivy/oak/sumac

Chocolate/Theobromine/Sterculiaceae

Chocolate, cocoa, cola nut, theobromine, cola, gum karay

Citrus/Rutaceae

Angostura, calamondin, citron, grapefruit, kumquat, lemon, lime, mandarin, murcot, oranges, pommelo, satsuma, shaddock, tangerine, tangelo, ugly fruit

Codfish

Cusk, coalfish, hake, hoki, scrod, haddock, pollack, whiting, cod

Composite/Compositae

Artichoke, bibb lettuce, chamomile, chicory, dandelion, endive, escarole, lettuce, safflower, sunflower seeds, tarragon, Jerusalem artichoke, oyster plant, romaine lettuce, yarrow, stevia, salsify

Crustacean/Crustacea

Prawns, shrimp, lobster, crayfish, crab, langostinos

Deer/Cervidae

Venison

Duck/Anatidae

Duck, Goose

Flatfish

Butterfish, dab, dollar fish, flounder, fluke, halibut, petrale, plaice, rex sole, sanddab, sole, turbot

Fresh water fish

Catfish

Fungus/Fungi

Mushroom, truffle, baker's yeast, brewer's yeast, puffballs, molds in cheese

Ginger/Zingiberaceae

Cardamon, ginger, turmeric, East Indian arrowroot

Goosefoot/Chenopodiaceae

Beet, beet sugar, orach, spinach, swiss chard, lamb's quarters, quinoa

Gooseberry/Grossulariaceae

Currant

Gourd/Melon/Cucurbitaceae

Cucumbers, pickles, melons: canary, cantaloupe, casaba, crenshaw, honeydew, muskmelon, persian, squash: acorn, yellow, pumpkin, summer, watermelon, zucchini, butternut, spaghetti, hubbard, pattypan, summer, gherkin

Grains/Gluten

Barley, kamut, oat, malt, pumpernickel, rye, spelt, triticale, wheat

Grains/Grasses

Rice, wild rice, malt, millet, milo, molasses, sorghum, sugar cane, corn, bamboo shoots, lemongrass, teff

Grape/Vitaceae

Grape, raisin, commercial "currants"

Herring/Clupeidae

Sardine

Heath/Ericaceae

Blueberry, cranberry, huckleberry, bearberry, bilberry

Laurel/Lauraceae

Avocado, bay leaf, cinnamon, sassafras, camphor, gumbo file

Legume/Pea/Leguminosae

Alfalfa, guar gum, kudzu, gum acacia, fenugreek, beans: aduki, black turtle, fava, great northern, green, kidney, lima, lupine, mung, navy, pinto, carob, string, soy, garbanzo, lentil, masur, purple-hull, peanut, peas: split, snap, green, black-eyed, chick, cream, crowder, field

Lily/Liliaceae

Onions, garlic, chives, leeks, shallots, green onions, asparagus, sarsaparilla



Mackerel/Scombroidea

Albacore, bonito, mackerel, skipjack, tuna, pompano, yellowtail, swordfish, marlin, sailfish

Madder/Rubiaceae

Coffee

Mint/Labiatae

Basil, catnip, horehound, lemon balm, marjoram, mint, oregano, peppermint, rosemary, sage, savory, spearmint, thyme, bergamont, chia, betony, clary, hyssop, summer savory, menthol

Mollusk/Mollusca

Abalone, clam, mussels, octopus, oyster, scallops, snail, cockle, squid

Morning-Glory/Convolvulaceae

Jicama, sweet potato, camote

Mustard/Cruciferae

Horseradish, mustard, mustard greens, radish, rutabaga, turnip, watercress, cabbage, broccoli, brussels sprouts, cabbage kraut, cauliflower, Chinese cabbage, collards, kale, kohlrabi, canola, cress

Myrtle/Myrtaceae

Allspice, clove, guava, nutmeg, Jamaica, pepper, mace

Nightshade/Potato/Lanaceae

Eggplant, potato, tobacco, tomato, peppers: cayenne, chili, green, hot, paprika, pimiento, red, tomatillo, jalapeno

Olive/Oleaceae

Olives: green, black, ripe, olive oil

Orchid/Orchidaceae

Vanilla

Palm/Arecaceae

Date

Parsley/Carrot/Umbelliferae

Anise, caraway, carrot, celeriac, celery, celery seed, chervil, coriander, cumin, dill, fennel, parsley, parsnip, lovage, cilantro

Pepper/Piperaceae

Peppercorns, white pepper, black pepper

Pheasant/Phasianidae

Chicken, egg white, egg yolk, pheasant, quail, cornish hen, seafowl

Pineapple/Bromeliaceae

Pineapple (Note: Bromelain is derived from the stem of the pineapple, comprised of different proteins than the pineapple fruit, but may still cross react if you have a pineapple sensitivity.)

Rabbit/Leporidae

Rabbit

Rose/Rosaceae

Almond, apricot, cherry, nectarine, peach, plum, prune, wild cherry, apple, crabapple, loquat, pear, blackberry, boysenberry, dewberry, loganberry, raspberry, quince, strawberry, rose hips

Salmon/Salmonidae

Salmon, trout, smelt, whitefish, steelhead

Sesame/Pedaliaceae

Sesame seeds

Spurge/Euphorbiaceae

Tapioca

Swine/Suidae

Swine, pig, pork, ham, bacon

Tea/Theaceae

Black tea, green tea, orange pekoe, pekoe

Turkey/Meleagrididae

Turkey, turkey eggs

Yams/Dioscoreaceae

Yams, Chinese potato, cush-cush, yampee, water yams, yellow yams, black yams, elephant's foot



Immuno 1 Bloodprint™ (IgG ELISA Delayed Food Allergy Assay)

- 1) 3 to 10 food allergens may be clinically involved (over 20 foods reported in some cases). Rare for only one or two foods to be clinically allergenic.
- 2) Larger amounts of food, often in multiple feedings, commonly needed to provoke allergic symptoms. Reactions may not occur after a single food challenge.
- 3) Allergic symptoms commonly appear 2 to 24 hours after offending foods are eaten. (Symptoms appearing 48 to 72 hours later have been regularly reported).
- 4) Virtually any tissue, organ, or system of the human body can be affected, including the so-called "classical" allergic areas.
- 5) Very common in children and adults (well over 50 medical conditions and 200 symptoms have been reported to be provoked, worsened or caused by allergic reactions to foods).
- 6) Addictive cravings and withdrawal symptoms clinically significant in 20% to 30% of patients.
- 7) Due to multiple foods and delayed onset of symptoms, the offending foods are rarely self-diagnosed. Multiple doctor visits involving different physicians are the rule, not the exception, before proper diagnosis and treatment are provided.
- 8) Allergic foods are commonly favorite foods, frequently eaten, and eaten in larger amounts.
- 9) Allergy to foods is commonly reversible. Symptoms often clear following 3-6 months of avoidance and nutritional therapy.
- 10) Skin test negative, IgE "RAST" negative. This is a non-IgE antibody-mediated allergic reaction to foods.
- 11) IgG ELISA (Type II) positive; IgG food immune complex (Type III) and/or cellular (Type IV) reactions may be involved as well.
- 12) Sensitized lymphocytes, eosinophils, platelets, release of PAF and leukotrienes may be more prevalent.

IgE 36 Allergen Airborne/Food Allergy Assay (IgE Immediate Allergy Assay)

- 1) Only 1 or 2 foods (rarely more) involved in causing allergic symptoms.
- 2) Small, even trace amounts of food can trigger an intense allergic reaction, including anaphylaxis in which a fatal reaction can occur within minutes.
- 3) Allergic symptoms commonly appear 2 hours or less after consumption of offending foods.
- 4) Primarily affects the skin, airway and digestive tract manifesting in such "classical" allergies as asthma, rhinitis, urticaria, angioedema, eczema, vomiting, diarrhea and anaphylaxis.
- 5) Common in children, rare in adults.
- 6) Addictive cravings, withdrawal symptoms are rare to nonexistent.
- 7) With the exception of infants and young children, due to single food and immediate appearance of allergic symptoms, the offending food is commonly self-diagnosed. As a result, many patients never see a physician.
- 8) Allergic food is food that is rarely eaten.
- 9) Commonly a permanent, fixed food allergy.
- 10) Frequently IgE "RAST" positive and skin test positive.
- 11) Although mixed immediate/delayed onset allergic reactions have been reported (e.g., eczema), IgG antibody not characteristically involved.
- 12) Mast cells, basophils, histamine and tryptase release commonly involved.

11. Eliminate Hidden Allergens

How to Eliminate Allergens Hidden in Your Home

Eating, relaxing, and sleeping in a home full of allergy antagonists like mold, mildew, and fungus presents your body with additional challenges which may lead to a worsening of your symptoms. For a healthier environment, please apply these housekeeping suggestions:

Mold, mildew, and fungi are present everywhere. Furniture, carpet, books, even the air we breathe is full of spores. Humid, dark places with little air circulation promote the rapid growth of these fungi. People sensitive to molds are particularly uncomfortable on cloudy, rainy, damp days. Diligent housekeeping in these areas will keep the mold and mildew count down and alleviate your symptoms.

Clean with a solution of hot soapy water and 20 Mule Team Borax or bleach (if the item is colorfast). Use gloves and wear a mask to limit your exposure to chemicals.

- 1) Look for mold or mildew in attics, basements, closets, bathrooms, dirty clothes hampers, garbage cans, and children's soiled stuffed toys (if washable, toss in washing machine with detergent, bleach or 20 Mule Team Borax). Check the insides of shoes for mold and scrub and dry thoroughly in the sun if possible. Try to improve air circulation in the attic, basement, closets and bathroom. You may need a dehumidifier in the basement. Be sure to change the water frequently in the dehumidifier and disinfect to prevent mold from forming.
- 2) Wipe down refrigerator and freezer door seals, damp places in the kitchen, laundry room, under the

kitchen sink, and under the lid of the washing machine. Clean lint filter after every load in the dryer.

- 3) Clean out the refrigerator often. Throw out the leftovers and old produce. Wipe off the shelves and wash out the vegetable and meat keepers. Remove and scrub out the drip pan from under the appliance (this harbors mold and mildew) and clean off the coils with a sweeper attachment or dust buster. Wear a mask if you are sensitive.
- 4) Be sure to clean air conditioner, ceiling fans, and furnace filters periodically: once per month is recommended. Using air conditioning allows windows and doors to remain closed, keeping pollen and mold spores outside and reduces indoor humidity, which helps control mold and dust mites. If you have a basement, use a dehumidifier to keep humidity between 25% and 50%.
- 5) If closets are damp, keep the light on to prevent the growth of mold and



mildew. Use solution (described in paragraph three on this page) to wipe down walls then dry thoroughly with a fan if needed.

- 6) Wash pillows and blankets often. Pillows can be dried in the dryer. Feather pillows take a long time to dry (at least several hours, keep checking until completely dry and clean out lint filter repeatedly) but come out fluffy and fresh. NOTE: feather pillows are not recommended for feather-allergic patients! Wash sheets weekly in hot water. You may need to replace pillows that are several years old. Hypo-allergenic pillows are available.
- 7) Outside, molds multiply in fallen leaves, decaying plants, and compost heaps. Let someone else clean these up. Remove house plants from sleeping areas or where you spend a lot of time: the soil is loaded with decaying matter. Some people are very sensitive to rose and lilac bushes, so don't plant these outside bedroom windows. Use store-bought fire logs for a fireplace, since firewood stored outdoors becomes full of mold.
- 8) Ban smoking in the home and car. Tobacco smoke contains more than 600 toxic substances that can be trapped inside closed areas.

Chapter 12: Candida Information

What is it?

Normally the body has a balance of healthy bacteria and yeast to assist in digesting food and synthesizing vitamins. Under certain conditions *Candida albicans* can increase rapidly in its fungal form and overgrow the beneficial bacteria resulting in multiple symptoms affecting different parts of the body.

What symptoms does it cause?

If you have a history of frequent courses of antibiotics, or steroids, are troubled by fatigue, or muscle aches, are bothered by delayed food allergies, crave sugar, sometimes feel spaced out, bothered by depression, irritability, headaches and/or digestive problems, your health problems may be yeast connected. Some patients describe it as "feeling sick

all over". As you can see, *Candida* can cause many symptoms. There are many other illnesses thought to be related to *Candida*.

How do you know if you have it?

If you have multiple symptoms, it would be beneficial to test for *Candida albicans* to achieve the most improvement in your health. *Candida albicans* is detected through a blood test available through Immuno Laboratories known as the *Candida albicans* Assay (see your test results).

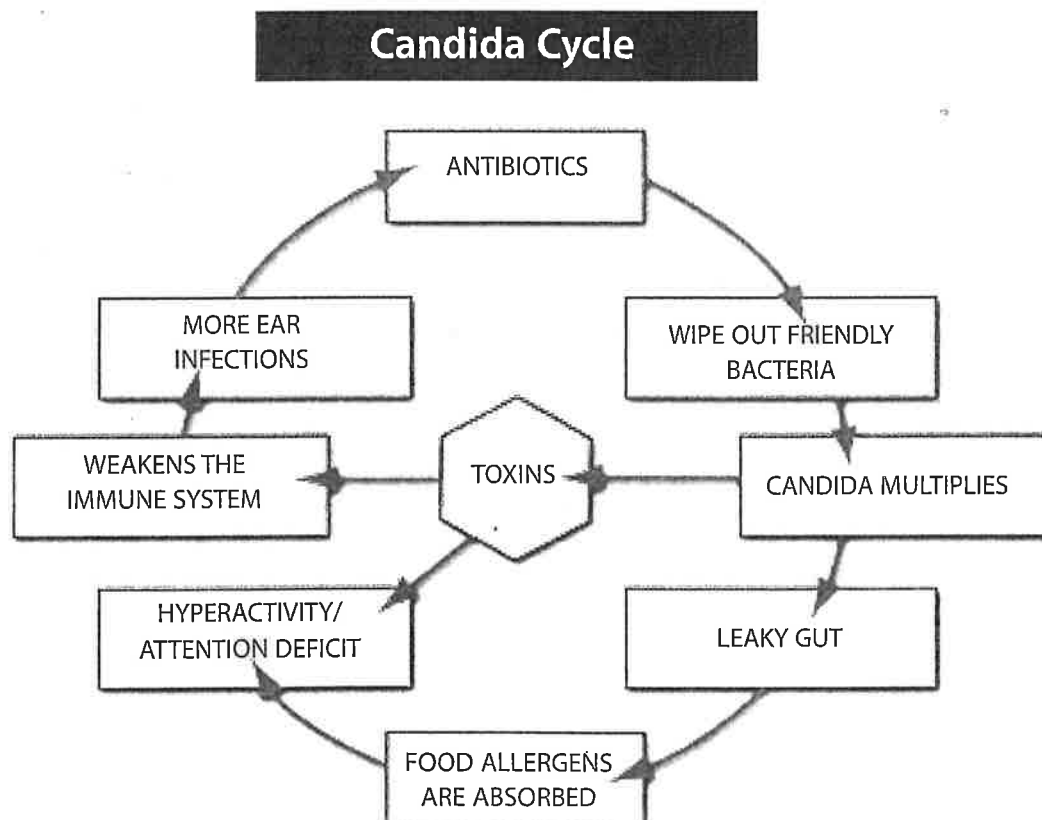
How is *Candida albicans* treated?

Sometimes antifungal medicine and supplements will be part of your treatment. Dietary modification may be necessary to limit sugars, yeasts or fruits in your diet. You can order excellent resource books on the latest information

from the resource pages in Chapter 14 of this booklet. Additional suggestions are given on the following page.

What is Leaky gut?

The lining of your intestines is key to your health. It protects your body from toxins and dangerous microorganisms while absorbing valuable nutrients from the food you eat. Pain killers, antibiotics, excessive alcohol, stress and even certain foods can cause a leaky gut by irritating and inflaming the intestinal lining which leads to small holes; hence leaks. These leaks compromise the protective barrier. The combination of food allergy and candida testing have proven very effective in helping to heal and restore healthy intestinal lining.



Special Instructions if You Are Candida Positive

- 1) Avoid any foods that you were reactive to on your Immuno 1 Bloodprint™. Yeast thrives on sugars, starchy foods, sweets and processed and fermented foods. Please share your report with your physician for guidance in treating your Candida. Or call for a referral for a doctor experienced in treating Candida.
- 2) Your physician may regulate how many grams or servings of carbohydrates you may have each day. Starchy vegetables, bean products, grain products and fruits are carbohydrate-rich foods.
- 3) Although meats, poultry, eggs and fish contain no carbohydrates, ask your physician how many servings of protein you should eat daily. Select lean cuts of meat and the white meat of chicken and turkey.
- 4) You will need to avoid foods containing yeast or mold such as: cheese, vinegar, wine, beer, alcoholic drinks, MSG, mushrooms, pickled or smoked meats, malted products, bread, fruit juices, and vitamins derived from yeast.
- 5) Eliminate sugar and other simple carbohydrates, such as honey, corn syrup, sucrose, maltose, lactose, maple syrup, white flour, potato and corn chips, and dairy products (cow).
- 6) With your physician's approval, eat fruit moderately. Wash well and/or peel before eating to remove mold. Apples, pears, berries and bananas are best and should be eaten alone, away from other foods.
- 7) Eat the freshest food possible. Do not eat any leftovers that have been in the refrigerator longer than 24 hours.
- 8) Restore the proper balance of "good" bacteria and yeast in the body by taking in additional lactic acid-producing bacteria like *Lactobacillus acidophilus*. This is the culture found in yogurt. Be sure to read the label. Buy yogurt that lists active cultures and is low in sugar. *Acidophilus* is also available as a nutritional supplement.
- 9) Your physician may prescribe anti-fungal medications and nutritional products to assist with treating the overgrowth of *Candida albicans*.
- 10) Proper diet and appropriate treatment intervention are key to addressing Candida overgrowth. In many cases, patients may become symptomatic as the treatment progresses, as the yeast is being eliminated from the body. gastrointestinal distress, headache, fatigue, nausea, and other symptoms may be experienced. Stay in touch with your healthcare provider to help monitor your progress. Often it may take several weeks to experience significant benefit from an anti-Candida protocol.
- 11) Several excellent books on Candida and its treatment are available in Chapter 14 of this booklet.



Candida Foods Eating List

If you have tested positive to Candida, it is recommended that you begin a diet which eliminates IgG reactive foods, free from yeast and sugars and limited in carbohydrate content. This has proven effective for many patients in controlling PCC. Many people start to experience relief from their symptoms within two weeks of initiating their dietary modifications. Consult with your healthcare professional regarding specific dietary recommendations. The following list contains examples that may help you make better food choices in order to help control *Candida albicans* overgrowth.

Beverage

Almond nut milk, angelica tea, bergamont tea, blackthorn tea, chamomile tea, comfrey tea, sesame milk, soy milk

Cereal

Amaranth porridge, barley flakes, buckwheat groats, corn cereal, corn grits, cream of rice, cream of wheat, oat bran, oatmeal, puffed corn, puffed rice, whole oats

Dairy

Goat cheeses, goat yogurt, goat's milk, add organic only dairy products, if negative to cow's milk and cheese; organic goat cheeses, goat yogurt, goat's milk

Flour

Amaranth flour, barley flour, buckwheat flour, corn flour, corn meal, millet flour, oat flour, potato flour, rice flour, rye flour, whole wheat flour

Fruit

Apple, blackberry, blueberry, cranberry, gooseberry (kiwi), grapefruit, honeydew melon, lemon, lime, nectarine, orange, papaya, peach, strawberry, tangerine, watermelon

Grain

Amaranth, barley, buckwheat, oat, rice, rye, spelt, wheat, kamut

Legume

Alfalfa, black-eyed peas, chickpeas, garbanzo beans, green beans, kidney beans, lentils, lima beans, navy beans, peas, pinto beans, snow beans, soybean, white beans, yellow wax beans

Nut

Almond, carob, hazelnut, poppy seed, pumpkin seed, sesame, sunflower, tahini

Protein

Beef, chicken, cornish hen, duck, eggs, lamb, pork, tofu, turkey, veal

Seafood

Anchovy, bluefish, bonito, carp, catfish, clam, cod, crab, crayfish, dolphin (mahimahi), flounder, grouper, haddock, halibut, herring, lobster, mackerel, mullet, mussels, orange roughy, oyster, perch, pompano, red snapper, salmon, sardine, scallops, shark, sheephead, shrimp, snapper, sole,

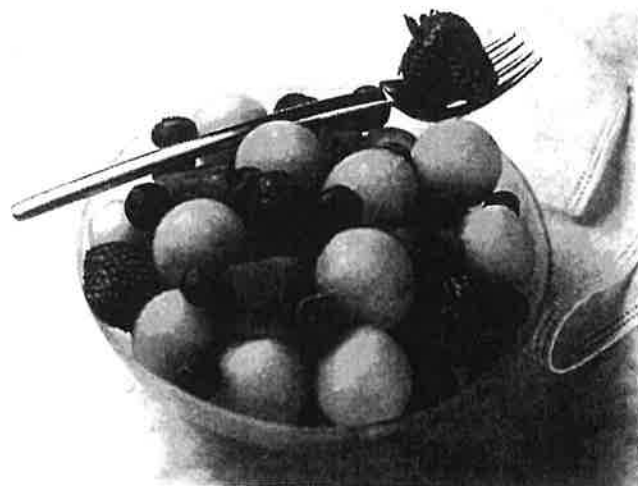
swordfish, trout, tuna, wahoo, whitefish, whiting, yellow tail

Spice

Basil, black pepper, capsicum pepper, cayenne pepper, celery seed, chili pepper, cinnamon, clove, cumin, dill, ginger, mint, mustard seed, nutmeg, oregano, paprika, peppermint, rosemary, saffron, sage, spearmint, tarragon, thyme, white pepper

Vegetable

Asparagus, avocado, broccoli, brussels sprouts, cabbage, carrot, cauliflower, celery, corn, cucumber, eggplant, garlic, kale, leeks, lettuce, mustard greens, okra, onion, parsley, pepper (banana, bell, cherry, green), radish, red potato, scallions, spinach, summer squash, tomato, turnip, turnip greens, white potato, winter squash, yellow potato, zucchini



If you have tested positive to Candida, it is recommended you avoid all yeast containing/yeast provoking foods and beverages. Examples of these foods are:

Beer	Fruit Juices	Rolls*
Brandy		Root Beer
Breads*	Horseradish	Rum
Buns		
Buttermilk	Malted Milk Drinks	Salad Dressings
	Mayonnaise	Sauerkraut
Candy	Mince Pie	Soy Sauce
Cantaloupe	Mushrooms	
Cakes		Tomato Sauce
Catsup	Olives**	Truffles
Cereals*		
Cheeses*	Pastries*	Vinegar
Condiments	Peanuts	Vitamins (Read Labels)
Cookies	Pickles	
Crackers	Pretzels	Whiskey
		Wine
Enriched Flours		

*Note: Please refer to the "Candida Foods Eating List" for exceptions.

**Olives are okay as long as they aren't packed in vinegar.



SPECIAL NOTE FOR CANDIDA POSITIVE PATIENTS

If you are Candida positive, please avoid all additional products containing ANY form of yeast. This includes cheeses, and other forms of fungi.

Also avoid any food that is fermented or pickled such as some cheeses, sauerkraut, wine, olives. Foods in a salt solution or brine can be tolerated. Processed foods (hot dogs, processed meats, frozen concentrated fruit juices, canned fruit juices, sausages and other man-made food combinations) tend to contain yeast due to the long exposure of the food to the air during processing.

The following foods also may contain yeast: barbecue sauce, brandy, buttermilk, cakes, cereals, cheeses, condiments, cookies, crackers, enriched flours, fruit juices, malted milk drinks, mayonnaise, mince pie, mushrooms, pickles, pretzels, rum, salad dressings, sauerkraut, soy sauce, tofu, tomato sauce, vinegar, whiskey.

The following are Candida provoking food items: cane sugar, beet sugar, honey, maple syrup, molasses.

The following cheeses may be an added source of irritation: Blue, Brie, Camembert, Crema Dania, Liederkranz, Gorgonzola, Roquefort, Stilton Brick, Bel Paese, Fontina, Gammelost.

Candida-Related Complex/CRC Questionnaire:

Part 1

Please score your medical history by checking the appropriate answer.
If a, score "0". If b, score "5". If c, score "10".

1. I have taken (or am currently taking) tetracyclines for acne.
 - a. ☐ Never
 - b. ☐ 1 - 2 months
 - c. ☐ More than 2 months
2. I have taken (or am currently taking) broad-spectrum antibiotics including amoxicillin, ampicillin, Keflex, Ceclor, Bactrim, Septra.
 - a. ☐ Never
 - b. ☐ 1 - 2 months
 - c. ☐ More than 2 months
3. I have taken one of the above antibiotics for a single course of treatment.
 - a. ☐ Never
 - b. ☐ 1 week
 - c. ☐ 2 - 3 weeks
4. I have taken Prednisone, Decadron or cortisone-type drugs.
 - a. ☐ Never
 - b. ☐ 2 weeks or less
 - c. ☐ More than 2 weeks
5. I have taken birth control pills/oral contraceptives.
 - a. ☐ Never
 - b. ☐ 6 months - 2 years
 - c. ☐ More than 2 years
6. I have vaginitis/discharge, thrush in mouth, fungus infections of toenails/skin.
 - a. ☐ Never
 - b. ☐ Mild to moderate
 - c. ☐ Severe or persistent
7. I find exposure to tobacco smoke, perfumes, fabrics, chemical odors are troublesome.
 - a. ☐ Never
 - b. ☐ Mildly irritating
 - c. ☐ Very irritating
8. I have abused alcohol or have been an alcoholic.
 - a. ☐ Never
 - b. ☐ Past
 - c. ☐ Currently
9. I have used cocaine, marijuana, codeine, other chemicals.
 - a. ☐ Never
 - b. ☐ Past
 - c. ☐ Currently
10. I have been a cigarette/cigar smoker.
 - a. ☐ Never
 - b. ☐ Past
 - c. ☐ Currently

NOTE: This questionnaire, developed by Byron Richards, C.C.N. of Wellness Resources, 6200 Excelsior Blvd., St. Louis Park, MN 55416, is based on the questionnaire developed by William Crook, M.D. of International Health Foundation, Jackson, TN.

Chapter 13: Gluten and Gliadin

Are all positive gliadin test results significant? Due to recent dramatic improvements in immunoassays, estimates of the prevalence of celiac disease have skyrocketed from as few as 1 in 1700 individuals ten years ago, to as high as 1 in 100 – or even higher – today. Research also indicates that at least 10% - 15% of Americans and Canadians, although not biopsy-confirmed celiacs, still show sensitivities to gliadin.

Gliadin sensitivity should be taken seriously: “Clinical celiac disease,” exists when expressed as a biopsy-confirmed, permanent genetic disease. It is associated with well over 100 medical conditions, and requires life-long elimination of all gliadin-containing foods.

“Silent celiac disease,” exists when one has both positive serology and abnormal mucosal morphology, but without the typical symptoms of celiac disease. Instead, the initial presenting symptoms may include psychological depression, small intestinal lymphoma, osteoporosis, infertility, liver disease, auto-immune disease or other serious conditions. A strict lifetime avoidance of gluten cereals is also indicated here.

“Latent celiac disease,” exists when one has positive IgG and/or IgA Anti-Gliadin tests and a normal intestinal mucosa, only months or years later to convert to biopsy-proven clinical (or silent) celiac disease. All individuals with positive gliadin serology, but without initial evidence of celiac disease, need to be screened annually for celiac disease.

Special Instructions for Gliadin Test Results

If you test negative on both IgG and IgA Anti-Gliadin Antibody tests:

Your physician or nutritionist may recommend that you continue your normal dietary habits, but retest with IgG & IgA Anti-Gliadin tests every six months if you:

- (a) have a first degree family member who suffers from celiac disease.
- (b) are an insulin-dependent diabetic.

If you test positive on either the IgG or IgA Anti-Gliadin Antibody test:

Foods that contain gluten are the following. Be sure to check all labels for these ingredients: wheat, spelt, rye, kamut, barley, triticale, and oat.

These grains are gluten free: amaranth, millet, quinoa, buckwheat (not related to wheat), corn (has a glutenous portion but is not gliadin), rice, wild rice, lentil flour, potato flour, and tapioca flour.

Seek more sensitive and specific complementary testing, such as Immuno Laboratories’ Tissue Transglutaminase (tTG) Assay from your physician in order to rule out celiac disease. Your physician may recommend that in order to avoid potential erroneous results, you continue your normal intake of gliadin-containing foods while obtaining the tTG Assay.

If the tTG Assay is negative, your physician or nutritionist may recommend

that you initiate a gliadin-elimination diet. Since grains are found in many different processed foods, your healthcare provider may also recommend a retest with the IgG and IgA Anti-Gliadin Assay in six months, to ensure adequate compliance to a gluten-free diet.

If the tTG Assay is positive, an intestinal biopsy by a gastroenterologist should be considered.

If the biopsy is negative, seek your physician’s counsel on diet and retest with the IgG and IgA Anti-Gliadin – and perhaps the tTG Assay as well – within six months.

If the biopsy is positive, consult immediately with your physician, who may advise strict, lifelong exclusion of all gliadin-containing foods from your diet and periodic tTG testing (every six months) to confirm strict adherence to the gluten-free diet.

Chapter 14: Immuno Laboratories Assays & Resources

Primary Assays

Immuno 1 Bloodprint™ (IgG ELISA Food Sensitivity Assays)

The majority of your toxic reactions to everyday foods are classified as Type II or III, which is a medical way to say that they are delayed symptom onset; not immediate. And delayed onset are associated with an antibody called IgG. The term food sensitivities and food toxicity is often used to describe these reactions. It has been estimated that 90% of immune reactions to foods are non-IgE, or delayed symptom onset food allergies. A single blood test can identify your food specific IgG antibodies and thus identify which foods are harmonious with your particular system and which foods are having a toxic, poisonous effect. Recommended treatment for food sensitivities is to eliminate the reactive (toxic) foods from the diet for a period of 60 to 90 days, followed by reintroduction.

IgE 36 Allergen Airborne & Food Allergy Assays

You may also be suffering from less common, immediate (Type I) allergy symptoms when exposed to pollens, dust, animal dander and foods. Previously, a painful, inconvenient method of skin testing was used to diagnose these IgE mediated allergic reactions. Recently, more convenient blood tests have been developed to detect IgE specific for many allergens. Diagnosing your immediate type allergies is often your first step in a program which can include immunotherapy, life-style management and permanent elimination of reactive foods.

Additional Assays & Add-ons to Primary Assays

Anti-Gliadin Antibody Assay

Over 100 chronic health conditions, including celiac disease, have been associated with increased levels of Anti-Gliadin Antibody (gliadin is the protein component of gluten). Since the 1970's, the gluten-free diets have shown to be a reliable treatment in allowing celiac patients to return to "normalcy". Recent research has shown the detection of Anti-Gliadin IgG and IgA to be an indicator of gliadin involvement in the medical condition. Immuno Laboratories' Anti-Gliadin Antibody Assay (AGA) detects both IgG and IgA to gliadin by the ELISA method. This test is a very effective screening test for gliadin and is a good method for monitoring patients' adherence to a gluten-free diet.

Candida albicans Assay

Recently a common form of yeast infection has emerged which manifests symptoms that are often systemic causing considerable discomfort. The infection usually originates as an overgrowth of Candida in your lower gastrointestinal tract. Reasons why this happens include: Frequent courses of steroids and/or antibiotics, use of oral contraceptives and diets high in yeast-containing foods. Sugars, and refined carbohydrates are all known to encourage yeast overgrowth. The ELISA test offers high sensitivity and specificity in detecting a very early stage of Candida overgrowth, thus allowing prompt initiation of therapy. The Immunodiffusion test confirms a late stage of this condition and is only positive when antibody levels have risen significantly. Both tests are run whenever your physician orders this test. When test results are positive, your doctor will advise you on treatment.

Additional Assays

Helicobacter Pylori (H. pylori)

A patient may be having symptoms of heartburn and gastrointestinal reflux disease, due to colonization of the stomach and lower GI tract with the bacteria; *Helicobacter pylori*. *H. pylori* has been shown to be the causative agent for many cases of stomach and small intestinal ulcers. A simple blood test measures a patient's antibody reactivity to *H. pylori*. If the patient's results to the *H. pylori* test are positive, the physician may then treat the patient to eradicate this bacterium and thus alleviate the patient's symptoms and promote healing of the intestinal mucosa.

Sub-Fractions (Egg)

When testing positive to egg, many patients ask their physicians if they can have egg white or egg yolk if they test positive for the whole egg. The answers can be easily determined if the test for sub-fractions is performed. The two main components of egg are egg-white and egg-yolk. These two sub-fractions of egg are tested separately. This test is helpful in determining what sub-fractions of egg need to be avoided, and which can be safely eaten.

Sub-Fractions (Milk)

When testing positive to milk, many patients ask their physicians if they can eat curd or whey protein. The answers can be easily determined if the test for sub-fractions is performed. Casein is the primary protein of curds; whey proteins consist of Alpha-lactalbumin (ALA), Beta-lactoglobulin (BLG), Bovine serum albumin (BSA) and lactoferrin (LF). These five proteins, sub-fractions of milk, are tested individually.

Tissue Transglutaminase Antibody Assay (tTG)

Celiac disease and dermatitis herpetiformis, the two recognized forms of gluten sensitive enteropathy (GSE), are characterized by chronic inflammation of the intestinal mucosa and flattening of the epithelium or positive "villous atrophy". Patients with celiac disease may suffer from other diverse side effects or may be asymptomatic. Dermatitis herpetiformis is a skin disease associated with GSE. All GSE patients have an increased risk of Lymphoma. Intolerance to gluten, the protein of wheat, rye and barley, causes GSE. A gluten-free diet controls GSE and associated risks. The development of serum tests for three different antibodies of the IgA isotype made it possible to generate more rapid criteria for diagnosing celiac disease. Recently, the IgA endomysial antigen, was identified as the protein cross-linking enzyme known as Tissue Transglutaminase (tTG). The Tissue Transglutaminase Antibody Assay is a complimentary test to the Anti-Gliadin Antibody Assay. Used together, they act as a reliable aid in diagnosing celiac disease.

Total IgE

Total IgE is a measure of a patient's total circulating levels of the IgE antibody. IgE is commonly elevated in patients with allergic reactivity to food/molds, chemicals, drugs and/or environmental inhalants such as weeds, trees, pollens, and grasses. Total IgE is an excellent screening assay and if elevated would justify testing the patient for allergen specific IgE in one of the Immuno Laboratories environmental and/or food allergy panels.

Reference Books

THE YEAST CONNECTION HANDBOOK, William G. Crook, M.D. Easy to follow guide with the latest information about yeast related disorders. Paperback, 276 pp.

WHY CAN'T MY CHILD BEHAVE?, Jane Hersey with an intro by Jay Freed, M.D. The Feingold Association of the United States' latest book which addresses ADD and ADHD and their therapeutic treatments through diet and nutrition. Paperback, 475 pp.

DETOXIFICATION & HEALING: THE KEY TO OPTIMAL HEALTH, Sidney MacDonald Baker, M.D. How to restore balance, harmony and health by cleansing the body of poisons, those we take in and those our own bodies create. Plus the nutrients we need to get the job done. Paperback, 200 pp.

THE 20-DAY REJUVENATION DIET PROGRAM, Jeffrey Bland, Ph.D. with Sara Benum, M.A. Science-based program designed by the renowned researcher, scientist and teacher, Dr. Jeffrey Bland, to prevent problems of aging and to enhance energy and vitality. Paperback, 240 pp.

OPTIMAL DIGESTION, Trent W. Nichols, M.D. and Nancy Faass, M.S.W., M.P.H., Provides a comprehensive understanding of patient-centered approach to healing, combining the best of mainstream and alternative treatments. Paperback, 614 pp.

OPTIMAL DIGESTIVE HEALTH, A COMPLETE GUIDE, by Trent W. Nichols, M.D. and Nancy Faass, M.S.W., M.P.H., is an informational guide for people coping with digestive disorders. More than twenty experts contribute their best treatment strategies for creating an individual health program and demystifies the use of herbal therapies, homeopathy, acupuncture, biofeedback, and Ayurveda. Paperback, 563 pp.

DIABETES PREVENTION AND CURE, C. Leigh Broadhurst. Paperback, 288 pp.

THE CIRCADIAN PRESCRIPTION, Sidney McDonald Baker, M.D. Get in step with your body's natural rhythms to maximize energy, vitality and longevity. Hardback, 219 pp.

VIVA'S HEALTHY DINING GUIDE, Enjoy this comprehensive dining guide designed specifically for vegetarian and natural foods restaurants, markets, juice bars, ethnic eateries, and other health conscious dining establishments. P.O. Box 8092, Bridgewater, NJ 08807 866-612-2991, info@healthybelly.com

STAYING HEALTHY WITH NUTRITION, Elson M. Haas, M.D. The complete guide to diet and nutritional medicine. Excellent nutrition book on foods, diets, environmental aspects, food additives and ingredients. Paperback, 1200 pp.

ALLERGIES AND HOLISTIC HEALING: NATURAL RELIEF FOR ALLERGY SUFFERERS, Sky Weintraub, ND. A comprehensive reference for everything on allergies, including poor food choices, hidden food allergies, impaired digestion and exposure to thousands of environmental pollutants. Paperback, 414 pp.

TOXIC FOOD SYNDROME, Jeffrey S. Zavik, founder and CEO of Immuno Laboratories. Roughly 95 percent of the population suffer from Toxic Food Syndrome. Explanation of testing for food allergies, food toxicities, the right food as your best medicine. Paperback, 93 pp., Free, available through Immuno Laboratories (800) 231-9197.

Cookbooks

THE YEAST CONNECTION COOKBOOK, William G. Crook, M.D. & Marjorie Hurt Jones, R.N. Comprehensive guide to managing and overcoming Candida in a positive manner. Paperback, 379 pp.

THE ALLERGY SELF-HELP COOKBOOK, Marjorie Hurt Jones, R.N. The most comprehensive kitchen resource for overcoming food allergies—now completely revised and updated. Paperback, 432 pp.

ALLERGY AND CANDIDA COOKING, Sondra K. Lewis with Dorie Fink. Updated and revised. Complete 4-day rotational diet for Candida controlled diets with more than 350 recipes. Paperback, 288 pp.

Additional resource materials on next page...

Cookbooks continued

ALLERGY FREE EATING: KEY TO THE FUTURE, Liz Reno, M.A. & Joanna Devrais, M.A. Self-help for people coping with allergies, includes easy-to-read recipes. Paperback, 376 pp.

ALLERGY COOKING WITH EASE, Nicolette Dumke. Contains over 250 original, family-tested recipes using a variety of flours and unusual sources of protein. Paperback, 316 pp.

GLUTEN-FREE GOURMET, Bette Hagman & Eugene Winkelman. Recipes for gluten or wheat intolerant people. Paperback.

THE ALLERGY SELF-HELP COOKBOOK, Marjorie Hurt Jones, R.N. Over 325 natural food recipes, free of wheat, milk, eggs, corn, yeast, sugar and other common food allergens. Paperback, 432 pp.

FOOD SMART, Cheryl Townsley. A moving personal story of one women's struggle to take control of her health and how others can accomplish it too. Paperback, 239 pp.

THE FEEL GOOD FOOD GUIDE, Deborah Page Johnson. Easy recipes free of sugar, wheat, yeast, corn, dairy, eggs, and soy. Good pictures of recipes, sauce ideas, children's treats. Also good resource list and websites for finding allergy-free foods. Paperback, 102 pp.

Support Organizations

Please contact the following organizations directly:

THE FEINGOLD ASSOCIATION OF THE UNITED STATES, support, information and dietary program for ADD, ADHD and Autism. 1-800-321-3287. <http://www.feingold.org>. email: help@feingold.org

AUTISM RESEARCH INSTITUTE (DAN PROTOCOL), support information. 1-619-563-6840 fax. <http://www.autism.com/ari/>

CELIAC SPRUE ASSOCIATION/USA, support and information for celiac disease; web site contains listings of local support groups. 1-877-CSA-4CSA. <http://www.csaceliacs.org>. email: celiacs@csaceliacs.org

PRICE POTTENGER NUTRITION FOUNDATION, provides guidance for the reversal of modern "civilized" dietary trends that promote disease and physical & mental degeneration. 1-800-366-3748. <http://www.price-pottenger.org>. email: info@price-pottenger.org

CELIAC DISEASE AND GLUTEN-FREE DIET SUPPORT CENTER, provides important resources for people on gluten-free diets due to celiac disease, gluten intolerance, dermatitis herpetiformis, wheat allergy, or other health reasons. <http://www.celiac.com>. email: info@celiac.com

GLUTEN FREE/CASEIN FREE DIET SUPPORT GROUP, discussion forum for parents of children on the autistic/ADHD spectrum (or just allergic kids) who are avoiding gluten and casein and other foods or ingredients in their children's diets. <http://www.gfcfdiet.com>. email: products@gfcfdiet.com

Healthy Radio Shows

HEALTHY TALK RADIO: America's longest running health talk show. Six days a week they provide news, information and recommendations that can make a difference in your life. www.healthytalkradio.com

HEALTH CONNECTION WITH JAY FOSTER: Health minded folks throughout South Florida & the Bahamas have been tuning into Jay's show since 1996. Now you can listen to taped broadcasts right from your own computer! For more details, go online; <http://1800chemist.com>.

Chapter 15: Tracking Your Progress

Now that you are beginning your journey to a healthier you, it is important that you track your progress. Tracking your progress will enable you to see your successes and to modify your program if necessary. On the next few pages you will find the following tools:

- Food Sensitivity Progress Chart
- Initial Symptom Checklist
- Symptom Progress Checklist 1
- Symptom Progress Checklist 2
- Symptom Progress Checklist 3
- Daily Food Journal



These tools were designed to help you monitor your progress when you begin your prescribed diet. Additional copies of these items are available for download or printing on the BetterHealthUSA website.

STEP 1: INITIAL SYMPTOM CHECKLIST

Fill out the Initial Symptom Checklist BEFORE you begin your diet. This initial checklist will serve as a benchmark for all other checklists. Check off each symptom that you are experiencing. At the end of each section, write the total number of symptoms you have checked. When you have completed all sections, add all the section totals up and put your final number of symptoms in the grand total section at the bottom right hand corner of the page.

STEP 2: FOOD SENSITIVITY PROGRESS CHART

- A. Enter the date you are starting your diet on the dateline in the first column titled "Initial Checklist".
- B. Enter the date 30 days from your diet

start date on the date line located in the second column titled "Checklist #1".

- C. Enter the date 60 days from your diet start date on the date line located in the third column titled "Checklist #2".
- D. Enter the date 90 days from your diet start date on the date line located in the fourth column titled "Checklist #3".
- E. Go back to the first column titled "Initial Checklist". Enter the section totals from your Initial Symptom Checklist. Be sure to put the total number of current symptoms at the bottom.

STEP 3: SYMPTOM PROGRESS CHECKLISTS 1, 2 & 3

The Symptom Progress Checklists should be done 30, 60, and 90 days from the date you start your diet. You should have those dates listed on your Food Sensitivity Progress Chart if you have followed the instructions above. Fill in your Symptom Progress Checklists and transfer your totals to the Food

Sensitivity Progress Chart, just as you did for the Initial Symptom Checklist. By transferring totals from each checklist onto that chart, you will be able to review your progress and note improvements in your health immediately.

STEP 4: DAILY FOOD JOURNALS

Use these journals to keep track of what foods you eat and the symptoms you experience. This will allow you to see exactly how these foods affect you. Make copies of the journal for your continued use or you can download the journals at www.BetterHealthUSA.com.

Use this area to write down any additional information for your healthcare provider:

FOOD SENSITIVITY PROGRESS CHART

DATE:	INITIAL CHECKLIST	CHECKLIST #1	CHECKLIST #2	CHECKLIST #3
DIGESTIVE TRACT:				
EARS:				
EMOTIONS:				
ENERGY & ACTIVITY:				
EYES:				
HEAD:				
JOINTS & MUSCLES:				
LUNGS:				
MIND:				
MOUTH & THROAT:				
NOSE:				
SKIN:				
WEIGHT:				
OTHER:				
TOTAL:				

Initial Symptom Checklist

Patient Name: _____
 Present Weight: _____
 Immuno Test Date: _____
 Date Diet Started: _____ Checklist Date: _____
 Medical Diagnosis (if any): _____

SYMPTOM POINT SCALE:

Use the point scale to rate your symptoms based on how you've been feeling over the past 30 days.

- 0 = *never or almost never* have the symptom
 1 = *occasionally* have it, effect is *not severe*
 2 = *occasionally* have it, effect is *severe*
 3 = *frequently* have it, effect is *not severe*
 4 = *frequently* have it, effect is *severe*

Be sure to enter your Symptom Progress Checklist scores in the comparison chart on page 40.

DIGESTIVE TRACT

- ___ Belching
- ___ Bloating feeling
- ___ Constipation
- ___ Diarrhea
- ___ Nausea
- ___ Passing gas
- ___ Stomach pains
- ___ Vomiting
- ___ **Total**

EARS

- ___ Drainage from ear
- ___ Ear aches
- ___ Ear infections
- ___ Hearing loss
- ___ Itchy ears
- ___ Ringing in ears
- ___ **Total**

EMOTIONS

- ___ Aggressiveness
- ___ Anxiety/fear
- ___ Depression
- ___ Irritability/anger
- ___ Mood swings
- ___ Nervousness
- ___ **Total**

ENERGY & ACTIVITY

- ___ Apathy
- ___ Fatigue
- ___ Hyperactivity
- ___ Lethargy
- ___ Restlessness
- ___ Sluggishness
- ___ **Total**

EYES

- ___ Blurred vision
- ___ Dark circles
- ___ Itchy eyes
- ___ Sticky eyelids
- ___ Swollen eyelids
- ___ Watery eyes
- ___ **Total**

HEAD

- ___ Dizziness
- ___ Faintness
- ___ Headaches
- ___ Insomnia
- ___ Lightheadedness
- ___ **Total**

JOINTS & MUSCLES

- ___ Aches in muscles
- ___ Arthritis
- ___ Feeling of weakness
- ___ Limited movement
- ___ Pain in joints
- ___ Stiffness
- ___ **Total**

LUNGS

- ___ Asthma/bronchitis
- ___ Chest congestion
- ___ Difficulty breathing
- ___ Shortness of breath
- ___ Wheezing
- ___ **Total**

MIND

- ___ Confusion
- ___ Learning disabilities
- ___ Poor concentration
- ___ Poor memory
- ___ Stuttering/stammering
- ___ **Total**

MOUTH & THROAT

- ___ Canker sores
- ___ Chronic coughing
- ___ Gagging
- ___ Often clear throat
- ___ Sore throat
- ___ Swollen tongue/lips/gums
- ___ **Total**

NOSE

- ___ Excessive mucous
- ___ Hay fever
- ___ Sinus problems
- ___ Sneezing attacks
- ___ Stuffy nose
- ___ **Total**

SKIN

- ___ Acne
- ___ Dermatitis
- ___ Eczema
- ___ Excessive sweating
- ___ Flushing/hot flashes
- ___ Hair loss
- ___ Hives/rashes
- ___ Itching
- ___ **Total**

WEIGHT

- ___ Binge eating
- ___ Compulsive eating
- ___ Cravings
- ___ Excessive weight
- ___ Underweight
- ___ Water retention
- ___ **Total**

OTHER

- ___ Anaphylactic reactions
- ___ Chest pains
- ___ Frequent illness
- ___ Genital itch
- ___ Irregular heartbeat
- ___ Rapid heartbeat
- ___ Urgent urination
- ___ **Total**

GRAND TOTAL

Symptom Progress Checklist 1

Patient Name: _____

Present Weight: _____

Immuno Test Date: _____

Date Diet Started: _____ Checklist Date: _____

Medical Diagnosis (if any): _____

I followed my program: ___ Exactly ___ Mostly ___ Hardly ___ Never

SYMPTOM POINT SCALE:

Use the point scale to rate your symptoms based on how you've been feeling over the past 30 days.

0 = *never or almost never* have the symptom

1 = *occasionally* have it, effect is *not severe*

2 = *occasionally* have it, effect is *severe*

3 = *frequently* have it, effect is *not severe*

4 = *frequently* have it, effect is *severe*

Be sure to enter your Symptom Progress Checklist scores in the comparison chart on page 40.

DIGESTIVE TRACT

- ___ Belching
- ___ Bloating feeling
- ___ Constipation
- ___ Diarrhea
- ___ Nausea
- ___ Passing gas
- ___ Stomach pains
- ___ Vomiting
- ___ **Total**

EARS

- ___ Drainage from ear
- ___ Ear aches
- ___ Ear infections
- ___ Hearing loss
- ___ Itchy ears
- ___ Ringing in ears
- ___ **Total**

EMOTIONS

- ___ Aggressiveness
- ___ Anxiety/fear
- ___ Depression
- ___ Irritability/anger
- ___ Mood swings
- ___ Nervousness
- ___ **Total**

ENERGY & ACTIVITY

- ___ Apathy
- ___ Fatigue
- ___ Hyperactivity
- ___ Lethargy
- ___ Restlessness
- ___ Sluggishness
- ___ **Total**

EYES

- ___ Blurred vision
- ___ Dark circles
- ___ Itchy eyes
- ___ Sticky eyelids
- ___ Swollen eyelids
- ___ Watery eyes
- ___ **Total**

HEAD

- ___ Dizziness
- ___ Faintness
- ___ Headaches
- ___ Insomnia
- ___ Lightheadedness
- ___ **Total**

JOINTS & MUSCLES

- ___ Aches in muscles
- ___ Arthritis
- ___ Feeling of weakness
- ___ Limited movement
- ___ Pain in joints
- ___ Stiffness
- ___ **Total**

LUNGS

- ___ Asthma/bronchitis
- ___ Chest congestion
- ___ Difficulty breathing
- ___ Shortness of breath
- ___ Wheezing
- ___ **Total**

MIND

- ___ Confusion
- ___ Learning disabilities
- ___ Poor concentration
- ___ Poor memory
- ___ Stuttering/stammering
- ___ **Total**

MOUTH & THROAT

- ___ Canker sores
- ___ Chronic coughing
- ___ Gagging
- ___ Often clear throat
- ___ Sore throat
- ___ Swollen tongue/lips/gums
- ___ **Total**

NOSE

- ___ Excessive mucous
- ___ Hay fever
- ___ Sinus problems
- ___ Sneezing attacks
- ___ Stuffy nose
- ___ **Total**

SKIN

- ___ Acne
- ___ Dermatitis
- ___ Eczema
- ___ Excessive sweating
- ___ Flushing/hot flashes
- ___ Hair loss
- ___ Hives/rashes
- ___ Itching
- ___ **Total**

WEIGHT

- ___ Binge eating
- ___ Compulsive eating
- ___ Cravings
- ___ Excessive weight
- ___ Underweight
- ___ Water retention
- ___ **Total**

OTHER

- ___ Anaphylactic reactions
- ___ Chest pains
- ___ Frequent illness
- ___ Genital itch
- ___ Irregular heartbeat
- ___ Rapid heartbeat
- ___ Urgent urination
- ___ **Total**

GRAND TOTAL

Symptom Progress Checklist 2

Patient Name: _____

Present Weight: _____

Immuno Test Date: _____

Date Diet Started: _____ Checklist Date: _____

Medical Diagnosis (if any): _____

I followed my program: ___ Exactly ___ Mostly ___ Hardly ___ Never

SYMPTOM POINT SCALE:

Use the point scale to rate your symptoms based on how you've been feeling over the past 30 days.

0 = *never or almost never* have the symptom

1 = *occasionally* have it, effect is *not severe*

2 = *occasionally* have it, effect is *severe*

3 = *frequently* have it, effect is *not severe*

4 = *frequently* have it, effect is *severe*

Be sure to enter your Symptom Progress Checklist scores in the comparison chart on page 40.

DIGESTIVE TRACT

- ___ Belching
- ___ Bloating feeling
- ___ Constipation
- ___ Diarrhea
- ___ Nausea
- ___ Passing gas
- ___ Stomach pains
- ___ Vomiting
- ___ Total

EARS

- ___ Drainage from ear
- ___ Ear aches
- ___ Ear infections
- ___ Hearing loss
- ___ Itchy ears
- ___ Ringing in ears
- ___ Total

EMOTIONS

- ___ Aggressiveness
- ___ Anxiety/fear
- ___ Depression
- ___ Irritability/anger
- ___ Mood swings
- ___ Nervousness
- ___ Total

ENERGY & ACTIVITY

- ___ Apathy
- ___ Fatigue
- ___ Hyperactivity
- ___ Lethargy
- ___ Restlessness
- ___ Sluggishness
- ___ Total

EYES

- ___ Blurred vision
- ___ Dark circles
- ___ Itchy eyes
- ___ Sticky eyelids
- ___ Swollen eyelids
- ___ Watery eyes
- ___ Total

HEAD

- ___ Dizziness
- ___ Faintness
- ___ Headaches
- ___ Insomnia
- ___ Lightheadedness
- ___ Total

JOINTS & MUSCLES

- ___ Aches in muscles
- ___ Arthritis
- ___ Feeling of weakness
- ___ Limited movement
- ___ Pain in joints
- ___ Stiffness
- ___ Total

LUNGS

- ___ Asthma/bronchitis
- ___ Chest congestion
- ___ Difficulty breathing
- ___ Shortness of breath
- ___ Wheezing
- ___ Total

MIND

- ___ Confusion
- ___ Learning disabilities
- ___ Poor concentration
- ___ Poor memory
- ___ Stuttering/stammering
- ___ Total

MOUTH & THROAT

- ___ Canker sores
- ___ Chronic coughing
- ___ Gagging
- ___ Often clear throat
- ___ Sore throat
- ___ Swollen tongue/lips/gums
- ___ Total

NOSE

- ___ Excessive mucous
- ___ Hay fever
- ___ Sinus problems
- ___ Sneezing attacks
- ___ Stuffy nose
- ___ Total

SKIN

- ___ Acne
- ___ Dermatitis
- ___ Eczema
- ___ Excessive sweating
- ___ Flushing/hot flashes
- ___ Hair loss
- ___ Hives/rashes
- ___ Itching
- ___ Total

WEIGHT

- ___ Binge eating
- ___ Compulsive eating
- ___ Cravings
- ___ Excessive weight
- ___ Underweight
- ___ Water retention
- ___ Total

OTHER

- ___ Anaphylactic reactions
- ___ Chest pains
- ___ Frequent illness
- ___ Genital itch
- ___ Irregular heartbeat
- ___ Rapid heartbeat
- ___ Urgent urination
- ___ Total

GRAND TOTAL

Symptom Progress Checklist 3

Patient Name: _____

Present Weight: _____

Immuno Test Date: _____

Date Diet Started: _____ Checklist Date: _____

Medical Diagnosis (if any): _____

I followed my program: ___ Exactly ___ Mostly ___ Hardly ___ Never

SYMPTOM POINT SCALE:

Use the point scale to rate your symptoms based on how you've been feeling over the past 30 days.

0 = *never or almost never* have the symptom

1 = *occasionally* have it, effect is *not severe*

2 = *occasionally* have it, effect is *severe*

3 = *frequently* have it, effect is *not severe*

4 = *frequently* have it, effect is *severe*

Be sure to enter your Symptom Progress Checklist scores in the comparison chart on page 40.

DIGESTIVE TRACT

- ___ Belching
- ___ Bloating feeling
- ___ Constipation
- ___ Diarrhea
- ___ Nausea
- ___ Passing gas
- ___ Stomach pains
- ___ Vomiting
- ___ **Total**

EARS

- ___ Drainage from ear
- ___ Ear aches
- ___ Ear infections
- ___ Hearing loss
- ___ Itchy ears
- ___ Ringing in ears
- ___ **Total**

EMOTIONS

- ___ Aggressiveness
- ___ Anxiety/fear
- ___ Depression
- ___ Irritability/anger
- ___ Mood swings
- ___ Nervousness
- ___ **Total**

ENERGY & ACTIVITY

- ___ Apathy
- ___ Fatigue
- ___ Hyperactivity
- ___ Lethargy
- ___ Restlessness
- ___ Sluggishness
- ___ **Total**

EYES

- ___ Blurred vision
- ___ Dark circles
- ___ Itchy eyes
- ___ Sticky eyelids
- ___ Swollen eyelids
- ___ Watery eyes
- ___ **Total**

HEAD

- ___ Dizziness
- ___ Faintness
- ___ Headaches
- ___ Insomnia
- ___ Lightheadedness
- ___ **Total**

JOINTS & MUSCLES

- ___ Aches in muscles
- ___ Arthritis
- ___ Feeling of weakness
- ___ Limited movement
- ___ Pain in joints
- ___ Stiffness
- ___ **Total**

LUNGS

- ___ Asthma/bronchitis
- ___ Chest congestion
- ___ Difficulty breathing
- ___ Shortness of breath
- ___ Wheezing
- ___ **Total**

MIND

- ___ Confusion
- ___ Learning disabilities
- ___ Poor concentration
- ___ Poor memory
- ___ Stuttering/stammering
- ___ **Total**

MOUTH & THROAT

- ___ Canker sores
- ___ Chronic coughing
- ___ Gagging
- ___ Often clear throat
- ___ Sore throat
- ___ Swollen tongue/lips/gums
- ___ **Total**

NOSE

- ___ Excessive mucous
- ___ Hay fever
- ___ Sinus problems
- ___ Sneezing attacks
- ___ Stuffy nose
- ___ **Total**

SKIN

- ___ Acne
- ___ Dermatitis
- ___ Eczema
- ___ Excessive sweating
- ___ Flushing/hot flashes
- ___ Hair loss
- ___ Hives/rashes
- ___ Itching
- ___ **Total**

WEIGHT

- ___ Binge eating
- ___ Compulsive eating
- ___ Cravings
- ___ Excessive weight
- ___ Underweight
- ___ Water retention
- ___ **Total**

OTHER

- ___ Anaphylactic reactions
- ___ Chest pains
- ___ Frequent illness
- ___ Genital itch
- ___ Irregular heartbeat
- ___ Rapid heartbeat
- ___ Urgent urination
- ___ **Total**

GRAND TOTAL

Daily Food Journal

Along with the foods you have eaten, record information in your daily food journal about any symptoms you may be experiencing. Symptoms may include, but are not limited to: depression, anxiety, mood changes, itching, congestion, wheezing, sneezing, gassiness, unusual bowel movements, fluid retention, bloating, fatigue, joint pain and muscle cramps. Additional daily food journals are available for download at www.BetterHealthUSA.com.

Date: _____

Breakfast

Snack

Food & Other Exposures

Food & Other Exposures

_____	_____
_____	_____
_____	_____
_____	_____

_____	_____
_____	_____
_____	_____
_____	_____

Symptoms

Time:

_____	_____
_____	_____
_____	_____

Symptoms

Time:

_____	_____
_____	_____
_____	_____

Lunch

Snack

Food & Other Exposures

Food & Other Exposures

_____	_____
_____	_____
_____	_____
_____	_____

_____	_____
_____	_____
_____	_____
_____	_____

Symptoms

Time:

_____	_____
_____	_____
_____	_____

Symptoms

Time:

_____	_____
_____	_____
_____	_____

Dinner

Snack

Food & Other Exposures

Food & Other Exposures

_____	_____
_____	_____
_____	_____
_____	_____

_____	_____
_____	_____
_____	_____
_____	_____

Symptoms

Time:

_____	_____
_____	_____
_____	_____

Symptoms

Time:

_____	_____
_____	_____
_____	_____

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Date: _____

Breakfast		Snack	
Food & Other Exposures		Food & Other Exposures	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Symptoms	Time:	Symptoms	Time:
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Lunch		Snack	
Food & Other Exposures		Food & Other Exposures	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Symptoms	Time:	Symptoms	Time:
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Dinner		Snack	
Food & Other Exposures		Food & Other Exposures	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Symptoms	Time:	Symptoms	Time:
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

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Date: _____

Breakfast

Snack

Food & Other Exposures

Food & Other Exposures

_____	_____
_____	_____
_____	_____
_____	_____

_____	_____
_____	_____
_____	_____
_____	_____

Symptoms

Time:

Symptoms

Time:

_____	_____
_____	_____
_____	_____

_____	_____
_____	_____
_____	_____

Lunch

Snack

Food & Other Exposures

Food & Other Exposures

_____	_____
_____	_____
_____	_____
_____	_____

_____	_____
_____	_____
_____	_____
_____	_____

Symptoms

Time:

Symptoms

Time:

_____	_____
_____	_____
_____	_____

_____	_____
_____	_____
_____	_____

Dinner

Snack

Food & Other Exposures

Food & Other Exposures

_____	_____
_____	_____
_____	_____
_____	_____

_____	_____
_____	_____
_____	_____
_____	_____

Symptoms

Time:

Symptoms

Time:

_____	_____
_____	_____
_____	_____

_____	_____
_____	_____
_____	_____

Daily Food Journal

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Date: _____

Breakfast		Snack	
Food & Other Exposures		Food & Other Exposures	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Symptoms	Time:	Symptoms	Time:
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Lunch		Snack	
Food & Other Exposures		Food & Other Exposures	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Symptoms	Time:	Symptoms	Time:
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Dinner		Snack	
Food & Other Exposures		Food & Other Exposures	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Symptoms	Time:	Symptoms	Time:
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

