

YOUR INDIVIDUAL RESULTS REPORT

Dear patient,

thank you for agreeing to have our test for food-specific antibodies as part of your consultation on intestinal health.

When the bowel is chronically disturbed, it can become more permeable for food components. When this is the case, antibodies in the blood can bind to these food components and trigger a variety of symptoms due to reactions that resemble an inflammation.

Because different antibody classes can play a role in this process, we have carried out two separate tests for you. Based on the results of these tests, your advisor can give you important recommendations.

We have analysed your blood for the presence of specific IgG4 antibodies against selected foods and representative food groups. Experience has shown that these are frequently associated with chronic complaints once other causes have been ruled out.

We have also tested whether your body shows signs of IgE sensitisation to a combination of foods which covers 95% of the most relevant allergy triggers in Europe.

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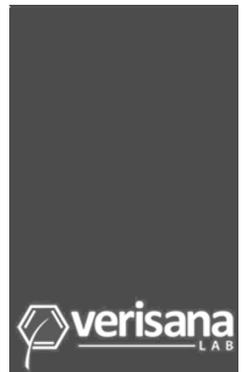


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Introduction

Food intolerances are the underlying cause of many diseases. Unfortunately, intolerances are frequently only identified as the root cause after multiple therapies have not had the desired effect or when classic diagnostic tools have been exhausted and have produced inconclusive results.

Usually it is the affected persons themselves who have to become proactive because conventional medicine has failed to adequately cover the subject of intestinal health.

When patients suffer from unspecific complaints in connection with their diet, there are still not enough specialists who recognise the problem as a holistic disorder, search for the possible triggers accordingly and advise the affected persons how they can rebalance their body again.

A thorough medical history also includes appropriate tests that help identify the root cause of the complaints and offer the correct counselling.

When the bowel is chronically disturbed, it can become more permeable for food components. When this is the case, antibodies in the blood can bind to these food components and trigger a variety of symptoms due to reactions that resemble an inflammation.

Because different antibody classes can play a role in this, we have carried out two separate tests for you. Based on the results of these tests, your advisor can give you important recommendations.

We have prepared the results of your food intolerance and IgE sensitisation tests in table form on the following pages. Based on the number of boxes and on the colours with which they are filled you can see how strongly you reacted to the respective food item. The colours of the IgG4 values follow the traffic light system. For the IgE values, only the colour red is used. To put it simply: the more boxes there are, the stronger the sensitisation measured in the test and usually also the stronger the probability that your body will react. On the subsequent pages you will then find a detailed evaluation of your results and an individual dietary recommendation. The individual recommendations are designed to help you change your diet by reducing or omitting specific foods that you may not tolerate very well based on the test results. The complementary IgE test helps us determine whether you have a classic form of food allergy (type 1) and checks whether certain foods are less suitable as a replacement in the exclusion diet. This is the case when no IgG4 antibodies, but increased IgE antibody levels were detected, even if this is in no way connected with symptoms.

The test thus provides a detailed diagnostic basis for individual counselling. A 6-monthly rotation diet, along with detoxification of the stomach and intestine, are recommended to alleviate the symptoms as quickly as possible. Even if a subjective improvement is noticed much sooner, your intestine needs more time to restore its permeability.

A word of caution: An exclusion diet can cause the symptoms to worsen briefly (withdrawal symptoms) before they are markedly reduced!

Please note: Without a consultation, the test alone does not replace a comprehensive diagnosis. The recommended measures can only be meaningful when symptoms are actually present and the probability of an increased intestinal permeability is rated high.

We hope that you will be able to enjoy a life without any complaints soon!

We wish you lots of success and good health!

IgG₄ test results (Panel G4-3)

Strength of the reaction

	Strength of the reaction
Grains & Starch	
Barley	● ● ● ○ ○ ○
Buckwheat	○ ○ ○ ○ ○ ○
Durum wheat	● ● ● ○ ○ ○
Millet	○ ○ ○ ○ ○ ○
Rice	○ ○ ○ ○ ○ ○
Rye	● ● ● ● ○ ○
Beans & Legumes	
Bean, green	○ ○ ○ ○ ○ ○
Lentil	● ● ● ● ● ●
Pea, green	● ● ● ● ● ●
Seafood	
Herring	○ ○ ○ ○ ○ ○
Oyster	○ ○ ○ ○ ○ ○
Pollock	○ ○ ○ ○ ○ ○
Shrimp	○ ○ ○ ○ ○ ○
Trout	○ ○ ○ ○ ○ ○
Tuna	○ ○ ○ ○ ○ ○
Fruits	
Banana	○ ○ ○ ○ ○ ○
Kiwi fruit	○ ○ ○ ○ ○ ○
Poultry	
Chicken	○ ○ ○ ○ ○ ○
Duck	○ ○ ○ ○ ○ ○
Turkey	○ ○ ○ ○ ○ ○
Vegetables	
Button mushroom	○ ○ ○ ○ ○ ○
Olive, green	○ ○ ○ ○ ○ ○
Onion	○ ○ ○ ○ ○ ○
Tomato	○ ○ ○ ○ ○ ○
Zucchini	○ ○ ○ ○ ○ ○

Fruits						
Lemon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pineapple	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strawberry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Milk & Cheeses						
Cow's milk	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Goat milk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sheeps milk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Seeds						
Pumpkin seed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sunflower seed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spices & Herbs						
Ginger	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Goosefoot	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweet basil	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beverages						
Cacao	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coffee	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Miscellaneous						
gluten	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mustard	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The strength of your reaction is shown by the number of points from green to red (traffic light system) and on a scale from 0 to 6.
Cut-off: 0.35 kU/L

IgG₄ test results (Panel G4-11)

Strength of the reaction

	Strength of the reaction
Meat, poultry, eggs	
beef	○ ○ ○ ○ ○ ○ ○
pork	○ ○ ○ ○ ○ ○ ○
lamb	○ ○ ○ ○ ○ ○ ○
chicken	○ ○ ○ ○ ○ ○ ○
turkey	○ ○ ○ ○ ○ ○ ○
egg white	○ ○ ○ ○ ○ ○ ○
egg yolk	○ ○ ○ ○ ○ ○ ○
Fish, seafood	
codfish	○ ○ ○ ○ ○ ○ ○
tuna	○ ○ ○ ○ ○ ○ ○
salmon	○ ○ ○ ○ ○ ○ ○
shrimp	○ ○ ○ ○ ○ ○ ○
Dairy products	
cow's milk	○ ○ ○ ○ ○ ○ ○
casein	● ○ ○ ○ ○ ○ ○
Cereals	
wheat	● ● ● ○ ○ ○ ○
spelt	● ● ● ○ ○ ○ ○
rye	● ● ● ○ ○ ○ ○
oats	○ ○ ○ ○ ○ ○ ○
rice	○ ○ ○ ○ ○ ○ ○
gluten	● ○ ○ ○ ○ ○ ○
Yeast	
baker's yeast	○ ○ ○ ○ ○ ○ ○
Legumes, nuts	
soy	○ ○ ○ ○ ○ ○ ○
peanut	● ● ● ● ● ○ ○
walnut	○ ○ ○ ○ ○ ○ ○
hazelnut	○ ○ ○ ○ ○ ○ ○
almond	○ ○ ○ ○ ○ ○ ○

Vegetables

- potato
- tomato
- carrot
- onion
- celeriac

Fruits

- apple
- banana
- kiwi
- strawberry
- peach
- orange

Miscellaneous

- coffee
- black pepper
- mustard seeds
- sesame

IgE test results (Panel E2)

Strength of the reaction

	Strength of the reaction
Meat, poultry, eggs	
meat mix (beef, pork, chicken, lamb)	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
egg white	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Fish, seafood	
codfish	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
salmon	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
shrimp	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
crayfish	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Dairy products	
cow's milk	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Cereals	
wheat	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
rice	<input checked="" type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
potato	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Nuts and seeds	
hazelnut	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
peanut	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
almond	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
mustard seeds	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Fruits	
apple	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
orange	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
strawberry	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
kiwi	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
peach	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Vegetables	
tomato	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
carrot	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
celeriac	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
soy	<input checked="" type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

The strength of your reaction is shown by the number of red points and on a scale from 0 to 6. Cut-off: 0.35 kU/l. Lower sensitisation levels may also trigger an allergic reaction.

IgE test results (Panel E1)

Strength of the reaction

Weeds	
common ragweed	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
mugwort	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
english plantain	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
pellitory	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
House dust mites (Mix)	
dermatophagoides pteronyssinus, dermatophagoides farinae	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Epithelia	
cat dander	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
horse dander	<input checked="" type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
dog dander	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Cockroaches (Mix)	
german cockroach, american cockroach	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Contact allergens	
figus	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
latex	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Mold	
cladosporium herbarum	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Tree pollen	
alder	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
birch	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
hazelnut	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
olive	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
poplar	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
cypress	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Grass pollen	
bermuda grass	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
bahia grass	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
timothy grass	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
rye	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
mix (sweet vernal grass, orchard grass, ryegrass, kentucky blue grass)	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

The strength of your reaction is shown by the number of red points and on a scale from 0 to 6. Cut-off: 0.35 kU/l. Lower sensitisation levels may also trigger an allergic reaction.



EVALUATION OF YOUR IgG4 RESULTS

What did we test for you?

The concentrations of different specific immunoglobulins of the type IgG4 were measured in your blood. If the concentrations of these IgG4 antibodies to a specific food item are increased, this is merely an initial indication that your immune system is dealing more intensely with the food item in question.

However, there is no effect yet, for example because the intestinal barrier is still intact or intact again. It is thus also possible to have elevated IgG4 levels without experiencing any symptoms. When symptoms are manifest and a disturbance of the intestinal barrier is suspected, avoiding or rotating these foods is very often associated with an improvement in the symptoms.

Medical experience has shown that there is frequently a connection between the food intolerance and the IgG4 antibody levels in the blood. Contrary to food allergies, the reactions in persons with food intolerances are delayed. The disease symptoms are often only noticed a few days after the respective food item was consumed. From time to time there is also a connection between foods that are frequently consumed, so-called "favourite foods", and the foods that trigger a reaction. In these cases, i.e. when these foods are consumed regularly, it is no longer possible to determine a delayed reaction because the symptoms are permanently present.

What does your results report tell you?

In your results report for IgG4, the most common allergens that can trigger food intolerances were analysed as individual allergens or mixed allergens. You can see how strongly your body reacted to the respective foods on the scale from 1 to 6. Levels 1 and 2 indicate a minimal to weak reaction, levels 3 and 4 indicate a mild to moderate reaction, and levels 5 and 6 indicate a strong reaction.

Please note: To avoid nutritional deficiencies, major dietary changes should only be introduced in consultation with a dietitian. An increased IgG4 concentration in the blood alone does not mean that you have a food intolerance. As mentioned above, a connection is only highly likely if this finding is accompanied by symptoms!

In the event of persistent symptoms and normal IgG4 values, other intolerances or allergy forms may be the root cause of your complaints. Possible reasons include gluten or lactose intolerance, fructose malabsorption, T-cell mediated allergies or pseudoallergies, all of which require special diagnostics. Should you suffer from histamine, fructose or lactose intolerance, your diet should be low in histamines or fructose or free from lactose. If you suffer from gluten intolerance, you should avoid foods that contain gluten. Ask your doctor or therapist for more information.

FROM THE TEST RESULT TO DIETARY CHANGES

Foods that trigger a weak reaction up to level 2 can be consumed if no intolerances that are due to other causes are present. However, hypersensitivity could develop with frequent consumption of these foods.

If you have complaints which you suspect are connected to your diet, you should at least rotate foods that trigger a reaction of level 3 or above and consistently avoid foods that trigger a reaction of level 5 for 6 months to begin with! To help you achieve this, this report comes with a recommendation for an individualised rotation diet that is based on your test results.

Note: Even an increased number of only slightly elevated antibody levels can affect your health! The illustration in box form helps you to intuitively recognise how the reactions are distributed. If you suffer from complaints, you should try to follow the recommended exclusion or rotation diet for at least 6 months to give your intestine enough time to recover. After that, you can gradually reintroduce these foods.

Caution: Please do not replace any foods with other foods to which you reacted in the IgE antibody test, even if you do not experience any symptoms after consuming them!

EVALUATION OF YOUR IgE RESULTS

What did we test for you?

The most common and most relevant food allergens in Europe were tested. To do this, we measured the concentrations of immunoglobulins E in your blood. The classic food allergies (type 1), such as hay fever or a peanut allergy, are mediated by IgE. If immunoglobulins E are detected, this serves as confirmation that sensitisation to specific foods is present. Chemically speaking, immunoglobulins are protein molecules. Modern laboratory methods allow us to determine based on a blood test which foods the body is sensitised to.

What does your results report tell you?

In the results report for IgE, different foods or representative food groups are listed. You can see how strongly your body reacted to the respective foods on the scale from 1 to 6. A "1" indicates weak sensitisation and a "6" indicates very strong sensitisation. This alone does not mean that you have an allergy; it only means that your body has an increased propensity to develop an allergic reaction! Please also remember that everybody reacts differently and that a food allergy may also be present if the test result appears to be normal. That is why it is important to pay close attention to possible symptoms (e.g. furry feeling or swelling in the mouth, gastrointestinal complaints, skin reactions).

In case of increased specific IgE results and related symptoms which occur immediately or within two hours (up to six hours in isolated cases), medical counselling including a thorough medical history by a therapist experienced in treating allergies is advisable.

In case of an IgE reaction to foods it is common that a cross-reaction with inhaled allergens is the actual cause. To narrow this down, further tests are required and will be recommended by your consultant or therapist.

This test cannot and will not replace a medical consultation including a thorough medical history by a consultant or therapist. In case of an IgE reaction to a food that is accompanied by acute symptoms, please discuss the further procedure with a therapist who is experienced in diagnosing allergies. As a general rule, you should try to avoid any food that triggers a reaction. However, completely avoiding the food may trigger an even stronger reaction if the food item is consumed again after a longer period of abstinence and is therefore not advisable.

A sick intestine

A sick intestine is susceptible to specific allergens and other toxic substances from the consumed foods or food components. The disease, or rather the knowledge about it, is still at a very early stage. So early, that there is not even a German name for it yet. In the current technical jargon, the name "leaky gut syndrome" is used. As a result of this disease, affected patients frequently develop chronic inflammations which, usually unnoticed, lead to an unwanted concentration of toxins in the digestive tract (ammonium and histamine), along with an inadequate digestion of the food pulp. These toxins, in turn, put a strain on the metabolic organs due to the permeability of the intestine, thus triggering the typical symptoms.

INDIVIDUAL RECOMMENDATIONS FOR A HEALTHY INTESTINE

If you are diagnosed with a food intolerance, this is no reason to give up: You should see this as an opportunity to take your health into your own hands and do something for your well-being!

The good news is that you can generally be proactive when it comes to food intolerances. If you free your intestine from the incriminating foods, prevent or eliminate toxic substances such as ammonium and excessive histamine, you will make a decisive step in supporting the regeneration of your intestine. Perhaps you will be able to introduce your favourite foods back into your diet in half a years' time.

Experience from holistic practitioners has shown that temporary abstinence from the causative foods, along with targeted therapy to allow the intestine to regenerate, can relieve the intestine and improve symptoms.

One good way to do this is to follow a rotation diet. A rotation diet serves to bring some variety into your diet and to disburden your body. Allergy patients frequently react simultaneously to different plants and their families. They suffer from cross-allergies (also known as cross-reactions). The reason for this is usually that there are botanical similarities that cause similar or identical allergens to be present in different foods. The basic idea behind a rotation diet is to eat a specific food and its close relatives from the same family of foods only once every four or seven days in order to decrease the stress on the intestine.

Your body needs approximately 3-4 days to fully excrete a food item. If you have an unbalanced diet, a particular food item can remain in the intestine longer due to the repeated consumption.

As a result, decaying processes, antibodies and intolerances to these foods can develop.

Following the 4-day rotation diet helps activate your metabolism. Natural food supplements or medical devices can be used to support the detoxification process and regular purification of the entire body. Ask your consultant or therapist about these options!

Below we have developed an individual table that you can use for your rotation. We have spread foods over four days to ensure that foods from the same family are consumed at most one time in the four-day period. This means that, on a given day, you can choose freely among the foods of the respective day and consume them as often as you like. On the next day, however, you should choose only the foods of the second day, and so on.

Tip: Mark the 4-day rotation diet in your calendar in colour, e.g. blue for the first day, yellow for the second day, green for the third day and orange for the fourth day. When you look at your calendar, you will be able to see the current day at a glance, so that you don't get mixed up. Try to follow the rotation diet for 6 months to begin with in order to give your intestine enough time to recover and to allow the food intolerances to regress. After that, you can gradually try to reintroduce the foods back into your diet. Please refer to the section "Reintroducing foods" for some general tips and advice on how to do this.

INDIVIDUAL 4-DAY ROTATION

The table below shows all food items in a 4-day plan. The strength of the food intolerance is indicated on a scale from 1 to 6 in your report. From a level of 3, if symptoms are present, these foods should be excluded from the diet or at least rotated for a minimum of 6 months where possible. From a level of 5, the foods should be altogether avoided for at least 6 months. An unbalanced diet and mineral deficits slow down the metabolism. The 4-day rotation activates the metabolism, stabilises the blood glucose level and helps reduce potential immune reactions in the intestinal mucosa.

Please note: Foods to which you exhibited an immediate reaction (e.g. swelling in the mouth or throat, furry feeling, runny nose, teary or red eyes, severe gastrointestinal symptoms, skin reactions) must be avoided at all costs. There is a potential risk of anaphylactic shock! Foods for which sensitisation was shown in the concurrent IgE test but which did not trigger a reaction should not be consumed more frequently as a replacement for foods that are omitted, as this can lead to overstimulation.

Additional advice:

- Enjoy coffee, black tea or alcohol only in moderation.
- You should preferably use natural sea salt to season your food. Fresh herbs are a good alternative and addition.
- Consuming too much food during a meal puts too much pressure on the digestive system.
- Make sure that you drink plenty of fluids (drink at least 2 Litres of water, still mineral water or weak herbal tea per day – coffee, black tea, juices and alcohol don't count towards this!)
- You should always buy and prepare ingredients when they are fresh. Avoid ready-made products! Look at the E-numbers!
- If possible, avoid sauces and coated foods. Use only small quantities of hardened, spreadable fats (margarine).
- Use the rotation overview table also when eating at restaurant, while on a trip or on holiday.

During the first days of a diet, the symptoms may be aggravated. You may also feel hungry even though you are eating enough. Once these “withdrawal symptoms” have disappeared after a few days, you will soon notice a marked improvement in your health; this means that the dietary changes are taking effect. Now you have to allow your intestine enough time to regenerate and avoid putting too much strain on it again.

After about 6 months you can gradually reintroduce the foods you previously avoided into your diet.

If you continue with the basic idea of the rotation and follow a balanced diet, you are making an important contribution to your intestinal health.

REINTRODUCING FOODS

If you tested positive for some foods and followed the recommended abstinence periods, after 6 months you will gradually start introducing the foods that you avoided back into your diet. After abstaining from certain foods and after successfully restoring the natural balance in the digestive tract, the foods are tolerated again.

A few tips on how to gradually return to a regular diet:

- As a general rule, you should proceed slowly. Only ever introduce one food item back into your diet and try to wait at least another week before introducing the next “new” food item.
- The best approach is to start with the food items to which you had the weakest reaction.
- Give your body 4 days’ time to get used to this food again. Pay attention to how you tolerate the product. If the symptoms don’t return, you can fully introduce this food item back into your dietary plan. In some cases, the intolerance can develop again at a later point in time, or new intolerances can develop. Your personal consultant will advise you on what other measures you can take to specifically promote the recovery and regeneration of the intestinal mucosa.

Repeating the test after roughly a year is expedient whenever symptoms reappear or as a preventive measure. If you have any questions, please ask your pharmacist, therapist or consultant first.

Note: If you develop symptoms after consuming dairy products or products that contain gluten, you should always bear in mind that you may suffer from lactose or gluten intolerance. If corresponding symptoms occur, fructose malabsorption and histamine intolerance should also not be disregarded. Further testing may be required to clarify this. Please discuss this with your consultant.

Your Verisana Team!

GLOSSARY - EXPLANATION OF IMPORTANT TERMS

Allergens: Antigens are structures that can trigger a hypersensitivity reaction by specific cells of the body. Examples of allergens are: Animal hair, grass pollens, herbs or trees, fungal spores, food components.

Allergy: An allergy is an overreaction of the immune system to partly natural substances. Four different allergy types are differentiated whose reaction cascade is mediated either by immunoglobulins or directly by cells. A type I allergic reaction is also known as an immediate-type allergy. It is usually the underlying cause of e.g. classic hay fever, but can also trigger serious reactions and, over several stages, develop into asthma.

Ammonium: Undigested protein is converted first to ammonia and then to ammonium in the intestine. Ammonium is a toxin from the digestive tract that is usually broken down by the liver and excreted via the kidneys as urea. An intestinal environment that is not intact, too much protein and, as a result of this, too much ammonium take up valuable detoxification efforts of the liver and kidneys.

Antigen: A substance that is recognised by the immune system as an intruder and against which specific antibodies can be formed. Antigens have to exceed a specific size to be recognised. Fully digested food that has been broken down into individual building blocks and short chains is no longer recognised, but larger fragments, such as protein molecules or particularly stable structures, are recognised.

Antibodies: Protein molecule that is formed by the defence cells to recognise, mark and eliminate something that is "different" from the body's own components. An antibody very specifically recognises characteristic three-dimensional structures on foreign substances. After being recognised by antibodies, these substances are marked, which triggers different defence mechanisms of the immune system.

Blood test: The quantity of immunoglobulins in the blood that are not bound to cells is measured in the blood test. Depending on the test system being used, either capillary or venous blood is collected for a blood test. Because the concentration of free antibodies in the blood only increases after contact with the allergen and drops again if there is no contact for a longer period, there are natural fluctuations in the measured concentration. Taking antihistamines has no effect on the concentration. A blood test is highly specific and sensitive. The correlation to an allergy is higher than with the prick test.

Intestinal cleansing: Everything that is ingested via the mouth passes through the intestine, the most important organ of the digestive system. All of the components that can be used by the body are broken up here and absorbed by the intestinal mucosa. All other components that cannot be used are excreted again; however, small remnants can remain in the intestine and can accumulate in or on the lining of the bowel or the intestinal villi. Intestinal cleansing aims at removing these remnants as much as possible, thus supporting the natural function and regeneration of the intestinal mucosa. This is done either by a kind of intense irrigation, which can be achieved by ingesting specific substances that draw water into the intestine, or by ingesting substances that specifically bind to the remnants, allowing the intestine to eliminate them from the body.

Glutamine: Glutamine is an important amino acid and is not to be confused with glutamate, which is used in foods as a flavour enhancer. Glutamine is an important source of energy for the cells, especially for the intestinal walls and the white blood cells. As the main energy source of the immune cells, glutamine can strengthen the immune system, stimulate the production of white blood cells and positively influence their function, especially under physical stress. After burns, injuries, surgical procedures and in chronic diseases, the intestine, liver and immune cells have a markedly increased need for glutamine. Because it supports the development of the intestinal mucosa by providing direct energy, glutamine also supports the regeneration process.

Histamine: Histamine is a hormone that can be released (self-produced) by our defence cells in case of an immediate allergic reaction, a delayed immune reaction (e.g. to food items) and inflammations. Many food items also contain histamine. A disturbed histamine breakdown can lead to a variety of malfunctions and can adversely influence the regeneration of the intestine.

IgA: Immunoglobulins of class A (IgA) are produced by the body to mark and activate foreign substances, if possible even before (!) they enter the body. They are released by the mucous membranes and can be found, for example, in the nasal mucous and the mucosal layer that lines the intestine. They consist of two antibody molecules that are connected to one another, making sure that the recognised foreign substances become clogged or clumped.

IgE: Immunoglobulins of class E (IgE) are produced by the body primarily to actively attack organisms that enter the body (worms, parasites) directly at the site where they enter the body. This response must be very quick and intense in order to have a chance to effectively fend off the "intruder". An IgE-mediated response to an actually harmless substance is thus also known as an immediate-type or type I reaction. IgE sends its signal mainly to mast cells (basophil granulocytes) in the skin or mucous membrane, which then release messenger substances and trigger a sequence of amplifying steps (biochemical cascade).

IgG: Immunoglobulins of class G (IgG) are produced by the body to mark, inactivate and remove foreign substances from the body. In humans, four different sub-classes of IgG are differentiated whose complex properties have not been fully elucidated yet. Based on the existing studies, IgG4 is of particular interest for food intolerances. Just like IgE, it can bind to basophil granulocytes (mast cells) and, in some cases, trigger immediate-type (type I) allergic reactions there (insect venom allergy, bird fancier's disease, ...). At the same time, however, it also appears to be an antagonist of IgE, because the concentration of specific IgG4 has been shown to increase in successfully desensitised allergy patients. In patients with chronic food intolerances, increased IgG4 levels have frequently been observed for foods that have been identified in an exclusion diet as the cause of the symptoms. have been observed in patients with chronic food intolerances.

IgM: Immunoglobulins of class M (IgM) are produced by the body to mark, inactivate and remove foreign substances from the body. This antibody type is composed of five antibody molecules. The recognition of these molecules is not as specific as with IgG or IgE. A larger quantity of these immunoglobulins is produced much more rapidly and serves as the first line of defence.

Immunglobulins: Group of proteins that produce antibodies (see there). The following antibody types can be produced by the human body: IgA (immunoglobulin A), IgM, IgG and IgE.

Immune system: The totality of all mechanisms employed by the body to recognise, mark, deactivate or eliminate or break down foreign organisms or foreign structures that could enter the body or have already entered the body. There are two different immune systems: the congenital and the adaptive immune system. Among other things, the latter produces the immunoglobulins that are used to specifically recognise structures that are foreign to the body.

Cross-reaction: The three-dimensional structures recognised by antibodies can also be present in similar form in other allergens. The probability that an antibody also recognises similar structures of other allergens which are similar to the one that triggered the original sensitisation increases as the sensitisation increases (antibody reaction). A cross-reaction occurs. After a cross-reaction occurs for the first time, it can become stronger over time and ultimately trigger new cross-reactions. Cross-reactions of inhaled allergens (e.g. birch pollen) to food items (e.g. apples) as well as an escalation of the allergic reactions over several intermediate stages have been frequently observed. In the majority of cases, these reactions are mediated by IgE. However, there are also cases in which IgG alone can trigger a type I reaction.

Minerals: The body needs metal ions that have to be supplied from the food in order to build biological substances (e.g. bone) and ensure the function of many enzymes. Minerals are naturally present in food. Depending on the individual physical condition, however, it can be expedient to specifically supply larger quantities in order to correct a deficiency or to particularly strengthen a bodily function that is influenced by minerals.

Probiotics / prebiotics: The intestine is naturally colonised by many hundreds of different bacteria which help digest food components that the body is unable to break down with its digestive enzymes. In this natural biocoenosis for a mutual advantage (symbiosis), these bacteria also have interactions with the immune system. They appear to excrete substances which soothe the immune system in the intestine. This biological community, also known as the intestinal flora, differs from one person to another and can be disrupted by an unbalanced diet, drugs or diseases. Probiotics are suitable bacterial inoculants which support the weakened or restore the natural intestinal flora. To support the growth of probiotics, prebiotics are usually ingested at the same time, as they offer a particularly good source of food for the natural bacterial strains found in the intestinal flora.

Protein: Protein molecule consisting of a three-dimensional folded chain of amino acids. Some proteins are also composed of multiple chains of amino acids.

Provocation test: A provocation test serves to offer a specialist final confirmation whether an allergen can, in fact, trigger an allergic reaction and how strong this reaction is. To this end, the allergen is applied directly to the nasal mucosa and the reaction is observed. Because the provocation test can also trigger an allergic shock, special precautions must be taken.

Rotation diet: The idea behind a rotation diet is to continue to consume the same foods, but always in longer intervals of four or seven days. This interval allows the food to fully pass through the gastrointestinal tract and to be excreted from the body. Consuming a particular food more often means that the food is basically permanently present in the intestine. Because the immune system is constantly busy analysing the components of the food we eat in order to fend off potential intruders, an unbalanced diet which very often contains the same foods can put an immense strain on the intestine and the immune system. The rotation diet restores the balance and can help a stressed or disrupted system to regenerate faster. This holds true especially for foods that are particularly irritating for the intestine. At the same time, a rotation diet offers a very varied and thus healthy diet. In many cases, a rotation diet also helps over- or underweight patients reach a normal, healthy weight.

Sensitisation: Sensitisation refers to the presence of specific antibodies against an allergen above a typical threshold. In principle, antibodies are produced randomly against all possible structures that are foreign to the body. There is thus always a certain number of antibodies that can recognise a foreign substance. Only the first direct contact with a structure recognised by the antibody and the simultaneous stimulation of the cells by messenger substance causes the cells that produce this particular antibody to propagate in order to produce large quantities as a precaution.

Tolerance: The term "tolerance" is used to describe a situation in which an antigen presents to the immune system in such a way that it does not appear threatening and is thus tolerated (accepted, not targeted). Specific cells of the immune system known as T helper cells are responsible for this mechanism. Via messenger substances, these cells can signal other cells to start producing antibodies (or not). Apart from the genetic predisposition to develop a tolerance or non-tolerance, that path as well as the continuity and the concentration with which an antigen comes into contact with the immune system is decisive. Intestinal health plays a crucial role in this. When the intestinal health is disturbed, the immune system sends out an alarm much more frequently.

Type I reaction (immediate-type): In the event of a type I hypersensitivity, an allergic reaction is primarily triggered immediately at potential sites of ingress into the body with the aim of fending off or killing the potential intruder. This can manifest as a local inflammation, swelling, cramping, an urge to cough, vomit or sneeze, or also an increased secretion of body fluids (flushing out). Anaphylactic shock is the extreme reaction (circulatory collapse, loss of consciousness).

Delayed reaction (intolerance/type III reaction): In addition to the immediate-type reaction to foods, the classic type I allergy to foods, there are a number of delayed forms in which a food first has to reach the intestine and be processed by it before an effect manifests. It is associated with an already disturbed intestinal mucosa that allows an increased passage of food components which have not been fully digested yet. These components can then be transported further in the bloodstream and cause symptoms either directly or after coming into contact with the immune system. In medical practice, a strong correlation is frequently observed between food antibodies of the IgG4 type and the alternative foods that have been found to trigger chronic symptoms within the scope of an elaborate exclusion diet.

Vitamins: Vitamins are cofactors that are needed by enzymes to function properly. Unlike enzymes, which our body produces permanently from amino acids in order to control a wide range of biochemical processes, we have to continuously supply vitamins with our food as they are used up during the various conversion processes. A deficiency of certain vitamins in the diet can weaken the body or cause chronic diseases to develop.

4-DAY ROTATION BY FOOD GROUPS

Group	Day 2	Day 3	Day 4	Day 4
Meat, poultry, venison, eggs	Beef	Pork, horse, hare, rabbit, wild boar	Lamb, goat, venison except pork, chicken, poultry except dove, chicken egg, quail egg	Dove, meat substitute from soya
Fish, seafood, escargot	Eel, anchovy, oyster, mussel, squid, escargot	Trout, vend ace, carp, tench, chair, salmon, herring, tuna, sathé	Pike, catfish, marlin, monkfish, pangasius, swordfish	Bream, cod/codfish, seabass, haddock, walleye, plaice, flounder, sole, halibut and turbot, crab, prawn, shrimp, caviar
Cereals, starch, grain, wholegrain, flour, flakes, semolina	Wheat, rye, barley, spelt, green spelt, malt, Graham flour, durum wheat semolina (without egg)	Buckwheat, sago, potato, potato starch, arrowroot flour, agar-agar, chestnut flour	Oat, millet, corn, corn starch, polenta, quinoa, amaranth	Rice, rice starch, soymeal/noodles, yam root flour, glass noodles, banana flour, chickpea flour, lentil flour
Vegetables, pulses, mushrooms	Cucumber, artichoke, zucchini, leek, pumpkin, onion, black salsify	Eggplant, fennel, carrot, celery, cauliflower, tomato, bell pepper, algae, potato	Corn, beetroot, asparagus, avocado, spinach, chard, palm heart, mushroom	Broccoli, peas, beans, beets, cabbage (except cauliflower), sauerkraut, banana, chickpeas, lentils
Salads	Endive, chicory, batavia, oak leaf lettuce, bamboo shoots	Lamb's lettuce, sorrel	Green lettuce, romaine lettuce, frisée lettuce, iceberg lettuce, radicchio lettuce, lollo rosso, dandelion	Chinese cabbage, radish, small radish, cress, soy bean sprouts, arugula
Fruit	Apple, pear, strawberry, raspberry, blackberry, apricot, quince, kiwi, mango, melon, hawthorn	Guava, redcurrant, gooseberry, elderberry, orange, mandarin, lemon, rhubarb, kumquat, grapefruit	Plum, damson, mirabelle plum, cherry, greengage, pineapple, peach, nectarine, blackthorn, date, papaya, lychee, persimmon	Blueberry, lingonberry, cranberry, grape including raisins etc., fig, banana, lemon, lime, passionfruit, carambola, pomegranate
Milk, dairy products	Cow's milk and all cow's milk products	-	Goat's and sheep's milk and all products made from goat's and sheep's milk	Tofu, soy milk, soy milk products
Fats, oils	Butter, olive oil, pumpkin oil	Lard, peanut oil, linseed oil, castor oil	Goose fat, coconut fat, sunflower oil, (sunflower margarine), maize-germ oil	Walnut oil, sesame oil, safflower oil, soya oil
Nuts, seeds	Almond, pistachio, cashew, pine nut, pumpkin seed	Peanut, sweet chestnut, alfalfa, linseed, locust bean	Coconut, sunflower seed	Walnut, hazelnut, poppy seed, Brazil nut, pecan, sesame
Herbs, spices, seasonings	Chives, juniper, sage, juniper berry, lemon balm, olives, onion, shallot, raspberry vinegar, apple cider vinegar	Parsley, chervil, lovage, caraway, nutmeg, capers, boirrage, chili, aniseed, pepper (black, white, Cayenne), cloves, paprika, caraway, pimento, coriander	Basil, savoury, thyme, marjoram, curry, oregano, ginger, rosemary, mint, Cinnamon, tarragon, cardamom, bay leaf, garlic, woodruff	Dill, horseradish, sesame salt, saffron, mustard, pepper (green/pink), vanilla, soy sauce, wine vinegar
Sweeteners	Maple syrup, malt sugar, concentrated pear juice	Mixed flower honey	Sugar beet molasses, ginger syrup, cane sugar	Wild honey, clover honey, grenadine syrup
Beverages	Apple tea, rosehip tea, Blackberry leaf tea, lemon balm tea, still mineral water, malt coffee, green tea (only organic)	Fennel tea, juniper berry tea, Paraguay tea (mate) (roasted and green), still mineral water, green tea (only organic), Rooibos tea	Ground coffee, chamomile tea, peppermint tea, horsetail tea, common yarrow tea, still mineral water, green tea (only organic)	Mallow tea, nettle tea, black tea, still mineral water, green tea (only organic)
Other	Cacao, chocolate, wheat germ, yeast	Carob (locust bean)	-	Beer (hops), wine, brandy, sparkling wine

Avoid foods with IgG4 level 5-6!

Consume foods with IgG4 level 3-4 only every 4 days!

Do not eat more foods with an increased IgE; avoid completely if you have symptoms!

Reactions to IgG4 and IgE: Do not eat more of these foods; avoid completely if you have symptoms!

Note: Not all of the foods listed here were analysed.

YOUR INDIVIDUAL 24-WEEK PLAN TO CLEANSE THE INTESTINE IN ADDITION TO THE DIET

Area	Product recommendation	Daily dosage	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Body detoxification																										
Vital substances																										
Amino acids																										
Probiotics/ Prebiotics																										
Others																										

Stamp Consultant

Created by: _____

Date: _____

Food plan

	DAY 1	DAY 2	DAY 3	DAY 4
BREAKFAST				
SNACK				
LUNCH				
SNACK				
DINNER				
OTHERS				

Here you can develop a food plan for 4 days of the rotation diet by yourself or with an advisor. This will help you optimally prepare your shopping and cooking and allows you to take all the time you need to prepare tasty and healthy meals with the foods available to you. You can plan additional days by copying this sheet!

