

Results Guide

Reactive Foods
CLAM KIDNEY BEAN PAPAYA
ASPARAGUS BLACKBERRY CARROT CASHEW GARLIC LAMB OREGANO RICE TURNIP VANILLA
BARLEY* BLACK-EYED PEAS* CANE SUGAR* CARAWAY* COCOA* COCONUT* DILL MIX* FIG* LENTIL BEAN* MILLET* MUSHROOM* PARSLEY* PEACH* SAFFLOWER* SAGE* SALMON* SESAME* SWEET POTATO* TOMATO* WALNUT*

You have a medium reaction to Candida Albicans. We recommend that you avoid the following foods

BAKER'S YEAST
BEET SUGAR
BREWER'S YEAST

You have no reaction to Gluten.

You have no reaction to Casein.

Further Eliminations (if any)

Fruit

APPLE
APRICOT
AVOCADO
BANANA
BLUEBERRY
CANTALOUPE
CHERRY
CRANBERRY
DATE
GRAPE
GRAPEFRUIT
HONEYDEW (MELON)
LEMON
LIME
OLIVE
ORANGE
PEAR
PINEAPPLE
PLUM
PUMPKIN
RASPBERRY
STRAWBERRY
WATERMELON

Seafood

BASS
CODFISH
CRAB
FLOUNDER
HADDOCK
HALIBUT
HERRING
LOBSTER
OYSTER
SARDINE
SCALLOP
SHRIMP
SNAPPER
SOLE
TROUT
TUNA
WHITEFISH

Beverages

COFFEE
TEA

Vegetables

ARTICHOKE
BEET
BROCCOLI
BRUSSEL SPROUTS
CABBAGE
CAULIFLOWER
EGGPLANT
GREEN PEPPER
GRN PEA
LIMA BEAN
MUNG BEAN
MUSTARD
NAVY BEAN
ONION
PINTO BEAN
RED PEPPER
SOYBEAN
SPINACH
SQUASH
STRING BEAN
WHITE POTATO

Herbs and Spices

BASIL
BAY LEAF
BLACK PEPPER
CAYENNE PEPPER
CINNAMON
CLOVE
CUMIN
GINGER
MINT
NUTMEG
PAPRIKA
RADISH
THYME

Yeasts

Grains

BUCKWHEAT
CORN
MALT
OAT
RYE
TAPIOCA
WHEAT

Salad

CELERY
CUCUMBER
LETTUCE

Miscellaneous

CAROB
FRUCTOSE
GLIADIN
HOPS

(150)

Nuts and Oils

ALMOND
BRAZIL NUT
COTTONSEED
FLAXSEED
HAZELNUT
OLIVE
PEANUT
PECAN
SUNFLOWER

Meat

BEEF
CHICKEN
DUCK
PORK
RABBIT
TURKEY
VEAL
VENISON

Dairy

COW'S MILK
EGG WHITE
EGG YOLK
GOAT'S MILK
WHEY

(English)

File

32762

Patient

XXXX XXXXXX

Doctor/Clinic

CRAIG HERRINGTON ND

Test Date

27 Mar 2007

Rotation Diet

File 32762

Patient XXXXX XXXXXXXX

Test Date 04/27/07

Doctor/Clinic DR. CRAIG HERRINGTON Language: (English)

	Day 1	Day 2	Day 3	Day 4
Starch	TAPIOCA WHITE POTATO	BARLEY* MILLET* OAT RYE WHEAT	CORN SWEET POTATO*	BUCKWHEAT
Vegetables	ARTICHOKE BLACK-EYED PEAS* CELERY EGGPLANT GREEN PEPPER LETTUCE PARSLEY* RED PEPPER TOMATO*	BROCCOLI BRUSSEL SPROUTS CABBAGE CAULIFLOWER MUSTARD	GRN PEA LIMA BEAN ONION PINTO BEAN STRING BEAN SWEET POTATO*	BEEF CUCUMBER SPINACH SQUASH
Fruit	BANANA DATE GRAPE	APPLE AVOCADO BLUEBERRY CRANBERRY PEAR	APRICOT CHERRY FIG* LIME PEACH* PINEAPPLE PLUM RASPBERRY STRAWBERRY	CANTALOUPE GRAPEFRUIT HONEYDEW (MELON) LEMON OLIVE ORANGE PUMPKIN WATERMELON
Protein	BEEF CODFISH HERRING SARDINE VEAL	BASS CHICKEN EGG WHITE EGG YOLK TUNA VENISON WHITEFISH	DUCK HALIBUT LENTIL BEAN* MUNG BEAN NAVY BEAN PORK RABBIT SOLE SOYBEAN	CRAB FLOUNDER HADDOCK LOBSTER OYSTER SALMON* SCALLOP SHRIMP SNAPPER TROUT TURKEY
Miscellaneous	BAY LEAF CARAWAY* CAYENNE PEPPER CLOVE COW'S MILK CUMIN DILL MIX* FLAXSEED GOAT'S MILK PAPRIKA	BASIL CINNAMON COCONUT* GINGER HAZELNUT HOPS MALT MINT	ALMOND BRAZIL NUT COCOA* COFFEE COTTONSEED PEANUT RADISH THYME	BLACK PEPPER CAROB FRUCTOSE NUTMEG PECAN SAGE* SESAME* SUNFLOWER TEA WALNUT*

Rotation Diet

File 32762

Patient XXXX XXXXXXXX

3/27/2007

Doctor/Clinic CRAIG HERRINGTON Language: (English)

Day 1

SAFFLOWER*
WHEY

Day 2

Day 3

Day 4

Foods To Avoid

File: 32762

Date: 3/27/2007

Patient: XXXX XXXXXXXXXXXXX

Clinic/Doctor: CRAIG HERRINGTON

ASPARAGUS



Avoid also asparagus tips, sprue, white asparagus. Can be found in soups quiches and soufflés. For reintroduction into diet, place into Day 3.

BLACKBERRY



Avoid also boysenberry, dewberry & loganberry. For reintroduction into diet, place into Day 3.

CARROT



Avoid also indonesian relish, carrot juice & carrot cake. Can be used as an ingredient in casseroles and soups. For reintroduction into diet, place into Day 1.

CASHEW

Avoid also cashew nut butter & cashew nut milk. For reintroduction into diet, place into Day 1.

CLAM



Avoid softshelled, hard shelled, round and razor. For reintroduction into diet, place into Day 4.

GARLIC



Can be dried and used as flakes or ground into powder. Some French dishes can contain many cloves of garlic. Avoid also garlic bread, garlic oil and garlic tablets. Garlic oil may be used to flavour chewing gum, ice cream and fruit drinks. For reintroduction into diet, place into Day 3.

KIDNEY BEAN

Avoid also chilli con carne. For reintroduction into diet, place into Day 1.

LAMB



Avoid also lamb chops, mutton, lamb roast & leg of lamb. Also found in kebabs. For reintroduction into diet, place into Day 1.

OREGANO



Avoid also basil & chili powder. For reintroduction into diet, place into Day 2.

PAPAYA



Avoid also pawpaw. Can be used as breakfast fruit or in preserves and pickles. For reintroduction into diet, place into Day 1.

RICE

Avoid also mochi, nutty rice cereal, puffed rice, rice bran, rice bran oil, rice cakes, rice cream, rice flour, rice noodles, rice pasta, rice breakfast cereals, rice pudding, rice syrup, brown rice, crackers, brown rice flour & cream of rice. For reintroduction into diet, place into Day 4.

This list is presented as a sample reference list. You should read all labels each time you make a purchase because manufacturers may change formulations. 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.

Foods To Avoid

File: 32762

Date 3/27/2007

Patient: XXXX XXXXXXXXXXXX

Clinic/Doctor: CRAIG HERRINGTON

TURNIP



Avoid also rutabega & turnip greens. Used in stews and soups. For reintroduction into diet, place into Day 4.

VANILLA

Used as flavouring in sweet sauces, cakes, chocolate, puddings and ice creams. For reintroduction into diet, place into Day 3.
