



LRA by ELISA/ACT[®]

Test Results For:

Sample, Patient
September 1, 2014

Your test results include:

- **Strong Reactions**
- **Moderate Reactions**
- **Non-Reactive Items**
- **Detailed Description of Reactive Items**
- **Laminated Wallet Card with Results**

STRONG REACTIONS

- Tea, Black
- Rose Hips
- FD&C Yellow #10
- Brilliant Black

Avoid for at least 6 months.

MODERATE REACTIONS

- Cauliflower
- Ginger
- Peach
- Haddock
- Blackberry
- Mannitol
- FD&C Red #3
- Propylene Glycol (1,2-Propanediol)
- Trichloroethylene (TCE)
- Cassava (Yuca)
- Docosanol (Abreva)
- Antimony
- Goji Berry

Avoid for at least 3 months.

MODERATE FOOD GROUP(S):

• BERRIES

Acai Berry
Blackberry
Blueberry
Boysenberry
Cranberry
Elderberry
Goji Berry
Gooseberry
Raspberry
Strawberry

Thus of the 504 substances tested, reaction is noted to 17 items and 1 food group(s).

While both strong and moderate reactions are equally burdensome to your immune defense and repair systems, we have found that it takes about half as long to restore tolerance of moderate reactions as compared to the strong ones.

ELISA/ACT[®] LRA RESULTS

Non-Reactive Items

- 1, 2 Dichlorobenzene
- 2-Methyl Pentane
- 2, 4, 5 T
- 2,4-D
- 3-Methyl Pentane
- Acesulfame
- Aduki/Adzuki Bean
- Agave nectar
- Aldrin
- Alfalfa
- Algae (Chlorella)
- Algae (Spirulina)
- Allspice
- Almond
- Aloe
- Alternaria alternata
- Aluminum
- Amaranth
- Amitriptyline (Elavil)
- Amoxicillin
- Ampicillin
- Anchovy
- Anise Seed
- Annatto
- Apple
- Apricot
- Arnica
- Arrowroot
- Arsenic
- Artemisia annua
- Artichoke
- Asparagus
- Aspartame/Nutrasweet
- Aspergillus fumigatus
- Aspergillus niger
- Aspergillus oryzae
- Aspirin/Coal Tar
- Astragalus
- Avocado
- Baking Powder
- Bamboo
- Banana
- Barium Sulfate
- Barley
- Basil
- Bass
- Bay Leaf
- Bean, Garbanzo
- Bean, Kidney
- Bean, Lima
- Bean, Mung
- Bean, Navy/Ninja
- Bean, Pinto/Frijole
- Bean, Soya
- Bean, String/Wax
- Beef/Veal
- Beet
- Benzaldehyde
- Benzene
- Benzopyrene
- Benzyl Acetate
- Bergamot
- Beryllium Oxide
- BHA
- BHT
- Black Cohosh
- Bladderwrack
- Bok Choi
- Botrytis cinerea
- Brazil Nut
- Broccoli
- Buckwheat/Kasha
- Buffalo
- Butter, Clarified (Ghee)
- Butter, Whole
- Cabbage/Brussels Sprouts
- Cadmium
- Caffeine
- Calcium Propionate
- Camphor
- Camu Camu
- Candida albicans
- Cantaloupe/Honeydew
- Caraway Seed
- Carbamates
- Carbon Disulfide
- Carbon Tetrachloride
- Cardamom
- Carmine/Cochineal
- Carmoisine
- Carob
- Carrot
- Casein
- Cashew
- Cat Dander (Felis cattus)
- Catfish
- Celery
- Cellulose/Hemicellulose
- Cephalixin (Keflex)
- Chamomile
- Chard
- Cheese, Brick (Cow)
- Cheese, Cottage (Cow)
- Cheese, Parmesan (Cow)
- Cheese, Processed (Cow)
- Cheese, Romano (Sheep)
- Cheese/Milk (Goat)
- Cherry
- Chestnut
- Chia
- Chicken
- Chicory
- Chinese Tea
- Chive
- Chlordane
- Chloroform
- Chocolate/Cocoa
- Chrysanthemum
- Cilantro
- Cinnamon
- Ciprofloxacin (Cipro)
- Cis-Dichloroethylene (1, 2-
- Cladosporium cladosporioides
- Cladosporium herbarum
- Clam
- Clarithromycin (Biaxin)
- Clove
- Coconut
- Cod Liver Oil

ELISA/ACT[®] LRA RESULTS

NON-REACTIVE ITEMS, CONT'D

- Codfish
- Coffee, Decaf & Reg
- Cola
- Collard Greens
- Coriander
- Corn (Maize)
- Cottonseed Oil
- Crab
- Cream of Tartar
- Cucumber
- Cucumber, Japanese
- Cumin
- Currant
- Curry
- Cyclohexylamine
- D & C Green #5
- D & C Orange #5
- D & C Red #33
- D & C Violet #2
- D&C Orange #4
- Date
- DBCP (1,2 Dibromo-3-chloropropane)
- DDT
- Deer/Venison
- DEET
- Detergent (Synthetic)
- Diacetyl (2,3-Butanedione)
- Diazepam (Valium)
- Dibutyl Phthalate
- Dieldrin
- Dill
- Dog Dander (Canis familiaris)
- Dong Quai
- Dragon Fruit
- Duck Feathers (Anas platyrhynca)
- Duck/Goose
- Dulse
- Echinacea
- EDTA
- Egg White (Chicken)
- Egg Yolk (Chicken)
- Eggplant
- Endive
- Endrin
- Ephedra
- Epidermophyton floccosum
- Erythromycin
- Ethyl Acetate
- Ethyl Acetoacetate
- Ethyl Butyrate
- Ethyl Mercury
- Ethylene Dibromide
- FD&C Blue #1
- FD&C Blue #2
- FD&C Green #3
- FD&C Red #2
- FD&C Red #40
- FD&C Yellow #5
- FD&C Yellow #6
- Feverfew
- Fig
- Flaxseed/Linseed Oil
- Fluconazole (Diflucan)
- Formaldehyde
- Fusarium solani
- Fusarium vasinfectum
- Garlic
- Gelatin
- Geotrichum candidum
- Gin (Juniper Berries)
- Ginseng, American
- Ginseng, Chinese
- Ginseng, Siberian
- Gliadin
- Gluten
- Goat Hair/Skin Scraping (Capra hircus)
- Gold
- Goldenseal/Hydrastis
- Goose Feathers (Anser anser)
- Grape Seed Oil
- Grape/Raisin, Green
- Grape/Raisin, Red
- Grapefruit
- Guaifenesin (Mucinex)
- Guinea Pig Hair (Cavia porcellus)
- Gum, Acacia
- Gum, Agar
- Gum, Carrageenan
- Gum, Guar
- Gum, karaya
- Gum, Locust Bean
- Gum, Tragacanth
- Gum, Xanthan
- Halogenated Biocide
- Hawthorne
- Hazelnut/Filbert
- Helminthosporium halodes
- Helminthosporium sativum
- Hemp
- Heptachlor
- Hexachlorocyclohexane
- Hijiki
- Honey
- Hops
- Horse Dander (Equus caballus)
- Horseradish
- Hydrogenated Oil
- Hydroxychloroquine (Plaquenil)
- Hypericum/St. John's Wort
- Ibuprofen
- Irish Moss
- Isopropyl Ether
- Kale
- Kamut
- Kelp/Sea Weed
- Kiwi
- Kombu
- Lactalbumin
- Lactoglobulin
- Lamb/Mutton
- Latex
- Lead
- Leek
- Lemon
- Lemongrass
- Lentils, Red, Green
- Lettuce, Iceberg
- Lettuce, Red Leaf
- Lettuce, Romaine

ELISA/ACT[®] LRA RESULTS

NON-REACTIVE ITEMS, CONT'D

- Licorice
- Lime
- Lobster
- Lomatium
- Maca
- Macadamia
- Mace
- Magnesium stearate
- Maleic Anhydride
- Malt
- Mango
- Marjoram
- Menthol
- Mercury
- Mesalamine (Asacol)
- Metallic Catalysts
- Methoxychlor
- Methyl Mercury
- Methyl paraben
- Methylene Chloride (Dichloromethane)
- Methylphenidate (Ritalin)
- Milk, Pasteurized (Cow)
- Milk, Raw (Cow)
- Millet
- Miso, Barley
- Miso, Brown
- Miso, Hatcho
- Miso, White
- Molasses
- Morpholine
- MSG (Monosodium Glutamate)
- Mucor mucedo
- Mucor racemosus
- Mushroom
- Mushroom, Maitake
- Mushroom, Reishi
- Mushroom, Shiitake
- Mustard Greens, Spice
- Naproxen
- Nectarine
- Nickel (II) Chloride
- Nitrates/Nitrites
- Nitrosamine Mix
- Noni
- Nutmeg
- Nystatin
- Oats
- Okra
- Olive
- Omeprazole (Prilosec)
- Onion, Yellow
- Orange
- Oregano
- Organophosphates
- Oyster
- Palm Oil
- Papaya
- Paprika
- Parsley
- Parsnip
- Pea, Black-Eyed
- Pea, Green, Snow
- Peanut
- Pear
- Pecan
- Penicillamine
- Penicillin
- Penicillium frequentans
- Penicillium notatum / chrysogenum
- Penicillium roqueforti
- Pentachlorophenol (PCP)
- Pepper, Black
- Pepper, Cayenne
- Pepper, Chili, Red
- Pepper, Green, Red, Yellow
- Pepper, White
- Peppermint
- Perch/Mackerel
- Petroleum By-Products & Solvents
- Phenol
- Phthalates
- Pimiento
- Pineapple
- Pinene
- Piroxicam (Feldene)
- Pistachio
- Plum, Umeboshi
- Plum/Prune
- Polyethylene glycol
- Polysorbate 20
- Polysorbate 60
- Polysorbate 80
- Polyvinylpyrrolidone
- Pomegranate
- Ponceau 2R
- Ponceau 4R
- Poppy Seed
- Pork/Bacon/Ham
- Potassium Bromate
- Potassium sorbate
- Potato, Sweet
- Potato, White
- Primrose Oil
- Propyl Gallate
- Propyl paraben
- Psyllium Seed
- Pullularia pullulans
- Pumpkin
- Pyrene
- Quail
- Quinoa
- Rabbit
- Rabbit Hair (Oryctolagus cuniculus)
- Radish
- Rapeseed/Canola Oil
- Resin
- Rhizopus nigricans / stolonifer
- Rhodotorula
- Rhubarb
- Rice, Basmati
- Rice, Brown
- Rice, White
- Rice, Wild
- Rosemary
- Royal Jelly
- Rutabaga
- Rye
- Saccharine
- Safflower Oil

ELISA/ACT[®] LRA RESULTS

NON-REACTIVE ITEMS, CONT'D

- Saffron
- Sage
- Salicylate
- Salmon/Lox
- Sardine
- Scallion/Spring Onion
- Scallop
- Sea Lettuce
- Selenium Sulfide
- Sesame/Tahini
- Sheep Wool (*Ovis aries*)
- Shrimp
- Silicates / Silicon Dioxide
- Silicone
- Silver
- Slippery Elm
- Snapper
- Soap (SDS/SLS)
- Sodium alginate
- Sodium Benzoate
- Sodium erythorbate
- Sodium Fluoride
- Sodium Propionate
- Sole/Flounder/Halibut
- Sorbitol
- Spearmint
- Spelt
- Spinach
- Splenda (sucralose)
- Squash
- Star Fruit
- Stevia
- Streptomycin
- Sugar Cane / Sucanat
- Sugar, Beet
- Sugar, Corn
- Sugar, Maple
- Sulfite/Metabisulfite
- Sunflower
- Swordfish
- Tamari
- Tamarind
- Tangerine/Mandarin Orange
- Tarragon
- Tert-Butyl-Ethyl Ether (TBEE)
- Tert-Butyl-Methyl Ether (TBME)
- Tetrachloroethylene
- Tetracycline
- Thricothecium roseum
- Thyme
- Tilapia
- Tin/Stannous Chloride
- Titanium Dioxide
- Tobacco
- Tofu
- Toluene
- Tomato
- Trichoderma harzianum
- Trichophyton mentagrophytes goetzii
- Trichophyton mentagrophytes interdigitale
- Trichophyton rubrum
- Trichophyton schoenleinii
- Triticale
- Trout
- Tuna
- Turbot/Whitefish
- Turkey
- Turkey Feathers (*Meleagris gallopavo*)
- Turmeric
- Turnip, Greens
- Tylenol (Acetaminophen)
- Valerian
- Vanilla
- Vegetable Glycerin
- Vinyl Chloride
- Wakame
- Walnut Oil, Black
- Walnut, English
- Water chestnut
- Watercress
- Watermelon
- Wheat
- Whey
- White Willow Bark
- Xylene
- Xylitol
- Yaki Nori/Laver
- Yeast, Baker's (*S. cerevisiae*)
- Yeast, Brewer's (*S. cerevisiae*)
- Yerba Mate
- Yogurt (Cow)

LRA by ELISA/ACT® Tests Results and What They Mean

LRA by ELISA/ACT tests use a breakthrough technology that allows the laboratory, for the first time, to observe immune reactions of specialized white cells (lymphocytes) just as they occur in your body (*ex vivo*, to be technical).

Live lymphocytes from your blood sample are exposed to antigens in our lab. Reaction indicates loss of tolerance and development of self-attack known as delayed hypersensitivity.

- **Strong reaction means that > 50% of cultured lymphocytes react.**
- **Moderate reaction means that 5-50% of cultured lymphocytes react.**

Complete food group(s) will be displayed as reactive when two or more foods in that group are reactive. Dairy, because it is commonly cross-allergenic, is the only exception. The dairy group will appear in bold if even one item in the dairy group is reactive. **It is recommended to avoid all items in a food group if it is listed in bold.**

Reactive items are an adverse load on your body's immune defenses. This means a reduced ability to respond to new or chronic infections. Reactive items also decrease immune activities needed to repair your body. This can provoke inflammation and self-attack ("autoimmunity").

Avoid **strong** reactors for **six (6) months** and **moderate** reactors for **three (3) months** to reduce the burden on the immune system and restore your body's ability to repair. Avoiding reactive items can break the cycle of impaired defense and repair, allowing your body to start the recovery and repair process.

Immediate allergies (Type 1 IgE linked) are not detected by the LRA by ELISA/ACT tests. Immediate allergies are usually detected by history, routine skin tests, or RAST tests. If you have known immediate allergies, you should continue avoiding those items. Consult with your health professional if you have any questions regarding your immediate allergies.

LRA by ELISA/ACT Tests Are Different

The LRA tests **identify only reactive lymphocytes. B class lymphocytes react to harmful antibodies; T class lymphocytes react directly.**

Protective memory (non-reactive IgG) antibodies do not provoke symptoms and are not detected by ELISA/ACT LRA tests. Detecting only the items that provoke reactions is an advantage of lymphocyte response assays.

Other antibody tests (ELISA IgG, EIA IgG, IgG tests) do not offer this advantage. These tests measure only if antibodies are present. Since antibodies can be helpful or harmful, knowing the amount of an antibody tells nothing of its function--does it protect and help or does it react and harm?

Some labs measure particles and assume all particles of a certain size are reactive lymphocytes—again, these measurements are not as helpful as the LRA by ELISA/ACT tests.



Lab Director

MD, Ph.D., FASCP, FACAAI, FACN

References: Golub, E.S. Immunology: A synthesis Sinauer Associates, Inc. , Sunderland, MA 1987 p474-479. Sell, S. Immunology, Immunopathology, and Immunity, 4th Ed., Elsevier, NY, 1987 p 314-321. Jaffe, R. Improved Immune Function Using Specific Nutrient Supplementation and ELISA/ACT "Immunologic Fingerprint" to Detect Late Phase Responses Ex Vivo. J Am Col Nutr 8(5): 424, 1989.

<u>Name</u>	<u>Amount</u>	<u>Times</u>	<u>Action/Use</u>	<u>Special Comment</u>
<u>Priority Supplements:</u>				
Multivitamin multimineral/ transporter enhanced w/o iron	Two tabsules	Once a day with meal/s of choice. Total of 2	Provides essential vitamins and minerals in the most bio-absorbable and bio-available forms, for optimal metabolic functioning .	Energizing and alkalizing formula : enhances and protects the immune system
Ascorbate (buffered Vitamin C) Powder or tablets	Depends on amount body will absorb (determined by the Ascorbate calibration protocol)	Four or more times a day	Central regulator of cell metabolism, a stimulant to structural connective protein synthesis, & is vital to repair	Refer to the Ascorbate (Vitamin C) Calibration protocol that will help determine the body's need for Vitamin C . This is also on Page 29(Appendix 9) in The Alkaline Way Guide
500 mg. Quercetin dihydrate with 5 mg. of (OPC soluble) Proanthocyanidins	4 tabsules	Twice a day ; total of 8	This flavonoid and flavanol combination improves utilization of Vitamin C; reduces chronic viral activity and decreases inflammation.	Best taken in conjunction with ascorbate.
Lactobacillus, Bifidobacterium species and S. Thermophilus (Synergy of 10 beneficial probiotics)	1-2 capsules 1-2 capsules 1 capsule	With all meals: for 1month With breakfast&dinner : for 2 months With breakfast only, after 3 months	Rebuilds healthy digestive flora in the intestinal tract. Inhibits the growth of pathogens . Promotes better overall digestion	After 6 months from start of therapy a stool culture of microflora (intestinal bugs) is recommended. Please see your healthcare professional to obtain further information.
Oral Vitamin B12 as hydroxocobalamin for energy and detoxification	1 sublingual lozenge	5 times a day	Improves methylation detoxification and reduces cell susceptibility to stress injury. Also, improves transport of biochemicals and reduces reactivity of muscle fibers. Best dissolved under the tongue, not swallowed.	Hydroxocobalamin is the preferred form of B-12 and is suitable for vegetarians. If homocysteine levels are monitored, sufficient intake to reduce levels<6 mg/dl is recommended.
Ultimate bone protection with 20 alkalizing bone building nutrients	6-8 Tabsules	Divided through the day : Maximum of 8	Alkalizing bone building formula with 20 nutrients including vitamins, minerals and associated cofactors	For best absorption, include a bed time dose

Sample, Patient		Nutritional Recommendations		
<u>Name</u>	<u>Amount</u>	<u>Times</u>	<u>Action/Use</u>	<u>Special Comment</u>
<u>Specific supplements that may be helpful:</u>				
Essential Fats Omega 3,6,9 : EPA and DHA + CLA and GLA	2 softgels	Twice a day : Total of 4	Omega 3 reduces plaque formation. Omega 6 decreases inflammation Omega 9 enhances membrane fluidity.	Essential Fatty Acids in the right proportions for improved health
Nature's comprehensive stress relief : Rhodiola, Magnolia and Phellodendron	2 soft gels	Twice a day	Neutralizes stress, balances cortisol and rebuilds hormone function	Store product below 70°F.
Remifemin (Black Cohosh)	2 -3 tabsules	Once a day (40 -60 mg)		

Learn new patterns of consumption. You may want to read *Diet for a Small Planet* by Frances Moore Luppe, *Diet and Nutrition* by Rudolph Ballantine, MD., *Minding the Body, Mending the Mind* by Joan Borysenko, PhD., and *Acid and Alkaline* by Herman Aihara.

Take balanced and fully active nutritional supplements as recommended in this report. Your health professional, or the sources cited in this report, can provide ordering information.

Demonstrate your commitment to your health as an essential part of your life by performing each and every part of this report as recommended by your physician with full attention.

Discuss the meditation technique that is best for you with your doctor. *Active Meditation: the Western Tradition* by Robert R Leichtman, MD and Carl Japikse is an example of a non-sectarian, non-denominational approach to evoking your healing response, and is distinctly helpful.

Receive traditional acupuncture [6-8 sessions to determine effectiveness] from a traditional acupuncturist near you. Ask your physician for a referral.

Tea, Black

History/Discussion: Tea contains 1-5% caffeine. If you are reactive to black tea or caffeine we recommend that you avoid all commercial tea blends.

Sources of Exposure: This includes all iced teas, English teas, Chinese green tea from which black tea is made, Oolong tea, Bancha (twig) tea, Sencha tea, and Calli tea.

Substitutions: Herb teas are a good alternative, unless one is sensitive to any of the herbs, Yerba mate.

Rose Hips

Item Tested: Rose hips are the fruit of various species of the rose bush, members of the *Rosaceae* family.

History/Discussion: Rose hips are high in flavonoids.

Sources of Exposure: Rose hips are used in herbal tea blends, vitamin C and bioflavonoid supplements, and some jams and shampoos.

Substitutions: There are many single herb teas (as peppermint, lemon balm, etc.) and combination herb teas free of rose hips. Many high quality vitamin C formulations are made without rose hips.

FD&C Yellow #10

Item Tested: FD&C Yellow # 10 is also called Quinoline Yellow, or Acid Yellow. It is the disodium salt of the disulfonic acid of (2-Quinolyl) -1,3, Indanedione.

History/Discussion: FD&C Yellow # 10 is not permitted for use in foods within the United States, although it is allowed for such in Europe. In the United States it is permitted for use in drugs and cosmetics. It has also been approved for use in medical devices such as implants, valves, sutures and the like.

Sources of Exposure: A wide variety of drugs and cosmetics.

Substitutions: Any of the non-toxic natural colors from food and/or plants.

Brilliant Black

Item Tested: Brilliant Black is a black coloring agent.

History/Discussion: Brilliant Black is a color that is not approved by the United States Food and Drug Administration for use in foods, drugs or cosmetics. It is, however, used for other purposes including as a coloring agent in inks and in dyeing clothes, paper and other materials. This coloring is permitted in foods in Europe, however, where it can be found in candies, ice cream, milk products, confections, preserves, jams and jellies, syrups, flavorings, canned fruits and vegetables and the like. It may also be found in European drugs and cosmetics.

Sources of Exposure: As Brilliant Black is permitted for use in foods, drugs and cosmetics in Europe, items consumed in Europe and some imported foods may contain this coloring agent. Exposure can also come from contact with ink, clothing, paper and other materials dyed with Brilliant Black.

Substitutions: Any of the non-toxic natural colors from food and/or plants.

Cauliflower

Item Tested: Cauliflower is a vegetable in the *Cruciferae* (cabbage) family.

Sources of Exposure: Whole foods, soups and salads (check labels).

Substitutions: Broccoli, turnip or cabbage (assuming you do not react to them).

Note: Avoidance of specific foods to which you react is sufficient. There is no added benefit in avoiding a complete food family unless specifically directed to.

Ginger

History/Discussion: Ginger is in the *Zingiberaceae* (ginger) family, the root of the *Zingiber officinale* plant.

Sources of Exposure: It is a popular ingredient for culinary purposes, especially in oriental cooking. Ginger can be used fresh, dried, powdered, crystallized, preserved in syrup (also known as stem or candied ginger) and even ready-grated in jars. Also used in herbal teas and infusions. It is used as flavoring for cookies and cake, and is the main flavor in ginger ale, a sweet, carbonated, non-alcoholic beverage. Powdered dry ginger is used to add spiciness to gingerbread, ginger snaps and other recipes.

Substitutions: Other spices.

Peach

Sources of Exposure: Peaches and peach extract in jellies, jams, and confections.

Substitutions: Other non-reactive fruits.

Haddock

History/Discussion: Haddock is a member of the *Gadidae* (codfish) family.

Sources of Exposure: Apart from the fish itself, frozen and canned foods can also be a source of exposure (check labels).

Substitutions: Tuna, mackerel, salmon, cod or any other non-reactive fish of choice.

Note: Avoidance of specific foods to which you react is sufficient. There is no added benefit in avoiding a complete food family unless specifically directed to.

Blackberry

History/Discussion: Blackberry is a member of the *Rosaceae* (Rose) family.

Sources of Exposure: Take care to check for fruit sweeteners and natural fruit flavorings in beverages, baked goods, jams, jellies and candies.

Substitutions: Any non- reactive fruit.

Note : If you react to two or more berries, you may have to avoid the whole berry group

Mannitol

Item Tested: Mannitol is an organic compound with the formula (C₆H₈(OH)₆). This polyol is used as an osmotic diuretic agent and a weak renal vasodilator. It was originally isolated from the secretions of the flowering ash, called manna after their resemblance to the Biblical food, and is also referred to as mannite and manna sugar. Mannitol is a sugar alcohol; that is, it is derived from a sugar by reduction. Other sugar alcohols include xylitol and sorbitol.

History/Discussion: Mannitol is used clinically to reduce acutely raised intracranial pressure until more definitive treatment can be applied, e.g., after head trauma. It is also used to treat patients with oliguric renal failure.

Mannitol can also be used to open the blood-brain barrier by temporarily shrinking the tightly coupled endothelial cells that make up the barrier. This makes mannitol indispensable for delivering various drugs directly to the brain (e.g., in the treatment of Alzheimer's disease). Mannitol is commonly used in the circuit prime of a heart lung machine during cardiopulmonary bypass. The presence of mannitol preserves renal function during the times of low blood flow and pressure, while the patient is on bypass. The solution prevents the swelling of endothelial cells in the kidney, which may have otherwise reduced blood flow to this area and resulted in cell damage.

Mannitol is also being developed by an Australian pharmaceutical company as a treatment for cystic fibrosis and bronchiectasis and as a diagnostic test for airway hyperresponsiveness. The mannitol is orally inhaled as a dry powder through what is known as an osmohaler and osmotically draws water into the lungs to thin the thick, sticky mucus characteristic of cystic fibrosis. This is intended to make it easier for the sufferer to cough the mucus up during physiotherapy. The critical characteristic of the mannitol is its particle size distribution.

Mannitol is also the first drug of choice for the treatment of acute glaucoma in veterinary medicine. It dehydrates the vitreous humor and, thus, lowers the intraocular pressure. However, it requires an intact blood-ocular barrier to work.

Mannitol can also be used to temporarily encapsulate a sharp object (such as a helix on a lead for an artificial pacemaker) while it is passed through the venous system. Because the mannitol dissolves readily in blood, the sharp point will become exposed at its destination.

Mannitol may be administered in cases of severe Ciguatera poisoning. Severe ciguatoxin, or "tropical fish poisoning" can produce stroke-like symptoms.

Mannitol is the primary ingredient of Mannitol Salt Agar, a bacterial growth medium, and is used in others.

In oral doses larger than 20 g, mannitol acts as an osmotic laxative, and is sometimes sold as a laxative for children.

Sources of exposure (additional): Mannitol is also used as a sweetener for people with diabetes, and in chewing gums. Since mannitol has a positive heat of solution, it is used as a sweetener in "breath-freshening" candies, the cooling effect contributing to the fresh feel. The pleasant taste and mouthfeel of mannitol also makes it a popular excipient for chewable tablets.

FD&C Red #3

Item Tested: The food color FD&C Red #3 is also known as Erythrosine.

History/Discussion: Originally a coal tar derivative, FD&C Red #3 is a brownish powder. The safety of this coloring agent has been contested for many years.

It was reported in 1981 by NIH researchers that FD&C Red #3 may interfere with transmission of nerve impulses in the brain. Also, it contains iodine and has been shown to affect the thyroid glands, creating thyroid tumors, in laboratory animals. This, apparently, has not been proven in humans. FD&C Red #3 has been determined to be a carcinogen. Children who eat large amounts of artificially colored cherries, gelatin desserts, and other FD&C Red #3 colored products could be at risk.

Due to safety concerns the FDA reconsidered the use of FD&C Red #3 as a certified color. In 1990 the FDA discontinued the provisional listing of all forms of Red #3 in externally used drugs and cosmetics. Because this listing was provisional, it was easy to rescind. Use of the color in foods and drugs taken internally, however, was, and is still permitted, as a permanent listing is much more difficult to rescind. Today this color remains permanently listed for use in foods and ingested drugs. Although the FDA has announced its intent to propose rescinding those listings, it is still allowed in foods and drugs used internally.

Sources of Exposure: As a coloring FD&C Red #3 used in toothpaste and in canned fruit cocktail, canned food, snack foods, sherbet, ice cones, ice cream, cereals, puddings, fruit salad, sherbets, gelatin desserts, cherry pie mix (up to 0.01 percent), candy, confections, and in maraschino cherries. FD&C Red #3 is used on pills and in medications which are ingested.

Substitutions: Any of the non-toxic natural colors from food and/or plants.

Propylene Glycol

Items Tested: Technically known as 1,2 Propanediol, propylene glycol is a clear, colorless, viscous liquid with a slightly bitter taste.

History/Discussion: It is classified as a food additive since it is used as a “humidity agent” to keep foods moist and help foods retain water, as a solvent/extractant to dissolve many essential oils and as an emulsifying agent to help disperse fats and oils in water to establish uniform mixing. The maximum allowable upper limit in food products depends on the type of food. For example, it can be added up to 0.5% by weight as a stabilizer in ice cream but up to 1.1% as an emulsifier in fats and oils. It is a GRAS substance, but whether this is justified remains to be determined. Large oral doses in animals have been found to cause central nervous system depression and a slight decrease in kidney functions.

Sources of Exposure: Propylene glycol can be found in baked goods, chocolate products, ice cream emulsifiers, shredded coconut, beverages, toppings, cheese, fat, oils, gelatin, puddings, condiments, relishes and meat products to prevent discoloration. It is used as a defoaming agent in processed beet sugar and yeast. In cosmetics, propylene glycol is the most common moisture-carrying vehicle other than water itself. Propylene glycol alginate (a propylene glycol ester of alginic acid, derived from seaweed) can be used as a food stabilizer in ice cream, ices, frozen custards, French and other salad dressings, ice milk, fruit sherbet, gravies, beer, puddings, jams and jellies. It imparts body, improves consistency and helps stabilize emulsions. It is also used in dishwasher rinse products such as "Jet Dry" and as an antifreeze in breweries and dairy establishments.

Trichloroethylene (TCE)

Items Tested: Trichloroethylene (TCE) is a volatile, industrial organic compound. It is a nonflammable, colorless liquid at room temperature with a sweet odor (similar to chloroform) and a sweet, burning taste. Most people can smell it in the air at 20 to 80 parts per million.

History/Discussion: This compound was first used as an anesthetic agent in the 1800's but because it caused damage to a specific nerve in the face its use was discontinued in the early 1900's. It was also used as a dry cleaning agent, analgesic, grain fumigant, disinfectant, pet food additive and in the extraction of spices, and of caffeine from coffee. It was banned for these uses in 1977, due to concerns about its health and environmental effects. Currently in the U.S., 80% of all TCE is used for vapor degreasing of fabricated metal part in the automotive and metal industries. The National Institute of Occupational Safety and Health (NIOSH) estimates that 3.5 million workers in the U.S. are exposed to TCE, with the majority of high exposures ascribed to metal degreasing operations. TCE is one of the most common volatile organic pollutants in drinking water, and the government estimates it to be in 34% of the nation's drinking water supplies. Because of its volatility, household activities such as bathing, laundering and cooking with contaminated water may produce TCE levels that are higher than usual.

Thiamine deficiency enhances TCE's toxicity, and this pollutant enhances thiamine deficiency.

Sources of Exposure: Today TCE is widely used industrially as a vapor degreaser of metals, automotive parts, and equipment. It is used in typewriter correction fluid, as a fire retardant, as an extractant, in the manufacture of polyvinyl chloride (PVC), and in lacquer and adhesives. It is also found in some dry cleaning fluids, drinking water disinfectants, paint thinners/strippers/removers, cosmetics, spot removers and cleaning fluids for rugs. Exposure to TCE may also come from drinking and bathing water as well as from foods. Both natural and processed foods may contain TCE because of direct uptake throughout the environment or through contamination of water used in food processing, or from contamination by solvent used in cleaning food processing equipment. The Agency for Toxic Substances and Disease Registry reports that most processed foods examined contain levels of a few parts per billion. TCE is also a common air pollutant in many urban areas.

Suggestions for Those Hypersensitive to Trichloroethylene: Consume pure water. Drink pure spring, filtered or purified water and bathe with filtered water. For bathing purposes you can obtain either a "whole house" water filtration system or a simple carbon filter that attaches to your shower head. Consume organic foods which are free of pesticides and solvents. The popularity and availability of organic foods is growing daily with increased public awareness about the importance of pure, nutrient-dense food. Many large grocery stores now carry organic foods. Also, check your area for local health food stores, food cooperatives and organic farm cooperatives. Filter your home and/or work place air as necessary with a HEPA filter. Take care to avoid exposure to degreasers and solvents and use when necessary only with proper ventilation.

Cassava Root (Yuca):

Item tested: Cassava root (*Manihot esculenta*) also called Yuca, is a tuberous root that is a member of the spurge family. It is mostly cultivated and harvested in the hot climates of Africa, Asia and the tropical Americas.

History/Discussion: Cassava (Yuca) should not be confused with Yucca (*Yucca schidigera*) as they are in no way related to one another with the exception of the name and common misspellings. Cassava is a major source of carbohydrates, especially dietary fiber and starch. As it is gluten-free, the starch is used in specialized diets for those suffering from Celiac disease or gluten intolerance and sensitivity. Cassava is also a rich source for minerals such as zinc, magnesium, copper, iron, potassium and manganese. It is also a moderate source of B-complex group of vitamins, folates, thiamin, riboflavin and Vitamin C.

Cassava has brown fibrous skin with a white interior. It is usually sold with a white wax coating that protects the vegetable from bruising. When Cassava is dried into starch form, the subsequent powder can be used to make tapioca. Saponins are a compound extract also derived from the Cassava root. It is extremely important to know that raw Cassava root should never be consumed. Cassava contains Prussic acid which can lead to cyanide poisoning, however, if it is boiled, cooked or soaked in water it becomes edible. Cassava is thought to have some health benefits by providing alternate options for gluten-free living, reducing blood pressure and cholesterol.

Sources of Exposure: Cassava is a common vegetable in a diverse array of traditional dishes in many Caribbean, African and Asian countries. It may be boiled, baked, steamed, grilled, fried or mashed. Generally, Cassava is fried in oil until brown and crispy and eaten as chips or crushed into flakes to add as a topping to any dish. It is used to make fries and is a popular ingredient in soups, stews and savory dishes. Cassava flour is used to make cakes, cookies, breads and sometimes is mixed with yams to make polenta. Cosmetically speaking, some soaps and shampoos contain saponins that are derived from the Cassava root.

Be sure to read all ingredient lists carefully.

Substitutes: Potatoes, sweet potatoes, yams (true yams, not those listed as sweet potatoes), tapioca and arrowroot starch/flour can all be used as a substitute for Cassava root (and its starch) assuming that these items are non-reactive.

Docosanol (Abreva)

History/Discussion: Docosanol is an antiviral medication used to treat cold sore infections caused by the herpes simplex virus. Docosanol shortens the healing time and the length of time symptoms are present. Docosanol topical is used to treat cold sores on the face and lips.

Sources of Exposure: Exposure is from use of the drug, Abreva.

Substitutions: L-lysine is an amino acid that has been found to inhibit the spread of the herpes simplex virus and can be a suitable alternative. The addition of zinc, vitamin C and the topical application of tea tree oil and lemon balm can also be helpful.

Antimony

History/Discussion: Antimony, is a silvery-white metal that is found in the earth's crust. From antimony ores that are mined, there are two forms: metal, which is moderately hard and very brittle, and antimony oxide (antimony mixed with oxygen), which is a white powder that is soluble in water. Antimony is used for solder, sheet and pipe, bearing metals, castings, and type metal, but is primarily used in grid metal for lead acid storage batteries. Antimony oxides are used as fire retardants for plastics, textiles, rubber, adhesives, pigments, and paper.

Sources of Exposure: Antimony can be found throughout the environment at very low levels. However, concentrations may be greater near factories that convert antimony ores into metal or make antimony oxide. People who work in industries processing antimony ore, antimony oxide or metal may be exposed to antimony by breathing in dust and/or by skin contact. Antimony concentrations are usually very low in most soils, but at hazardous waste sites higher concentrations have been detected. Some foods such as meats, vegetables and seafood may contain small amounts of antimony, between 0.2 to 1.1 ppb. These small and biologically bound forms of antimony are almost always well tolerated. This suggests that the sensitizing forms of antimony contain contaminants which are the sources of the delayed immune responses or that the transport and binding of biological antimony is different from non-biological antimony.

Suggestions: The clinical circumstances of antimony sensitivity suggest that there is a limited capacity of binding and processing biological antimony. This has been more clearly shown for other, better studied minerals. Only when the biological binding sites for antimony are full or saturated does the spillover of antimony into other sites and biological pools become a source for sensitization. The answer, then, is to reduce sources of exposure to the extent possible and to increase the excretion of excess antimony in the safest manner. This means having sufficient intake of other healthy minerals (from potassium and magnesium to chromium and selenium [as selenomethionine]) while the body is in an antioxidant enriched (free radical minimum) state. Ascorbate, based on calibrated need, along with the full range of antioxidants speeds this transition See Richard Passwater's *All about Antioxidants* (Keats, 2000) for more information. Overall reduction of immune reactivities does reduce the body's need for and uptake of antimony. This, over time, helps rebalance the body's antimony 'bank account'. Once this occurs, the body is able, over time, to reset internal immune mechanisms to tolerant, resilient, and non-reactive.

Goji Berry:

Item tested: Goji berry (*Lycium barbarum*) also known as wolfberry or lycii berry is produced from an evergreen shrub that is native to the temperate and subtropical regions of China, Nepal, Tibet and the Himalayas. It is a member of the nightshade family, Solonaceae. Plants in the Nightshade family contain, to varying degrees, chemical compounds (alkaloids called solanins) with pharmacological and toxic effects. This family contains some toxic, as well as some food plants. Also included in the nightshade family is poison sumac. All nightshade foods contain some solanins; sumac contains the most. The most common members of this family include potatoes, tomatoes and bell peppers

History/Discussion: Goji berries are being touted as a “superfood” as it is an extremely nutritious fruit. These small berries are bright red in hue, which when dried are chewy like a raisin and have a slightly sweet taste similar to cherries and cranberries. They contain natural anti-inflammatory, anti-fungal and antibacterial properties. They also are an extremely rich source of fiber, protein, Vitamins A, B, C, E, beta carotene, antioxidants, essential amino acids, polysaccharides, and trace minerals (including iron, zinc, and riboflavin, phosphorous).

Goji berries have been a part of traditional Chinese medicine for centuries and are classified as a Yin tonic herb and also as a blood tonic. Some studies show that this fruit may stimulate the immune system, protect against heart disease, improve circulation, repair skin and cellular damage, boost liver function, increase longevity and improve and protect eyesight.

Sources of Exposure: Goji berries may be eaten alone, raw, fresh, dried, powdered, cooked, or in liquid form. For medicinal use, the berries may be ground down into a powder which is added to supplements or in some cases, liquid extracts are used in treatments for a wide range of ailments.

Goji berries are commonly found added to oatmeal/porridge, cookies, granola (and bars), energy bars, trail mix, salsa, jams, smoothies, juices, teas, ice cream and alcoholic infusions. When ground into a powder, they may be incorporated into baked goods such as biscotti, muffins, and cupcakes. They are also used as a garnish to many diverse dishes.

Cosmetically, goji berry extract is an ingredient in a wide array of health and beauty products. Some of these products include lip gloss, hair care, eye/skin/face creams, anti-aging creams, foundation, age renewal makeup, toothpaste, and baby shampoos, lotions and body wash.

If you are reactive to two or more items in the nightshade family we recommend you avoid all the items in this family because the chance of cross-reactivity and/or developing new sensitivities is great.

Also, keep in mind that the goji fruit is also a berry, if you react to two or more berries, you may have to avoid the whole berry group.

Be sure to read all ingredients labels carefully.

Substitutes: Any other non-reactive fruits or vegetables.

ELISA/ACT LRA RESULTS**Sample, Patient**

9/1/2014

*Expected Re-Test Date is 3/10/2015***STRONG REACTIONS**

Tea, Black	Rose Hips	FD&C Yellow #10
Brilliant Black		

MODERATE REACTIONS

Cauliflower	Ginger	Peach
Haddock	Blackberry	Mannitol
FD&C Red #3	Propylene Glycol (1,2-Propanediol)	Trichloroethylene (TCE)
Cassava (Yuca)	Docosanol (Abreva)	Antimony
Goji Berry		

MODERATE FOOD GROUP(S):**BERRIES**

Rotation Diet Plan for Sample Patient

At a glance:

Rotation of foods is often indicated to strengthen the immune system while avoiding allergies and hypersensitivities shown by the LRA by ELISA/ACT tests.

- The enclosed diet outline is based on a 4 day rotation plan.
- Each day provides a list of foods to choose from for that day.
- It is not necessary to eat all the items listed for that day; you may make your choice according to your preference.
- Amounts can be modified based on individual needs or requirements.
- For adequate digestive repair and restoration we provide for a "Juice or Liquids Only Day". This diet plan shows Sunday as the Juice Day. However, you may choose any day.

Please note that the EAB Rotation Diet is designed to help you get started on rotation and can be individualized. It complements the LRA by ELISA/ACT and Alkaline Way health restoration program.

Rotation Diet for Sample Patient

9/1/2014

Sunday (or Day 1)

Fowl

chicken broth	16-oz	turkey broth	16-oz
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Fruit

apple juice	8-oz	apricot juice	8-oz	cherry juice	8-oz
grape juice	8-oz	grapefruit juice	8-oz	lemon juice	
melon juice	8-oz	orange juice	8-oz	pear juice	8-oz
pineapple juice	8-oz	prune juice	8-oz		

Grains

wheatgrass juice	2-oz
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Meat

meat broth	16 oz
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Miscellaneous

herb tea	16 oz	miso broth	16-oz	seaweed broth	8-oz
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Mollusks

clam broth	8-oz
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Sugars

honey	2-T
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Vegetables

alfalfa sprouts	as desired	beet	as desired	bell pepper	as desired
broccoli	as desired	cabbage	as desired	carrot juice	as desired
celery	as desired	chive	as desired	cucumber	as desired
garlic	as desired	kale	as desired	lettuce-romaine	as desired
mixed juice	as desired	mixed juice	as desired	onion	as desired
parsley	as desired	spinach	as desired	tomato	as desired
vegetable broth	as desired	watercress	as desired		

- Note:**
1. Plan one juice day per week - Sunday or Day 1
 2. If you are reactive to any yeast, no fruit for first month.
 3. For menu ideas and recipes, please refer to the Joy of Food [Alkaline Way Handbook](#)

Monday**Crustaceans**

lobster 4-oz

Dairy

yogurt 8-oz

Fish

anchovy		flounder	4-oz	salmon/lox	4-oz
snapper	4-oz	sole	4-oz	swordfish	4-oz

Fowl

chicken	4 oz	egg-chicken	2	egg-duck	2
game fowl	4 oz				

Fruit

apple	4	currant (dry)	2-oz	lemon	4
lime	4	orange	4	pear	4
persimmon	8-oz	pineapple	8-oz	pomegranate	6-oz
tangerine	4	watermelon	8-oz		

Grains

amaranth		barley		corn	
rice(white)					

Meat

beef 3-oz

Miscellaneous

miso(hatcho) 1-T sea salt

Mollusks

oyster 4-oz

Nuts and Seeds

flax	2-oz	hazelnut/filbert	2-oz	pecan	2-oz
pistachio	2-oz	sesame/tahini	2-oz		

Oils

corn oil	1-T	flax seed oil	1-T	olive oil	1-T
sesame oil	1-T				

Spices and Seasonings

curry		horseradish		mustard	
paprika		thyme			

Sugars

sukanat 1-T

Vegetables

artichoke	8-oz	bell pepper	8-oz	cabbage	8-oz
carrot	8-oz	celery	8-oz	corn	
eggplant	8-oz	green peas	8-oz	lettuce-iceberg	8-oz
lima bean	6-oz	olive	2-oz	onion	6-oz
sweet potato	12-oz	tomato	8-oz		

Tuesday**Crustaceans**

shrimp	4-oz
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Dairy

ghee	2- T	sheep cheese	2-oz
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Fish

bass	4-oz	catfish	4 oz	perch	4-oz
pike	4-oz	trout	4-oz		

Fowl

duck	4-oz	goose	4-oz
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Fruit

banana	4	cherry	8-oz	coconut	8-oz
figs (dry)	2-oz	grapes	8-oz	nectarine	4
papaya	8-oz	raisins	2-oz		

Grains

millet		quinoa		triticale	
wheat					

Meat

pork	3-oz	rabbit	3-oz
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Miscellaneous

herb tea	16-oz	sea salt		seaweed/kelp	1-oz
tofu	5-oz				

Mollusks

scallops	4-oz
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Nuts and Seeds

brazil	2-oz	cashew	2-oz	peanut	2-oz
pine	2-oz	sunflower	2-oz		

Oils

peanut oil	1-T	primrose oil	1-T	safflower oil	1-T
sunflower oil	1-T				

Spices and Seasonings

dill		garlic		mace	
peppermint		rosemary			

Sugars

molasses	1-T
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Vegetables

brussel sprouts	8-oz	chick peas	4-oz	cucumber	8-oz
kale	8 oz	kohlrabi	8-oz	lentils(dry)	2-oz
lettuce-red leaf	8-oz	mushroom	4-oz	parsley	4-oz
string bean	8-oz	sunflower sprouts	4-oz	turnip	8-oz
wheat sprouts	6-oz				

Wednesday**Crustaceans**

crab	4-oz
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Dairy

goat cheese	2-oz	goat milk	8-oz
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Fish

cod	4 oz	halibut	4-oz	tuna	4-oz
turbot/white	4-oz				

Fowl

turkey	4-oz
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Fruit

apricot	10	cantaloupe	1	date	15
grapefruit	2	guava	8 oz	honeydew	1
kiwi	4	mango	2	plum/prune	10

Grains

buckwheat		oats		rye	
teff					

Meat

lamb	3-oz	venison/deer	3-oz
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Miscellaneous

herb tea	16-oz	sea salt		spirulina	6
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Mollusks

clam	4-oz
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Nuts and Seeds

almond	2-oz	chestnut	2-oz	macademia	2-oz
pumpkin	2-oz	walnut	2-oz		

Oils

almond oil	1-T	cod liver oil	1-T	soybean oil	1-T
walnut oil	1-T				

Spices and Seasonings

basil		bay leaf		cayenne	
chili		oregano		sage	

Sugars

maple	1-T
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Vegetables

alfalfa sprouts	8-oz	asparagus	8-oz	avocado	8-oz
beet	8 oz	broccoli	8-oz	kidney bean	8-oz
leek	4 oz	mung sprouts	8-oz	navy bean	8-oz
potato	8-oz	radish	3-oz	soy(fermented)	6-oz
spinach	8-oz	squash	8 oz	watercress	4-oz

Thursday**Crustaceans**

lobster 4-oz

Dairy

yogurt 8-oz

Fish

anchovy	flounder	4-oz	salmon/lox	4-oz
snapper	sole	4-oz	swordfish	4-oz

Fowl

chicken	4 oz	egg-chicken	2	egg-duck	2
game fowl	4 oz				

Fruit

apple	4	currant (dry)	2-oz	lemon	4
lime	4	orange	4	pear	4
persimmon	8-oz	pineapple	8-oz	pomegranate	6-oz
tangerine	4	watermelon	8-oz		

Grains

amaranth	barley	corn
rice(white)		

Meat

beef 3-oz

Miscellaneous

miso(hatcho) 1-T sea salt

Mollusks

oyster 4-oz

Nuts and Seeds

flax	2 oz	hazelnut/filbert	2-oz	pecan	2-oz
pistachio	2-oz	sesame/tahini	2-oz		

Oils

corn oil	1-T	flax seed oil	1-T	olive oil	1-T
sesame oil	1-T				

Spices and Seasonings

curry	horseradish	mustard
paprika	thyme	

Sugars

sukanat 1-T

Vegetables

artichoke	8-oz	bell pepper	8-oz	cabbage	8-oz
carrot	8-oz	celery	8-oz	eggplant	8-oz
green peas	8-oz	lettuce-iceberg	8-oz	lima bean	6-oz
olive	2-oz	onion	6-oz	sweet potato	12-oz
tomato	8-oz				

Friday**Crustaceans**

shrimp 4-oz

Dairy

ghee 2-T sheep cheese 2-oz

Fishbass 4-oz catfish 4 oz perch 4-oz
pike trout 4-oz**Fowl**

duck 4-oz goose 4-oz

Fruitbanana 4 cherry 8-oz coconut 8-oz
figs(dry) 2-oz grapes 8-oz nectarine 4
papaya 8-oz raisins 2-oz**Grains**millet quinoa triticale
wheat**Meat**

pork 3-oz rabbit 3-oz

Miscellaneousherb tea 16-oz sea salt seaweed/kelp 1-oz
tofu 5-oz**Mollusks**

scallops 4-oz

Nuts and Seedsbrazil 2-oz peanut 2-oz pine 2-oz
sunflower 2-oz**Oils**peanut oil 1-T primrose oil 1-T safflower oil 1-T
sunflower oil 1-T**Spices and Seasonings**dill garlic mace
peppermint rosemary**Sugars**

molassas 1-T

Vegetablesbrussel sprouts 8-oz chick peas 4-oz cucumber 8-oz
kale 8 oz kohlrabi 8-oz lentils(dry) 2-oz
lettuce-red leaf 8-oz mushroom 4-oz parsley 4-oz
string bean 8-oz sunflower sprouts 4-oz turnip 8-oz
wheat sprout 6-oz

Saturday**Crustaceans**

crab	4-oz
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Dairy

goat cheese	2-oz	goat milk	8-oz
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Fish

cod	4-oz	halibut	4-oz	tuna	4-oz
turbot/white	4-oz				

Fowl

turkey	4-oz
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Fruit

apricot	10	cantaloupe	1	date	15
grapefruit	2	guava	8-oz	honeydew	1
kiwi	4	mango	2	plum/prune	10

Grains

buckwheat		oats		rye	
teff					

Meat

lamb	3-oz	venison/deer	3-oz
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Miscellaneous

herb tea	16oz	sea salt		spirulina	6
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Mollusks

clam	4-oz
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Nuts and Seeds

almond	2-oz	chestnut	2-oz	macademia	2-oz
pumpkin	2-oz				

Oils

almond oil	1-T	cod liver oil	1-T	soybean oil	1-T
walnut oil	1-T				

Spices and Seasonings

bay leaf		cayenne		oregano	
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Sugars

maple	1-T
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Vegetables

alfalfa sprouts	8-oz	asparagus	8-oz	avocado	8-oz
beet	8-oz	broccoli	8-oz	kidney bean	8-oz
mung sprouts	8-oz	potato	8-oz	radish	3-oz
soy(fermented)	6-oz	spinach	8-oz	squash	8-oz
watercress	4-oz				