

Alletess Medical Laboratory  
216 Pleasant Street  
Rockland, MA 02370

COMPREHENSIVE FOOD PANEL

IgG ELISA

Run Date: 10/09/2008

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www.foodallergy.com

PATIENT INFORMATION

JOYCE ELLE

DOB: 07/13/1955

Requisition: 813037

Service Date: 10/09/2008

PROVIDER INFORMATION

USHA HONEYMAN DC

CORVALLIS, OR 97330

Telephone: (541) 754-6323

Collection Date: 10/06/2008

TEST	SCORE	CLASS	TEST	SCORE	CLASS
ALMOND	0.127	0	LETTUCE	0.160	0
APPLE	0.149	0	LOBSTER	0.198	0
ASPARAGUS	0.155	0	MALT	0.174	0
AVOCADO	0.164	0	MILK (COW'S)	0.194	0
BANANA	0.148	0	MUSHROOM ?	0.280	1 *
BARLEY	0.149	0	MUSTARD	0.225	1 *
BASIL	0.161	0	NUTRA SWEET	0.142	0
BAY LEAF	0.150	0	OAT	0.138	0
BEAN (GREEN)	0.150	0	OLIVE (GREEN)	0.135	0
BEAN (LIMA)	0.185	0	ONION	0.147	0
BEAN (PINTO)	0.124	0	ORANGE	0.146	0
BEEF	0.158	0	OREGANO	0.149	0
BLUEBERRY	0.233	1 *	PEA	0.159	0
BRAN	0.144	0	PEACH	0.156	0
BROCCOLI	0.158	0	PEANUT	0.150	0
CABBAGE	0.155	0	PEAR	0.139	0
CANTALOUPE	0.151	0	PEPPER (BLACK)	0.197	0
CARROT	0.148	0	PEPPER (CHILI)	0.560	3 ***
CASHEW	0.151	0	PEPPER (GREEN)	0.200	1 *
CAULIFLOWER	0.200	1 *	PINEAPPLE	0.146	0
CELERY	0.158	0	PORK ?	0.277	1 *
CHEESE (CHEDDAR)	0.157	0	POTATO (SWEET)	0.148	0
CHEESE (COTTAGE)	0.184	0	POTATO (WHITE)	0.149	0
CHEESE (SWISS)	0.157	0	RICE	0.138	0
CHICKEN	0.156	0	RYE	0.181	0
CINNAMON	0.120	0	SAFFLOWER	0.771	3 ***
CLAM	0.208	1 *	SALMON	0.233	1 *
COCOA	0.186	0	SCALLOP	0.156	0
COCONUT	0.169	0	SESAME	0.174	0
CODFISH	0.144	0	SHRIMP	0.191	0
COFFEE ?	0.275	1 *	SOLE	0.198	0
COLA	0.147	0	SOYBEAN	0.174	0
CORN	0.151	0	SPINACH	0.144	0
CRAB	0.168	0	SQUASH	0.138	0
CUCUMBER	0.144	0	STRAWBERRY	0.247	1 *
DILL	0.254	1 *	SUGAR (CANE)	0.142	0
EGG WHITE	0.123	0	SUNFLOWER (SEED)	0.148	0
EGG YOLK	0.131	0	SWORDFISH	0.148	0
EGGPLANT	0.153	0	TEA (BLACK)	0.181	0
GARLIC	0.199	0	TOMATO	0.268	1 *
GINGER	0.135	0	TUNA	0.264	1 *
GLUTEN	0.196	0	TURKEY	0.155	0
GRAPE	0.160	0	WALNUT (BLACK)	0.157	0
GRAPEFRUIT	0.152	0	WATERMELON	0.151	0
HADDOCK	0.222	1 *	WHEAT	0.182	0
HONEY	0.151	0	YEAST (BAKER'S)	0.893	3 ***
LAMB	0.195	0	YEAST (BREWER'S)	0.525	3 ***
LEMON	0.163	0	YOGURT	0.261	1 *

ELISA Scoring and Evaluation (For Research Use Only)

$\leq 0.199 = 0$   $0.200 - 0.299 = 1$   $0.300 - 0.399 = 2$   $\geq 0.400 = 3$

Note: 0.185 - 0.215 should be considered equivocal

Laboratory Director: Edward Roseland

Technical Director: Vithal S. Jathar, Ph.D.

G28





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1368 NW Lincoln Ave.  
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*Regain your body's potential.*



*Gentle hands-on treatment.*

Joyce

### What Now? How do I eat?

This test has measured levels of IgG antibodies in your blood to 96 different foods. IgG antibodies are involved in delayed allergic reactions, which take 8 hours to 3 days to cause symptoms after exposure. This test does not measure immediate allergic reactions or intolerances.

You reacted significantly to the following foods:

Yeast, Bakers Safflower  
" Brewers  
chili Peppers

### **Trial Elimination:**

I recommend a one month trial elimination of these foods. Elimination of problem foods gives your immune system a break as well as allowing your body a chance to heal from the ongoing inflammation and irritation these foods are currently causing.

In order to effectively eliminate these foods you will need to read labels carefully on all packaged foods. Plan on taking an extra 20 to 30 minutes grocery shopping to allow time for reading labels.

### **Re-Introducing Foods:**

At the end of the month, you may experiment by adding a food back in for one day at a time. Pick one of the foods and eat as much of it as you like for one day. Then eliminate it again for 3 days and observe any symptoms that occur over these 3 days. If a food causes symptoms, eat it no more frequently than one day per month for 6 to 12 months. You should be able to tell, as your antibodies drop, your reaction to the food should diminish over time.

### **4-Day Rotation:**

In addition, you may also need to rotate the following foods on a 4 day basis.

The immune system works on a 4 day clock. If foods show up only one day in 4, then the delayed allergic reaction to the food is not triggered. Once your antibodies to a certain food have dropped, you may find it useful to try this concept with other foods as well.

With total elimination of a food from your diet, it will take a minimum of 3 months for the elevated antibody levels to start dropping. This means if the food shows up in your blood stream while the antibody levels are still high, expect to have a more severe reaction to it than occurred when you were eating the food regularly.

### **Big Ticket Items:**

The higher protein foods: grains, beans, animal foods, nuts, are much more likely to cause symptoms as you re-introduce foods. Fruits and vegetables in general can be eaten sooner with less trouble.

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Joyce

10/23

- 1) No Iron in supplements  
in Multi Vitamin Mineral
- 2) Possible hemochromatosis  
Donate Blood (monthly)  
as often as Red Cross will  
allow
- 3) Hypothyroidism - Armour  
30 mg/aka .5 grains  
Take one on waking,  
no food for 30 minutes
- 4) Check multiple - should  
have 1,000 IU vitamin D
- 5) Continue Fish oil + B complex
- 6) Consider Milk Thistle for Liver  
2-4 caps per day

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