The Great Plains Laboratory, Inc.

William Shaw, Ph.D Director | 11813 W. 77th Street, Lenexa, KS 66214 | (913) 341-8949 | Fax (913) 341-6207

Requisition #: ***Physician Name:***

Patient Name: ***Date of Collection:***

Patient Age: ***Time of Collection:***

Sex: ***Print Date:***

Comprehensive IgG Food Allergy Test + C. albicans, S. cerevisiae (94) - Serum

Dairy	
Casein	15.96
Cheese	14.88
Goat's Milk	7.49
Cow's Milk	14.84
Mozzarella Cheese	12.61
Whey	12.60
Yogurt	14.13
Legumes - Beans and Peas	
Garbanzo Bean	4.24
Green Bean	6.02
Kidney Bean	1.81
Lentil	1.14
Lima Bean	6.33
Pea	3.84
Pinto Bean	8.69
Soybean	4.03
Fruit	
Apple	2.32
Apricot	2.35
Banana	3.05
Blueberry	2.36
Coconut	3.27
Cranberry	1.82
Grape	2.24
Grapefruit	3.15
Lemon	5.80
Orange	5.04
Papaya	1.81
Peach	3.40
Pear	2.88
Pineapple	1.77
Plum (Prune)	1.34
Strawberry	3.96
Watermelon	4.26
Grains	
Barley	4.33
Buckwheat	3.37
Corn	8.43
Gliadin	9.35
Millet	5.13
Oat	5.58
Rice	3.87
Rye	4.19
Sorghum	4.85
Wheat Gluten	8.41
Wheat	10.62
Fish/ Seafood	
Cod Fish	1.30
Crab	4.98
Halibut	1.39
Lobster	2.02
Salmon	3.32
Sardine	1.04
Shrimp	3.10
Tuna	4.50
Meat/Fowl	
Beef	1.12
Chicken	2.25
Egg White	2.88
Egg Yolk	3.76
Lamb	2.01
Pork	2.04
Turkey	2.50
Nuts and Seeds	
Almond	3.35
Cashews	1.73
Flax	4.16
Hazelnut	2.36
Peanut	2.58
Pecan	3.76
Pistachio	3.62
Sesame	3.78
Sunflower	2.76
Walnut	2.18

Testing performed by The Great Plains Laboratory, Inc., Lenexa, Kansas. The Great Plains Laboratory has developed and determined the performance characteristics of this test. This test has not been evaluated by the U.S. Food and Drug Administration.

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Vegetables

Asparagus	1.37
Avocado	4.83
Broccoli	8.76
Beet	3.95
Cabbage	9.25
Carrot	5.04
Celery	2.20
Eggplant	2.96
Garlic	4.51
Green Pepper	5.93
Lettuce	3.87
Onion	9.02
Potato	1.78
Pumpkin	1.42
Radish	9.21
Spinach	5.71
Sweet Potato	5.92
Tomato	5.27

Miscellaneous

Candida Albicans	19.07
Cane Sugar	6.29
Cocoa	3.97
Coffee	1.35
Honey	1.96
Mushroom	1.51
Yeast, Bakers *	3.27
Yeast, Brewers *	4.88

*Saccharomyces cerevisiae

Food Antigens Scale	
Not Significant	1.00-1.99
Low	2.00-3.49
Moderate	3.50-4.99
High	>=5

Candida Scale	
Not Significant	< 3.49
Low	3.5-6.99
Moderate	7-14.99
High	>=15

The Candida albicans scale accounts for the observation that background levels of Candida-specific immunoglobulins are normally present in virtually all individuals tested. It is intended to provide a clearer description of its clinical significance and was established according to population percentile ranks obtained from a random subset of 1,000 patients.

Reactivity Summary

High

Candida Albicans	Casein	Cheese
Cow's Milk	Yogurt	Mozzarella Cheese
Whey	Wheat	Gliadin
Cabbage	Radish	Onion
Broccoli	Pinto Bean	Corn
Wheat Gluten	Goat's Milk	Lima Bean
Cane Sugar	Green Bean	Green Pepper
Sweet Potato	Lemon	Spinach
Oat	Tomato	Millet
Carrot	Orange	

Moderate

Crab	Yeast, Brewers *	Sorghum
Avocado	Garlic	Tuna
Barley	Watermelon	Garbanzo Bean
Rye	Flax	Soybean
Cocoa	Strawberry	Beet
Lettuce	Rice	Pea
Sesame	Egg Yolk	Pecan
Pistachio		

Low

Peach	Buckwheat	Almond
Salmon	Coconut	Yeast, Bakers *
Grapefruit	Shrimp	Banana
Eggplant	Egg White	Pear
Sunflower	Peanut	Turkey
Blueberry	Hazelnut	Apricot
Apple	Chicken	Grape
Celery	Walnut	Pork
Lobster	Lamb	

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Comprehensive IgG Food Allergy Test + C. albicans, S. cerevisiae (94) - Serum

Comments

The IgG Food Allergy Test measures the relative presence of IgG antibodies to specific food proteins. The patient's serum is introduced to protein extracts from each of the different foods. If food-specific binding occurs between the antigen proteins and the patient's IgG serum antibodies, a symptomatic reaction to that food is possible. A food elimination diet can be established based on results of this test and improvement of symptoms can be monitored.

High levels of IgG antibodies to Candida, a genus of yeast, have been found in patients who scored high on a questionnaire regarding symptoms of yeast overgrowth, like sugar cravings which can improve with antifungal therapy. In a published study, IgA or IgM antibodies to *Candida* did not correlate with questionnaire scores. IgG antibodies to *Candida* may be due to past infections and therefore do not indicate a current infection. However, *Candida* antibodies may trigger autoimmune disease. *Candida* antibodies react with virtually all human organs, including the brain. In one study, individuals with pituitary malfunction had *Candida* antibodies that also reacted to a human pituitary protein. *Candida* antibodies are elevated in Crohn's disease, cystic fibrosis, and cancer. Individuals with cancer and elevated IgG antibodies to *Candida* died on average one year sooner than individuals with the same type of cancer and normal amounts of IgG antibodies to *Candida*. A wide range of disorders have been linked to *Candida* including depression, chronic fatigue, thyroid disorders, autism, multiple sclerosis, vulvodynia. Use of antibiotics, oral contraceptives, chemotherapy, and anti-inflammatory steroids greatly increase susceptibility to *Candida*. Overgrowth of *Candida* may also cause a rise in cases of food allergies.

IgG antibodies to *Saccharomyces cerevisiae* are prevalent in inflammatory bowel disease, Crohn's disease, celiac disease, and Behcet's disease, while not usually elevated in ulcerative colitis. High amounts of antibodies to either *Saccharomyces cerevisiae* or *Candida albicans* may also cross-react with other *Candida* species or *Saccharomyces boulardii*. Individuals with high amounts of antibodies to *Candida albicans* or *Saccharomyces cerevisiae* might react poorly to *Saccharomyces boulardii* probiotic supplements because of this cross-reactivity.

High amounts of antibodies to wheat, gluten, rye, or barley are common in celiac disease. However, most people with these elevated antibodies do not have celiac disease, but may still benefit from exclusion of these foods from the diet. The Celiac Disease Test with blood serum can confirm celiac disease. To determine if enough serum is available, contact The Great Plains Laboratory, Inc. (test is not available for bloodspot samples). The Celiac Disease Test should be done prior to implementation of a gluten-free diet to avoid false negative results. For more information on the Celiac Disease Test, please see The Great Plains Laboratory website, www.gpl4u.com <http://www.gpl4u.com>.

SAMPLE
REPORT

DineWise™ 4 Day Rotation Diet - Customized Especially for Patient

Congratulations,

The IgG test was an important step in improving your health. Now we'll show you how your test results fit into a Food Rotation Diet. Call to set up an appointment for your free consultation.

The Great Plains Laboratory, Inc.

FOOD ROTATION DIET BASED ON IGG RESULTS

About IgG Food Allergies: IgG antibodies do not produce the immediate histamine response we associate with IgE antibodies - a runny nose or hives, for example. IgG reactions tend to be more subtle - headaches, bloating, muscle aches, or even cognitive dysfunction. Therefore, IgG reactions are often termed "food sensitivities" or "food intolerance."

The following pages contain a rotation diet based on your individual test results. A food rotation diet is the recommended method for reducing negative responses to foods. In general, eating from different food families distributed over several days reduces existing food reactions and lessens the chance of developing additional food sensitivities. If excessive intestinal permeability (leaky gut) is present, small amounts of food proteins enter the bloodstream. The immune system builds an antibody to those foreign proteins, predominately as IgG. Cumulative excess IgG antibodies contribute to chronic digestive and other conditions.

Foods that have elevated IgG levels on your test (those in the moderate or high categories) have been removed from rotation. Foods that are in the clinically insignificant or low categories are included in the rotation. As you remove the reactive foods from your diet, take the time to observe any changes in digestion, skin condition, energy level, or mood. Because of the extreme allergenicity of milk and wheat, if any food containing cow's milk or wheat gluten is high, the entire group of related foods is removed from rotation. For example, if the wheat IgG value is high, rye and barley are removed from the suggested rotation diet. Dairy and wheat foods are the most frequent causes of generalized food intolerance symptoms. You and your physician may want to eliminate wheat or milk products from the diet completely even if the reactions are only in the slight to low categories. Oats, rice, corn and the other grains (millet, buckwheat, and sorghum) are not considered gluten grains and often can be tolerated on elimination diets when wheat IgG values are high.

Please note that the rotation diet is based only on IgG testing. To be absolutely safe, testing for IgE antibodies to food allergens should be considered PRIOR TO BEGINNING A ROTATION DIET. Even if histamine reactions are not symptomatically evident, IgE antibodies may still be elevated. The most common IgE reactions are to dairy, eggs, peanuts, or seafood. IgE allergies are most common in childhood, and often are outgrown by adulthood. Consult your health practitioner for advice on how long to follow your rotation diet and when to reintroduce foods as a challenge. With some patients, at least a year or more of food elimination may be necessary for IgG levels to become normal.

DineWise™ 4 Day Rotation Diet - Customized Especially for Patient

Day 1	Day 2	Day 3	Day 4
Dairy			
Fish / Seafood			
Cod Fish Halibut	Lobster Shrimp	Salmon	Sardine
Fruit			
Apricot Cranberry Grape Pear Plum (Prune)	Blueberry Coconut Cranberry Papaya Pineapple	Apple Pear	Banana Grapefruit
Grains			
		Buckwheat	
Legumes - Beans and Peas			
Lentil			Kidney Bean
Meat/Fowl			
Beef Lamb	Pork	Chicken Turkey	Egg White
Miscellaneous			
Coffee Honey Mushroom Yeast, Bakers *			
Nuts and Seeds			
Peanut Sunflower	Cashews	Almond Hazelnut	Walnut
Vegetables			
	Celery Pumpkin	Asparagus Potato	