



FoodStats Antibody Assessment

Test Results & Personalized Elimination/Rotation Diet Guideline

Prepared for:

APRIL IRELAND
3751743

Accession:

2021142953

Practitioner:

NICOLE CHESTER

Guideline Prepared:

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DearHealthcarePractitioner: NICOLE CHESTER

Thank you for allowing NutriPATH to assist you in helping your patients towards a healthier lifestyle.

The enclosed report consists of information regarding your patient's immune system's response to certain foods, spices, herbs and/or inhalants. Depending on which test(s) you ordered, three antibody types: IgA, IgE, and IgG may have been measured in our laboratory utilizing an Enzyme-linked Immunosorbent Assay (ELISA).

Also attached is a rotation diet guideline. The concept behind rotation-style eating is to eliminate foods that scored high for reactivity on the ELISA and to rotate consumption of foods that scored mild-moderate reactivity. The rotation diet guideline is designed so the patient does not consume the same food more than once every four days and no foods of the same family more than once every two days. Rotation-style eating is designed to encourage diversification of the diet.

The guideline excludes all tested foods on which your patients scored Class IV or greater for IgA and/or IgG antibody analysis and/or Class I and greater for IgE antibody analysis.

The guideline includes all tested foods on which your patient scored Class 0 to Class III. These foods are rotated throughout a 4-day cycle by their food families (groups of foods that are biologically or botanically related). The 4-day rotation plan alternates the food families based on a day 1 and 3, or day 2 and 4 cycle. Patients may move any food through days 1 to 4 as long as members of the same family are not consumed on consecutive days, and any particular food is not consumed more than once every four days.

Health care practitioners are responsible for interpreting the profile of test results provided by NutriPATH, applying those results to your patient and recommending dietary changes based on these and other data available to you. NutriPATH provides this rotation diet guideline for your consideration only. This is just one suggested rotation schedule. You may prefer a different, but similar, diet guideline for your patients, such as a 7-day plan. Also, you may want to modify the guideline by limiting a particular food family to one day of the rotation cycle vs. two days. If you have any questions about the attached guideline, please let us know.

We wish you and your patient all the best,
NutriPATH Integrative Pathology Services

Diet Report Summary

The following classifications correspond to the Reaction Class noted on your Food Antibody Assessment report. The classification of 0 to IV identifies the level of food-specific-antibodies measured from your blood sample via US BioTek Laboratories' semi-quantitative ELISA (Enzyme-linked Immunosorbent Assay) and quantitative Chemiluminescent Assay. Not all antibody tests (i.e.: IgA, IgE and IgG) may have been ordered by your practitioner.

These foods are **omitted** from the 4-day rotation guideline:

IgE: Class 0/I and greater
<i>(not tested)</i>

If IgE was tested along with IgA and/or IgG, any food that scored Class 0/I and greater for IgE is *listed above* irrespective of IgA or IgG antibody levels.

High to Very High antibody levels	
Class III/IV IgA	Class III/IV IgG
<i>(not tested)</i>	Gladiin, Gluten, Spelt, Sunflower Seed, Wheat

Low to Moderate antibody levels	
Class I/II IgA	Class II IgG
<i>(not tested)</i>	Casein, Cow's Milk, Rye, Whey

These foods are **included** in the 4-day rotation guideline. Consult with your practitioner on the exclusion of these foods from your diet:

Low antibody levels
Class I IgG
Almond, Carrot, Cheddar Cheese, Chickpea, Garlic, Grape, Green Pea, Oregano, Peanut, Tomato

Class 0 foods may be freely eaten, or included in the four-day rotation. Consult with your health-care provider to see which strategy is right for you.

This report does not identify IgE-mediated anaphylaxis risks. Avoid all foods to which you have had an anaphylactic reaction (consult your practitioner). IgE antibody testing is not available through the Dried Blood Spot Collection Kit.

Your Personal Rotation Diet Guideline

All of the tested foods are listed excluding Class I and greater for IgA and/or Class II and greater for IgG antibody analysis. Also excluded is Class 0/I and greater for IgE antibody analysis, as identified on your Food-Specific Antibody Assessment graph.

The 4-day rotation plan alternates the food families based on a day 1 and 3, or day 2 and 4 cycle, where no particular food item is eaten more than once every 4 days. This is not a mandatory food menu. Pick, choose and improvise as you like for a nutritionally balanced and varied diet.

	Day 1	Day 2	Day 3	Day 4
Dairy	Cheddar Cheese		Goat's Milk	
Egg, Meat, Poultry	Chicken, Chicken Egg White, Chicken Egg Yolk, Lamb	Pork	Beef, Duck Egg Whole, Turkey	
Fish, Crustacea, Mollusk	Scallop, Shrimp	Cod, Lobster, Sole, Trout	Clam	Crab, Halibut, Salmon, Tuna
Fruits	Apple, Olive, Papaya, Pear, Raspberry, Strawberry	Cranberry, Grape, Orange	Apricot, Banana, Peach, Pineapple, Plum	Blueberry, Grapefruit, Lemon
Grains, Legumes, Nuts	Almond, Barley, Oat, Walnut	Chestnut, Coconut, Green Bean, Green Pea, Kidney Bean, Lima Bean, Pinto Bean	Buckwheat, Corn, Hazelnut, Pecan, White Rice	Chickpea, Lentil, Peanut, Soybean
Miscellaneous	Baker's / Brewer's Yeast, Cocoa Bean (Chocolate), Flaxseed, Sesame Seed		Button Mushroom, Cane Sugar, Coffee Bean, Honey	
Spices		Oregano	Ginger	
Vegetables	Asparagus, Avocado, Cucumber, Green Bell Pepper, White Potato	Broccoli / Brussel Sprouts, Celery, Spinach	Garlic, Onion, Pumpkin, Sweet Potato, Tomato	Beet, Cabbage, Carrot, Cauliflower, Lettuce

This report does not identify IgE-mediated anaphylaxis risks. Avoid all foods to which you have had an anaphylactic reaction (consult your practitioner).

NOTE: At the clinician's discretion, IgG class II foods may be included in the rotation diet. The FoodStats Food Family Guide can ensure that foods added to the rotation are placed on the appropriate day (with their food families) to minimize any immune system responses.

For Your Convenience

Patient: **APRIL IRELAND 3751743**

Practitioner: NICOLE CHESTER

Food Antibody Assessment

IgE: Class 0/I and greater – *(not tested)*

IgA/IgG: Class III and IV – Gliadin, Gluten, Spelt, Sunflower Seed, Wheat

IgA/IgG: Class II – Casein, Cow's Milk, Rye, Whey

IgA: Class I – *(none)*



