

Name :

Date of birth :

Date :

Session code :

Number of incompatible foods : 23

VEGETABLES	1	2	3	4	SPICES AND HERBS	1	2	3	4
Aubergine					Basil				
Beetroot					Cinnamon				
Broccoli	1				Garlic	1			
Carrots					Horseradish	1			
Celeriac, knob celery	1				Mustard seed				
Chili Cayenne	1				Nutmeg	1			
Courgette					Oregano				
Cucumber					Paprika, spice				
Kohlrabi (Turnip cabbage)					Parsley	1			
Leek					Pepper, black				
Olive					Rosemary				
Onion	1				Thyme				
Potato					Vanilla				
Red cabbage					SEEDS AND NUTS	1	2	3	4
Sweet pepper	1				Almond	1			
Tomato					Cashew kernels	1			
LEGUMES					Cocoa bean*				
Green bean					Hazelnut				
Green pea					Linseed				
Soyabean					Peanut*				
CEREALS	1	2	3	4	Pistachio				
CEREALS WITH GLUTEN					Poppy seeds				
Barley					Pumpkin seeds				
Gluten					Sesame				
Oats					Sunflower seed	1			
Rye					Walnut				
Spelt	1				FISH AND SEAFOOD	1	2	3	4
Wheat	1	2			FISHES				
GLUTEN FREE CEREALS, STARCH AND DRY VEGETABLES					Ocean perch				
Buckwheat					Pollock				
Maize, sweet corn					Salmon				
Millet	1				Tunafish				
Rice					CRUSTACEANS				
FRUITS	1	2	3	4	Crayfish				
FRESH FRUITS					MILK PRODUCTS	1	2	3	4
Apple					Cow milk and products				
Apricot					Milk (cow)*	1	2	3	
Banana					Rennet cheese (cow)	1			
Cherry					Sour-milk products (cow)	1			
Grape / Raisin					Other milk and products				
Kiwi					Goat: milk and cheese	1	2	3	
Lemon					Sheep: milk and cheese	1	2	3	
Nectarine					SWEETENERS	1	2	3	4
Orange					Cane sugar*				
Pineapple					Honey (Mixture)*	1	2		
Strawberry					FOOD ADDITIVES	1	2	3	4
Watermelon					THICKENING AGENTS				
MEAT	1	2	3	4	Guar flour (E412)				
MEAT					EGGS	1	2	3	4
Beef					Chicken egg	1	2	3	
Lamb					MUSHROOMS	1	2	3	4
Pork*					Meadow mushrooms				
POULTRY					TEA, COFFEE AND WINE	1	2	3	4
Chicken					Peppermint				
Turkey hen					YEAST	1	2	3	4
SALADS	1	2	3	4	Yeast*				
Butterhead lettuce									
Lamb's lettuce	1								

*Nutritionists advise to consume the food only in moderate quantities
1 = weak; 2 = moderate; 3 = strong; 4 = very strong

List of compatible foods by alphabetical order:

Apple	Cherry	Hazelnut	Ocean perch	Pork*	Tomato
Apricot	Chicken	Kiwi	Olive	Potato	Tunafish
Aubergine	Cinnamon	Kohlrabi (Turnip cabbage)	Orange	Pumpkin seeds	Turkey hen
Banana	Cocoa bean*	Lamb	Oregano	Red cabbage	Vanilla
Barley	Courgette	Leek	Paprika, spice	Rice	Walnut
Basil	Crayfish	Lemon	Peanut*	Rosemary	Watermelon
Beef	Cucumber	Linseed	Pepper, black	Rye	Yeast*
Beetroot	Gluten	Maize, sweet corn	Peppermint	Salmon	
Buckwheat	Grape / Raisin	Meadow mushrooms	Pineapple	Sesame	
Butterhead lettuce	Green bean	Mustard seed	Pistachio	Soyabean	
Cane sugar*	Green pea	Nectarine	Pollock	Strawberry	
Carrots	Guar flour (E412)	Oats	Poppy seeds	Thyme	

Number of tolerated foods : 67

** - 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. Read more about this in the patient's manual.*

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.

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

Food	Result	Food	Result	Food	Result
Almond	1	Honey (Mixture)*	2	Rennet cheese (cow)	1
Broccoli	1	Horseradish	1	Sheep: milk and cheese	3
Cashew kernels	1	Lamb's lettuce	1	Sour-milk products (cow)	1
Celeriac, knob celery	1	Milk (cow)*	3	Spelt	1
Chicken egg	3	Millet	1	Sunflower seed	1
Chili Cayenne	1	Nutmeg	1	Sweet pepper	1
Garlic	1	Onion	1	Wheat	2
Goat: milk and cheese	3	Parsley	1		

Number of incompatible foods : 23

List of incompatible foods by level of reaction:

Level 1

Almond	Garlic	Onion	Sunflower seed
Broccoli	Horseradish	Parsley	Sweet pepper
Cashew kernels	Lamb's lettuce	Rennet cheese (cow)	
Celeriac, knob celery	Millet	Sour-milk products (cow)	
Chili Cayenne	Nutmeg	Spelt	

Level 2

Honey (Mixture)*	Wheat		
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Level 3

Chicken egg	Goat: milk and cheese	Milk (cow)*	Sheep: milk and cheese
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Number of tolerated foods : 67

Number of incompatible foods : 23

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 ImuPro100 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 5-day cycles. Therefore, if you eat a certain selection of food today, you should avoid it the following 4 days. On the 5th day, you can consume the foods eaten on the first day again. Do not forget that a food takes about 3-4 days in order to pass through the digestive tract. There are 3 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 cows' 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. You can find exact indications about the change in the patient's manual.

Options for rotation diet:

	Day	Day	Day	Day
CEREALS	Barley	Buckwheat	Maize, sweet corn	Rice
	Gluten			
	Oats			
	Rye			
FISH AND SEAFOOD	Crayfish	Ocean perch	Pollock	Salmon
	Tunafish			
FRUITS	Apple	Apricot	Banana	Cherry
	Grape / Raisin	Kiwi	Lemon	Nectarine
	Orange	Pineapple	Strawberry	Watermelon
MEAT	Beef	Chicken	Lamb	Pork*
	Turkey hen			
MUSHROOMS	Meadow mushrooms			
SALADS	Butterhead lettuce			
SEEDS AND NUTS	Cocoa bean*	Hazelnut	Linseed	Peanut*
	Pistachio	Poppy seeds	Pumpkin seeds	Sesame
	Walnut			
SPICES AND HERBS	Basil	Cinnamon	Mustard seed	Oregano
	Paprika, spice	Pepper, black	Rosemary	Thyme
	Vanilla			
SWEETENERS	Cane sugar*			
TEA, COFFEE AND WINE	Peppermint			
VEGETABLES	Aubergine	Beetroot	Carrots	Courgette
	Cucumber	Green bean	Green pea	Kohlrabi (Turnip cabbage)
	Leek	Olive	Potato	Red cabbage
	Soyabean	Tomato		
YEAST	Yeast*			