

Report ImuPro200Plus



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Dear MUSTERFRAU HANNELORE

Here are the results of your ImuPro200 test which will help you to make the change in diet as easy as possible.

Firstly, we have listed the foods that you can consume. You will see that it covers most categories of food.

Secondly, we have listed the foods to which you have developed an allergy type III, first in alphabetical order and then according to their level of reaction.

In the analysis of the intolerated foods, we also provide alternatives with which you can replace the foods to be avoided.

The personalised recipe recommendations that you will find in a separate brochure should not only help you change your diet but also offer you tasty ideas for enjoyable meals.

Before you start studying your test results **please read this carefully:**

Even if a certain food was tested by ImuPro200 as compatible it is still possible that there are immediate reactions to this food, being classified as a food allergy type I (Immunoglobulin E mediated reaction). If you have been diagnosed with any allergy type I or any other food related disease (Fructose/Lactose intolerance, celiac disease etc.) that has to be taken into consideration when implementing the results of the ImuPro200 test.

If you would like to discuss any matters raised in this report please do not hesitate to contact us.

Best wishes,
Your ImuPro team

List of compatible foods by alphabetical order:

Almond	Cauliflower	Goose	Lollo rosso	Pear	Soyabean
Amaranth	Celeriac, knob celery	Goose eggs	Lupine	Pine nut	Spinach
Anchovy	Chard, beet greens	Grape / Raisin	Lychee	Pineapple	Squid, cuttlefish
Apple	Chicken	Green bean	Macadamia nut	Pistachio	Stalk celery
Apricot	Chickpeas	Green pea	Mackerel	Plaice	Strawberry
Arrowroot	Chicory	Guar flour (E412)	Maize, sweet corn	Plum	Sunflower seed
Artichoke	Chili Cayenne	Haddock	Mango	Pork*	Sweet chestnut
Asparagus	Chinese cabbage	Hake	Mare's milk	Potato	Sweet pepper
Avocado	Chive	Halibut	Meadow mushrooms	Pumpkin	Sweet potato
Banana	Cinnamon	Hare	Millet	Pumpkin seeds	Swordfish
Basil	Cocoa bean*	Hazelnut	Mung bean, green gram	Quail	Tapioca
Beef	Coconut	Herring	Nectarine	Quinoa	Teff
Beetroot	Cod, codling	Honey (Mixture)*	Nutmeg	Rabbit	Thyme
Brazil nut	Courgette	Horseradish	Ocean perch	Radicchio	Tomato
Broad bean	Cucumber	Iceberg lettuce	Olive	Radish red - Radish white	Trout
Brussel sprouts	Date	Jerusalem artichoke	Onion	Rice	Tunafish
Buckwheat	Deer	Kale, curled kale	Oregano	Roe Deer	Turkey hen
Butterhead lettuce	Duck	Kiwi	Ostrich meat	Romaine / Cos lettuce	Veal
Camel's milk	Endive	Kohlrabi (Turnip cabbage)	Papaya	Rosemary	Watermelon
Cane sugar*	Fig	Lamb	Paprika, spice	Rutabaga	White cabbage
Carob	Fonio	Leek	Parsley	Sardine	Wild boar
Carp	Garlic	Lemon	Parsnip	Savoy cabbage	Yellow plum
Carrots	Gilthead bream	Lentil	Peach	Shark	Zander
Cassava	Goat meat	Linseed	Peanut*	Sole	

Number of tolerated foods : 143

* - We recommend you to limit the consumption of food marked by an asterisk. These products can be irritating for the mucosa. Some are rich in histamine and can cause gastro-intestinal symptoms, cutaneous eruptions, chronic headache and migraine in predisposed subjects. They can impair your general condition.

If possible, all foods which weren't tested should be avoided during the first 8 weeks because there is no certainty whether you tolerate these and consuming them could jeopardise the desired success. After your immune system has stabilised itself and your ailments have diminished or disappeared you can gradually eat these foods, in order to find out if you tolerate them or not. Your body is now very sensitive. The indigestibility would reappear with the recurrence of troubles and an inexplicable weight gain of 1-2 kilos overnight (because of retained water due to inflammation). In this case, you should continue avoiding the corresponding food. At the same time, it is very important that you test only a single food at a time in this manner, because by testing simultaneously several food types, you wouldn't know which food is the incompatible one.

Examination method:

Determination of allergen-specific immunoglobulin G (IgG) from human serum using enzyme linked immunoassay. Test-ref. filter: 405/620 nm; Evaluation mode: point to point / lin-log; measurement range [$\mu\text{g IgG/ml}$] 2.5 – 200

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Evaluation:	<i>IgG-Concentration [$\mu\text{g/ml}$]:</i>	<i>from 7.5</i>	<i>from 12.5</i>	<i>from 20.0</i>	<i>from 50.0</i>
	<i>Reaction class:</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>

List of incompatible foods by alphabetical order (Level 1 = lowest; Level 4 = highest):

Food	Result	Food	Result	Food	Result
Aubergine	1	Milk (cow)*	4	Rocket	2
Barley	3	Milk, cooked*	3	Rye	3
Broccoli	1	Mustard seed	1	Salmon	1
Cashew kernels	3	Oats	3	Sesame	1
Cherry	1	Orange	1	Sheep: milk and cheese	1
Chicken egg	2	Pepper, black	2	Sour-milk products* (cow)	3
Crayfish	2	Peppermint	1	Spelt	3
Gluten	3	Pollock	1	Vanilla	2
Goat: milk and cheese	2	Poppy seeds	1	Walnut	3
Halloumi*	2	Quail eggs	2	Wheat	3
Kamut	3	Red cabbage	1	Yeast*	1
Kefir*	3	Rennet cheese* (cow)	3		
Lamb's lettuce	2	Ricotta*	3		

Number of incompatible foods : 37

List of incompatible foods by level of reaction:

Level 1

Aubergine	Orange	Red cabbage	Yeast*
Broccoli	Peppermint	Salmon	
Cherry	Pollock	Sesame	
Mustard seed	Poppy seeds	Sheep: milk and cheese	

Level 2

Chicken egg	Halloumi*	Quail eggs	
Crayfish	Lamb's lettuce	Rocket	
Goat: milk and cheese	Pepper, black	Vanilla	

Level 3

Barley	Kefir*	Ricotta*	Walnut
Cashew kernels	Milk, cooked*	Rye	Wheat
Gluten	Oats	Sour-milk products* (cow)	
Kamut	Rennet cheese* (cow)	Spelt	

Level 4

Milk (cow)*			
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Number of tolerated foods : 143

Number of incompatible foods : 37

Cross reactions

It is occasionally observed that reactions with some foodstuffs occur, although the patient is convinced of never having eaten this foodstuff. This is absolutely not unusual, and also not attributable to a false measurement. In this case, one talks of a so-called “cross reaction” - i.e. the antibody recognises not only the antigen for which it was originally formed, but also other antigens which belong to other foodstuffs.

This is possible because some foodstuffs have identical molecules or identical parts of molecules, although they evidently do not have to be directly related with each other. These identical molecules or parts of molecules can then be recognised by an antibody. Such regions are called **epitopes**. This phenomenon has been observed for a long time, and such common epitopes are identified more and more often by means of modern molecular diagnostics. If there is a homology of over 70 %, i.e. a congruence between various allergens of over 70 %, one assumes clinically manifest cross reactions. A clinically relevant cross reaction is possible between 40 % and 70 %.

It always depends on which molecule one is sensitive to. And so a clinically relevant cross reaction only occurs if one is sensitised to a molecule which is also found in both foodstuffs or also in pollen.

Other factors which contribute to whether a cross reaction becomes clinically manifest:

- the concentration of the allergen
- the expression of the allergen depending on status of maturity
- temperature instability of the allergen, such as destruction through heating
- geographic factors, biodiversity
- cofactors such as physical exertion, taking of medication

In the following, when describing the individual positively tested foodstuffs, we refer to the possible cross reactions that can exist.

Example:

Tropomyosin: Tropomyosin is the main allergen of the dust mite. Many people suffer from a type I allergy to dust mites. Many patients are desensitised by allergologists. Some also manage to overcome the allergy without medication. It is common to both patient groups that they form IgG – namely IgG4 – against the dust mites. This IgG4 is produced in very high concentrations and can be detected in the ImuPro Test. Normally the values come under the classes 1 and 2, in the extreme case in class 3. But this tropomyosin is not only found in dust mites, but also in all invertebrates, i.e. invertebrate animals. They include mussels, oysters, scampi, squids, shrimps as well as lobsters. Tropomyosin is found in all of these animals in different concentrations. You can also absolutely react to oysters without ever having eaten one. The reason: a sensitisation to dust mites.

GENERAL RECOMMENDATIONS

I. Food allergy type III

It is widely known that a one-sided diet can be dangerous to your health and can simultaneously overload the immune system. The immune system can then react unfavourably, leading to headaches, migraines, flatulence and gastro-intestinal ailments. Other consequences can be psoriasis, acne, certain autoimmune diseases (e.g. rheumatoid arthritis, Type 2 diabetes) and obesity.

The immune system of the intestine is the largest and most important in the entire body. Over 80% of the immune defense reactions have their origin in the intestine. It guarantees an almost invincible barrier for bacteria, viruses and other disease pathogens and a barrier against other foreign proteins from food. Foods have an extraordinary tolerance, on condition they are correctly digested and pass the intact intestinal mucous membrane in the planned manner, namely through the intestinal cells. In this case, we can speak about "oral tolerance".

However, due to medicines, infections, mycosis, stress and environmental poisons, the integrity of the intestinal wall is damaged again and again and food components can slip between the intestinal cells. These are then recognised as foreign by the immune system, which forms antibodies against the corresponding food types. In the case of regular consumption of this food, repeated immune reactions lead to chronic inflammations. Experience has shown that food, consumed regularly or daily, either obviously or hidden, can cause food intolerance related symptoms.

Food allergy type III and classic allergies - what is the difference?

Food allergy type III belongs to the so-called IgG-immune reactions. They occur with considerable time delay after the consumption of the incompatible food. Therefore, a connection to certain ailments and allergy type III is not always recognised. IgG-indigestibility is characterised by inflammatory reactions.

The classic allergic reaction has an IgE-mediated reaction, which appears immediately after consuming the food. These responses are the generally well known symptoms such as strong skin reactions or swellings (e.g. of the tongue), which are also correctly identified by the person in question as a food allergy. The distribution of biogenous amines is responsible for this.

The IgE antibodies play no role in the analysis of food allergy type III. The ImuPro300 test exclusively analyses type G antibodies.

Pseudo-allergy or Idiosyncrasy

The symptoms are similar to the symptoms of a real allergy. However they have no immunological origin and are released by the high concentration of biogenous amines in the food, such as histamine.

II. Rotation principle

The next step to a better life is to use the rotation diet. This means that you alternately consume compatible foods respectively in five day cycles. Therefore, if you eat a certain selection of food today, you should avoid it the following four days. On the fifth day, you can consume the foods eaten on the first day again. Do not forget that a food takes about three to four days in order to pass through the digestive tract. There are three important aspects of the rotation diet, they are:

1. You can prevent the development of new allergies type III.

New allergies type III can emerge especially when one includes a new food in the daily diet or eats certain foods too frequently. E.g. if one consumes soybean products as a replacement for incompatible cow's milk products and does

so every day, that person might suddenly develop an allergy type III against soybeans. It is obvious then that the success of your diet modification would be jeopardised. Therefore, it is also important that you do not nourish yourself unilaterally, but rather trust the rotation principle as you do not want to replace one allergy type III with another.

2. Mistakes within the diet modification are not too severe

By rotating, the effects of unknowingly consuming an incompatible food are greatly moderated. Moreover, you reduce the environmental risks, like heavy metal, pesticide or nitrate overload.

3. Optimal providing of micro-nutrient

This is guaranteed by a well-balanced diet, rich in vital nutrients and micronutrients, which are especially important for the optimal supply of the body's characteristic enzymes.

The following table should help you to select your daily food. It contains only those food types which you are allowed to consume.

Options for rotation diet:

	Day 1	Day 2	Day 3	Day 4
Cereals	Amaranth	Arrowroot	Buckwheat	Carob
	Cassava	Fonio	Jerusalem artichoke	Lupine
	Maize, sweet corn	Millet	Quinoa	Rice
	Sweet chestnut	Sweet potato	Tapioca	Teff
Eggs	Goose eggs			
Fish and seafood	Anchovy	Carp	Cod, codling	Gilthead bream
	Haddock	Hake	Halibut	Herring
	Mackerel	Ocean perch	Plaice	Sardine
	Shark	Sole	Squid, cuttlefish	Swordfish
	Trout	Tunafish	Zander	
Fruits	Apple	Apricot	Avocado	Banana
	Date	Fig	Grape / Raisin	Kiwi
	Lemon	Lychee	Mango	Nectarine
	Papaya	Peach	Pear	Pineapple
	Plum	Strawberry	Watermelon	Yellow plum
Meat	Beef	Chicken	Deer	Duck
	Goat meat	Goose	Hare	Lamb
	Ostrich meat	Pork*	Quail	Rabbit
	Roe Deer	Turkey hen	Veal	Wild boar
Milk Products		Camel's milk		Mare's milk
Mushrooms	Meadow mushrooms			
Salads	Butterhead lettuce	Chicory	Endive	Iceberg lettuce
	Lollo rosso	Radicchio	Romaine / Cos lettuce	
Seeds and nuts	Almond	Brazil nut	Cocoa bean*	Coconut
	Hazelnut	Linseed	Macadamia nut	Peanut*
	Pine nut	Pistachio	Pumpkin seeds	Sunflower seed
Spices and herbs	Basil	Chive	Cinnamon	Garlic
	Horseradish	Nutmeg	Oregano	Paprika, spice
	Parsley	Rosemary	Thyme	
Sweeteners	Cane sugar*	Honey (Mixture)*		
Vegetables	Artichoke	Asparagus	Beetroot	Broad bean
	Brussel sprouts	Carrots	Cauliflower	Celeriac, knob celery
	Chard, beet greens	Chickpeas	Chili Cayenne	Chinese cabbage
	Courgette	Cucumber	Green bean	Green pea
	Kale, curled kale	Kohlrabi (Turnip cabbage)	Leek	Lentil
	Mung bean, green gram	Olive	Onion	Parsnip
	Potato	Pumpkin	Radish red - Radish white	Rutabaga
	Savoy cabbage	Soyabean	Spinach	Stalk celery
	Sweet pepper	Tomato	White cabbage	

Detailed analysis

Cereals

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
Amaranth			Barley	
Arrowroot			Gluten	
Buckwheat			Kamut	
Carob			Oats	
Cassava			Rye	
Fonio			Spelt	
Jerusalem artichoke			Wheat	
Lupine				
Maize, sweet corn				
Millet				
Quinoa				
Rice				
Sweet chestnut				
Sweet potato				
Tapioca				
Teff				

Grain contains 8 to 15% proteins. However, these proteins do not contain all of the essential amino acids.

They contain little fats that concentrate mainly in the germs and consist of poly-unsaturated fat acids. Because grain is of vegetable origin, it is low in cholesterol. It is very rich in carbohydrates (60 to 80%) and it contains many minerals (iron, phosphorus, magnesium and zinc).

It is very rich in B-group vitamins (niacin, thiamine, and riboflavin) and in folic acid. However, through grain grinding and polishing, most nutrients are lost.

Cereals with gluten



Barley(*Hordeum vulgare*)

You have a level 3 allergy type III to barley.

Barley is used in the health cuisine, to manufacture beers and whiskey and as a coffee replacement (malt coffee).

When the external shell is removed, barley is also named "pearl barley". Pearl barley is used for desserts and as a soup ingredient.

On the market, barley oats, flour and flakes are also available.

Barley contains gluten, therefore avoid it if there is an allergy type III!

Gluten

You have a level 3 allergy type III to gluten.

Also named the white of the grain. Gluten is contained in spelt, barley, green spelt, oat, kamut, rye and wheat. Pay a lot of attention to semi-finished and instant products, since gluten is used as natural wheat albumen or starch for its binding properties.

Alternative: Gluten free grain sorts such as amaranth, millet, corn, quinoa, rice, buckwheat, chestnut and their products.

Gluten free products for the home use:

Agar-Agar

Agar-Agar is a gelatinous substance that is obtained from red seaweed. The food industry uses this extract because of its gelatinization properties as a thickening agent, e.g. for glazes. Agar-Agar can be used as a binding agent for cold or warm fluids.

Guar seed flour

Guar is mainly cultivated in India and Pakistan . The seeds are taken out of their pods, peeled and then ground. Guar seed flour can bind and retain large quantities of cold water and preserves this capacity even in sour fluids. Moreover, it is heat stable up to 95° C. Guar seed flour serves as a glue replacement; however it must be used with consideration because too much of it influences the consistency of the dough in a negative way. The dough does not rise correctly and the baked good becomes gummy. It is also fit for binding sauces and desserts.

Carob flour

The carob tree grows mainly in the Mediterranean region. Every ripe fruit, a long brown pod, contains from five to six kernels. During processing, the kernels and the germs are removed out of the pods. Then the kernels are ground to flour. Carob flour reaches its best source capacity when it is heated. Before you stir it into foods, you should stir it with some salt or sugar in order to avoid lumping.

Potato flour

Due to its high starch concentration, potato flour is best used for binding soups and sauces. One can also dumpling flour - naturally only out of potatoes for that.

Alternatives offered for you:

- Carob flour - the carob tree mainly grows in the Mediterranean regions. There are 5 to 6 seeds in each ripe fruit (long, brown pod). The seeds are taken out from the pods and the sprouts removed in the processing. The seeds are then ground to flour. Carob flour reaches its best rising capacity by being heated. Before stirring it into food you, should mix it with some salt or sugar in order to avoid lumping.
- Guar flour - guar is mainly cultivated in India and Pakistan. During processing, the seeds are taken out from the pods, the sprouts and the shells are removed and, finally, the seeds are ground. Guar flour can bind great quantities of cold water and maintain its rising characteristics in sour liquids, too. It is also heat proof up to 95 °C. Guar flour serves as a gluten substitute; however, you must use it carefully because too high quantities also influence the consistency of the cakes and pastry in a negative way. The dough does not rise correctly and the cakes and pastries become rubbery. Guar flour is also suitable for binding sauces and desserts.
- Potato flour - on the basis of its high starch content, potato flour is best suited for binding soups and sauces. One can also use dumpling flour - produced out of potatoes - instead of potato flour.



Kamut (*Triticum turgidum polonicum*)

You have a level 3 allergy type III to kamut.

Kamut is an ancestor of wheat and it is a cereal which contains gluten. Products that are produced from kamut or by using it are correspondingly labelled (bread and baked goods, snack food, etc.)

Alternatives: other grain sorts



Oats (*Avena sativa*)

You have a level 3 allergy type III to oats.

Oats are mainly found as oat flakes (instant), also in the baby and infant nourishment as well as for the sick.

The flakes with seed are eaten in granolas, the delicate flakes in porridge or granolas.

Cream flakes are used to bind both sauces and soups or hamburgers and kale stew.

Very popular are oatmeal cookies and the oats green tea (metabolism stimulator).

Because oats are very low on gluten, it is not used to bake bread.

However, in case of gluten allergy type III, oats should be avoided!

As alternatives, other grain sorts are offered.

Alternatives offered for you:

- Millet - Millet is, along with oats, the cereal with the highest nutritional-physiological value. Millet is rich in albumen and fats and is very appreciated in the whole foods cuisine. Millet flakes are optimal gluten free substitutes for rolled oats.



Rye (*Secale cereale*)

You have a level 3 allergy type III to rye.

Rye is processed to many products:

- flour - is used to manufacture rye bread or rolls or to manufacture mix bread together with further flour sorts
- flakes - (Muesli)
- raw material to manufacture Brandywines



Spelt (*Triticum spelta*)

You have a level 3 allergy type III to spelt.

Spelt is available on the market as entire grains, groats or flour. It is used as an ingredient for soups, stews and baked goods of all type. You should ask your baker about the use of spelt in mixed breads. Industrially processed food rarely contain spelt - which is usually labelled on the list of ingredients.

Other grain sorts are offered as alternatives.



Wheat (*Triticum aestivum*)

You have a level 3 allergy type III to wheat.

The three-edged nuts of the wheat are mainly consumed in soups or as pulp or groats. On the market, wheat, which does not count to the grains, is sold as entire "grain" or ground. An industrial processing does not take place so that wheat is mainly offered for the home use and can be easily avoided.

Alternatives offered for you:

- Millet

Eggs

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
Goose eggs		Chicken egg		
		Quail eggs		

Due to their composition, egg proteins can be used by our organism up to 95%. 1 egg covers about 15% of the daily need for protein. The egg white consists mainly of water; it contains 11% proteins, as well as water-soluble vitamins, sodium, potassium, minerals and chlorides. The egg yolk is rich in lecithin, fats (phospholipids, cholesterol), vitamins A, B1, B2, D and E, calcium, phosphorous and iron.

Egg white is often a strong antigen. Therefore, one must try to completely avoid it.

List of products that can contain eggs:

gluten free bread	confectionery products
pancakes	cakes
quiches	pies
gratins	stews
sausages	meat products
desserts	fresh dough
saucers	instant meals
candies	mayonnaise
bread spreads	ketchup
mustard	ice cream
soups	hamburger
meat products	

It is extremely important to read the list of ingredients of these products and also the composition of each product. Egg-free products are relatively easily found on the market. In general, it is clearly labelled on the packaging.

Labels that hide eggs:

Yolk	Egg-white
Ovalbumin	Livestin
Albumin	Lysozyme E1105
Globulin	Ovomucoid
Lecithin E322	

Alternatives to eggs: it is not necessary to cover the need for proteins with egg-free nourishment. If one takes into consideration nourishment with different protein sources, the amount of the necessary amino acids is guaranteed. In addition to different animal protein sources, there are many vegetable protein sources: soybeans and their derived products, legumes, nuts, seeds, rice, potatoes and grains. The difficulties arise in daily cooking and substitution of egg characteristics. On the market, egg replacements are available.

To replace the bounding effect of an egg: mix 1 spoon soybean flour with 2 spoons of water. In case of soyabean intolerance, one can also make a mixture with rice or corn flour.



Chicken egg

You have a level 2 allergy type III to chicken egg.



Quail eggs

You have a level 2 allergy type III to quail eggs.

Quail eggs differ from chicken eggs in their strong pattern and in their size.

Fish and seafood

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
Anchovy	Pollock	Crayfish		
Carp	Salmon			
Cod, codling				
Gilthead bream				
Haddock				
Hake				
Halibut				
Herring				
Mackerel				
Ocean perch				
Plaice				
Sardine				
Shark				
Sole				
Squid, cuttlefish				
Swordfish				
Trout				
Tunafish				
Zander				

Fish meat contains from 15 to 20% proteins. It is rich in many minerals and vitamins. Fatty fish represent a very good vitamin D source. Fish fat is mainly composed of polyunsaturated Omega 3 fats, which possesses cancer prophylactic properties.

Crustaceans

Crustaceans are invertebrate water animals whose body is covered by a hard shell. The majority live in sea water: crab, shrimp, lobster, langouste; some of them, like the river crabs and some shrimp types, live in freshwater, too. Mussels also belong to the crustaceans. They are, like most edible sea animals, rich in proteins and minerals. They contain little fat, little cholesterol and few calories.



Crayfish (*Astacus astacus*)

You have a level 2 allergy type III to crayfish.

Crayfish is available fresh or deep-frozen, but also canned. Moreover, crayfish meat is used for crayfish soups, crayfish butter, crayfish paste and other fish dishes.

Shrimps, lobster, emperor garnet and spiny lobster belong to the family of the crayfish.

Other fish sorts or meat sorts are alternatives.

Fishes



Pollock (*Pollachius virens*)

You have a level 1 allergy type III to pollock.

Pollock is available in the trade in several forms.

You often encounter Pollock in the form of fish fingers. Yet is also used to produce mock salmon (dyed red) and for many other fish convenience products.

Therefore, the ingredient list should be checked.



Salmon (*Salmo salar*)

You have a level 1 allergy type III to salmon.

In many countries, salmon is very popular as topping and appetizer.

On the market, the fish is offered in many forms such as entire fish, "halves", salmon steak (also deep-frozen), smoked entirely or in slices for bread topping. Further, salmon meat is processed to pate or it is available as canned food. The roes of the pacific salmon are commercialized as "Keta Caviar".

A hidden occurrence of salmon meat in different fish pies is to be expected.

Fruits

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
Apple	Cherry			
Apricot	Orange			
Avocado				
Banana				
Date				
Fig				
Grape / Raisin				
Kiwi				
Lemon				
Lychee				
Mango				
Nectarine				
Papaya				
Peach				
Pear				
Pineapple				
Plum				
Strawberry				
Watermelon				
Yellow plum				

The majority of the fruits have a high water content (88-95%) and contain many minerals and vitamins such as vitamin A, B6, C, potassium, calcium, iron and magnesium. Fresh fruits should be eaten well washed and with the skin, because most vitamins, minerals and the fibers are contained in the skin.

Certain people may also have difficulties in digesting raw fruits.

Fresh fruits

Cherry (*Prunus avius*, *Prunus cerasus*)

You have a level 1 allergy type III to cherry.

On the market, you can predominantly find sweet and sour cherries, either fresh, as canned food or deep-frozen. Cherries are also cooked, candied, canned, inserted in alcohol or is used as a pie topping.

Cherries are added to fruit salads, pies (Black Forest cake) and yogurt.

Do not forget: cherry jam and jelly.

Cherries, or better said their juice, are also main ingredients for various spirituous: cherry brandy (fruit brandy), cherry liqueur (fruit juice liqueur = Cherry Brandy, cherry with rum, cherry with Whiskey and Ratafia).

Alternatives offered for you:

- Strawberry



Orange (*Citrus sinensis*)

You have a level 1 allergy type III to orange.

Oranges are sold mainly fresh or are processed to juice as well as to marmalade, jams and fruit powder.

Dry orange blossoms and peel are secondary products. They are used for the manufacture of liqueur, herb liqueurs, baked goods, chocolate, desserts and aromas.

Milk Products

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
Camel's milk	Sheep: milk and cheese	Goat: milk and cheese	Kefir*	Milk (cow)*
Mare's milk		Halloumi*	Milk, cooked*	
			Rennet cheese* (cow)	
			Ricotta*	
			Sour-milk products* (cow)	

Under the term of milk, we usually understand cow's milk. It is either hidden or obvious in a large amount of food types: soups, sauces, pancakes, cakes, confectionery products, desserts, aperitifs, purees etc.

HOMOGENIZED MILK - fat milk that is prepared under pressure. Due to this procedure, fat particles do not gather at the surface.

WHOLE MILK - milk that contains 3,5% fat and is rich in vitamin D.

PASTEURIZED MILK - milk that is heated up close to its boiling point in order to eliminate all pathogenic bacteria.

SKIMMED and/or low fat MILK - milk that contains no more than 0.3% fat. It is often enriched with vitamin D.

SEMI-SKIMMED MILK - milk that contains 1-2% fat and is often enriched with vitamins A and D.

RAW MILK - untreated milk - (is illegal for sale in many countries).

CONDENSED MILK - milk has up to 60% of its water evaporated by a vacuum. It contains 7.5% fat and is enriched with vitamins C and D.

SWEETENED CONDENSED MILK - condensed milk that is sweetened with sugar. It contains 40-45% sugar and 8% fat. It is always enriched with vitamin A and sometimes with vitamin D.

WHOLE MILK POWDER - dehydrated milk, rich in vitamins A and D. It contains at least 25% fat. The semi-skimmed dried milk contains 9.5% fat and the skimmed milk powder 0.8% of fat.

FLAVOURED MILK - milk that is mixed with other flavor additives (milk with chocolate, fruits or vanilla)

ICE MILK - milk ice is low in fat (between 2 and 7%) but its sugar level is very high.

MICROFILTERED MILK - milk that was treated with a filtering procedure that permits the elimination of 99,9% of bacteria.

UHT MILK (ultra high temperature treated milk) - milk that was packed in sealed, sterile containers. At room temperature, it lasts up to 3 months (unopened).

BUTTERMILK - fluid with a slightly acidic taste which separates itself from the cream while butter is being produced. Nowadays, buttermilk is obtained by adding a bacteria culture to milk.

GOAT'S MILK - Goat's milk has an intense taste. It is considered as being more digestible than cow's milk.

SHEEP'S MILK - milk from sheep especially bred for this purpose.

Cream

Cream is the milk fat that is formed during the first stage of the butter production and that gathers at the surface of the milk. It is used for many foods: vinaigrette, soups, sauces, fried eggs (according to the preparation method), pies, desserts, confectionery products and aperitifs.

Coffee cream: 10% fat. It is used for coffee.

"Light"-cream: cream that contains at most 12-13% fat

Double cream: Crème fraîche with 40% fat.

Cream: pasteurized cream which is enriched with fermented milk.

Sour cream: pasteurized cream that is fermented with a bacteria culture.

Butter: it is produced from cream. Butter can be produced from cow's, buffalo and camel's milk.

Low-fat butter: butter that contains much more water than normal butter. It is used for bread spreads. It contains between 21 and 45% fat.

Yogurt: milk that was fermented.

Kefir: milk that is fermented by the effect of bacteria and yeasts. It is a low carbon dioxide and alcohol content and has a spicy flavor. It is consumed ice cold with mint leaves or poured over fruits.

Cheese

Product that is obtained by clotting and draining milk, cream or a mixture of both.

Cheese is produced from cow's, sheep's, goat's or buffalo milk. Cheese is classified according to its firmness that varies based on the moisture content.

Hard cheese: Parmesan, Peccorino etc.

Cream cheese: has relatively high water content and therefore should be consumed quickly. Cottage cheese, Ricotta, Mascarpone, etc

Soft cheese: the water content of this sort is of 50-60% and that of the fat is 20 to 25%. Camembert, Chaumes, etc.

Soft goat's cheese: cheese sort that is 100% made of goat's milk or goat's milk mixed with cow's milk.

Processed cheese (for bread spreads): cheeses which are produced out of melted cheese types, and to which milk, cream or butter is added. Cheese stabilizers, emulsifying agents, salt, dye, sweetener and spice are also added.

Blue cheese - cheese types made with good mold: Roquefort, Gorgonzola, Bavaria Blue, etc.

The antigen effect

Cow's milk composition differs very much from breast milk. Breast milk contains three more proteins, ten more growth hormones, less lactose and less sugar substances. Breast milk contains, in comparison to cow's milk, oligosaccharides that favor the development of the intestinal flora. Milk intolerance appears mainly due to the cow's milk proteins. Yogurt and cheese are derived products that are obtained by fermentation or acidification. This procedure changes the milk proteins and can either reinforce or weaken the antigen effect.

Labels behind which cow's milk proteins are hidden:

Lactoglobulin	Casein
Lactalbumin	Milk proteins
Whole milk, dried whole milk , concentrated milk	Butter
Buttermilk	Yoghurt
Cream, sour cream	

Cow's milk alternatives:

Goat's milk and cheese	Oats milk (to avoid in case of oat intolerance)
Sheep's milk and cheese	Pine milk
Soya milk	Almond milk
Rice milk	Coconut milk

Cow milk and products



Halloumi

You have a level 2 allergy type III to halloumi.

Halloumi is the Greek name of hellim and it looks like mozzarella.

In Cyprus, for example, it is served fried or grilled with French fries or with fried eggs for breakfast. It is also used to stuff ravioli and fresh dates or it is dried and grated.

Kefir

You have a level 3 allergy type III to kefir.

Kefir is a thick and slightly alcoholic fermented milk product, that is often used for milk mix drinks, sweets or sauces.

Please check the ingredient list.

Milk, cooked

You have a level 3 allergy type III to milk, cooked.

Cooked milk should not be mistaken for the so-called long-life milk. This product is not on sale.

The milk tested here was boiled for 30 minutes, cooled down and the developed skin was removed.

Rennet cheese (cow)

You have a level 3 allergy type III to rennet cheese made of cow's milk.

Rennet cheese includes: Parmesan, Leerdam, Edam, Emmental cheese, Chester, Tilsit, Brie cheese, Gouda etc.



Ricotta

You have a level 3 allergy type III to ricotta.

The ImuPro 300 test is based on ricotta that is produced from cows milk and/or cow milk whey. This fresh cheese is used for desserts, baked goods, sauces, appetizers and as bread spread. Ricotta is rarely used as an ingredient for industrially processed products. Before purchase, the list of ingredients should be preventively reviewed.

Ricotta is also produced from sheeps milk whey, which represents an alternative to the cows milk ricotta. You should pay attention because the cheese can also be a mixed product of sheep -and cows milk.

Sour-milk products made of cow's milk

You have a level 3 allergy type III to sour-milk products.

Typical sour-milk products are buttermilk, yoghurt, whey and curd as well as sour-milk cheese.

Types of sour-milk cheese include the following products: Mozzarella, cottage cheese, Camembert, processed cheese, Harzer cheese, Handkäse, Korbkäse, Vienenburger Schimmelkäse, Olmützer Quargel, Mainzer cheese, Stangenkäse, Spitzkäse, Styrian Graukäse etc.

A very popular dish is called "Handkäs mit Musik" (Handkäs with music). For this dish, the ripe cheese is marinated in a mixture of chopped onions, vinegar, oil, caraway, pepper and salt and served together with the marinade.

Other sorts of milk and products

Goat: milk and cheese

You have a level 2 allergy type III to goat (milk and cheese)

Goats milk is processed to cheese and it is a replacement for cows milk.

Products made of goats milk are labelled and can be easily avoided.

Sheep: milk and cheese

You have a level 1 allergy type III to sheep (milk and cheese).

Sheep cheese is offered as pure sheep cheese, but also as a mixture of sheep and cow cheese.

Most important sorts: Roquefort and Pecorino.

Salads

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
Butterhead lettuce		Lamb's lettuce		
Chicory		Rocket		
Endive				
Iceberg lettuce				
Lollo rosso				
Radicchio				
Romaine / Cos lettuce				



Lamb's lettuce (*Valerianella locusta*)

You have a level 2 allergy type III to lamb's lettuce.

Lamb's lettuce is also found under the name of field salad and corn lettuce. There is no industrial processing of the lamb's lettuce. A hidden occurrence in food is not to be expected.

Alternatives offered for you:

- Iceberg salad



Rocket (*Eruca sativa*)

You have a level 2 allergy type III to rocket.

Rocket is mainly used "raw" as a salad, or minced finely as an ingredient for curds, butter or bread spreads. A hidden occurrence of rocket in food cannot be expected.

Alternatives offered for you:

- Lettuce
- Iceberg salad

Seeds and nuts

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
Almond	Poppy seeds		Cashew kernels	
Brazil nut	Sesame		Walnut	
Cocoa bean*				
Coconut				
Hazelnut				
Linseed				
Macadamia nut				
Peanut*				
Pine nut				
Pistachio				
Pumpkin seeds				
Sunflower seed				



Cashew kernels (*Anacardium occidentale*)

You have a level 3 allergy type III to cashew kernels.

Cashew kernels are processed into sweet products, baked goods, snack foods and in desserts. In Indian and Chinese cuisines, one uses it to curry lamb and to bind stew and ragouts; they are often mixed into rice.

You should pay attention to the list of ingredients, especially breakfast flakes and chocolate.

Alternatives offered for you:

- Peanuts are offered as an alternative.



Poppy seeds (*Papaver somniferum*)

You have a level 1 allergy type III to poppy seeds.

From poppy seeds, we produce poppy oil. It is an easily digestible food oil which is very difficult to find in Germany .

Poppy seeds are used to garnish baked goods and pastry products, such as poppy-seed strudel, as a filling in dumplings, on bread and rolls. Poppy is also found in baked goods, different candies and cheese kinds.



Sesame (*Sesamum indicum*)

You have a level 1 allergy type III to sesame.

Sesame seeds are often used to garnish bread and cakes. They are basis ingredients of the halva, a honey and almond mixture of eastern origin.

Sesame is also used to manufacture sesame oil and sesame bread (a special bread containing at least 80% sesame seeds).

Sesame salt is produced out of the roasted sesame seeds and sea salt and is used as a spice.

Sesame seeds are often contained in baked goods.

Alternatives offered for you:

- Almond
- Pine nut
- Pumpkin seeds



Walnut (*Juglans regia*)

You have a level 3 allergy type III to walnut.

Walnuts are mainly used for candies, baked goods and pies.

Walnuts can be eaten raw but also to cheese, in salads and sauces.

Walnut oil gives a nutty taste to salads.

Walnuts can be contained in the following foods:

Sweet and baked goods, granolas, "nuts and raisins", snack foods, cheese, salads, sauces.

Oil is obtained from the walnut seeds, which is used for cold dishes.

A classic form of its use represents the vinaigrette made out of walnut oil and raspberry vinegar, which seasons the lamb's lettuce. In restaurants, you should ask if walnuts were used to prepare the food.

Alternatives offered for you:

- Hazelnut

Spices and herbs

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
Basil	Mustard seed	Pepper, black		
Chive		Vanilla		
Cinnamon				
Garlic				
Horseradish				
Nutmeg				
Oregano				
Paprika, spice				
Parsley				
Rosemary				
Thyme				

The words "seasoning" and "condiments" are often used, indistinctively, for all products which intensify the flavor of foods.

The spices are aromatic plants coming from plants which grow in tropical regions. Fine herbs are herbs from temperate regions, easily cultivated in gardens.



Mustard seed (*Sinapis alba* und *Brassica nigra*)

You have a level 1 allergy type III to mustard seed.

Over 90% of the harvested mustard seeds are processed to food mustard, the rest is used in the meat, fish and cucumber industry as well as in the pharmacy. Foods containing mustard are meat and fish dishes, sauces, pickles, mayonnaises, remoulade, curry, fast-foods, deep-frozen meals, pickled vegetables. The list of ingredients should be studied before purchasing.



Pepper, black (*Piper nigrum*)

You have a level 2 allergy type III to black pepper.

The sharp-spicy, black pepper is very frequently used in the household. It is also contained in spice mixtures, as well as in meat and fish products, soups, sauce and canned food.

The list of ingredients should be reviewed before purchasing, because black pepper is available in very many types of food and it is not necessarily labelled.

Alternatives offered for you:

- Chili - On the market, chili can be found both as powder and pod (green and red). Chili has more seasoning strength than black pepper.



Vanilla (*Vanilla planifolia*)

You have a level 2 allergy type III to vanilla.

Vanilla is manufactured by the food industry into extracts and aromas.

Vanilla is also processed to candies, baked goods and liqueurs.

Vanilla can be found in cream, pudding, yogurt, ice cream, pastry products, vanilla sugar, flavored coffee, hot chocolate etc.

If a product label says "real bourbon vanilla", then it should be avoided. Aromas labelled as "natural or nature identical flavor" are in fact vanillin, which is an aroma produced by bacteria or mold and has nothing to do with the real vanilla.

Alternative: Vanillin (synthetically produced; not real vanilla)

Alternatives offered for you:

- Cinnamon

Tea, coffee and wine

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
Peppermint				



Peppermint (*Mentha x piperita*)

You have a level 1 allergy type III to peppermint.

Peppermint is very good to flavor fruits, cooked or raw salads or to perfume drinks and aperitifs.

It is mainly used in the summer because of its freshening properties.

It fits lamb, but also different vegetables, cucumbers, tomatoes, potatoes and legumes.

Peppermint is used as medicine in herbal medicine.

Peppermint leaves are dried and used for tea.

Industrial products with a peppermint flavor, artificial aroma is usually used. Many types of toothpaste contain different essential oils made of peppermint.

Vegetables

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
Artichoke	Aubergine			
Asparagus	Broccoli			
Beetroot	Red cabbage			
Broad bean				
Brussel sprouts				
Carrots				
Cauliflower				
Celeriac, knob celery				
Chard, beet greens				
Chickpeas				
Chili Cayenne				
Chinese cabbage				
Courgette				
Cucumber				
Green bean				
Green pea				
Kale, curled kale				
Kohlrabi (Turnip cabbage)				
Leek				
Lentil				
Mung bean, green gram				
Olive				
Onion				
Parsnip				
Potato				
Pumpkin				
Radish red - Radish white				
Rutabaga				
Savoy cabbage				
Soyabean				
Spinach				
Stalk celery				
Sweet pepper				
Tomato				
White cabbage				

Vegetables and grains were people's main foods for long time.

One should pay attention to the freshness of the vegetable. The preparation and preservation of vegetables influence their taste, nutritional value, composition and appearance. Each vegetable contains healthy nutrients.

Generally one can say:

- vegetables contain vitamins and minerals
- they have a high water content
- they are rich in water-soluble and insoluble fibers
- they are poor in fats (except for avocados and olives)
- they contain no cholesterol



Aubergine (*Solanum melongena*)

You have a level 1 allergy type III to aubergine.

Ratatouille and Moussaka are dishes based on aubergines and must be avoided.

A hidden occurrence in food is not to be expected.

Alternatives offered for you:

- Zucchini



Broccoli (*Brassica oleracea convar. botrytis var. italica*)

You have a level 1 allergy type III to broccoli.

Broccoli is mainly used for casseroles and soups. It is offered in commerce either fresh, frozen or in instant meals. Products which contain broccoli are accordingly labelled.

Alternatives offered for you:

- Brussel sprouts
- Cauliflower



Red cabbage (*Brassica oleracea* convar. *capitata* var. *capitata* f. *rubra*)

You have a level 1 allergy type III to red cabbage

Red cabbage is processed to deep-frozen food and to juice and is canned. On the market, it is also available fresh as a cabbage head.

It is very popular as a raw food salad and vegetable supplement to beef, hare and venison.

Alternatives offered for you:

- White cabbage

Yeast

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
	Yeast*			

Yeast is a microscopic fungus that is mainly used in bread production. Beer yeast or baker's yeast are the most frequently used ones.

In the presence of oxygen, yeasts transform sugar substances in the flour to water and carbon dioxide as soon as yeast is added to the gluten-containing flour. The carbon dioxide contained by gluten makes the dough rise.

Yeast

You have a level 1 allergy type III to yeast.

Yeast is used in baked goods to loosen the dough.

On the market, yeast can be found either as powder or fresh (pressed yeast).

Yeast can be contained as yeast extract in almost all of the instant meals such as soup in an envelope or deep-frozen pizza. Vegetarian bread spreads also contain yeast. In this category, you find bread sorts, baked goods, snack foods, soups, sauces, broth etc.

Alternative: sourdough ferment , baking powder, baking ferment (health food shop)

General recommendations

The foods positively identified by the test should be avoided in accordance with the level of reaction.

Remember that these products can also be hidden in more complex foods.

Please note that products such as oil or fat, fruit juices or vinegar can also serve as a base for manufactured products. The rotation rules also apply to these products i.e. if you have an allergy type III to sunflower seeds then you must avoid sunflower oil. This also applies to olives and olive oil, peanuts and peanut oil etc.

It is the same situation with fruit juices. For example, if you have an allergy type III to oranges, you should avoid the consumption of orange juice. This is very important because in order to manufacture 250 mls of orange juice you need at least three to four oranges, but you would never eat four oranges at once! Thus, the danger of consuming damaging antigens is much higher by drinking fruit juice than by consuming the fruit. You must pay attention to the diet rotation principle.

The test results show that you have developed allergy type III to **37** food(s). This amount ranges statistically from middle to upper level of food allergy type III.

The spread of your reaction indicates that your immune system is so disturbed that it responds with an immune reaction to supposedly harmless foods. At the same time, an inflammatory reaction occurs every time these foods are consumed, weakening your entire body.

A repetitive diet, together with an increased permeability of the intestine, is very likely the reason for your food allergy type III. Experience shows that the simple avoidance of the positively tested foods is not enough and a diet modification in accordance with the rotation principle is required.

The level of reaction shown is an indication that the permeability of your intestine is impaired and that the intestinal flora is probably damaged. We recommend that you determine the composition of your intestinal flora by means of stool testing, so that proper means of remediation can be taken. This should take place before or during the diet modification in order to prevent the occurrence of new food allergies type III.

Individual recommendations

1. You have a level 1 reaction to following foods:

Level 1

Aubergine	Salmon	Red cabbage	Sesame
Yeast*	Poppy seeds	Sheep: milk and cheese	
Broccoli	Orange	Pollock	
Cherry	Peppermint	Mustard seed	

We recommend that you should avoid these foods and all those which they are part of for at least 12 weeks.

2. You have a level 2 reaction to following foods:

Level 2

Lamb's lettuce	Crayfish	Vanilla	
Halloumi*	Pepper, black	Quail eggs	
Chicken egg	Rocket	Goat: milk and cheese	

We recommend that you should avoid these foods and all those which they are part of for at least 12 weeks.

3. You have a level 3 reaction to following foods:

Level 3

Cashew kernels	Oats	Milk, cooked*	Walnut
Spelt	Kamut	Ricotta*	Wheat
Barley	Kefir*	Rye	
Gluten	Rennet cheese* (cow)	Sour-milk products* (cow)	

We recommend that you should avoid these foods, and all those which they are part of for at least 26 weeks.

4. You have a level 4 reaction to following foods:

Level 4

Milk (cow)*			
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We recommend that you should avoid these foods, and all those which they are part of for at least 1 year.

The following allergies type III were detected:

Gluten, Milk (cow)*, Yeast*

These foods represent very strong antigens that are often used by the food industry and may be hidden in convenience food. Even small quantities of these foods are sufficient to produce symptoms of chronic inflammation. For example egg-white, which is occasionally used in gluten free bread. Read the labels on the packaging carefully or ask the manufacturer.

The detected antibody readings against gluten are rather high. The main symptoms of gluten allergy type III are diarrhoea, constipation, abdominal cramps and deficiency syndromes. For an exact clarification of the critical nature of the gluten allergy type III, we recommend that you seek analysis of the following supplementary determinants:

Anti-gliadin IgG
Anti-gliadin IgA
Anti-transglutaminase IgG
Anti-transglutaminase IgA
Anti-endomysium

In the chapter "Gluten", all the relevant information required to identify gluten and to find corresponding gluten free replacement products is summarised.

Gluten allergy type III leads to intestinal inflammation that is automatically connected with an increase of intestinal permeability. This can lead to iron and folic acid deficiencies. Simple supplementation is not sufficient.

To determine the severity of the intestinal permeability, stool testing is recommended in order to establish the concentration of the a-1-Antitrypsin.

A complete success: diet rotation with compatible foods

The next step to a better life is a change to the rotation diet. This means that you consume compatible foods alternately in a 5-day cycle. Therefore, if you eat a certain type of food today, you should avoid it for the next 4 days. On the 5th day, you can consume that food again.

Importance and purpose of the rotation diet

The rotation diet helps you to achieve two things:

- **Prevent the development of new allergies type III**

New allergies type III can develop when one includes new food in the daily diet or eats certain food types too frequently. When you eat soybean products as a replacement for the incompatible cow's milk products and you do so every day, you might suddenly develop an allergy type III to soybeans. It is obvious that this would jeopardise the success of your diet change. Therefore, it is also very important that you do not eat the same things continuously, but rather follow the rotation principle. You do not want to replace one allergy type III with another.

- **Mistakes in diet modification are not too severe**

It is clear that if during the rotation diet, you consume some food that contains an incompatible component without knowing it, at least you won't consume it every day. That considerably moderates the effects.

Next steps:

You should make up a personalised "menu" with the compatible foods considering the 5-day rotation plan. At the beginning, this may sound a little difficult, but you will find that you are enjoying a varied diet, which is also good for you. By careful planning you can exclude mistakes in diet modification.

Whether you plan your new menu for a short period of time or for an entire week is up to you. Just try it out - you will soon discover the best way for you.

It is important to remember to eat something different each day and it helps to keep a record of the food that you have consumed. This will also help you ensure that you do not eat the same foods by mistake, twice during the 5-day cycle.

The following detailed example shows you how the rotation principle functions in practice. It shows you the basic rules with which you can make up your personal 5-day rotation plan.

This is the way to do it: You can find the practical ImuPro300 rotation plan in your results folder under the title "rotation". Use this in the most suitable way for your planning.

Pay attention to the food types consumed on the 5th day of the rotation and avoid them on the first day of the new 5-day planning (see above).

- **step 1: Select the main meal of the first day**
Choose a dish from the individual recipe proposals (lunch and/or evening meal) and make up your own menu with compatible foods. For example:
Chicken fillet with hot mango sauce
- **step 2: Enter all ingredients in the ImuPro300 rotation plan**
Depending on whether the main meal is consumed at midday or in the evening, you register the ingredients from day 1 into the column "lunch" or "evening meal".
You should also select your breakfast, snacks, evening meal and/or lunch according to this for the day. In order to guarantee a well-balanced diet, the main meal (at midday or in the evening) should be synchronised with the other meals. Help is offered in

your individual recipe book - it is worth taking a look!

- **step 3: Documentation of the used food types**

The following step shows you how to have an overview on what you should not eat in the following 4 days and which foods are available to you. In addition, all compatible food types are listed for you. (Our example list contains all kinds of food types according to your results.) Cross out on the list all the foods consumed on the first rotation day. The remaining foods that you can consume for the second rotation day are left.

The planning for the 1st day could be like this:

- Recipe supper: salad with chicken fillet strips (for simplification, we exclude the quantities in this example)

Lettuce, Lollo rosso , Rocket salad
Mango in small pieces
Chicken fillet (from lunch), pepper, sea salt
Corn germ oil, wine vinegar, steak sauce from noon , red chili paste

- Breakfast: Cornflakes with cows milk (if incompatible: soybean milk is an alternative) and strawberries
- Snacks: corn crackers and fresh fruits
- Snacks: homemade confectionery made out of cornflakes

Cornflakes
Chocolate coating (if permitted, if not - carob)
Almond, grated

A look at the list shows you the food types you must avoid in the next four days and the foods used on the first day are crossed out on the list. The remaining foods will be used to plan the second day. Thereafter the remaining food will be used for the third day etc until you can start planning with a full list again on the fifth day.

Tips and hints

- It works - your food plan should be as rich as possible and should contain main meals and snacks. Don't skip meals and always consume enough fluids (2-3 ltr) in the form of mineral water or herbal teas etc. This influences your metabolism in a positive way and supports the detoxification of your body.
- Save time - simply cook permitted foods such as rice, millet, potatoes and vegetables and freeze them in portions. Then you can quickly prepare a well-balanced meal, even on a stressful day.
- Cheating permitted - simply add cooked, fresh or frozen vegetables to meat or vegetable soup and you will have a delicious main meal - perfectly suited for taking to the work place.

General food information: the special food quartet

Not all food types are equally important for our nourishment. There are four food groups that play a special role. These are:

- Cow's milk
- Yeast (beer and dough yeast)
- Eggs
- Gluten (proteins)

The experiences with ImuPro300 show that these groups have high nutritional and physiological influences. Therefore, read the following references - especially if your results show that you react to milk, eggs, yeasts and/or gluten.

The four groups are indispensable components of our daily diet as whole foods or as main product ingredients. A good example is breakfast, it often consists entirely of these four ingredients - a glass of milk, an egg and toast (gluten, yeast).

Breakfast must be looked at very precisely - especially as our preferences only allow small changes. On the other hand, it can be fun to deviate once in a while from your normal habits and try something new, especially if you know that this is good for your body. As soon as the first improvements start appearing and you keep to your plan, the changes will become easier and easier.

Cow's milk - heavy food for our digestive system

The meaning of cow's milk in our nourishment

Milk consists of approximately 87.5% water. The firm nutrients float and are finely distributed in milk. They are also named dry milk ingredients, which are responsible for the production of cream, butter or yoghurt. The dry milk ingredients consist of lactose (4.7%), milk fat (3.5 - 3.8%), albumin (3.2 - 3.5%), mineral materials and vitamins. This composition sounds quite harmless, thus we have difficulties in realising that milk allergy type III appears more frequently than other allergies type III. However, one must also know that the body of an adult is often no longer adjusted to the digestion and utilisation of albumin. The experiences with ImuPro300 demonstrate this.

The following foods (selections) contain milk or its components:

- white bread
- scrambled eggs
- instant dough
- baked rolls
- chocolate
- pudding
- pastry
- vanilla sauce
- many liqueurs
- cakes
- yoghurt
- buttermilk
- many salad dressings
- ice cream
- hamburgers
- cream soups
- cheese
- meatballs
- rusk
- ketchup
- different types of sausage
- margarine
- mayonnaise
- cocoa
- ovaltine
- soufflés
- mashed potatoes.

Our advice: pay close attention to the lists of ingredients for these foods. As the list represents a selection, basically all labels should be studied.

Milk proteins can be hidden under the following labels:

- lactoglobulin
- casein
- lactalbumin
- milk proteins
- whole milk
- dried milk
- lean dried milk
- milk
- condensed milk
- buttermilk
- hydrolysed milk
- sour cream
- yoghurt
- lactoserum
- Crème fraiche.

Eggs - less harmless than one might think

The importance of eggs in our diet

The egg consists of two components, the white and the yolk. The white surrounds the yolk that is also known as the yellow of the egg. When breaking an egg, the white runs more or less apart while the yolk is held together by a thin skin. A practical feature, useful to separate the two components for individual use of each of them.

In cooking, the lecithin contained in the yolk is also used. This helps in the making of emulsions and the manufacturing of mayonnaises. Yolk is also used to manufacture certain gravies/sauces (i.e. Hollandaise) as well as some sweet foods and cream. The whisked egg white especially utilises its capabilities in the binding of many desserts.

Our advice

Do you have to change your diet because of this allergy type III? Above all - pay attention to the lists of ingredients of industrially manufactured products. Here eggs and their components are frequently used as ingredients, but are not always listed on the label. Some medicines may also contain egg components. Therefore, always read the composition of medicines.

The following labels can hide egg components:

- Egg white
- Yolk of egg
- Ovalbumin
- Livestin
- Albumin lysozym E1105
- Globuline
- Ovomucoid

Food selection that may contain eggs or egg components:

Breads and pastries: Bread (white bread, braid, rusk, toast bread among other things.) Cakes Biscuits Waffles Bread glaze Baking mixtures	Foods: pasta (noodles, ravioli) Instant potato products (puree, pastry, croquettes)	Spices: food spice and soup seasoning Liquid seasonings and pastes i.e. mustard or tomato sauce
Sweets ice-cream chocolate and chocolate products candies puddings nougat	Meat products canned meat meat pies meat balls (hamburger) all sausages ham corned beef	Others milk shakes vegetable spreads from the health shop mayonnaise instant sources and soups salad dressing
Luxury: Liqueurs		

Deficiency syndrome without milk and eggs?

Eggs, milk and milk products give the body high-quality protein and important vitamins and minerals. Above all, the need for vitamin B2 (Riboflavin) and the mineral calcium is covered in these basic foods. Many patients with egg and/or milk allergy type III are concerned that with a diet deprived of egg and milk that certain nutrients will not be sufficiently covered. This fear is usually unjustified. Through a careful and varied selection of the permitted foods, nutrient deficiencies can be avoided. For the "critical" nutrients protein, vitamin B2 and calcium, alternative sources are listed below.

Types of food containing proteins:

- vegetables: legumes, soybeans and soy products, grains and grain products, nuts and seeds.
- animal: sheep and goat milk and their products, fish and meat.

When using protein, quality is important rather than quantity. Animal protein generally has a higher value than vegetable protein. Therefore, with suitable combinations and simultaneous consumption of different vegetable and animal proteins, the type of protein quality provided by eggs or milk can be attained. To increase the protein intake use nut puree for salad sauces, desserts, and in baking and for non-alcoholic cocktails. Scatter sunflower seeds, nuts or almonds over sweet and spicy foods.

Foods rich in vitamin-B2:

- vegetables: whole grain products (bread, rice & pasta), beans, spinach, broccoli, tomatoes, Brussels sprouts, mushrooms, seedling (soybean sprouts, grain, bean & lentil germs).
- animal: meat, fish.

Because vitamin B2 is water-soluble, you should consider cooking it in a closed pot with little water and reusing the water if possible as a vegetable broth as a base for soups and gravies. Preferably consume vegetables as raw vegetable salads.

Foods rich in calcium:

- vegetables: legumes (soybeans, lentils, beans) kale, broccoli, spinach, mangold, fennel, herbs, whole grain products, seeds (sesame), stinging nettle.

Calcium is water-soluble. For preparation, you should cook it in a closed pot with little water and reuse the water if possible as a vegetable broth as a base for soups and sauces. Preferably consume the vegetables as raw vegetable salads. Soybean products (soy drink, tofu) only contain a little calcium.

Milk and egg free products from the health food store

Just because you have an allergy type III to eggs does not mean that you must avoid, for example, noodles, because plenty of egg free pasta is offered in health food stores. Also, most health food stores offer margarines free of hidden milk components. In order to allow you a consistent avoidance of foods containing milk and/or egg, your new foods should be checked for milk and egg components. Ask in your health food store for lists of all milk and egg free products.

Food without milk and egg components

The following foods contain no milk or egg components and can be consumed without second thought:

- Potatoes
- Grain
- Vegetables of all kinds
- Fruits
- Jam
- Edible oils
- Honey
- Tea
- Mineral water

Yeast

The importance of yeast in our diet

Brewers

Good old "yeast" is a useful plant known by people for a very long time. The scientific name of yeast is *saccharomyces cerevisiae*. Yeast consists of millions of microscopic living beings which are united as solitary cells in a group. These yeast cells are mushrooms, which do not use sunlight for energy production as green plants do. Yeasts reproduce asexually, in a vegetative sprouting by which the mother-cell lines out a small daughter-cell. The daughter-cell then grows to the size of the mother and the cycle continues.

Nourishing yeast

However, nourishing yeast is often used in instant meals and vegetarian products e.g. for bread spreads, vegetable broths etc. In health food stores there are broths and spreads which are produced without brewers or nourishing yeast.

These food types contain yeast either because of the production method or by nature:

Breads and pastries:	Delicatessen:	Others:	Drinks:
Bread	Mayonnaise	Mushrooms	Fruit juices
Crisp bread	Truffles	Horseradish	Fermented fruits
Cakes	commercial salad dressings	Vinegar	Wine
Yeast pastry	Instant meals, especially vegetarian (for example, bread spreads, soups, etc.)	Canned food	Beer
Pretzel		Peperoni	Malt beer
Baking mixes		Spice (condiment)	Sparkling wine
Biscuits			
Milk products		Others:	
Buttermilk, Kefir, Cheese		Rusk pickles, Ketchup, Tomato sauces	

Our tip:

Bread is often produced with the help of yeast. However, in case of an allergy type III, you need not necessarily completely avoid the consumption of bread (this also depends on your reaction to the different grain sorts and gluten). Many bakeries, especially specialised ones and health food stores, offer yeast free bread. If you want to bake your own bread, you will find good suggestions in your individual recipe book. Pay attention to the list of ingredients of vegetarian products in health food shops because yeast is often used as a source of protein.

Gluten - The importance of gluten in our diet

Gluten is a protein that is found in grains. The baking properties of flour are influenced by gluten. It absorbs the water and rises, so that a kneadable dough is formed. Part of the water is released during the baking process and combines with the starch in the flour, so that the bread holds together. The characteristics of the baked good depend on the amount of gluten contained in the flour. Gluten has been known as an important allergen for a long time. Even the industry has already recognised its important role concerning allergies. Fortunately, the problematic gluten has been completely excluded from baby food.

Gluten plays a determining role especially in diseases e.g. the coeliac disease or sprue. The mechanism of a typical allergy type III reaction also applies to this disease. Here gluten triggers as an antigen, an immunological reaction, which leads to a constant inflammation when gluten is consumed daily and to tissue damage in the end. The automatic nature of this reaction takes place over a period of approx. 10-13 years - always in the same place, namely, the intestinal villus. The tissue damage continues its progression during this period until complete destruction of the intestinal villus has been achieved so that the intestine has a smooth surface. But only then and with this diagnosis can one speak of sprue.

If you have shown a reaction to gluten with the ImuPro300 blood test, it does not necessarily signify that you suffer from sprue. It takes about 13 years for an adult to finally develop sprue. However, a strong reaction to gluten in the test could be a significant indication to the development of sprue. You can prevent it with a complete change to a gluten free diet.

These sorts of grain contain gluten:

- Wheat
- Barley
- Rye
- Oat
- Spelt
- Green spelt

These products may contain gluten:

Vegetables:	deep frozen vegetables with flour e.g. creamed spinach, canned vegetables, instant potato products i.e. mashed potatoes, croquettes, potato salad, French fries, vegetable broth
Fruits:	Fruit preparations, thickened fruits
Milk products:	Yoghurt, curd, especially those containing fruits or muesli, cream cheese, low fat milk products (cheese, cream cheese), processed cheese, whipped cream, ice-cream ingredients (e.g. cereal flakes), herbed butter
Meat and sausage, fish products:	all sausages of which the ingredients are not completely known, low-fat sausages, prepared meats, such as meatballs, meat fillings, meat coated with breadcrumbs, commercial preparations with sauce, fried herring, pickled herring
Drinks:	coffee made of barley malt, beer, spirituous beverages made out of grain
Sweets:	chocolates, snacks, malt-flavored sweets, chocolate desserts, marzipan
Others:	instant soups, instant sauces, salad dressing, ketchup, mustard, instant meals, spices, fried onion
Grain products:	soy bread, millet bread, bread with linseed, soy noodles, wheat bran preparations, rice crisps, cornflakes, baking powder, baking ingredients, glaze

(The table is taken from: German Coeliac Disease Society, Life with Coeliac/Sprue; manual for patients.)

Naturally gluten free food types:

Gluten free foods:	fruits, vegetables, legumes, nuts, seeds, potatoes, milk, milk products, meat, fish, poultry, eggs, fats, oils (exception wheat germ oil), rice, corn, millet, buckwheat, amaranth, quinoa, soybeans, sesame
Gluten free drinks:	water, tea, wine, fresh pressed fruit juices

Our advice:

At first it may be difficult for you to change your shopping habits to gluten free products. But you can be sure that, in time, you will develop the necessary routine, which in the end will become the norm. N.B. pay special attention to semi-finished products and ready made products where gluten is often used as a natural grain protein or wheat starch as a binding agent.

Gluten free foods

Many foods from the supermarket are also gluten free. But the best place to look for gluten free foods is the health food store. Bread, noodles etc - all these products are not gluten free. So it's advisable to look for special products. It is helpful to have a shopping list with products free of gluten and to carefully check the ingredients list of these foods. The purchase in health food stores, where you can get expert advice, is also recommended. You may be able to order some products directly from specialised firms.

During recent years, the availability of gluten free food has developed strongly. While there were only a few products 10 years ago, today the availability is so extensive that boredom need not appear in the daily food plan. Today, you can obtain all products for your daily needs in gluten free varieties. The most important product types are:

- Bread
- Biscuits
- Crisp bread
- Waffles
- Bread rolls
- Pizza
- Muesli
- Rusk
- Noodles
- Breadcrumbs
- Flour
- Cornflakes
- Bread mixes
- Instant meals
- Cake mixes
- Cakes

You can buy these products in health food stores and supermarkets.

Helpful hint

Allergy type III reaction to cow's milk, eggs, yeast and gluten? It is not so bad. You can still enjoy diverse and tasty dishes. For example, this one:

Breakfast: Cornflakes with fruit, roasted almond and soybean milk or rice milk (or another milk alternative)

At midday: lemon risotto with garlic shrimps

Snacks: sweet rice cookies and fruit tea with almond milk

Evenings: fish or meat with potatoes and salad.

What you always wanted to know about food allergies type III and ImuPro300

General questions

My family doctor has done a normal allergy test. Why doesn't the result of this test correspond to the result of the ImuPro300 test?

Quite simply - the ImuPro300 test indicates late reactions which are provided by IgG antibodies. The allergy test prescribed by your family doctor has tested something else namely the rapid reactions provided by antibodies (IgE). Therefore, the results do not correspond.

What is the difference between IgG and IgE?

IgG reactions increasingly appear in cases of disturbed intestinal flora, however, they decrease if diet modification is followed.

IgE reactions appear isolated and remain for life. The IgE results must also be incorporated in the ImuPro300 results. Therefore your therapist should be informed of any IgE test results.

What are the most common allergens?

One cannot generalise regarding this. Food allergy type III is a very individual thing. What is healthy for one person can be very harmful to another. Nevertheless, the experiences with ImuPro300 have shown that milk and milk products, as well as some grain types, cause immune reactions in most people.

Gluten, egg white, milk products and yeast present very strong antigens, which one must avoid at all costs in case of allergy type III. This is not always easy, because they often appear hidden in countless industrially made products.

Should the test be repeated?

No, this is not necessary. Even if some antibodies are no longer detectable by a renewed test, this does not signify that you can eat all incompatible foods again without hesitation. The immune system has memorised them and will re-activate the production of antibodies if it gets in contact again with a formerly incompatible food. However, most antibodies are diminished one by one due to diet modification. It is vital that the antibodies don't get in conflict with the immune system once the intestine has resumed its natural function via diet modification.

A repetition of the test is only indicated if symptoms reappear, although you may have been following the rules. This indicates that a new allergy type III has most likely developed and can be identified by a new test. For somebody who might want to repeat the test for prophylactic reasons, an interval of 2 years is suggested.

My test shows that I react to foods which I have never eaten. How is this possible?

Some types of food belong to the same plant family e.g. the solanaceous potato, eggplants and tomato. It is also possible that you react to soy - although you are very sure that you have never eaten soy. This is because soy and its extracts are added to many foods - thus unnoticed soy components have already entered your body. It is the same for many of the tested foods e.g. poppy as a derived component is often used in medication. In addition, different foods can contain the same chemicals.

I react to sesame. To treat my joint problems I take preparations containing active substances that are produced from the African Devil's Claw. This plant belongs to the sesame family - must I stop taking this preparation?

Yes, it would be better if you stop taking it. In addition, the joint ailments should improve bit by bit due to the diet modification, so that taking the medication will most probably be unnecessary.

I would gladly eat a food which has not been tested. May I do this?

For rare foods, such as thistle oil or exotic fruits and vegetables e.g. parsnips, allergy type III rarely exists. If you want at all costs to eat untested foods, you should carefully observe your reaction for a whole week and consume no other untested foods. If you feel no unusual symptoms during this period, you can add this food to your rotation diet.

What should I do in case of ravenous appetite for a certain food?

The connection between allergy type III and addiction is known. If your ravenous hunger is for an incompatible food, refrain from consuming it. After three to five days, these ravenous hunger attacks normally cease. It is also helpful to distract yourself e.g. with pleasant fragrances from perfumes or essential oils.

May I eat sweets?

You may. However, adjust your consumption of sweets to your food plan e.g. choose sweet corn if you consume corn, or spelt cracker during the "spelt day". However, you should avoid the consumption of industrially made sweets, such as chocolate or cake. Instead you should consume sweetened drinks or the corresponding fruit of the day.

Can I use deep frozen vegetable mixtures?

Yes, however you should not use an identical mixture every day.

I react to lemon. Must I avoid citric acid?

No, because citric acid is chemically produced, thus having a different composition.

I react to vanilla. Must I avoid vanillin?

No, vanillin is a chemically made aroma and has a different composition.

Where can one find aspergillus niger and how can one avoid it?

Aspergillus niger is a widespread mold which is mainly found in dehydrated products such as nuts, dried fruits and teas (herbal) if exposed to humidity while stored.

On the other hand, extracts (enzymes) of aspergillus niger are used for the industrial production of some food. The main product groups are:

- bread
- beer
- cheese
- chocolate
- fruit juices, and above all
- instant meals!

Our advice - Avoid these foods if they are industrially produced. Choose teas or herbal teas from the health food store or supermarket and reduce the consumption of suspicious food.

What about milk?**Why don't I react to all milk products?**

While processing milk, proteins are modified or are only present in small amounts in the finished product e.g. butter. Therefore, it is possible that you do not react to all milk products.

What can I use as a milk substitute?

There are numerous alternatives to cow's milk :

- Goats' milk and cheese
- Sheeps' milk and cheese
- Oat milk (avoid if you have an allergy type III to gluten)
- Pine milk
- Almond milk
- Soy milk
- Coconut milk
- Rice milk

I have an allergy type III to milk, but not to yoghurt. However, I react even stronger to cheese than to milk. Why is that?

Not all milk products are equal. The allergy type III is primarily directed to cow's milk proteins. Yoghurt and cheese are produced via milk fermentation or souring. These processes change the milk proteins, so that antigen structures can be destroyed or new ones can appear.

Is there a risk of a calcium deficiency if I must completely give up all milk products?

No. Most milk alternatives are enriched with calcium. If you follow the rotation guidelines and regularly include legumes in your diet, a calcium deficiency is not to be expected. Broccoli also contains a high calcium level. In the case of an increased need of calcium, it is advisable to supplement meals with an ortho-molecular dose of calcium.

How can I find out whether milk proteins are or are not contained in finished or industrially produced foods?

Milk proteins can be hidden behind the following labels:

- lacto-globulin
- casein
- lactalbumin
- milk proteins
- whole milk
- dried milk
- lean dried milk
- buttermilk
- condensed milk
- hydrolysed milk
- buttermilk
- yoghurt
- cream fraiche
- sour cream
- lactoserum.

I've heard that sausage can contain milk components. Which types of sausage can I still enjoy?

Milk proteins can be found in many foods, but especially in all light types of sausage. Nevertheless, bakeries and butcher shops are obliged by law to mark the ingredients used in their products. Therefore, ask before purchasing for the list of ingredients or use unmixed meat types such as ham or roast beef.

Tip:

Eat sliced meat from lunch as cold cuts for dinner - a very tasty alternative to many sausage sorts.

I suffer from lactose intolerance and hence I use milk free of lactose. In the test I reacted to cow's milk. Is that an indication of a lactose intolerance or to milk in general?

In the test your reaction was to milk lactoprotein. The lactose intolerance is a disturbance in the re-absorption of milk lactose. Indeed, lactose free milk is without lactose, nevertheless, it contains the normal amount of protein. Hence, a reaction in the test pointing to allergy type III against lactoprotein - has nothing to do with the lactose intolerance. The reaction signifies that you do not tolerate the milk protein.

According to my test results I tolerate no milk products. Nevertheless, can I eat sauerkraut even if lactic acid is also produced in its production?

Yes, you may eat sauerkraut. The lactic acid resulting there has nothing in common with the product called milk, other than its name.

All about eggs

Can a deficit of protein or vitamins occur during the diet modification?

If the rotation principle is followed, no deficiency can appear.

What should I give up in the case of a reaction to chicken egg white?

All products which contain egg white.

How do I find out whether egg white is or is not contained in a food?

Chicken egg white proteins can be hidden by the following names:

- Yolk egg
- white
- Ovalbumin
- Livestin
- Albumin
- Lysozyme E1105
- Globulin
- Ovomucoïd

To substitute the binding effect of egg white:

Mix 1 tablespoon of soy flour with 2 tablespoons of water to make a paste. In case of soy allergy type III, substitute soy flour with cornmeal, potato flour or rice flour.

Where do I get egg substitute?

In health food stores.

Good old yeast

Must I completely renounce alcoholic drinks in case of an allergy type III to yeast?

The alcoholic fermentation is at the beginning of the production of an alcoholic drink. This will always be produced with the help of yeast, just like wine, or will be added as in the production of beer. Therefore, even filtered finished products still contain yeast proteins - in different concentrations anyway:

Beer---> Champagne ---> Wine
decreasing amount

At the beginning of the diet modification you must completely renounce alcohol. You can start drinking it again in tiny amounts, choosing the kind of alcohol which contains the least yeast proteins (wine) and only after an improvement of your whole condition has occurred.

What am I not allowed to eat if I react to yeast?

When shopping, you must ask whether a product is produced with yeast or not. Ask whether other products produced with baking ferments or sour dough are offered.

What can I use as yeast substitutes?

Either baking powder or even better, eat unleavened bread.

Where do I get yeast substitutes?

In health food stores and some supermarkets.

Gluten can cause a lot of troubles

Which food must I avoid by all means in case of a gluten allergy type III?

All varieties of grain:

- wheat
- rye
- barley
- oat
- kamut
- spelt

Consequently, bread, flour, biscuits, pastry, cakes, breaded foods, pizza, noodles, malt and beer.

Is gluten allergy type III identical to the coeliac disease?

Not necessarily. Coeliac disease, also called sprue in adults, takes about 13 years to develop completely. Once diagnosed, the following antibodies are proven at the same time:

- gliadin (gluten)-AK;
- transglutaminase-AK; and
- endomysium-AK.

Biopsy confirmation is imperative.

In the beginning of the disease, the symptoms can be absent or of unspecific nature. People who show no symptoms, but have proven antibodies against gluten with ImuPro300, have an increased risk of developing coeliac disease.

The treatment of coeliac disease and of gluten allergy type III is identical: complete avoidance of gluten from food!

Rotation: profitable from all points of view

Why isn't the ImuPro300-rotation plan split for each day of the week?

Such an arrangement would leave no room for preferences or aversions in food planning. For example Wednesday is assigned as the millet day. However, if you don't like millet and you exchange the millet day for another weekday, you do not follow the rotation and must change the entire weekly plan.

The 10 weeks are over. Should I continue the rotation?

Certainly! Rotation guarantees you healthy food with balanced nutrient supply and reduces the aggregation of toxic materials in your body. After 10 weeks, it becomes really interesting because now nearly all foods are again available to you. After the avoidance phase, rotation is much easier. If you stick to it, rotation can now prevent a renewed irritation of the immune system and the appearance of new allergies type III - an excellent protection against other chronic diseases.

Can I only eat fish every 5 days?

If you want to, you can eat fish every day, but not the same sort each day. If you eat cod on the first day, cod may be eaten again only on the 5th day. In the days lying in between, you can consume other types of fish that must be consequently avoided for the following 4 days. Together with different sorts of meat, you have numerous possibilities to generate a various rotation plan.

1st day:	cod
2nd day:	herring
3rd day:	chicken
4th day:	salmon
5th day:	cod again or another canned fish (except for salmon, herring) or a meat sort (except for chicken) or a vegetable day (depending on the vegetables you have consumed before)

Can I have both beef and venison on the same day?

Yes, that is permitted. You should keep in mind to avoid both meat sorts over the next 4 days and eat them again only on the 5th day of the rotation. At the beginning of your planning, we recommend, for a better overview, that you select only one sort meat or fish per day.