

# Your test results explained.

## ALCAT TEST RESULTS ALCAT TEST RESULTS ALCAT TEST RESULTS

Food intolerance is not always a straight forward yes or no. There can be different degrees of intolerance, which can be altered through change of eating habits, stress levels, medical conditions, nutritional status and other factors that affect the body's immune system.

Your test results are divided into four distinct colored areas.

### RED

These foods indicate a severe intolerance and should be avoided at all costs for a minimum of 6 months.

### ORANGE

These foods indicate a strong intolerance and should be strictly avoided for a minimum of 3 to 6 months.

### YELLOW

These foods indicate a mild intolerance and are indicated by an asterisk on the rotation diet to aid the nutritional balance of your eating program, and should be eaten on a rotation basis. If foods listed in the yellow section appear on the rotation plan and were eaten often, they should be avoided for 3 months especially if there are few red and orange reactive foods.

### GREEN

These foods are recorded acceptable and can be eaten freely. We recommend that they be eaten on a rotational basis.

\*If tested for 50 foods or less no rotation plan is provided

### BLUE

This section has been divided into 3 distinct boxes.

#### BOX 1

This is to signify what reaction there was (if any) to candida albicans. The report will automatically remove other foods from the diet and place them in this box, as they are known to exacerbate the candida condition. Although you may not be intolerant to these foods it is recommended to avoid them due to their association with candidiasis, suggested by the candida sensitivity. Please see additional notes on candida albicans.

#### BOX 2

This box is to signify what reaction there was (if any) to gluten or gliadin. The report will automatically remove other grain products that contain the protein gluten or gliadin, such as wheat, oats, barley, rye and malt. Although you may not be intolerant to these other grains it is advisable to avoid them due to the close association with gluten or gliadin. A positive gluten or gliadin reaction result with negative wheat, rye, oat etc. responses can occur when the isolated protein is tested in its more concentrated form.

#### BOX 3

This box is to signify what reaction there was (if any) to casein or whey. The report will automatically remove other dairy products containing casein or whey from the green list. Although technically you may not be intolerant to these other products listed it is advisable to avoid them because they contain the protein casein or whey.

### POSSIBLE SIDE EFFECTS

Possible side effects of the detoxification program.

Each person will react differently to the new eating regimen. The main purpose for the first eight weeks of this program is to achieve detoxification and healing of the body. It is possible that for the first few days you may feel ill as you are going through the withdrawal process. The symptoms may include a dull headache, joint pain, sinus discomfort, back pain, fatigue, etc. Some doctors speculate that this is due to the temporary excess of toxins while antigens are being withdrawn. Don't worry, it is temporary and you will feel much better soon. These withdrawal symptoms may start quickly after ceasing foods particularly coffee / tea but will rarely last longer than 4 to 5 days. In extreme cases they can last up to 7 to 10 days. If any (or all) of these symptoms affect you, we recommend that you increase your fluid intake: in severe cases an anti-inflammatory should alleviate those flu like symptoms. Not everyone will be affected by withdrawal symptoms.

The ALCAT Test will not identify acute immediate food allergies. Therefore, if you have immediate food allergies please continue to **AVOID** that food even though it may appear on the green list.