



Provider:

Client:

Age: HJ

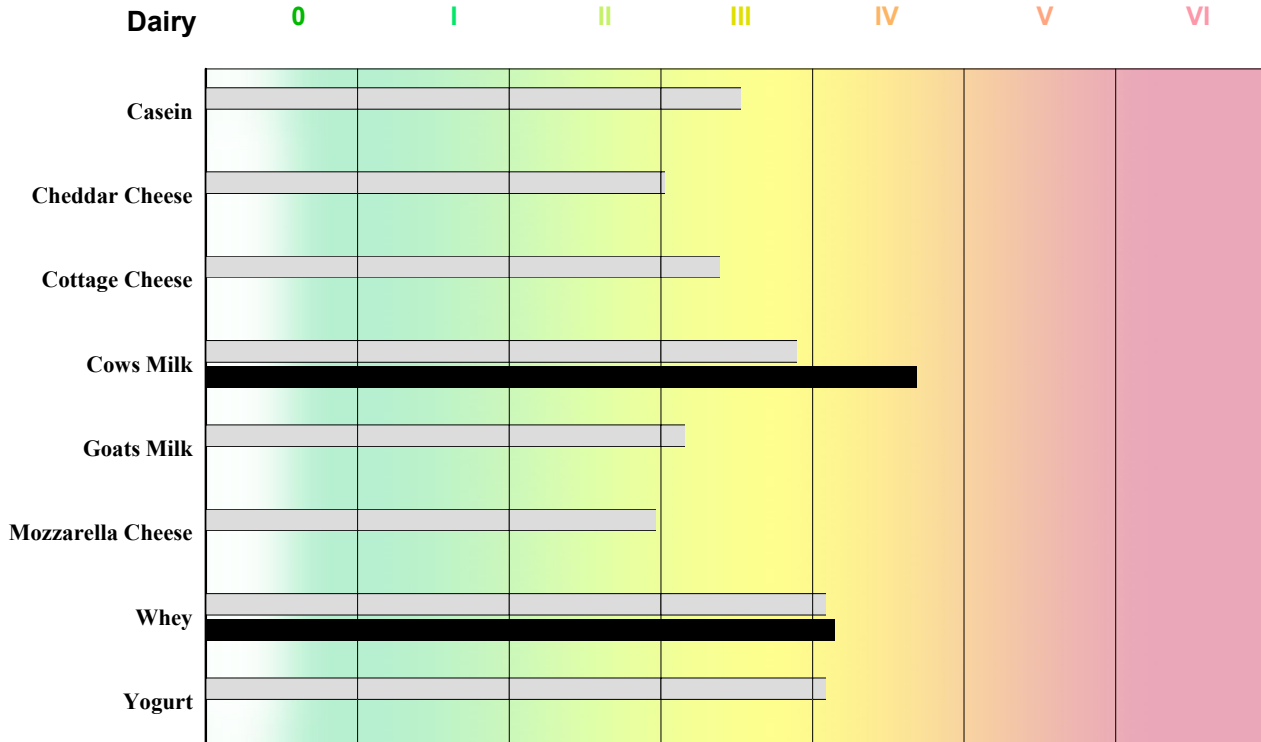
DOB:

Gender: F

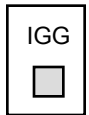
Health Number:

Phone:

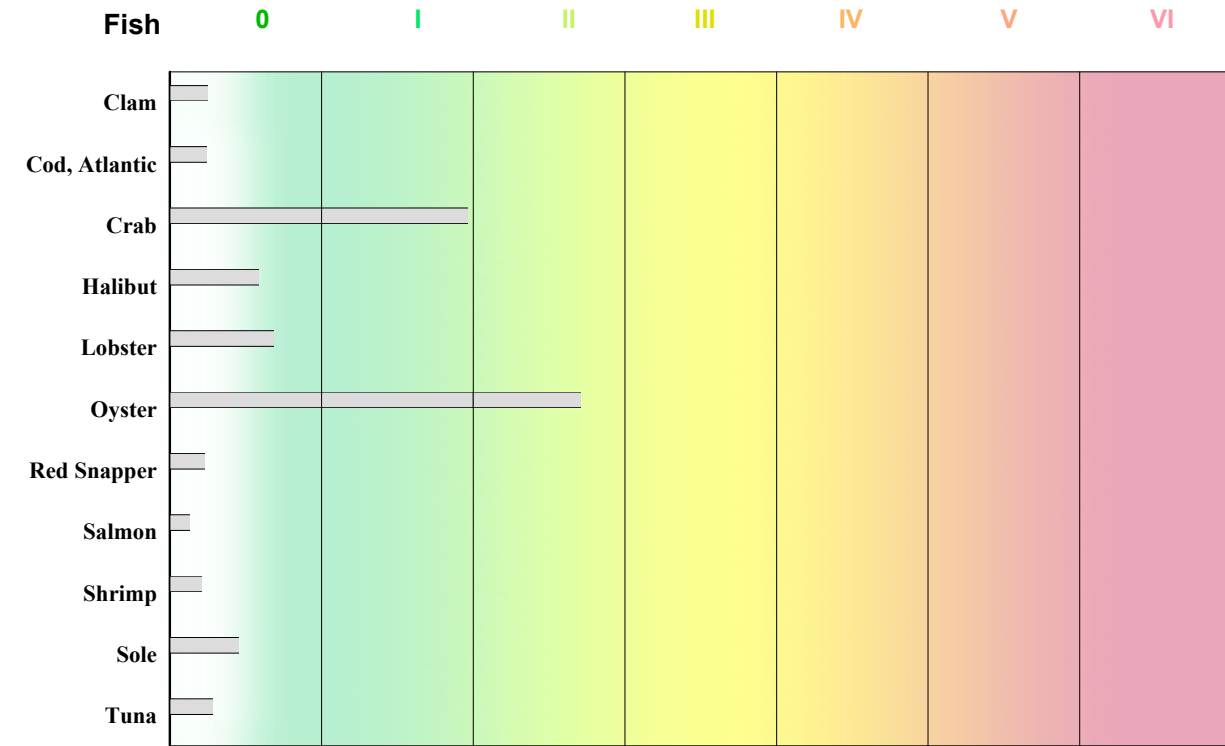
Fax:



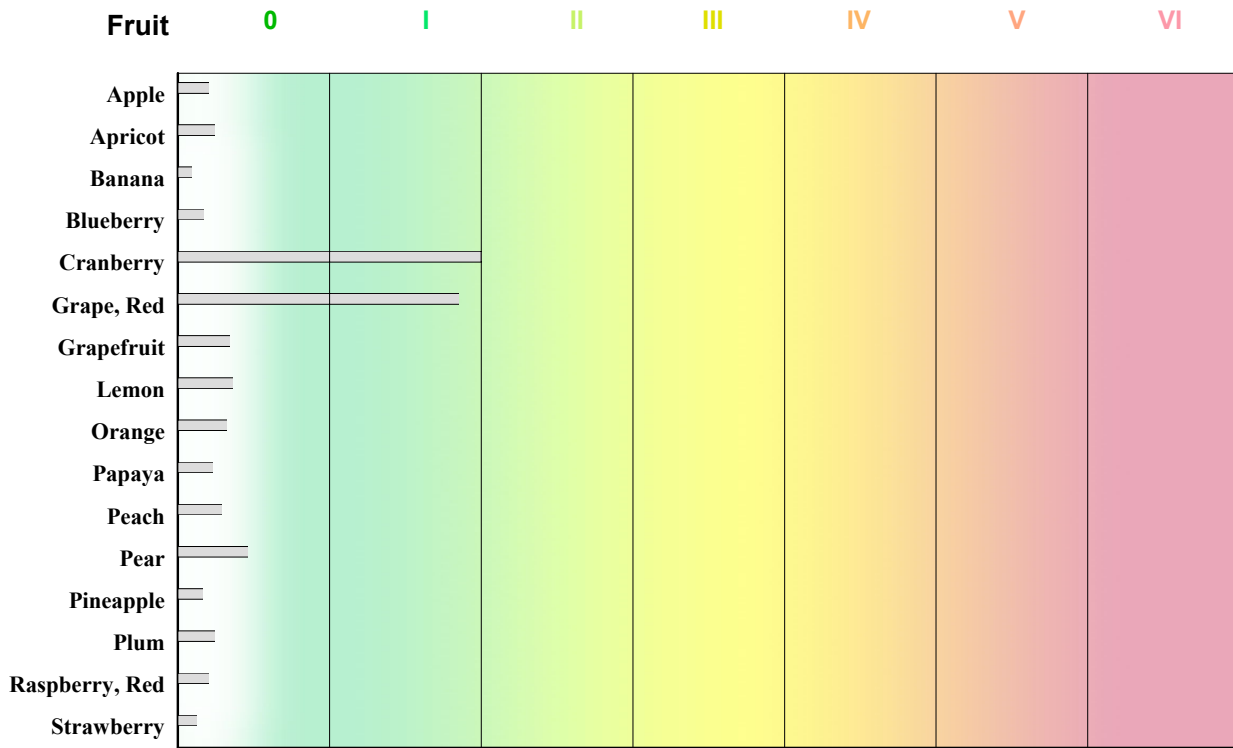
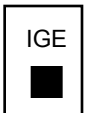
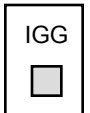
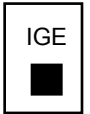
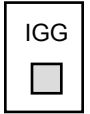
0 = no reaction I = very low II = low III = moderate IV = high V = very high VI = extremely high



Allergy Report

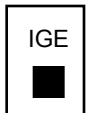
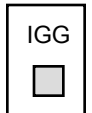
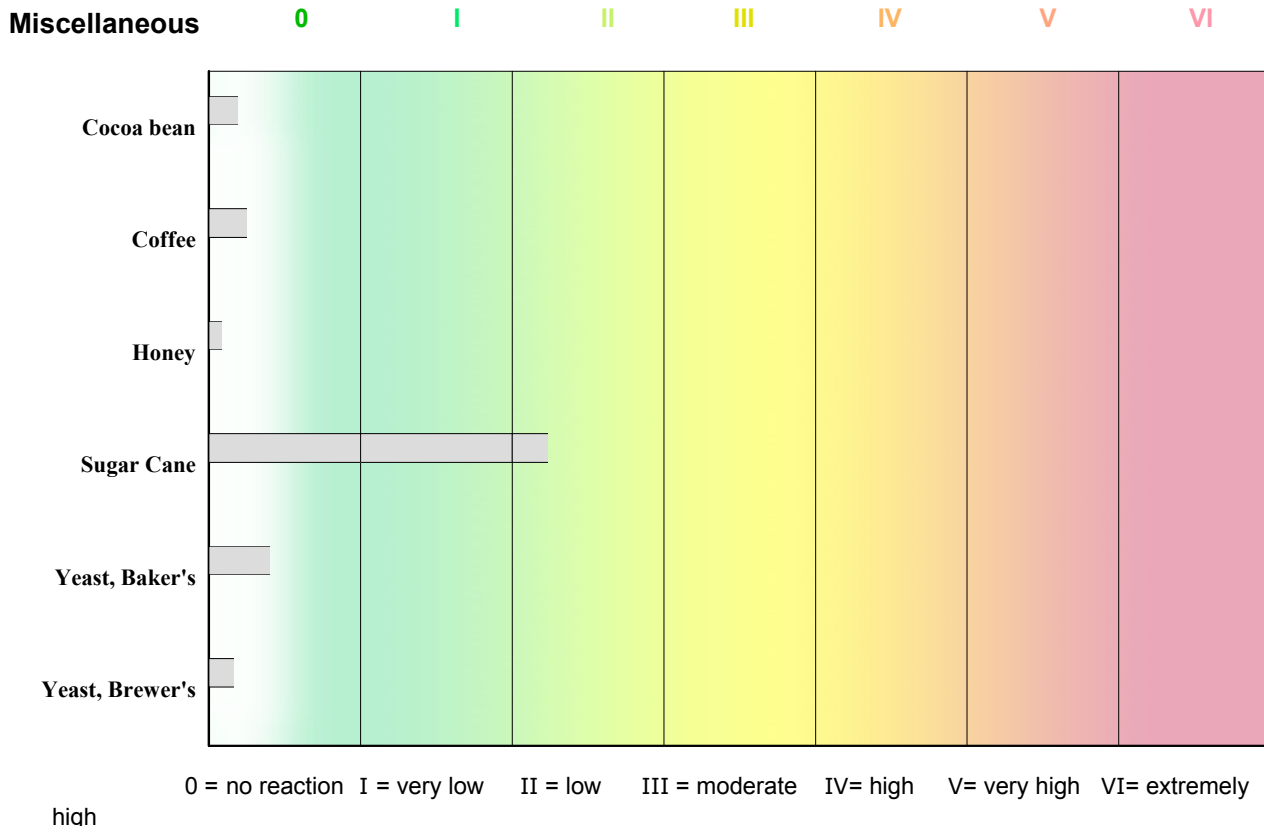
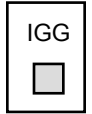
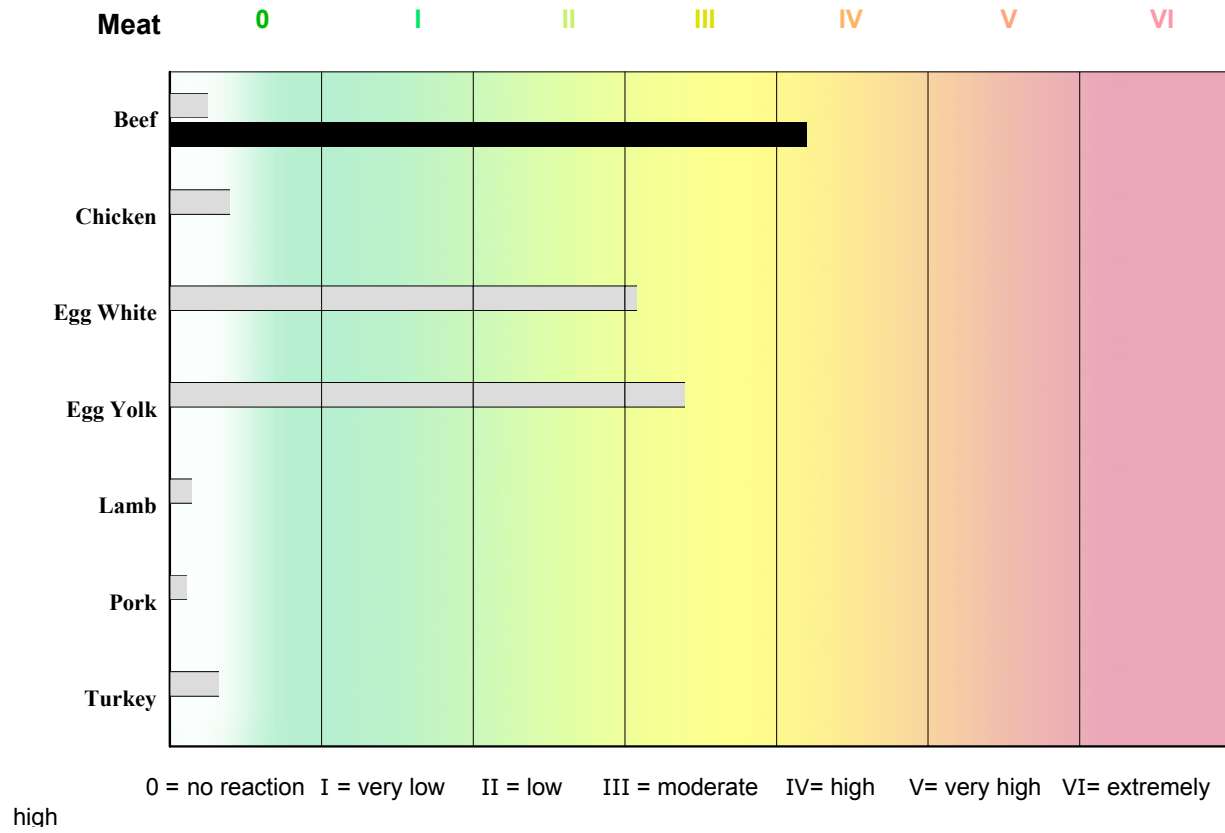


0 = no reaction I = very low II = low III = moderate IV= high V= very high VI= extremely high



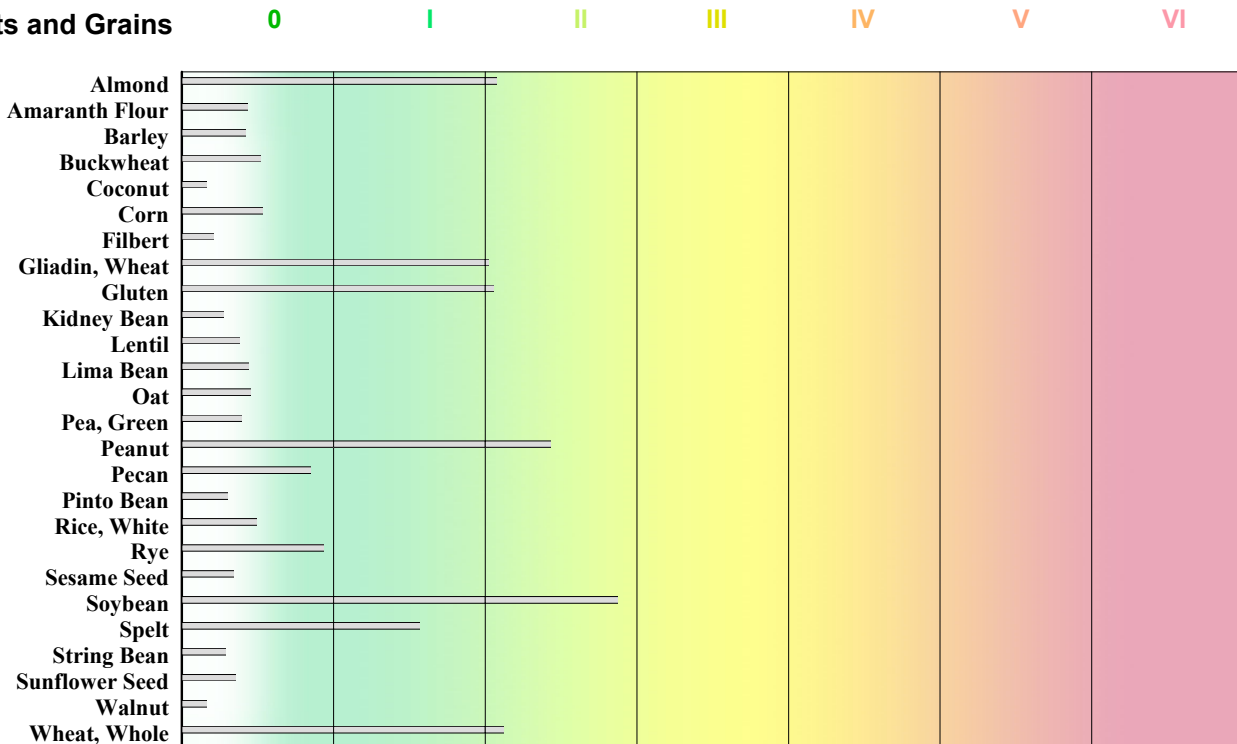
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Allergy Report

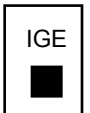
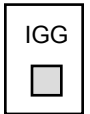


Allergy Report

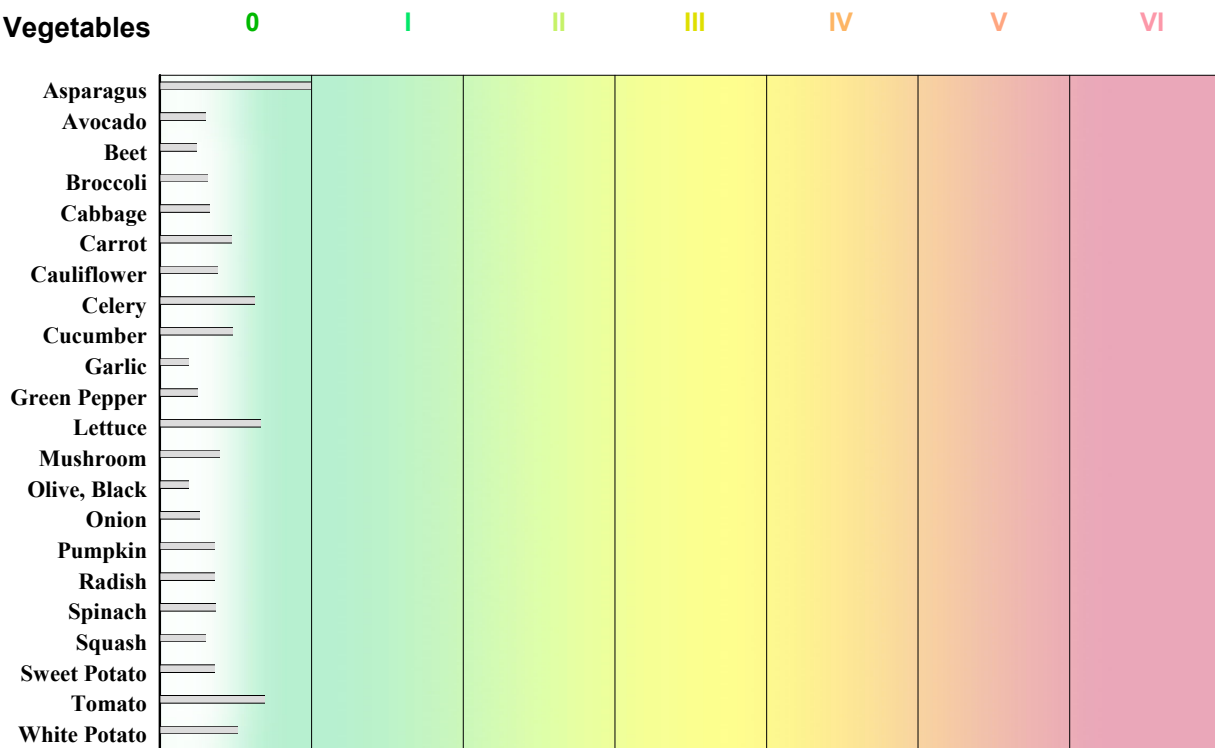
Nuts and Grains



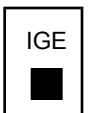
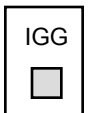
0 = no reaction I = very low II = low III = moderate IV= high V= very high VI= extremely high



Vegetables



0 = no reaction I = very low II = low III = moderate IV= high V= very high VI= extremely high



IgG Reactions

Zone 0 to Zone III IgG Reactions (no, very low, low, moderate)

If you consider yourself reactive to a food that appears somewhere within Zones 0 to 3 on your test report, there are several possible explanations:

- The body needs recent exposure to the food in order to produce antibodies to it. So if you have completely avoided a food for several weeks prior to testing, you will likely not have any antibodies to that food.
- The reaction you experience may not be an immune reaction. In addition to immune reactions, chemical sensitivities and enzyme deficiencies can also cause reactions to foods. For example; people who react to dairy products often lack the enzyme lactase, which is needed to digest the lactose in milk products.
- Drugs that suppress the immune system also suppress production of IgG antibodies. Therefore, IgG reactions to foods appear less severe than they would if the immunosuppressant drug was not being used.

In some cases, your health care provider may want you to avoid Zone II or III foods. Please discuss any dietary changes with your health care provider.

Zone IV to Zone VI Reactions (high, very high, extremely high)

It is advisable to avoid foods in Zones IV through VI for at least three months. Avoidance of these foods may prevent or help resolve health issues. In some cases, it may be possible to successfully reintroduce these foods into your diet at a later date; however any dietary changes should be done in consultation with your health care provider.

IgE Reactions

Zone 0 to Zone III IgE Reactions (no, very low, low, moderate)

If you have an immediate reaction to a specific food that appears somewhere within Zones 0 to 3 on your test report, there are several possible explanations:

- Recent exposure to food is required for antibodies to be produced. Anyone who has avoided a food they had a serious reaction to in the past will likely show little or no reaction to this food in their results. It is important to remember that this does not mean it is necessarily safe to eat these foods, it only means that the reactive food has not been consumed recently enough for there to be any antibodies present. IgE antibodies are usually only around for a few days after a reaction, whereas IgG antibodies stay around for weeks to months.
- The reaction you experience to food may not be an immune reaction. In addition to immune reactions, chemical sensitivities and enzyme deficiencies can also cause reactions to foods. For example; some people react to sulfites in red wine.
- Drugs that suppress the immune system may also affect production of IgE antibodies. Therefore, IgE reactions to foods could appear less severe than they would if the immunosuppressant drug was not being used.

Zone IV to Zone VI IgE Reactions (high, very high, extremely high)

Avoidance of these foods may prevent or help resolve health issues. IgE food reactions in children sometimes resolve around puberty, but IgE reactions in adults tend to remain, therefore the reactive foods are best avoided completely. Consult with your health care provider to ensure you maintain optimal nutrition.

Note: The College of Physicians and Surgeons of Alberta considers some forms of allergy testing to be complementary medicine. Specific IgG quantification has been utilized in research settings to assess and investigate Type I and Type III allergies respectively. However, the assessment of human IgG antibodies specific for individual food antigens is not a recognized diagnostic indicator of allergy. Rocky Mountain Analytical does not diagnose or make treatment recommendations. Data is provided for research and educational purposes only