

## ALCAT TEST RESULTS - OVERVIEW

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## HOW TO INTERPRET YOUR ALCAT TEST RESULTS

The presence of food intolerances or sensitivities cannot be simply classified as 'Yes or No'. The Alcat Test analyzes the impact of individual substances on the cells of the immune system. The cells are not static or unchanging; but, living and dynamic entities. It may be said that the Alcat analysis provides a snapshot, 'mirroring' these biological processes in four degrees of reactivity. Some sensitivities are governed by inborn errors of metabolism and may remain fixed for many years or even the entire lifetime. However, most sensitivities are also greatly influenced by lifestyle factors. For example, poor nutritional status, stress (emotional, physical), and chronic disease can impact the immune system and impact the cells' degree of reactivity. Therefore, many foods that you have to avoid today you will be able to resume eating in the future.

### 1) Explanation of intolerance degrees of reactivity



**RED** (severe reaction): Substances in this category showed a particularly high sensitivity. A strict avoidance for 6 months or more is recommended.



**ORANGE** (moderate reaction): Substances in this category showed a high sensitivity and a strict avoidance of 3 months or more is recommended.



**YELLOW** (mild reaction): Substances in this category were mildly reactive. It is best to limit consumption of these foods to no more than two days per week and not more than one day in a four day period. If the severe and moderate reactions were not numerous or significant for the individual, a strict avoidance of this list for 3 months may be warranted. The mildly reactive foods are designated by an asterisk, \* in the food sensitivity test report as well as the rotation plan.



**GREEN** (no reaction): The substances in this category did not elicit a cellular response. A health promoting pattern of eating including a variety of fresh foods from this category would be best. Consuming these foods on a rotational basis, to encourage an intake of a variety of nutrients and avoid daily consumption, would be ideal (customized Rotation Plan enclosed, for those tested for 100 foods and more).

## 2) Analysis of food components related to food groups

### BLUE BOX 1

#### Gluten/Gliadin

This box includes information regarding the cellular reactivity or absence of reaction to gluten and gliadin. If reactive, all tested

gluten containing grains are also listed here. Although there may not have been a direct reaction to these grains, avoidance of them is strongly recommended.

### BLUE BOX 2

#### Casein/Whey

This box includes information regarding the cellular reactivity or absence of reaction to casein and whey. If reactive, all tested foods that contain casein/whey are also listed here. Although there may not have been a direct reaction to milk products, avoidance of them is strongly recommended.

### BLUE BOX 3

#### Candida albicans





This box includes information regarding the cellular reactivity or absence of reaction to Candida albicans. If reactive, all tested foods that promote the growth of Candida are listed (for example, sugar). Even if there was no direct reaction to associated components, avoidance is strongly recommended.











If you have a classical food allergy (type 1 allergy), **please strictly avoid these substances**. It is possible that it may show in the Alcat green list!

## TEST REPORT FOR FOOD SENSITIVITIES

Substance count: 248

 SEVERE	 MODERATE	 MILD*	 ACCEPTABLE / NO REACTION	
BOSTON BIBB LETTUCE CASHEW LAMB LENTIL BEAN PINE NUT SPINACH TROUT VEAL WAKAME SEAWEED	ACORN SQUASH ANISE SEED APRICOT AVOCADO BAKER'S YEAST BEEF CELERY CILANTRO FLAXSEED GOOSE LICORICE LIMA BEAN MACADAMIA MILLET PARSNIP PEACH RADISH RED/GRN LEAF LETTUCE SALMON SORGHUM TURNIP WALNUT WATER CHESTNUT	ANCHOVY* ARROWROOT* ARUGULA* BANANA* BARLEY* BEET* BLACK PEPPER* BLACK TEA* BLACKBERRY* BROWN RICE* CARDAMOM* CARROT* CAYENNE PEPPER* CHAMOMILE* CHICK PEA* CHIVES* CLAM* CODFISH* CRAB* CRAYFISH* CUCUMBER* DILL* DUCK* ESCAROLE* FENNEL SEED* FIG* GREEN TEA* HADDOCK* HALIBUT* LUPINI BEANS* NUTMEG* OKRA* PAPAYA* PAPRIKA* PARSLEY* PISTACHIO* RICE* SAFFLOWER* SAFFRON* SCALLOP* SQUID* SUNFLOWER* SWISS CHARD* TARO ROOT* TEFF* TILAPIA* WHEAT* WILD RICE* YAM*	<b>VEGETABLES</b> ADZUKI BEANS ARTICHOKE ASPARAGUS BELL PEPPERS BLACK BEANS BLACK-EYED PEAS BOK CHOY BROCCOLI BRUSSEL SPROUTS BUTTERNUT SQUASH BUTTON MUSHROOM CABBAGE CANNELLINI BEANS CAPERS CAULIFLOWER CHICORY COLLARD GREENS EGGPLANT ENDIVE FAVA BEAN GRAPE LEAF GREEN PEA ICEBERG LETTUCE JALAPENO PEPPER KALE KIDNEY BEAN LEEK MUNG BEAN NAVY BEAN ONION PINTO BEAN PUMPKIN RHUBARB ROMAINE LETTUCE SAVOY CABBAGE SCALLIONS SHALLOTS SHIITAKE MUSHROOM SOYBEAN SPAGHETTI SQUASH STRING BEAN SWEET POTATO TOMATO WHITE POTATO YELLOW SQUASH ZUCCHINI SQUASH  <b>FRUITS</b> APPLE BLACK CURRANT BLUEBERRY CANTALOUPE CHERRY CRANBERRY DATE GRAPE GRAPEFRUIT GUAVA HONEYDEW (MELON) KIWI LEMON LIME LYCHEES MANGO NECTARINE ORANGE PEAR PERSIMMON PINEAPPLE PLUM POMEGRANATE RASPBERRY STAR FRUIT STRAWBERRY TANGERINE WATERMELON  <b>MEAT</b> CHICKEN	CHICKEN LIVER LIVER (BEEF) PHEASANT PORK QUAIL RABBIT TURKEY VENISON  <b>DAIRY / EGGS</b> EGG WHITE EGG YOLK  <b>SEAFOOD</b> CARP CATFISH FLOUNDER HERRING LOBSTER MACKEREL MAHI MAHI MUSSEL OYSTER SARDINE SEA BASS SHRIMP SNAPPER SOLE SWORDFISH TUNA WHITEFISH  <b>GRAINS / STARCHES</b> AMARANTH BUCKWHEAT CORN QUINOA TAPIOCA  <b>HERBS / SPICES</b> BASIL BAY LEAF CHILI PEPPER CINNAMON CLOVE CORIANDER CUMIN CURRY POWDER GARLIC GINGER HEMP HORSERADISH KELP MUSTARD GREENS MUSTARD SEED OREGANO PEPPERMINT ROSEMARY SAGE THYME TURMERIC  <b>NUTS / OILS AND MISC, FOODS</b> ALMOND BEAR'S GARLIC BITTER ALMOND BRAZIL NUT CARAWAY CAROB CHESTNUT

## FOOD COMPONENTS RELATED TO FOOD GROUPS

1)   
2)   
3)  

## GLUTEN (GLUTEN CONTAINING GRAINS)

Important note: The report does not include classical type 1 food allergies.

GLUTEN MILD REACTION

GLIADIN MILD REACTION

**RECOMMENDATION 3 MONTHS AVOIDANCE**

RELATED FOOD ITEMS:BARLEY, MALT, OAT, RYE, SPELT, WHEAT

**CASEIN / WHEY (dairy)**

CASEIN NO REACTION

WHEY MILD REACTION

**RECOMMENDATION 3 MONTHS AVOIDANCE**

RELATED FOOD ITEMS:COW'S MILK, GOAT'S MILK, SHEEP'S MILK

**CANDIDA ALBICANS (FOR EXAMPLE, SUGAR)**

CANDIDA ALBICANS MILD REACTION

**RECOMMENDATION 3 MONTHS AVOIDANCE**

RELATED FOOD ITEMS:BAKER'S YEAST, BEET SUGAR, BREWER'S YEAST, CANE SUGAR, FRUCTOSE (HFCS)

**ANALYSIS OF FOOD COMPONENTS RELATED TO FOOD GROUPS (Blue Boxes)****1) GLUTEN (GLUTEN CONTAINING GRAINS)** GLUTEN MILD REACTION GLIADIN MILD REACTION **RECOMMENDATION 3 MONTHS AVOIDANCE****RELATED FOOD ITEMS:**

BARLEY, MALT, OAT, RYE, SPELT, WHEAT

**What is non-celiac gluten sensitivity (NCGS)?**

NCGS is an adverse reaction to gluten and/or gliadin involving innate immune cells that cause inflammatory processes. It can be associated with other gastrointestinal, skin or autoimmune diseases. It can also affect emotional and mental wellbeing.

The **Alcat Gluten-Sensitivity-Test** analyzes cellular reactions to gluten/gliadin and various gluten containing grains. Gluten-free grains can also be tested to help determine healthy alternatives and create a varied, personalized meal plan.



**Your test indicated that the following non-gluten containing items were nonreactive or only mildly reactive:** Amaranth, Buckwheat, Chia, Corn, Quinoa, Tapioca

**2) CASEIN / WHEY (dairy)** CASEIN NO REACTION WHEY MILD REACTION **RECOMMENDATION 3 MONTHS AVOIDANCE****RELATED FOOD ITEMS:**

COW'S MILK, GOAT'S MILK, SHEEP'S MILK

**What does the Alcat report tell me regarding dairy?**

The **Alcat Dairy-Sensitivity-Test** analyzes cellular reactions to casein and/or whey. Intolerance to dairy can be a factor in various gastrointestinal or skin diseases.

Goats and sheep milk and cheese also contain casein/whey. Please note that whey also contains lactose.



**Your test indicated that the following non-dairy items are Acceptable:** Coconut, Hazelnut

**3) Candida albicans | Sugar****CANDIDA ALBICANS MILD REACTION****RECOMMENDATION 3 MONTHS AVOIDANCE****RELATED FOOD ITEMS:**

BAKER'S YEAST, BEET SUGAR, BREWER'S YEAST, CANE SUGAR, FRUCTOSE (HFCS)

**What is Candida albicans?**

The Alcat Candida-Sensitivity Test analyzes cellular reactions to Candida albicans. A cellular reaction to Candida is an indication that the immune system is attempting to neutralize an overgrowth of Candida albicans.



Your test indicated that the following non-candida-growth-promoting foods are acceptable: Barob, Coconut, Honey, Maple sugar

Further explanations exist in the Guidance Notes.

Please take advantage of your free test results review with our Alcat consultant.

**PERSONALIZED "FOODS TO AVOID LIST"**

**IMPOTANT NOTE:** It is important to check all labels and ingredient lists each time you purchase because manufacturers can change formulations at any time. Become aware of all ingredients found in foods you plan to consume. Please see accompanying booklet for more information. It is advisable to consult a qualified nutritional counsellor for further assistance with your rotation diet plan.

**BANANA\***

One of the worlds most popular fruits the banana is counted botanically among the berries. Use: plantains in tropical dishes, dried banana chips, smoothies, juice, cereal, yogurt, etc.

**BARLEY\***

Barley (also called pearl barley) is an ancient cereal, which is related to the wheat. Use: brown bread, barley malt (in breads, cereals, breakfast cereals), miso. Used for the production of whiskey, gin and beer.

**BLACK PEPPER\***

Black pepper is the dried seeds of the pepper plant. Use: universal spice in a variety of dishes.

**CARROT\***






Carrots are one of the most popular root vegetables in Europe. Use: juice with carrot, carrot cake, ingredient in different dishes: soups, sauces, lettuce, stews, broth, spreads

**WHEAT\***

Wheat is predominantly used as bread grain. Durum wheat is particularly suitable for the production of pasta. Use: bread, dough and pastries of all kinds, pasta, groats, flakes, grits, flour, starch, wheat bear, vodka, corn schnapps

**RICE\***

Rice is the staple food for a great part of the world population. Use: all types of rice and rice products such as rice cakes, rice milk, rice flour, rice noodles, etc.

	<p><b>CLAM*</b></p> <p>The clam occurs worldwide in coastal waters. Use: spaghetti vongole, risotto, paella</p>
	<p><b>CODFISH*</b></p> <p>The cod is suitable for most cooking methods. Use: fish products (frozen), canned fish (cod liver), fish liver oil, cod roe</p>
	<p><b>CRAB*</b></p> <p>Crabs are invertebrates, crustaceans or shellfish. They are among the decapods and are related to shrimp and lobsters. Use: seafood dishes, Mediterranean cuisine</p>
	<p><b>CUCUMBER*</b></p> <p>The cucumber is a species in the family of cucurbits. Use: pickles, salads, braised, potato salad, tzatziki, remoulade/danish sauce</p>
	<p><b>GREEN TEA*</b></p> <p>Green tea is the unfermented leaves of the tea tree. For green tea tender small leaves are best. Use: tea in many varieties, soft drinks, dietary supplements</p>

**HALIBUT\***

The halibut is a left-sided fish with a dark brown to reddish coloring and occasional bright spots (North Pacific and Atlantic). Use: fried, filleted

**PARSLEY\***

Parsley is one of the most common kitchen herbs. Use: sauces, salads, garnish or fish supplement, pesto, soups

**SCALLOP\***

The scallop has a white and meaty muscle which is eaten as a delicacy. Use: delicacy, fish dishes

**BLACK TEA\***

Black tea is fermented and dried tea leaves. Use: black tea (Assam, Ceylon, Darjeeling, ..) tea blends with black tea

**BEET\***

Beetroot is one of the oldest crops. Use: Pickled beetroot, borscht, spreads, red herring salad, colorants betanin (B) and desserts (red fruit jelly), ice cream, chewing gum, soups and sauces, colored noodles

**BLACKBERRY\***

Blackberries grow on thorny bushes, which are often found on forest edges and clearings. Use: juices, sweets, des

**CAYENNE PEPPER\***

Cayenne is the name for ground chillies, variety Cayenne. It is not related with real pepper. Use: chili & curry dishes, smoked fish, oysters, shrimps, whitebait and cooked cheese.

**CHICK PEA\***

The chickpea is one of the oldest crops. Use: Garbanzo, Chana Dal, humus, falafel, mashed, stews, Mediterranean

**DILL\***

Dill is native to Southwest Asia. Use: as a seasoning for soups, fish dishes, salads, egg dishes, sauces, herb mixture

**DUCK\***

7KHPRVWIDPRXVSUHSUDWLRQLVSUREDEOWKH3HNLQJGXFN8VHGXFNSçWçGXFNIRLHJUDV\$VLDQ  
breast sliced



**FIG\***

The sweet fruit of the fig tree is available all year fresh, or dried. Use: compote, adding to sauce or salad, fruit bread variations



**HADDOCK\***

Haddock is an edible fish of the cod family. It is native to the seas of the temperate zone, has a relatively low fat content



**NUTMEG\***

Nutmeg is a versatile seasoning. Use: spice in potato dishes, soups and stews, in pastries, meat dishes like meatballs and roast pork, nutmeg oil, nutmeg butter

**PAPAYA\***

The papaya is one of the melon tree plants. Use: chutneys, curries, salsa, canned fruit, dried fruit, Asian cuisine, the seeds are edible

**PAPRIKA\***

Made of paprika, which are dried after harvesting and then ground. Use: goulash, chips, Tabasco sauce, sambal oelek, Mexican dishes, vegetarian spreads

**PISTACHIO\***

Pistachios are the stone fruits of the pistachio tree which is native to the Mediterranean region. Use: pralines, chocolate, cakes and pastries, cold cuts, ice cream

**SAFFLOWER\***

Safflower oil is won from the seeds of thistle. Use: safflower oil, margarine, salad dressing, coloring, saffron substitute

**SUNFLOWER\***

Utilized are the sunflower seeds. Use: oil, nuts, chips, margarine, marinade, bread, vegetarian spreads

**TILAPIA\***

The genus Tilapia belongs to the family of cichlids and is native to rivers and lakes of Africa. For the western market it comes from aquaculture. Its flesh is tender and sweet / nutty, but robust. Use: fish in all variations

**ANCHOVY\***

The anchovy is a small saltwater fish belonging to the family of the herring-like. Use: in oil, canned, pizza, salads, side dishes

**CARDAMOM\***

The green cardamom belongs to the ginger family. Usually the seeds are utilized. Use: common spice in Asian and Arabic cuisine, chai tea, ghee butter masala, curry powder, Christmas dishes and sweets

**CHAMOMILE\***

Chamomile is one of the most popular medicinal plants in Europe. Especially its essential oil is popular. Use: tea, infusion, butter, toothpaste



**CRAYFISH\***

Crayfish are among the crustaceans and found almost all over the world in fresh water. Use: Mediterranean cuisine, delicacy salads



**FENNEL SEED\***

Fennel is a vegetable, spice and medicinal plant with anise-like flavor. Use: salad, casserole, tea, syrup, seeds, spirits (Absinthe, Pastis)

**OKRA\***

The okra are among the oldest cultivated vegetables. Use: Indian cuisine, lamb stew, African cuisine

**SAFFRON\***

Saffron is a crocus species. The violet flowers contain the pistils, which are harvested as one of the most expensive spices in the world. Use: yellowing and flavoring of food, paella, pastry

**SQUID\***

Squid belongs like the snails and mussels to the molluscs. There are known around 800 species. Use: seafood salad, Mediterranean appetizer, pasta sauce, pizza, fried, "frutti di mare"

**SWISS CHARD\***

Swiss chard is a typical vegetable of spring. It tastes even spicier than spinach and is also suitable for the same dishes. Use: side dish, salad

**ARROWROOT\***

The starch of the roots of arrow root plant can be used in cooking to thicken. Use: soups, sauces, creams, dessert that shall not boil; jellies

**ARUGULA\***

The rocket is grown mainly as a salad plant. Use: salads, pesto, pasta dishes, Mediterranean cuisine

**BROWN RICE\***

The unpeeled rice contains more vitamins, fiber and fat, tastes richer and has more bite, than the peeled white rice. Use: side dish, stew, patty, Asian dishes

**CHIVES\***

Chives belong to the family of the leeks and it is recognizable by its onion-like flavor. The flowers are edible. Use: fine cut into salads, soups, egg dishes, in herbal blends, herb cheese, chives bread, chips

**ESCAROLE\***

This is a typical winter salad of slightly bitter taste. The outer leaves are dark green, the inside contrast white to yellowish. Use: lettuce, salad mixes, soups and stews

**LUPINI BEANS\***

Lupines belong to the legumes and provide protein-rich seeds. They can be used, for example, instead of soya. Use: vegetarian meat substitutes, lupine flour, tofu like products



**TARO ROOT\***

The taro comes from Southeast Asia. Used is the root of the plant. Use: such as potatoes, flour for binding, for bread and pastries



**TEFF\***

Teff comes from Africa. In Ethiopia, it is one of the staple foods. Use: gluten-free products such as bread, pasta and pastries

**WILD RICE\***

Wild rice is distinguished by its long, almost black grains. After harvesting, these are initially green. The black color is produced during drying and roasting. Use: in rice salads, rice mixes

**YAM\***

This tuber of a subtropical creeper is rich in starch and can be processed like potatoes. Use: salad, stew, soup, snack, side dish

**BAKER'S YEAST**

Baker's yeast in form of active dry yeast or fresh yeast is used as a leavening agent in baking bread and bakery products. Use: bread products, crackers & processed foods. Can also be used in Danish pastries, doughnuts, Chelsea buns, teacakes (and any other cake with a bread-like texture), pizza, rolls and croissants.

**BEEF**

Beef referred to the meat various domestic cattle breeds. Use: beef broth, beef franks, beef liver, beef pastrami, beef sausage, brisket, calf's liver, corned beef, gelatin, ground beef, hamburger, kidney, sweetbreads & veal.

**AVOCADO**

Avocado is also known as butter fruit because of its high fat content. Use: avocado oil, salads, dips, dessert.

**CELERY**

Roots, stems and leaves of celery plant can be used. Use: instant soup, vegetable, salad, seasoning ingredient in soups and sauces, spice mixes

**MILLET**

Millet is a gluten-free cereal with small round seeds. Use: side dish, millet flour, puffed millet (in cereals), gluten-free products (bread, pasta, waffles)

**PEACH**

The peach is recognizable by its velvety skin. The nektarine has a smooth skin. Use: cakes, juice, jam, fruit yogurt, cocktails, fruit salad

**SALMON**

Salmon is one of the most popular fish and is appreciated as a delicacy. Use: fillet, smoked salmon, salad, starters with salmon, pizza and pasta

**APRICOT**

In Europe apricots were spread by the Romans from 70 BC on. Use: canned fruit, fruit juice with apricot, apricot oil, chutneys, jams, dried fruit (in cereal, bars), biscuits with apricot jam (Sachertorte)



**FLAXSEED**

The small oval seeds of the flax plant are becoming increasingly popular. They are rich in essential fatty acids and digestive fiber. Use: baked goods, oil, cereals



**LIMA BEAN**

The large form is called lima bean and the small seeds moon beans. Use: salad, meat side dish, soups, stews

**RADISH**

The word radish is derived from the Latin "radix" for root. Use: salad, raw, soup

**TURNIP**

The peel of turnips can be differently colored, interior however, they are white or yellowish. Use: stews, soups

**WALNUT**

The walnut tree grows since several million years on earth. Use: baked goods, chocolate, desserts, salad, walnutoil

**ACORN SQUASH**

The acorn squash is characterized by a hard shell and a round handle shape. Only the pulp and the seeds are edible. Use: soup, puree, garnish

**ANISE SEED**

Anis belongs to the same family as dill and fennel, but is not related to the well-known star anise. However, they contain a similar composition. Use: Liqueur (Sambuca, Ouzo, Pastis, Absinthe), tought / cough medicines, sweets, tea, red cabbage, carrot, plum and pumpkin dishes

**LICORICE**

Licorice is made from the sap of the licorice root. Use: snack, candy, tea blends

**MACADAMIA**

The macadamia is native to the rainforests of Australia and is somewhat similar to the chestnut. It has a pretty buttery taste. Use: body oil, creams, salad, ice cream, filling, pastries and cakes

**PARSNIP**

Parsnip is one of the oldest crops at all. Use: soups, stews, wine

**CILANTRO**

The leaves of the corander plant are called cilantro. It is used primarily in the Asian and South American cuisine and remembers in the appearance of flat-leaf parsley. Use: Asian and South American dishes, mojo verde, salad

**GOOSE**

Geese are among the ducks and served especially at Christmas time. Use: roasts, pies, sausage

**RED/GRN LEAF LETTUCE**

Leaf lettuce or cut lettuce is a group of varieties of garden salad. Unlike the Boston Bibb leaves do not form heads (e.g. Lollo rosso). Use: raw salad

**SORGHUM**

*Sorghum bicolor* is the most important species in the genus of Sorghum. Particularly in Africa, this little millet varieties are grown. Use: millet gruel, sorghum beer, gluten free flour.





### WATER CHESTNUT

Water chestnuts come from China and are the seeds of a floating plant. It is not related to the chestnut tree. The seeds remain crisp even after prolonged cooking. Use: Asian cuisine, soups, stews, curries, flour as starch



### LAMB

Sheep up to the age of one year may be called the Lamb. Use: kebab, meats, stock.



### CASHEW

Cashew nuts are stone fruits and are originally from South America. Use: nut mixes / trail mix, cashewmus, pesto, vegetarian spreads, asian dishes



### SPINACH

Spinach is mainly used as leafy vegetable. Use: fresh and frozen, lasagna, salad, casseroles, for coloring foods (noodles), pizza, smoothies, burek



### LENTIL BEAN

Lentils are available in different colors and shapes and they belong to the legumes. Use: soups, side dishes, spreads, patties, Indian cuisine, dips



### TROUT

There are freshwater and saltwater species. Use: fish tartare, mus, sauces, smoked, sushi



### VEAL

Veal is beef cattle 4 weeks up to 3 months after birth. Use: Wiener schnitzel, pies, sausages, stew



### PINE NUT

The pine nut is the husked seed of pine which is cultivated throughout the Mediterranean. The whitish edible seed grows in the pine cones. Use: pesto, baked goods, Mediterranean cuisine, fillings



### BOSTON BIBB LETTUCE

The Boston Bibb is a variety group of the garden salad. It is also called green salad or butterhead lettuce. The leaves are sitting together, overlap and form a closed head. Use: raw salad



### WAKAME SEAWEED

The wakame seaweed is a brown seaweed, it is a staple food in Japan. Here, it is more likely part of Asian dishes. Use: miso soup, seaweed salad

## VERSATILE FOOD CHOICES AND STRUCTURED MEAL PLANNING

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### THE FIRST STEP

The Alcat Test identified potentially inflammatory food substances. Now you can begin to put your test results into practice. The first step is to avoid the foods to which your immune cells mounted a response.

**By providing structure, your rotation plan is a tool to help you optimize your eating pattern.**

Not only will you be consuming a variety of foods and nutrients to help nourish your body properly, you may help decrease the likelihood of developing further sensitivities. In addition, the rotation schedule allows convenient meal planning and can serve as a shopping guide.



### GOALS

If you rotate your green foods in the four-day pattern, you may avoid a cumulative sensitization effect. In this way you can almost effortlessly eat varied and versatile. Be open to trying new foods and being creative! You may discover new favorites!





Following this rotation schedule also ensures you will not consume your mildly reactive foods more than two days per week, and not more than one day in a four day period. The mildly reactive foods are designated by an asterisk, \*. Remember, it may be best for you to completely avoid the mildly reactive foods rather than limit them to two days per week, please see the explanation of "yellow" foods on the sheet, "How to

Interpret your Alcat Test Results"

By following the rotation principle you allow the body to completely process and metabolize an individual food.

⚠️ Please be sure to consume enough food and fluids, especially during the elimination phase. We are happy to support you with any questions. Please feel free to contact us and use the opportunity to benefit from a complementary test result review with one of our Alcat consultants!

## CHOOSE CONSCIOUSLY: NUTRITIONAL VARIETY & VALUE Recommendation: 4-Day Rotation Diet

	 Day 1	 Day 2	 Day 3	 Day 4
<b>GRAIN / STARCH</b>	ARROWROOT* TAPIOCA WHITE POTATO	WILD RICE*	CORN QUINOA SWEET POTATO TEFF*	AMARANTH BROWN RICE* BUCKWHEAT RICE*

The immune system benefits from the avoidance of excessive stimuli and can reestablish balance.



### RE-INTRODUCTION OF FOODS

After a three or six month elimination period, you may begin to reintroduce reactive foods one by one. It is best to start with the foods from the mild list, if avoided, then the moderate list, and lastly the severe list. Consume the reintroduced food during one day and wait for three more days. If any symptoms recur during this time, avoid it again for three months before trying again. If no symptoms are noticed, you may assume the food is likely no longer reactive and add it to your rotation plan.



### YOUR RESPONSIBILITY

1. The Alcat Test and also the rotation plan are not a substitute for a medical examination and diagnosis. Please note also that the Alcat Test does NOT measure allergies! If you have a classical food allergy (type 1), you absolutely need to avoid this substance.
2. If you do eat a reactive food during the 3-6 month avoidance period, be aware that you may experience significant, unpleasant symptoms.
3. We cannot make any statement with respect to a potential inflammatory effect regarding foods that are not included in your Alcat Test. The consumption of non-tested substances is your choice.

**Patient Information:**

<b>VEGETABLE / LEGUME</b>	ARTICHOKE BLACK-EYED PEAS BUTTERNUT SQUASH CAPERS CARROT* CHICORY EGGPLANT KALE LUPINI BEANS* PARSLEY* ROMAINE LETTUCE TOMATO YAM* YELLOW SQUASH	BELL PEPPERS BOK CHOY BROCCOLI BRUSSEL SPROUTS BUTTON MUSHROOM CABBAGE CAULIFLOWER ENDIVE ESCAROLE* GRAPE LEAF KELP SHIITAKE MUSHROOM ZUCCHINI SQUASH	ARUGULA* ASPARAGUS BLACK BEANS COLLARD GREENS FENNEL SEED* GREEN PEA ICEBERG LETTUCE LEEK ONION PINTO BEAN SHALLOTS STRING BEAN TARO ROOT*	BEET* CUCUMBER* JALAPENO PEPPER OKRA* RHUBARB SAVOY CABBAGE SCALLIONS SPAGHETTI SQUASH SWISS CHARD*
<b>FRUIT</b>	BANANA* BLACK CURRANT DATE FIG* GRAPE GUAVA KIWI MANGO PAPAYA* STRAWBERRY	APPLE BLUEBERRY CRANBERRY PEAR PINEAPPLE POMEGRANATE TANGERINE	BLACKBERRY* CHERRY LIME NECTARINE PLUM RASPBERRY STAR FRUIT	CANTALOUPE GRAPEFRUIT HONEYDEW (MELON) LEMON LYCHEES OLIVE ORANGE PERSIMMON PUMPKIN WATERMELON
<b>PROTEIN</b>	CARP CHICK PEA* CODFISH* CRAB* FAVA BEAN FLOUNDER HERRING OYSTER SARDINE SEA BASS SNAPPER SWORDFISH	CATFISH CHESTNUT CHICKEN EGG WHITE EGG YOLK MACKEREL MAHI MAHI PHEASANT QUAIL SQUID* TILAPIA* TUNA WHITEFISH	ANCHOVY* CRAYFISH* DUCK* HALIBUT* KIDNEY BEAN MUNG BEAN NAVY BEAN PORK RABBIT SOLE SOYBEAN	ADZUKI BEANS CANNELLINI BEANS CHICKEN LIVER CLAM* HADDOCK* LIVER (BEEF) LOBSTER MUSSEL SCALLOP* SHRIMP TURKEY VENISON
<b>MISC. ITEMS</b>	BAY LEAF CARAWAY CHAMOMILE* CHIA CHILI PEPPER COCONUT CORIANDER CUMIN HONEY PISTACHIO* ROSEMARY SAFFLOWER* TURMERIC	BASIL BEAR'S GARLIC BITTER ALMOND CAYENNE PEPPER* CHIVES* CINNAMON CLOVE GARLIC GINGER HAZELNUT HEMP HOPS MAPLE SUGAR MUSTARD GREENS MUSTARD SEED PAPRIKA* PEPPERMINT SAFFRON*	ALMOND BRAZIL NUT CARDAMOM* COCOA COFFEE DILL* HORSERADISH OREGANO PEANUT TARRAGON THYME	BLACK PEPPER* BLACK TEA* CAROB CURRY POWDER GREEN TEA* MOLASSES NUTMEG* NUTRITIONAL YEAST PECAN SAGE SESAME SUNFLOWER* VANILLA

Important note: The report does not include classical type 1 food allergies.

## TEST REPORT CHEMICAL SENSITIVITIES, PHARMACOACTIVE AGENTS, MOULDS

Substance count: 133


**SEVERE**

**MODERATE**

**MILD\***

**ACCEPTABLE / NO REACTION**

**Patient Information:**

	<p>FUMARIC ACID E297 SODIUM ACETATE E262</p>	<p>SODIUM PROPIONATE E281* SUCCINIC ACID E363*</p>	<p><b>ADDITIVES AND COLOURINGS</b> ACACIA GUM ACID RED #14 E122 ANNATTO E160b BENZOIC ACID E210 BHA BLUE#1 BRILLIANT BLUE E13 BRILLIANT BLACK E151 CITRIC ACID E330 LECITHIN E322 MALIC ACID E296 PHOSPHORIC ACID E338 POTASSIUM PHOSPHATE E340i POTASSIUM TARTRATE E336 RED#3 ERYTHROSINE B E127 RED#40 ALLURA RED E129 SODIUM LACTATE E325 SODIUM SULFITE E221 YELLOW#10 QUIN YELLOW E10 YELLOW#6 SUNSET YELLOW E1</p>	<p>ACID BLUE #3 E131 ADIPIIC ACID E355 ASCORBIC ACID E300 BETA-CAROTENE E160A BHT BLUE#2 INDIGO CARMINE E13 CALCIUM PHOSPHATE E341 LACTIC ACID E270 LISSAMINE E142 METHENAMINE E239 PONCEAU RED E124 POTASSIUM SORBATE E202 RED#2 AMARANTH E123 RED#4 CARMINE E120 SODIUM BENZOATE E211 SODIUM METABISULFITE E223 SORBIC ACID E200 YELLOW#5 TARTRAZINE E102</p>
	<p>MAGNESIUM PHOSPHATE E343 NICKEL SULFATE SODIUM PYROPHOSPHATE E450c SODIUM TRIPOLYPHOSPHATE E451</p>	<p>POLYDEXTROSE E1200* SODIUM BISULFATE E514* SODIUM CYCLAMATE E952* SORBITOL E420*</p>	<p><b>ADDITIVES REPLACEMENT / ENVIRONMENTAL CHEMICALS</b> ALUM ASPARTAME E951 CYCLODEXTRIN E459 D-LACTITOL E966 ERYTHRITOL FLUORIDE HEXYLRESORCINOL E586 ISOMALT E953 MANNITOL E421 MSG E621 POLYSORBATE 80 E433 SACCHARIN E954 XYLITOL</p>	<p><b>/SUGAR P<small>RESERVATIVES</small> /</b> AMMONIUM CHLORIDE E510 CHLORINE DELTAMETHRIN EDTA E385 ETHYLENE GLYCOL E1521 GLYCEROL E422 INVERTASE E1103 LYSOZYME E1105 METHYL ANTHRANILATE ORRIS ROOT POTASSIUMHYDROXIDE E525 SUCRALOSE (SPLENDA)</p>
	<p>CLINORIL DIFLUNISAL (DOLOBID)</p>	<p>INDOCIN* KETOPROFEN* NAPROXEN (ALEVE)* NYSTATIN* TETRACYCLINE* VOLTAREN*</p>	<p><b>PHARMACEUTICAL AGENTS</b> ACETAMINOPHEN AMPICILLIN ASPIRIN IBUPROFEN PENICILLAMINE PIROXICAM (FELDENE) SULFAMETHOXAZOLE</p>	<p>AMOXICILLIN ANSAID GENTAMICIN NEOMYCIN PENICILLIN STREPTOMYCIN</p>
	<p>RUTIN</p>	<p>AFLATOXIN* HISTAMINE* MALTODEXTRIN* OCTOPAMINE* PHENYLETHYLAMINE* SODIUM LAURYL SULFATE*</p>	<p><b>PHARMACOACTIVE AGENTS</b> CAFFEIC ACID COUMARIN GALLIC ACID PHENYLALANINE SEROTONIN TYRAMINE</p>	<p>CHLOROGENIC ACID DOPAMINE NICOTINE PIPERONAL TRYPTOPHAN</p>
	<p>FUSARIUM OXYSPORIUM MONILIA SITOPHILA</p>	<p>ALTERNARIA* RHIZOPUS NIGRICANS* RHODOTORULA RUBRA* SPONDYLOCLADIUM*</p>	<p><b>MOULDS</b> ASPERGILLUS BOTRYTIS CLADO HERBARUM EPICOCCUM NIGRUM HELMINTHOSPORIUM MUCOR RACEMOSUS PHOMA HERBARUM</p>	<p>AUREOBASIDIUM PULLULANS CEPHALOSPORIUM CURV SPECIFERA GEOTRICHUM CANDIDUM HORMODENDRUM PENICILLIUM TRICHODERMA</p>

Important note: The report does not include classical type 1 food allergies.

# TEST REPORT MEDICINAL HERBS & SUPERFOODS

Substance count:99

SEVERE REACTION	MODERATE	MILD REACTION*	ACCEPTABLE / NO REACTION																																		
WATERCRESS(NASTURTIUM OFFICINALE)	BLACK COHOSH FALSE UNICORN MACA ROOT SPIRULINA YARROW	ALFALFA LEAF* ASHWAGANDHA* BLESSED THISTLE* BOSWELLIA* BUCHU LEAF* CHASTEBERRY* CHLORELLA* CRAMP BARK* DONG QUAI* KOREAN GINSENG* MARSHMALLOW ROOT* MISTLETOE* MYRRH* NETTLE LEAF* NONI BERRY* ROOIBOS TEA* VINPOCETINE* WORMWOOD* YELLOW DOCK*	<p><b>WELLNESSPROFILE BASIC: MAGAVE SUPERFOODS</b></p> Acai Berry Aloe Vera Barley Grass Billberry Cascara Echinacea Feverfew Goji Berry Grape Seed Extract Gymnema Sylvestre Huperzine Lutein Mangosteen Mullein Leaf Pine Bark Red Clover Flower Reishi Mushroom Rhodiola Senna Stevia Leaf Wheatgrass																																		
<p><b>WELLNESS PLUS: COMPREHENSIVE / FEM</b></p>																																					
<table border="0"> <tr> <td>ARNICA</td> <td>BLUE COHOSH</td> </tr> <tr> <td>BUPLEURUM</td> <td>BURDOCK</td> </tr> <tr> <td>BUTCHERS BROOM ROOT</td> <td>CALENDULA</td> </tr> <tr> <td>CATS CLAW</td> <td>CHAPARRAL ROOT</td> </tr> <tr> <td>DAMIANA</td> <td>EVENING PRIMROSE</td> </tr> <tr> <td>FO-TI ROOT</td> <td>GOTU KOLA</td> </tr> <tr> <td>HORSE CHESTNUT</td> <td>HORSETAIL</td> </tr> <tr> <td>IRISH MOSS</td> <td>JUNIPER BERRY</td> </tr> <tr> <td>LAVENDER</td> <td>LEMON BALM</td> </tr> <tr> <td>LOBELIA</td> <td>MOTHERWORT</td> </tr> <tr> <td>PARTRIDGE BERRY</td> <td>PENNYROYAL</td> </tr> <tr> <td>PEONY ROOT</td> <td>RED RASPBERRY LEAF</td> </tr> <tr> <td>REHMANNIA</td> <td>SARSAPARILLA</td> </tr> <tr> <td>SIBERIAN GINSENG</td> <td>SKULL CAP</td> </tr> <tr> <td>SLIPPERY ELM</td> <td>UVA URSI</td> </tr> <tr> <td>WHITE WILLOW BARK</td> <td>WILD YAM ROOT</td> </tr> <tr> <td>YERBA MATE</td> <td></td> </tr> </table>				ARNICA	BLUE COHOSH	BUPLEURUM	BURDOCK	BUTCHERS BROOM ROOT	CALENDULA	CATS CLAW	CHAPARRAL ROOT	DAMIANA	EVENING PRIMROSE	FO-TI ROOT	GOTU KOLA	HORSE CHESTNUT	HORSETAIL	IRISH MOSS	JUNIPER BERRY	LAVENDER	LEMON BALM	LOBELIA	MOTHERWORT	PARTRIDGE BERRY	PENNYROYAL	PEONY ROOT	RED RASPBERRY LEAF	REHMANNIA	SARSAPARILLA	SIBERIAN GINSENG	SKULL CAP	SLIPPERY ELM	UVA URSI	WHITE WILLOW BARK	WILD YAM ROOT	YERBA MATE	
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