

Martina Muster

date of birth: 03.03.1973 / age: 50 / sex: f / sample id: 999999

## Individual laboratory result

### ImuPro Vegi Plus

	Rating	Number of foodstuffs
Specific IgG antibodies	■ Not elevated	158
	■ Elevated	44
	■ Highly elevated	18
Total	62 out of 220 tested allergens	

**Candida albicans:** IgG antibodies to Candida are found in your result (see General Recommendations).

**Important:**

ImuPro is only testing for elevated IgG antibodies towards foods. If you have an existing type I food allergy (IgE mediated) previously diagnosed either by a positive IgE test or by a skin prick test or if you have any other known food related issues, please do not start eating this particular food even if your ImuPro result does not show a reaction to it. IgE-mediated food allergies can cause severe reactions such as anaphylactic shock, rashes, vomiting, itching etc. **ImuPro identifies raised levels of IgG antibodies to foods and provides advice based on these findings. Based on the ImuPro result, we do not make any statements on IgE related allergies.**

**Laboratory:**

CTL & Ortholabor GmbH  
Anemonenweg 3a  
26160 Bad Zwischenahn  
Germany

**Sender:**

Herr Ralf Mustermann

sample type	serum
sample id	999999
examination method	Enzyme-linked immunosorbent assay (ELISA)
date of report	02.02.2023
report authorized by	Uwe David, Allergologe

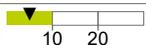
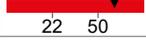
The information in your documents do not replace the medical advice of a trained health professional. The results obtained must always be interpreted in combination with the complete clinical picture. **Dietary changes must be made in consultation with a health professional, a relevant dietician or nutritional expert.** Please immediately consult your practitioner in case of any health-related concerns.

The specific IgG concentrations determined by this test offer the basis for an elimination and provocation diet. We do not claim that the determined IgG concentrations reflect the occurrence or the severity of serious clinical symptoms.

## How to read your report

### Notes on the individual laboratory results

List 1 shows the measurement results of the tested foods. The value in the  $\mu\text{g/ml}$  column shows the measured concentration of IgG antibodies. The bar graph reports your concentration of IgG in three classes. Your personal measured value is represented by the black indicator above the coloured bar.

	$\mu\text{g/ml}$ IgG	Rating
Food 1	5	
Food 2	7	
Food 3	77	

The two numbers below the bar graph are the threshold values between the three reaction classes. The first number describes the analytical cut-off, i.e. the concentration above which we speak of "elevated" IgG antibodies. The second number is the threshold value above which the reaction class is referred as "strongly elevated".

The **green** area: There are no elevated IgG antibodies.

The **orange** area: IgG antibodies were measured in the "elevated" reaction class.

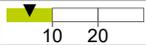
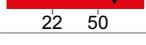
The **red** area: IgG antibodies were measured in the "strongly elevated" reaction class.

### Food exclusions applied in addition

As indicated in the laboratory order, the following foods or groups of foods are excluded from the diet plan:

- Foods that promote the formation of uric acid (UA)

Within list 1, these foods are identified by corresponding entries in the "Additional Exclusions" column.

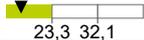
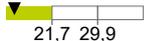
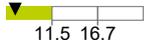
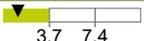
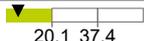
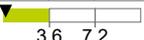
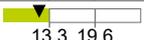
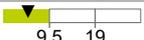
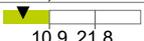
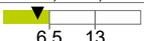
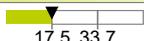
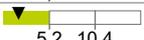
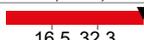
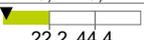
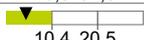
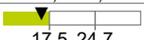
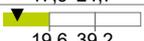
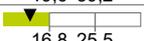
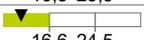
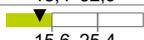
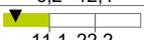
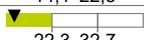
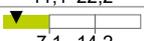
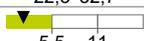
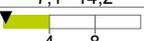
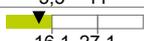
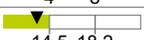
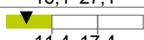
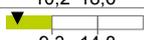
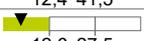
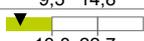
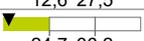
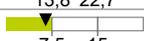
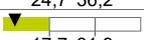
	$\mu\text{g/ml}$ IgG	Rating	Additional exclusions
Food 1	5		UA
Food 2	7		UA
Food 3	77		UA

It is possible that these additional exclusion criteria may affect foods for which you have not been found to have elevated IgG antibodies.

To facilitate an orderly change of your diet, these foods are not included in the recipes and the rotation plan. In List 2 (overview of foods allowed and foods to be avoided), you will find these foods in the category "Foods that have been additionally excluded from your diet plan". All foods with elevated or strongly elevated IgG antibodies are listed in the corresponding reaction class.

## List 1 - Individual laboratory result

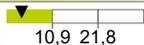
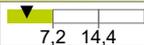
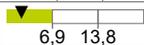
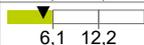
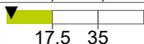
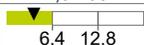
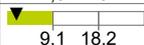
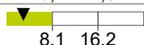
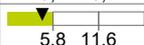
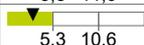
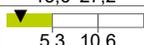
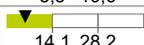
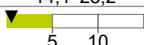
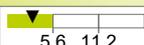
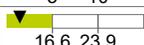
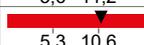
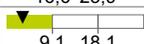
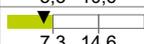
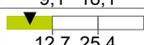
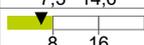
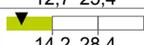
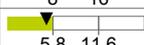
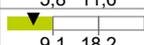
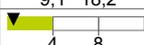
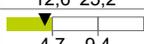
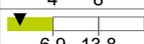
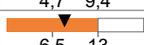
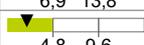
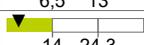
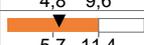
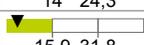
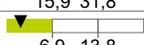
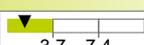
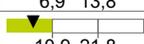
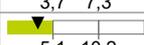
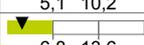
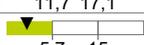
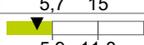
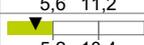
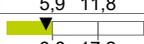
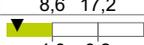
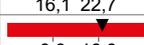
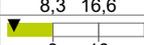
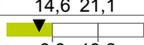
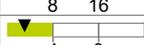
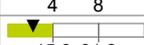
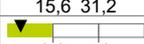
### ImuPro Vegi Plus

	µg/ml IgG	Rating	Additional exclusions		µg/ml IgG	Rating	Additional exclusions
<b>Cereals containing gluten</b>				<b>Milk products</b>			
Barley*	7,3			Camel's milk	7,5		
Gluten	28,1			Goat: milk / cheese	18,4		
Kamut*	< 2,5			Halloumi	3,8		
Rye*	8,4			Kefir	37,7		
Spelt*	7,4			Mare's milk	< 2,5		
Wheat*	6,2			Milk (cow)	50,2		
<b>Cereals w/o gluten and alternatives</b>				<b>Milk (cow, cooked)<sup>1</sup></b>			
Amaranth	< 2,5			Rennet cheese (cow)	5,1		
Arrowroot	< 2,5			Ricotta	65,1		
Buckwheat	10,3			Sheep: milk / cheese	30,0		
Carob	5,0			Sour-milk prod. (cow)	50,9		
Cassava	4,5			<b>Seeds and nuts</b>			
Fonio	4,8			Almond	17,4		
Jerusalem artichoke	< 2,5			Brazil nut	101,8		
Lupine	< 2,5			Cashew kernels	4,4		
Maize, sweet corn	14,4			Cocoa bean	11,0		
Millet	5,8			Coconut	< 2,5		
Oats	9,6			Hazelnut	195,6		
Quinoa	6,3			Linseed	11,4		
Rice	9,7			Macadamia nut	14,7		
Sweet chestnut	2,8			Peanut	3,8		
Sweet potato	< 2,5			Pine nut	< 2,5		
Tapioca	< 2,5			Pistachio	11,4		
Teff	10,5			Poppy seeds	5,0		
<b>Eggs</b>				Pumpkin seeds			
Chicken egg white	7,0			Sesame	< 2,5		
Chicken egg yolk	4,7			Sunflower seed	4,2		
Goose eggs	2,6			Walnut	6,4		
Quail eggs	4,2			<sup>1</sup> The tested cow's milk was boiled for 30 min, cooled and the resulting skin was skimmed off.			

\* This type of cereal normally contains gluten. As the measured value for gluten exceeds the limit, the grain is excluded from the list of permitted foods. It may only be consumed in the form of "certified gluten-free" products. For technical reasons, the IgG antibodies against gluten and other species-specific grain antigens must be measured separately.

## List 1 - Individual laboratory result

### ImuPro Vegi Plus

	µg/ml IgG	Rating	Additional exclusions		µg/ml IgG	Rating	Additional exclusions
<b>Vegetables</b>				<b>Vegetables</b>			
Artichoke	3,5			Radish (red/white)	3,0		
Asparagus	< 2,5		UA	Red cabbage	12,5		
Aubergine	9,1			Rutabaga	4,8		
Bamboo shoots	< 2,5			Savoy cabbage	2,7		
Beetroot	3,8			Soy bean	< 2,5		UA
Broad bean	2,9		UA	Spinach	4,4		UA
Broccoli	18,1			Stalk celery	2,9		
Brussel sprouts	11,1			Sweet pepper	17,4		
Carrots	17,1			Tomato	11,9		
Cauliflower	< 2,5			White cabbage	7,6		
Celeriac, knob celery	5,6			<b>Salads</b>			
Chard, beet greens	< 2,5		UA	Butterhead lettuce	3,0		
Chickpeas	4,7		UA	Chicory	11,4		
Chili Cayenne	3,1			Dandelion	5,8		
Chili Habanero	6,4			Endive	5,9		
Chili Jalapeno	4,5			Iceberg lettuce	4,9		
Chinese cabbage	10,7			Lamb's lettuce	5,2		
Courgette	7,2			Lollo rosso	< 2,5		
Cucumber	3,9			Radicchio	< 2,5		
Fennel	8,2			Rocket	< 2,5		
Green bean	3,6		UA	Romaine / Cos lettuce	6,4		
Green pea	3,7		UA	<b>Fruits</b>			
Kale, curled kale	< 2,5			Apple	< 2,5		
Kohlrabi	6,3			Apricot	2,6		
Leek	8,7			Avocado	3,4		
Lentil	< 2,5		UA	Banana	< 2,5		
Molokhia	2,5			Blackberry	8,5		
Mung bean	3,9		UA	Blueberry	3,2		
Okra, lady's finger	7,3			Cherry	19,1		
Olive	< 2,5			Cranberry	18,6		
Onion	29,4			Currant	< 2,5		
Parsnip	4,6			Date	< 2,5		
Potato	28,9			Fig	8,7		
Pumpkin	11,9			Gooseberry	< 2,5		

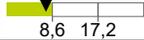
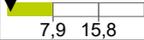
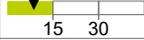
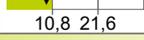
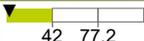
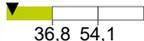
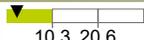
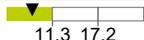
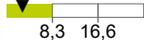
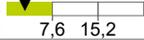
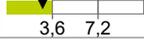
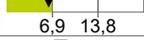
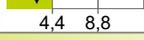
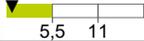
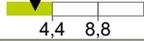
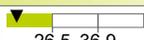
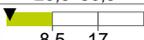
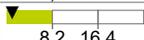
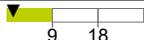
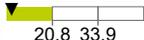
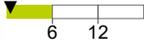
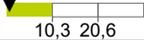
## List 1 - Individual laboratory result

### ImuPro Vegi Plus

	µg/ml IgG	Rating	Additional exclusions		µg/ml IgG	Rating	Additional exclusions
<b>Fruits</b>				<b>Spices and herbs</b>			
Grape / Raisin	6,1			Caraway	< 2,5		
Grapefruit	10,4			Cardamom	7,9		
Guava	< 2,5			Chervil	< 2,5		
Honeydew melon	19,3			Chive	7,6		
Kiwi	11,4			Cinnamon	4,6		
Lemon	5,6			Clove	4,8		
Lime	34,1			Coriander	7,4		
Lingonberry	6,2			Cumin	< 2,5		
Lychee	3,2			Dill	< 2,5		
Mandarin	18,0			Garden cress	76,3		
Mango	< 2,5			Garlic	25,7		
Nectarine	3,7			Ginger	19,0		
Orange	13,4			Horseradish	10,4		
Papaya	< 2,5			Juniper berry	10,0		
Peach	3,6			Lavender	< 2,5		
Pear	< 2,5			Lemon balm	< 2,5		
Pineapple	12,9			Lovage	< 2,5		
Plum	< 2,5			Marjoram	4,4		
Pomegranate	52,8			Mustard seed	< 2,5		
Prickly pear	< 2,5			Nutmeg	4,2		
Quince	< 2,5			Oregano	3,4		
Raspberry	13,3			Paprika, spice	15,5		
Rhubarb	2,5		UA	Parsley	16,1		
Sea buckthorn	4,2			Pepper, black	8,2		
Strawberry	3,5			Pepper, white	< 2,5		
Watermelon	31,2			Rosemary	3,0		
Yellow plum	< 2,5			Saffron	< 2,5		
<b>Spices and herbs</b>				<b>Yeast</b>			
Alfalfa	26,2			Sage	6,0		
Allspice	7,9			Savory	6,9		
Aniseed	5,1			Thyme	< 2,5		
Basil	4,5			Vanilla	3,0		
Bay leaf	4,8			Wild garlic	5,1		
Capers	< 2,5			Yeast	11,7		

## List 1 - Individual laboratory result

### ImuPro Vegi Plus

	µg/ml IgG	Rating	Additional exclusions		µg/ml IgG	Rating	Additional exclusions
<b>Mushrooms</b>				<b>Sweeteners</b>			
Bay boletus	11,6			Agave nectar	8,1		
Cep (boletus)	7,3			Cane sugar	< 2,5		
Chanterelle	7,5			Honey (mixture)	8,7		
Meadow mushrooms	28,0			Maple syrup	6,5		
Oyster mushrooms	6,8						
Shiitake	9,3						
<b>Algae</b>							
Red algae (nori)	< 2,5						
Spirulina	4,4						
<b>Teas, coffee and tannin</b>							
Camomile	< 2,5						
Coffee	6,3		UA				
Nettle	7,9						
Peppermint	2,8						
Rooibus tea	3,0						
Rose hip	2,8						
Tannin	6,3						
Tea, black	5,9						
Tea, green	2,8						
<b>Specials</b>							
Aloe Vera	4,2						
Aspergillus Niger	18,8						
Candied lemon peel	< 2,5						
Vine leaves	2,7						
<b>Food additives</b>							
Agar-Agar (E 406)	5,7						
Benzoic acid (E 210)	< 2,5						
Carrageenan (E 407)	< 2,5						
Curcumin (E 100)	< 2,5						
Guar flour (E 412)	< 2,5						
Pectin (E 440)	< 2,5						
Sorbic acid (E 200)	< 2,5						
Tragacanth (E 413)	< 2,5						
Xanthan gum (E 415)	12,4						

**Martina Muster**  
Beispielstr. 1  
33330 Musterstadt

### Your personal ImuPro Vegi Plus documents

Sample ID: 999999

Dear Martina Muster,

With this letter, you will receive your personal ImuPro test result as well as general information about food allergies type III and the links with chronic inflammation. This laboratory report contains your results for all the tested foods at a glance.

ImuPro is an extensive IgG food allergy laboratory test. Your blood has been analysed for the presence of specific IgG antibodies to particular foodstuffs. If high levels of these antibodies are present, this might indicate that you have a chronic inflammation caused by a delayed food allergy type III. Your individual ImuPro documents will help you to find out which foods are good for you and to pinpoint your individual "trigger foods". By avoiding the foods that might cause you problems, inflammatory processes can be reduced or even stopped and your body can recover.

### The ImuPro concept consists of three phases:

1. Elimination phase
2. Provocation phase
3. Stabilisation phase

Within the framework of the ImuPro concept, you will find recommendations for a possible form and duration of the dietary change in your diagnostic documents. Please follow the instructions of your therapist first and foremost. **ImuPro shows you the way to the right food for you. And your path for better health.**

**Important:** ImuPro is only testing for elevated IgG antibodies towards foods. If you have an existing type I food allergy (IgE mediated) previously diagnosed either by a positive IgE test or by a skin prick test or if you have any other known food related issues, please do not start eating this particular food even if your ImuPro result does not show a reaction to it. IgE-mediated food allergies can cause severe reactions such as anaphylactic shock, rashes, vomiting, itching etc. **ImuPro identifies raised levels of IgG antibodies to foods and provides advice based on these findings. Based on the ImuPro result, we do not make any statements on IgE related allergies.**

If you have any questions about your ImuPro result or about food allergies type III, please contact us.

We wish you every success on the path to well-being and the restoration of your health.

With kind regards,

Your ImuPro Team



Martina Muster

date of birth: 03.03.1973 / age: 50 / sex: f / sample id: 999999

## Individual laboratory result

### ImuPro Vegi Plus

	Rating	Number of foodstuffs
Specific IgG antibodies	■ Not elevated	158
	■ Elevated	44
	■ Highly elevated	18
Total	62 out of 220 tested allergens	

**Candida albicans:** IgG antibodies to Candida are found in your result (see General Recommendations).

**Important:**

ImuPro is only testing for elevated IgG antibodies towards foods. If you have an existing type I food allergy (IgE mediated) previously diagnosed either by a positive IgE test or by a skin prick test or if you have any other known food related issues, please do not start eating this particular food even if your ImuPro result does not show a reaction to it. IgE-mediated food allergies can cause severe reactions such as anaphylactic shock, rashes, vomiting, itching etc. **ImuPro identifies raised levels of IgG antibodies to foods and provides advice based on these findings. Based on the ImuPro result, we do not make any statements on IgE related allergies.**

**Laboratory:**

CTL & Ortholabor GmbH  
Anemonenweg 3a  
26160 Bad Zwischenahn  
Germany

**Sender:**

Herr Ralf Mustermann

sample type	serum
sample id	999999
examination method	Enzyme-linked immunosorbent assay (ELISA)
date of report	02.02.2023
report authorized by	Uwe David, Allergologe

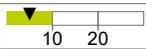
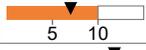
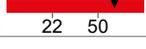
The information in your documents do not replace the medical advice of a trained health professional. The results obtained must always be interpreted in combination with the complete clinical picture. **Dietary changes must be made in consultation with a health professional, a relevant dietician or nutritional expert.** Please immediately consult your practitioner in case of any health-related concerns.

The specific IgG concentrations determined by this test offer the basis for an elimination and provocation diet. We do not claim that the determined IgG concentrations reflect the occurrence or the severity of serious clinical symptoms.

## How to read your report

### Notes on the individual laboratory results

List 1 shows the measurement results of the tested foods. The value in the  $\mu\text{g/ml}$  column shows the measured concentration of IgG antibodies. The bar graph reports your concentration of IgG in three classes. Your personal measured value is represented by the black indicator above the coloured bar.

	$\mu\text{g/ml}$ IgG	Rating
Food 1	5	
Food 2	7	
Food 3	77	

The two numbers below the bar graph are the threshold values between the three reaction classes. The first number describes the analytical cut-off, i.e. the concentration above which we speak of "elevated" IgG antibodies. The second number is the threshold value above which the reaction class is referred as "strongly elevated".

The **green** area: There are no elevated IgG antibodies.

The **orange** area: IgG antibodies were measured in the "elevated" reaction class.

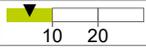
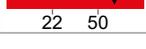
The **red** area: IgG antibodies were measured in the "strongly elevated" reaction class.

### Food exclusions applied in addition

As indicated in the laboratory order, the following foods or groups of foods are excluded from the diet plan:

- Foods that promote the formation of uric acid (UA)

Within list 1, these foods are identified by corresponding entries in the "Additional Exclusions" column.

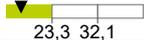
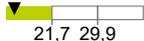
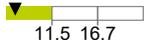
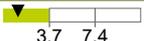
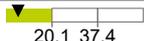
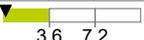
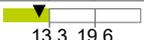
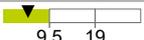
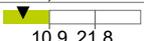
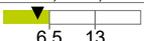
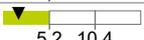
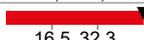
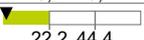
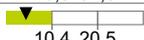
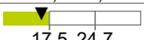
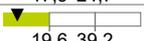
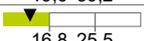
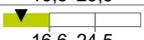
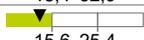
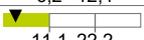
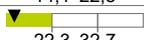
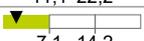
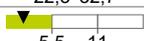
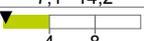
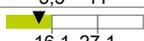
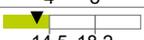
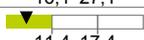
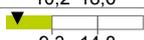
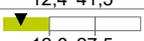
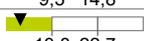
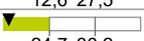
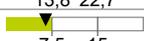
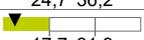
	$\mu\text{g/ml}$ IgG	Rating	Additional exclusions
Food 1	5		UA
Food 2	7		UA
Food 3	77		UA

It is possible that these additional exclusion criteria may affect foods for which you have not been found to have elevated IgG antibodies.

To facilitate an orderly change of your diet, these foods are not included in the recipes and the rotation plan. In List 2 (overview of foods allowed and foods to be avoided), you will find these foods in the category "Foods that have been additionally excluded from your diet plan". All foods with elevated or strongly elevated IgG antibodies are listed in the corresponding reaction class.

## List 1 - Individual laboratory result

### ImuPro Vegi Plus

	µg/ml IgG	Rating	Additional exclusions		µg/ml IgG	Rating	Additional exclusions
<b>Cereals containing gluten</b>				<b>Milk products</b>			
Barley*	7,3			Camel's milk	7,5		
Gluten	28,1			Goat: milk / cheese	18,4		
Kamut*	< 2,5			Halloumi	3,8		
Rye*	8,4			Kefir	37,7		
Spelt*	7,4			Mare's milk	< 2,5		
Wheat*	6,2			Milk (cow)	50,2		
<b>Cereals w/o gluten and alternatives</b>				<b>Milk (cow, cooked)<sup>1</sup></b>			
Amaranth	< 2,5			Rennet cheese (cow)	5,1		
Arrowroot	< 2,5			Ricotta	65,1		
Buckwheat	10,3			Sheep: milk / cheese	30,0		
Carob	5,0			Sour-milk prod. (cow)	50,9		
Cassava	4,5			<b>Seeds and nuts</b>			
Fonio	4,8			Almond	17,4		
Jerusalem artichoke	< 2,5			Brazil nut	101,8		
Lupine	< 2,5			Cashew kernels	4,4		
Maize, sweet corn	14,4			Cocoa bean	11,0		
Millet	5,8			Coconut	< 2,5		
Oats	9,6			Hazelnut	195,6		
Quinoa	6,3			Linseed	11,4		
Rice	9,7			Macadamia nut	14,7		
Sweet chestnut	2,8			Peanut	3,8		
Sweet potato	< 2,5			Pine nut	< 2,5		
Tapioca	< 2,5			Pistachio	11,4		
Teff	10,5			Poppy seeds	5,0		
<b>Eggs</b>				Pumpkin seeds			
Chicken egg white	7,0			Sesame	< 2,5		
Chicken egg yolk	4,7			Sunflower seed	4,2		
Goose eggs	2,6			Walnut	6,4		
Quail eggs	4,2			<sup>1</sup> The tested cow's milk was boiled for 30 min, cooled and the resulting skin was skimmed off.			

\* This type of cereal normally contains gluten. As the measured value for gluten exceeds the limit, the grain is excluded from the list of permitted foods. It may only be consumed in the form of "certified gluten-free" products. For technical reasons, the IgG antibodies against gluten and other species-specific grain antigens must be measured separately.

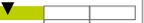
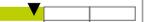
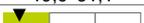
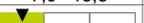
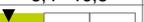
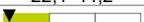
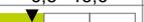
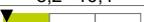
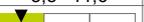
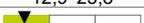
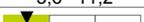
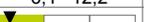
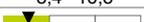
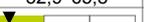
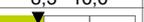
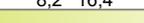
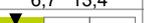
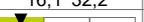
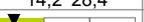
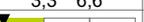
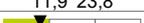
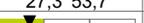
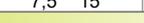
## List 1 - Individual laboratory result

### ImuPro Vegi Plus

	µg/ml IgG	Rating	Additional exclusions		µg/ml IgG	Rating	Additional exclusions
<b>Vegetables</b>				<b>Vegetables</b>			
Artichoke	3,5			Radish (red/white)	3,0		
Asparagus	< 2,5		UA	Red cabbage	12,5		
Aubergine	9,1			Rutabaga	4,8		
Bamboo shoots	< 2,5			Savoy cabbage	2,7		
Beetroot	3,8			Soy bean	< 2,5		UA
Broad bean	2,9		UA	Spinach	4,4		UA
Broccoli	18,1			Stalk celery	2,9		
Brussel sprouts	11,1			Sweet pepper	17,4		
Carrots	17,1			Tomato	11,9		
Cauliflower	< 2,5			White cabbage	7,6		
Celeriac, knob celery	5,6			<b>Salads</b>			
Chard, beet greens	< 2,5		UA	Butterhead lettuce	3,0		
Chickpeas	4,7		UA	Chicory	11,4		
Chili Cayenne	3,1			Dandelion	5,8		
Chili Habanero	6,4			Endive	5,9		
Chili Jalapeno	4,5			Iceberg lettuce	4,9		
Chinese cabbage	10,7			Lamb's lettuce	5,2		
Courgette	7,2			Lollo rosso	< 2,5		
Cucumber	3,9			Radicchio	< 2,5		
Fennel	8,2			Rocket	< 2,5		
Green bean	3,6		UA	Romaine / Cos lettuce	6,4		
Green pea	3,7		UA	<b>Fruits</b>			
Kale, curled kale	< 2,5			Apple	< 2,5		
Kohlrabi	6,3			Apricot	2,6		
Leek	8,7			Avocado	3,4		
Lentil	< 2,5		UA	Banana	< 2,5		
Molokhia	2,5			Blackberry	8,5		
Mung bean	3,9		UA	Blueberry	3,2		
Okra, lady's finger	7,3			Cherry	19,1		
Olive	< 2,5			Cranberry	18,6		
Onion	29,4			Currant	< 2,5		
Parsnip	4,6			Date	< 2,5		
Potato	28,9			Fig	8,7		
Pumpkin	11,9			Gooseberry	< 2,5		

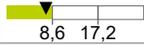
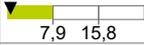
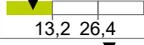
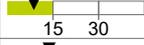
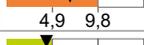
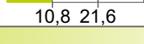
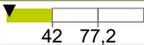
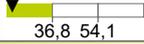
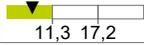
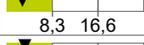
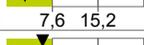
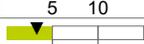
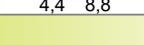
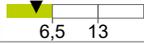
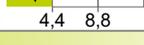
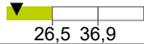
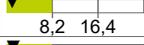
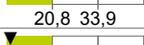
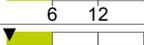
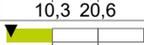
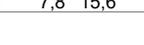
## List 1 - Individual laboratory result

### ImuPro Vegi Plus

	µg/ml IgG	Rating	Additional exclusions		µg/ml IgG	Rating	Additional exclusions
<b>Fruits</b>				<b>Spices and herbs</b>			
Grape / Raisin	6,1			Caraway	< 2,5		
Grapefruit	10,4			Cardamom	7,9		
Guava	< 2,5			Chervil	< 2,5		
Honeydew melon	19,3			Chive	7,6		
Kiwi	11,4			Cinnamon	4,6		
Lemon	5,6			Clove	4,8		
Lime	34,1			Coriander	7,4		
Lingonberry	6,2			Cumin	< 2,5		
Lychee	3,2			Dill	< 2,5		
Mandarin	18,0			Garden cress	76,3		
Mango	< 2,5			Garlic	25,7		
Nectarine	3,7			Ginger	19,0		
Orange	13,4			Horseradish	10,4		
Papaya	< 2,5			Juniper berry	10,0		
Peach	3,6			Lavender	< 2,5		
Pear	< 2,5			Lemon balm	< 2,5		
Pineapple	12,9			Lovage	< 2,5		
Plum	< 2,5			Marjoram	4,4		
Pomegranate	52,8			Mustard seed	< 2,5		
Prickly pear	< 2,5			Nutmeg	4,2		
Quince	< 2,5			Oregano	3,4		
Raspberry	13,3			Paprika, spice	15,5		
Rhubarb	2,5		UA	Parsley	16,1		
Sea buckthorn	4,2			Pepper, black	8,2		
Strawberry	3,5			Pepper, white	< 2,5		
Watermelon	31,2			Rosemary	3,0		
Yellow plum	< 2,5			Saffron	< 2,5		
<b>Spices and herbs</b>				<b>Yeast</b>			
Alfalfa	26,2			Sage	6,0		
Allspice	7,9			Savory	6,9		
Aniseed	5,1			Thyme	< 2,5		
Basil	4,5			Vanilla	3,0		
Bay leaf	4,8			Wild garlic	5,1		
Capers	< 2,5			Yeast	11,7		

## List 1 - Individual laboratory result

### ImuPro Vegi Plus

	µg/ml IgG	Rating	Additional exclusions		µg/ml IgG	Rating	Additional exclusions
<b>Mushrooms</b>				<b>Sweeteners</b>			
Bay boletus	11,6			Agave nectar	8,1		
Cep (boletus)	7,3			Cane sugar	< 2,5		
Chanterelle	7,5			Honey (mixture)	8,7		
Meadow mushrooms	28,0			Maple syrup	6,5		
Oyster mushrooms	6,8						
Shiitake	9,3						
<b>Algae</b>							
Red algae (nori)	< 2,5						
Spirulina	4,4						
<b>Teas, coffee and tannin</b>							
Camomile	< 2,5						
Coffee	6,3		UA				
Nettle	7,9						
Peppermint	2,8						
Rooibus tea	3,0						
Rose hip	2,8						
Tannin	6,3						
Tea, black	5,9						
Tea, green	2,8						
<b>Specials</b>							
Aloe Vera	4,2						
Aspergillus Niger	18,8						
Candied lemon peel	< 2,5						
Vine leaves	2,7						
<b>Food additives</b>							
Agar-Agar (E 406)	5,7						
Benzoic acid (E 210)	< 2,5						
Carrageenan (E 407)	< 2,5						
Curcumin (E 100)	< 2,5						
Guar flour (E 412)	< 2,5						
Pectin (E 440)	< 2,5						
Sorbic acid (E 200)	< 2,5						
Tragacanth (E 413)	< 2,5						
Xanthan gum (E 415)	12,4						

## List 2 - Foods allowed and foods to avoid

Allowed in 4-day rotation					
Agar-Agar (E 406)	Cane sugar	Dandelion	Lollo rosso	Pepper, white	Sea buckthorn
Agave nectar	Capers	Date	Lovage	Peppermint	Sesame
Alfalfa	Caraway	Dill	Lupine	Pine nut	Shiitake
Almond	Carob	Endive	Lychee	Pineapple	Sorbic acid (E 200)
Aloe Vera	Carrageenan (E 407)	Fig	Maize, sweet corn	Pistachio	Spirulina
Amaranth	Cashew kernels	Fonio	Mango	Plum	Stalk celery
Aniseed	Cassava	Ginger	Maple syrup	Poppy seeds	Strawberry
Apple	Cauliflower	Goose eggs	Mare's milk	Prickly pear	Sunflower seed
Apricot	Celeriac, knob celery	Gooseberry	Marjoram	Pumpkin seeds	Sweet chestnut
Arrowroot	Cep (boletus)	Grape / Raisin	Millet	Quail eggs	Sweet potato
Artichoke	Chanterelle	Guar flour (E 412)	Molokhia	Quince	Tannin
Avocado	Chervil	Guava	Mustard seed	Quinoa	Tapioca
Bamboo shoots	Chicken egg white	Halloumi	Nettle	Radicchio	Tea, green
Banana	Chicken egg yolk	Honey (mixture)	Nutmeg	Radish (red/white)	Teff
Basil	Chili Cayenne	Horseradish	Oats	Red algae (nori)	Thyme
Bay leaf	Chili Habanero	Iceberg lettuce	Okra, lady's finger	Rennet cheese (cow)	Tragacanth (E 413)
Beetroot	Chili Jalapeno	Jerusalem artichoke	Olive	Rocket	Vanilla
Benzoic acid (E 210)	Cinnamon	Juniper berry	Oregano	Rooibus tea	Vine leaves
Blueberry	Clove	Kale, curled kale	Papaya	Rose hip	Walnut
Brussel sprouts	Coconut	Kiwi	Parsnip	Rosemary	Wild garlic
Buckwheat	Courgette	Kohlrabi	Peach	Rutabaga	Yellow plum
Butterhead lettuce	Cucumber	Lamb's lettuce	Peanut	Saffron	
Camel's milk	Cumin	Lavender	Pear	Sage	
Camomile	Curcumin (E 100)	Lemon balm	Pectin (E 440)	Savory	
Candied lemon peel	Currant	Linseed	Pepper, black	Savoy cabbage	

Foods with reaction strength 1: Avoid for at least 5 weeks					
Allspice	Chinese cabbage	Honeydew melon	Milk (cow, cooked)	Rice	White cabbage
Aubergine	Chive	Kamut	Nectarine	Romaine / Cos lettuce	Xanthan gum (E 415)
Barley	Cocoa bean	Kefir	Orange	Rye	Yeast
Bay boletus	Coriander	Leek	Oyster mushrooms	Spelt	
Blackberry	Fennel	Lemon	Paprika, spice	Tea, black	
Cardamom	Gluten	Lingonberry	Pumpkin	Tomato	
Carrots	Goat: milk / cheese	Macadamia nut	Raspberry	Watermelon	
Cherry	Grapefruit	Mandarin	Red cabbage	Wheat	

Foods with reaction strength 2: Avoid for at least 5 weeks					
Brazil nut	Cranberry	Hazelnut	Milk (cow)	Pomegranate	Sheep: milk / cheese
Broccoli	Garden cress	Lime	Onion	Potato	Sour-milk prod. (cow)
Chicory	Garlic	Meadow mushrooms	Parsley	Ricotta	Sweet pepper

Foods that have been additionally excluded from your diet plan					
Asparagus	Chard, beet greens	Coffee	Green pea	Mung bean	Soy bean
Broad bean	Chickpeas	Green bean	Lentil	Rhubarb	Spinach



## List 3 - Rotation schedule

### Tip: Build your individual rotation schedule

The rotation diet plan shown here is an example of how the rotation diet can be designed. You may like to choose your own selection of allowed foods for that day. What is most important is that each allowed food only appears once in the 4 day rotation plan.

	Day 1	Day 2	Day 3	Day 4
<b>Cereals and starch</b>				
	Amaranth	Arrowroot	Buckwheat	Carob
	Cassava	Fonio	Jerusalem artichoke	Lupine
	Maize, sweet corn	Millet	Oats	Quinoa
	Sweet chestnut	Sweet potato	Tapioca	Teff
<b>Eggs</b>				
	Goose eggs	Quail eggs		
<b>Milk products</b>				
		Camel's milk		Halloumi
		Mare's milk		Rennet cheese (cow)
<b>Seeds and nuts</b>				
	Almond	Cashew kernels	Coconut	Linseed
	Peanut	Pine nut	Pistachio	Poppy seeds
	Pumpkin seeds	Sesame	Sunflower seed	Walnut
<b>Vegetables</b>				
	Artichoke	Bamboo shoots	Beetroot	Brussel sprouts
	Cauliflower	Celeriac, knob celery	Chili Cayenne	Chili Habanero
	Chili Jalapeno	Courgette	Cucumber	Kale, curled kale
	Kohlrabi	Molokhia	Okra, lady's finger	Olive
	Parsnip	Radish (red/white)	Rutabaga	Savoy cabbage
	Stalk celery			
<b>Salads</b>				
	Butterhead lettuce	Dandelion	Endive	Iceberg lettuce
	Lamb's lettuce	Lollo rosso	Radicchio	Rocket
<b>Fruits</b>				
	Apple	Apricot	Avocado	Banana
	Blueberry	Currant	Date	Fig
	Gooseberry	Grape / Raisin	Guava	Kiwi
	Lychee	Mango	Papaya	Peach
	Pear	Pineapple	Plum	Prickly pear
	Quince	Sea buckthorn	Strawberry	Yellow plum
<b>Spices and herbs</b>				
	Alfalfa	Aniseed	Basil	Bay leaf
	Capers	Caraway	Chervil	Cinnamon
	Clove	Cumin	Dill	Ginger
	Horseradish	Juniper berry	Lavender	Lemon balm
	Lovage	Marjoram	Mustard seed	Nutmeg
	Oregano	Pepper, black	Pepper, white	Rosemary
	Saffron	Sage	Savory	Thyme
	Vanilla	Wild garlic		

Martina Muster

date of birth: 03.03.1973 / age: 50 / sex: f / sample id: 999999



## List 3 - Rotation schedule

	Day 1	Day 2	Day 3	Day 4
<b>Mushrooms</b>				
	Cep (boletus)	Chanterelle	Shiitake	
<b>Algae</b>				
	Red algae (nori)	Spirulina		
<b>Teas, coffee and tannin</b>				
	Camomile	Nettle	Peppermint	Rooibus tea
	Rose hip	Tannin	Tea, green	
<b>Sweeteners</b>				
	Agave nectar	Cane sugar	Honey (mixture)	Maple syrup

## General recommendations

**Your results:** The test results show that you have raised IgG antibody titres to food(s). The amount of IgG-positive foods indicates that your immune system responds with an adverse reaction to foods which normally should not be recognised by your immune system. Every time the IgG positive foods are consumed, an inflammatory reaction occurs. This might weaken your entire body.

It is therefore very important to stabilise your immune system by avoiding the foods to which elevated and highly elevated values of IgG antibodies have been found. The high amount of IgG positive foods indicates that your intestinal barrier is strongly impaired and that there might be a so-called hyper-permeability or leaky gut syndrome. Experience shows that simple avoidance of the positively tested foods is not enough and that a diet modification in accordance with the rotation principle is required.

The large number of positive reactions may indicate a compromise of the intestinal flora and / or the intestinal barrier.

**Diagnostics of the intestinal flora:** IgG-mediated food allergy is commonly triggered or aggravated by disorders of the intestinal barrier. Therefore, intestinal diagnostics with subsequent recovery of the intestinal flora (colon cleansing) is essential. It may be helpful to analyse the composition of your intestinal flora and the functionality of your intestinal barrier by means of a specialised stool analysis. Please ask your physician or therapist.

**Gluten:** Elevated levels of IgG against gluten were detected.

Raised levels of IgG antibodies to gluten may be an indication of Coeliac disease which should be further investigated by way of the following tests: Anti-gliadin IgG, Anti-gliadin IgA, Anti-transglutaminase IgG, Anti-transglutaminase IgA, Anti-endomysium.

Even if coeliac disease can be ruled out, you may still suffer from a Non Coeliac Gluten Sensitivity (NCGS) in which case you may also have to eliminate gluten from your diet.

Sensitivity to gluten not only leads to intestinal inflammation but is suspected to actively increase gut permeability which can also lead to several deficiencies, like iron, vitamin D and folic acid deficiencies as well as other adverse reactions to food and associated ailments, particularly outside of the gut.

**Note on oats:** Oats are gluten-free by nature however as oats are usually grown in proximity to other cereals and processed in the same facilities, contamination with gluten cannot be ruled out. As your test result shows no IgG reaction towards oats, but an elevated IgG value towards gluten, please take care to only consume oats that are clearly labelled "gluten-free".

**Candida albicans:** Elevated IgG antibody levels against Candida albicans may indicate a past or present Candida infection (candidiasis).

Therefore, please discuss with your therapist whether further Candida diagnostics are recommended for you. If further tests confirm an acute candidiasis, measures to reduce the Candida colonisation should be considered in consultation with your therapist.

**Other causes:** In addition to a delayed IgG food allergy, there may be a non-immune related digestive disorder or poor utilisation of nutrients which can have numerous causes. You should discuss this with your attending physician or health professional. Possible causes include a diminished degradation of carbohydrates (e.g. lactose, fructose) due to an enzyme deficiency or an inadequate activity of the pancreas and thus insufficient secretion of digestive enzymes.

Furthermore an intestinal mycosis or parasitosis or an impaired intestinal flora may play a role. If the diet modification in accordance with ImuPro shows no improvement at all, you should take further diagnostic steps.



**Martina Muster**

date of birth: 03.03.1973 / age: 50 / sex: f / sample id: 999999



**Here are the recipes for your individual findings**



# RECIPES

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 999999

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Dear Martina Muster,

You have been given your personal cookbook - a great help for rotation diet planning. Three further explanations for the use of the recipes:

■ **Information about weight:**

In order to calculate the nutritional values of a single recipe, the quantities of the most important ingredients are presented according to weight. The amounts are indicated in grams or millilitres, not in tablespoon, teaspoon, cup or bunch as usual. The following chart gives an overview of the use of the measurements:

1 Tsp.	<b>Sugar</b>	7 g	1 Sheet	<b>Gelatin</b>	2 g
1 Tbl.	<b>Sugar</b>	14 g	1 whole	<b>Vanilla husk</b>	3 g
1 Tsp.	<b>Flour</b>	7 g	1 Med	<b>Potato</b>	130 g
1 Tbl.	<b>Flour</b>	14 g	1 Med	<b>Onion</b>	100 g
1 Tsp.	<b>Liquid</b> (oil, water, vinegar)	3 ml	1 Med	<b>Tomato</b>	140 g
1 Tbl.	<b>Liquid</b> (oil, water, vinegar)	7 ml	1 Med	<b>Garlic</b>	5 g
1 Pkg	<b>Dry yeasts</b>	7 g	1 Med	<b>Egg</b>	65 g
1 Pkg	<b>Vanilla sugar</b>	8 g	1 Med	<b>Lemon</b>	100 g
1 Pkg	<b>Baking powder</b>	16 g	1 Med	<b>Orange</b>	200 g

■ **Pepper and oil:**

Pepper is used for a lot of different dishes. But pepper doesn't necessarily mean pepper – there are many different kinds of spice. For example, there is black pepper or white pepper, cayenne pepper, red pepper or chili pepper. One can replace the other, if necessary. Therefore you will find the word “pepper” used in the ingredients' list as a generic term. Thus you can use the kind(s) of pepper that you are allowed to eat according to your ImuPro test result. You also have the possibility to rotate different kind of peppers.

The same applies to the generic term “oil” in the list of ingredients. In the list, you will find a recommendation for the kind of oil that fits this dish best. If you are not allowed to consume the food which the oil is made of, you can replace it by another kind of oil (e.g. take olive oil instead of sunflower oil).

■ **Gluten free pasta:**

Gluten free noodles and lasagne are offered in health food stores and even in quite a number of supermarkets by now. They contain a mix of several ingredients such as rice, corn, peas or lentils in different proportions. Before purchasing such products, you should pay attention to their composition, in order to avoid ingredients that you are not allowed to consume according to your ImuPro test results.

Now, we wish you luck, enjoy cooking and above all your meals!

# BREAKFAST

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 999999



## MAIZE MUFFINS

### Ingredients for 12 servings

200 g **corn flour**  
20 g **maize starch**  
20 g **winestone baking powder**  
30 g **cleared butter**  
**salt**  
300 ml **mineral water (carbonated)**

### Directions

Mix maize flour, tartar baking powder and sea salt using the whisk, add butter and water, beat it all until the dough is smooth.

Grease a muffin tin with butter and fill 2/3 of each tin with dough.

Bake the muffins at 180° for 40 – 50 minutes in the pre-heated oven.

Proteins	Carbohydrates	Bread units	Fats	Energy
1,4 g	12,5 g	1,0	3,0 g	83 Kcal 345 KJ

## AMARANTH POP CORN

### Ingredients for 1 serving

20 g **amaranth**

### Directions

Put 3 tbsp amaranth seeds into a preheated pot (without oil) and cover. The pot should not be too hot, because the amaranth corns are very small and can burn easily. The seeds should be almost white after cooking . Amaranth can be used in muesli in this form.

Proteins	Carbohydrates	Bread units	Fats	Energy
0,3 g	11,6 g	1,0	1,8 g	70 Kcal 293 KJ

# BREAKFAST

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 999999

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## BUCKWHEAT-CORN-BREAD ROLLS

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### Ingredients for 8 servings

250 ml **water**  
5 g **salt**  
35 ml **oil (depending on tolerance)**  
130 g **eggs**  
200 g **buckwheat flour**  
24 g **winestone baking powder**  
250 g **corn flour**

### Directions

Mix and knead well all ingredients, fill a cake tin with it and let soak for 20 minutes. Bake at 200° C for about 50 minutes.

Proteins	Carbohydrates	Bread units	Fats	Energy
6,6 g	36,9 g	3,1	6,8 g	237 Kcal 992 KJ

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## MILLET PORRIDGE

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### Ingredients for 2 servings

250 ml **water**  
100 g **millet**

### Directions

Add the millet to the boiling water and let soak on low heat for 15 minutes.

Proteins	Carbohydrates	Bread units	Fats	Energy
5 g	30 g	2,5	2 g	175 Kcal 732 KJ

# BREAKFAST

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 999999



## QUINOA PORRIDGE

### Ingredients for 2 servings

200 ml **water**  
100 g **quinoa**

### Directions

Strew the quinoa in cold water and bring to boil. Let soak for 20 minutes on low heat.

Proteins	Carbohydrates	Bread units	Fats	Energy	
6,6 g	34,5 g	2,9	2,9 g	187 Kcal	782 KJ

## CORN PORRIDGE

### Ingredients for 2 servings

500 ml **water**  
150 g **maize grits**

### Directions

Boil water, add the maize grits and let boil while stirring. Let boil for another 15 minutes while stirring often.

Proteins	Carbohydrates	Bread units	Fats	Energy	
6,6 g	56,2 g	4,7	0,9 g	260 Kcal	1086 KJ

## AMARANTH PASTE

### Ingredients for 2 servings

350 ml **water**  
160 g **amaranth**

### Directions

Add the amaranth to the boiling water and let soak on low heat for 25 minutes.

Proteins	Carbohydrates	Bread units	Fats	Energy	
1,2 g	46,4 g	3,9	7,0 g	280 Kcal	1172 KJ

# BREAKFAST

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 999999



## QUINOA-MILLET-WAFFLES

### Ingredients for 4 servings

200 g quinoa  
400 g millet  
water  
7 ml oil (depending on tolerance)  
salt

### Directions

Mix the cooked quinoa and the ground millet with water into a liquid dough. Add a dash of salt and 1 spoon of oil. Bake in the wafer iron at high temperature.

Proteins	Carbohydrates	Bread units	Fats	Energy
16,5 g	94,4 g	7,9	8,6 g	553 Kcal 2313 KJ

## AMARANTH-MILLET-WAFERS

### Ingredients for 6 servings

200 g amaranth  
400 g millet  
salt  
7 ml oil (depending on tolerance)  
soda water

### Directions

Mix the cooked amaranth and the ground millet with water into a runny dough. Add a dash of salt and 1 spoon of oil. Bake in the wafer iron at high temperature.

Proteins	Carbohydrates	Bread units	Fats	Energy
7,2 g	59,3 g	4,9	6,8 g	360 Kcal 1508 KJ

# BREAKFAST

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 999999



## COCONUT QUINOA PORRIDGE WITH FRUIT AND BROWN SUGAR

### Ingredients for 6 servings

500 ml **coconut milk**  
300 g **banana**  
200 g **quinoa**  
100 g **brown sugar**  
35 g **coconut flakes**  
1 g **salt**

### Directions

Combine the coconut milk with 1 cup (250ml) water in a jug, then set aside.  
Combine the quinoa and salt in a saucepan. Add half the coconut milk mixture, or just enough to cover the grains. Bring to the boil, stirring, over medium-low heat. Reduce the heat to low and simmer, stirring occasionally, for 20-25 mins until the grains are tender and the mixture is a porridge consistency. If it becomes too thick you can add some more water.  
Meanwhile, place the brown sugar and 1 cup (250ml) water in another saucepan over low heat. Stir to dissolve sugar, then simmer for about 30 minutes until mixture is thick and syrupy and reduced by half.  
To Serve, pour about 1 tablespoon of syrup in the bottom of each bowl or serving glass, spoon over the porridge, then add a little more syrup. Top with sliced banana or fruit of choice and sprinkle with the toasted coconut and serve warm.

Proteins	Carbohydrates	Bread units	Fats	Energy
6,7 g	36,8 g	3,1	20,7 g	357 Kcal 1494 KJ

# BREAKFAST

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 999999

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## QUINOA BREADS

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### Ingredients for 6 servings

250 g **quinoa flour**  
**salt**  
16 g **winestone baking powder**  
14 ml **oil (depending on tolerance)**  
400 ml **soda water**  
**cleared butter**

### Directions

Preparation:

Preheat the oven to 200°.

Grease a muffin form with butter.

Mix well the quinoa flour, the salt and the baking powder in a bowl.

Add water and oil and knead on until smooth. Fill 2/3rd of the forms with dough and bake for 25 minutes. Let the muffins chill for 15 minutes then take them out of the forms.

Proteins	Carbohydrates	Bread units	Fats	Energy
0 g	28,7 g	2,4	4,8 g	177 Kcal 740 KJ

# DRINKS

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 999999



## AVOCADO BANANA APPLE COCKTAIL

### Ingredients for 1 serving

40 g **avocado**  
25 g **banana**  
160 ml **canned apple juice**

### Directions

Whisk all ingredients with 2 ice cubes in the blender. Pour into a pre-chilled glass.  
Place 1 apple slice with peel on the glass edge.

Proteins	Carbohydrates	Bread units	Fats	Energy
1,2 g	23,2 g	1,9	5,8 g	150 Kcal 627 KJ

## KIWI PINEAPPLE SHAKE

### Ingredients for 2 servings

200 g **fresh pineapple**  
300 g **kiwi**  
200 ml **coconut milk**  
200 ml **water**

### Directions

Peel the kiwi and mix it with the other ingredients in the blender until creamy.  
Serve with kiwi slices, pineapple pieces and small umbrellas.

Proteins	Carbohydrates	Bread units	Fats	Energy
3,7 g	33,0 g	2,7	19,0 g	316 Kcal 1320 KJ

# DESSERT

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 999999



## PLUM-CINNAMON CREAM

### Ingredients for 4 servings

100 g plum  
100 ml canned apple juice  
60 g almond  
200 g raw apple  
cinnamon

### Directions

Soak the plum cubes in apple juice for 20 minutes. Dry the almonds in a pan and chill. Wash the apples, roughly grate them and mix them with lemon juice.

Puree the plums, mix with the remaining ingredients and cinnamon and eventually flavor with lemon juice.

Put the plum-cinnamon cream on plates and garnish with strawberries and mint leaves. You can preserve for about 3-4 days when chilled and closed.

Proteins	Carbohydrates	Bread units	Fats	Energy	
3,2 g	12,3 g	1,0	8,2 g	135 Kcal	565 KJ

## CHERRY-COCONUT CONFECTIONERY

### Ingredients for 10 servings

70 g raw egg white  
115 g almond  
115 g coconut flakes  
75 g redcurrant jellies  
5 g vanilla  
100 g fruit sugar

### Directions

Preheat the oven to 150°C. Whisk the egg white in a bowl until stiff. Add sugar (powder sugar), almonds, grated coconut and vanilla and make a dough. Mix with the jam (preferably cherry jam). Put on a baking tray with a spoon. Bake for 25 minutes until golden-brown. (The cookies keep 1 week.)

Proteins	Carbohydrates	Bread units	Fats	Energy	
3,6 g	6,4 g	0,5	13,3 g	200 Kcal	835 KJ

# DESSERT

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 999999



## ICE LOLLY

### Ingredients for 1 serving

fruit juice 100%

### Directions

Simply fill the juice into the "ice lolly tins" and put them into the freezer over night. Very suitable as sweet between meals.

Proteins	Carbohydrates	Bread units	Fats	Energy
0 g	0 g	0	0 g	0 Kcal 0 KJ

## ICE LOLLY

### Ingredients for 8 servings

20 g redcurrant jellies  
250 ml fruit juice 100%

### Directions

Mix juice and jam (to your own taste and tolerance) and distribute it into forms. Leave some space around the filling because it rises while freezing.

Put the forms into the freezer and let them there until frozen.

Proteins	Carbohydrates	Bread units	Fats	Energy
0,1 g	5,1 g	0,4	0,1 g	21 Kcal 86 KJ

## GRILL BANANA

### Ingredients for 1 serving

150 g banana

### Directions

Cut the banana lengthwise and put it with on the grill. When the peel becomes brown spoon up the pulp. In addition, you may sprinkle, depending on your tolerance, some cinnamon, curry or vanilla over.

Proteins	Carbohydrates	Bread units	Fats	Energy
1,7 g	31,5 g	2,6	0,5 g	134 Kcal 559 KJ

# CAKES

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 999999



## VANILLA CRESCENTS WITH BUCKWHEAT FLOUR

### Ingredients for 20 servings

125 g **buckwheat flour**  
50 g **ground almond**  
5 g **vanilla**  
60 g **cleared butter**  
50 g **honey**  
20 ml **water**

### Directions

Mix buckwheat flour, almond powder and vanilla in a bowl. Add the butter cut into small pieces to the flour mixture, make crumbles using your hands. Add honey and water and quickly knead the dough until it is smooth.

Cover the dough and let it rest for 1 hour in the refrigerator. Preheat the oven to 175°. Line a baking tray with baking paper. Form a roll of the dough. Cut off a piece and form a crescent in the palm of your hand. Repeat this process until the dough is used up.

Bake the crescents for approx. 8 minutes in the oven. Allow the crescents to cool a bit before you put them on a cooling rack.

Proteins	Carbohydrates	Bread units	Fats	Energy
0,8 g	6,0 g	0,5	4,5 g	70 Kcal 294 KJ

## WAFFLES WITH MILLET

### Ingredients for 2 servings

100 g **millet**  
20 g **flax**  
20 ml **oil (depending on tolerance)**  
**salt**  
180 ml **mineral water (carbonated)**

### Directions

Finely grind millet and linseed, add salt, oil and water using a whisk.

Heat up the waffle iron to the highest level. Put a portion of the dough into the waffle iron, close it, do not open it for 7 – 8 minutes. The cooking time is about 10 minutes.

Proteins	Carbohydrates	Bread units	Fats	Energy
7,4 g	30 g	2,5	15,1 g	305 Kcal 1274 KJ

# CAKES

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 999999



## APRICOT BALLS

### Ingredients for 8 servings

200 g **dry apricot**  
200 g **coconut flakes**

### Directions

Soak the apricots in warm water for 2-3 hours. Drain the water and dry well.

Chop the apricots. Add half of the grated coconut and puree.

Put the mixture in a bowl, add the remaining grated coconut and knead everything to a homogenous dough.

Form balls out of the dough and eventually coat with chocolate. Chill the apricot balls.

Proteins	Carbohydrates	Bread units	Fats	Energy
2,4 g	11,4 g	1,0	15,6 g	202 Kcal 847 KJ

## MILLET MUFFINS

### Ingredients for 6 servings

250 g **millet flour**  
7 g **guar flour**  
16 g **winestone baking powder**  
**salt**  
50 g **honey**  
30 ml **oil (depending on tolerance)**  
320 ml **soda water**  
**oil**

### Directions

Oil the muffin tins.

Mix millet flour, guar flour, tartar baking powder and sea salt well, then add oil, honey and water. Beat the mixture with the whisk until the dough is smooth.

Fill the muffin tins 2/3 each with dough, smooth it out. Bake the muffins at 200 °C for 25 minutes in the pre-heated oven.

Allow the muffins to cool in the tins.

Proteins	Carbohydrates	Bread units	Fats	Energy
4,2 g	35,4 g	3,0	6,5 g	217 Kcal 907 KJ

# CAKES

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 999999



## WALNUT COOKIES

### Ingredients for 8 servings

- 270 g nut
- 200 g millet flour
- 100 g maize starch
- 100 g cane sugar
- 40 g cleared butter
- salt
- 25 ml water

### Directions

Preparation:

Finely chop 120 g walnuts and mix with the millet flour, the cornstarch, the sugar and some salt. Add the butter flakes. Knead everything with your hands into a dough. Add cold water and continue kneading until smooth. Cover and let rest at room temperature for 1 hour. Cover a baking tray with baking paper. Preheat the oven up to 175-180°C.

Put the dough into an icing set and squirt small heaps on the baking tin, decorate with walnuts and bake in the oven for about 12 minutes.

Proteins	Carbohydrates	Bread units	Fats	Energy
7,5 g	44,5 g	3,7	27,4 g	456 Kcal 1907 KJ

## APRICOT PASTRY

### Ingredients for 8 servings

- 14 ml water
- 150 g millet flour
- salt
- 20 g maize starch
- 50 g dry apricot
- 35 g honey
- 60 g cleared butter

### Directions

Whisk butter until foamy. Add the dissolved cornstarch, honey and salt. Mix everything with a whisk. Cut the apricots very finely and mix well with millet flour.

Cover and let rest at room temperature for 1 hour. Cover a baking tray with baking paper. Make small cookies with 2 teaspoons and put on the baking tray. Bake it in the preheated oven at 175 °C for 13 minutes.

Proteins	Carbohydrates	Bread units	Fats	Energy
2,2 g	21,1 g	1,8	8,2 g	168 Kcal 705 KJ

# BASICS

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 999999



## POLENTA

### Ingredients for 2 servings

200 g **maize grits**  
700 ml **water**  
**spices and herbs (depending on the tolerance)**

### Directions

Bring the water with the spices to boil. Add the polenta (corn flour) and stir well. Put the boilerplate on low heat. Let simmer for 30-40 minutes. Often stir with a wooden spoon. In the end, add the herbs.

With wet hands, smooth the remaining polenta on a plate and let chill. Cut into small pieces eventually. Fry in olive oil or in butter (to your own taste or tolerance) until golden-brown.

It goes very well with salad, fish, meat and tomatoes.

Proteins	Carbohydrates	Bread units	Fats	Energy
8,8 g	75 g	6,2	1,2 g	346 Kcal 1448 KJ

## TORTILLA

### Ingredients for 2 servings

150 g **corn flour**  
**salt**  
125 ml **water**  
7 ml **oil (depending on tolerance)**

### Directions

Make a dough out of corn flour, salt and water (125-250 ml) and fry small patties in hot oil.

This is the Mexicans' daily bread and can be found in different variations, such as with meat, vegetables or fish.

Proteins	Carbohydrates	Bread units	Fats	Energy
6,2 g	49,7 g	4,1	5,6 g	274 Kcal 1149 KJ

# BASICS

Martina Muster ■ date of birth: 03.03.1973 ■ sample id: 999999



## BAKING POWDER

### Ingredients for 1 serving

7 g **natron (baking soda)**  
14 g **maize starch**  
14 g **ascorbic acid (vitamin c)**

### Directions

Mix all ingredients. This quantity replaces a bag of traditional baking powder.

Important: Always mix your baking powder freshly and do not prepare it ahead, otherwise it will clot.

Source: Backen nach Ayurveda by P.& J. Skibbe

Proteins	Carbohydrates	Bread units	Fats	Energy
0,0 g	12,3 g	1,0	0,0 g	51 Kcal 213 KJ

## MILLET PANCAKES (SAVOURY)

### Ingredients for 4 servings

120 g **millet flour**  
30 g **millet oats**  
5 g **guar flour**  
**salt**  
**pepper**  
**tolerated herbs**  
220 ml **mineral water (carbonated)**  
7 ml **oil (depending on tolerance)**  
**oil**

### Directions

Mix millet flour, millet flakes, sea salt, guar flour, pepper and herbs well using the whisk. Add oil and water.

Allow the dough to swell for 10 minutes. Put a bit of oil into a hot pan and fry the pancakes one by one.

Proteins	Carbohydrates	Bread units	Fats	Energy
3 g	20,9 g	1,7	3,1 g	147 Kcal 616 KJ



# The ImuPro Concept





## CONTENTS

### 1. Introduction

<b>1.1</b>	ImuPro – individual nutritional analysis and personalised guidance	1
<b>1.2</b>	What is an IgG food allergy?	2
<b>1.3</b>	The intestine	3
<b>1.4</b>	Cross-reactions	3

### 2. Nutritional guidelines

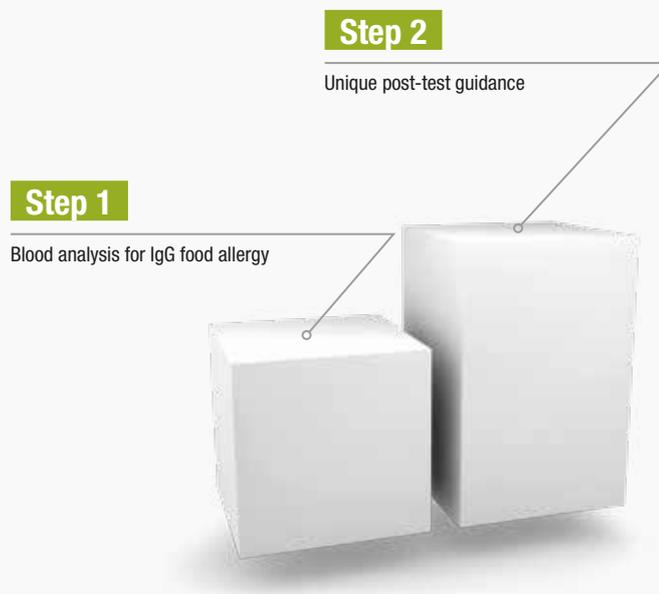
<b>2.1</b>	Elimination phase	5
<b>2.2</b>	Provocation phase	8
<b>2.3</b>	Stabilisation phase	11
<b>2.4</b>	Additional tips to help your change in diet	12
<b>2.5</b>	Summary	13



# 1. Introduction

## 1.1 ImuPro – Individual nutritional analysis and personalised guidance

ImuPro is a concept that combines a sophisticated and reliable blood analysis for IgG food allergy with individual post-test guidance.



Your blood sample has been analysed by a specialised laboratory which determined the presence of antibodies against a broad variety of foodstuffs. These antibodies are detected by their ability to bind to specific proteins from the analysed foods.

Along with your test results, you have also received your individual nutritional concept. Your test results and your personal nutritional guidelines will now help you with an elimination and provocation diet with the aim of reducing inflammatory processes.

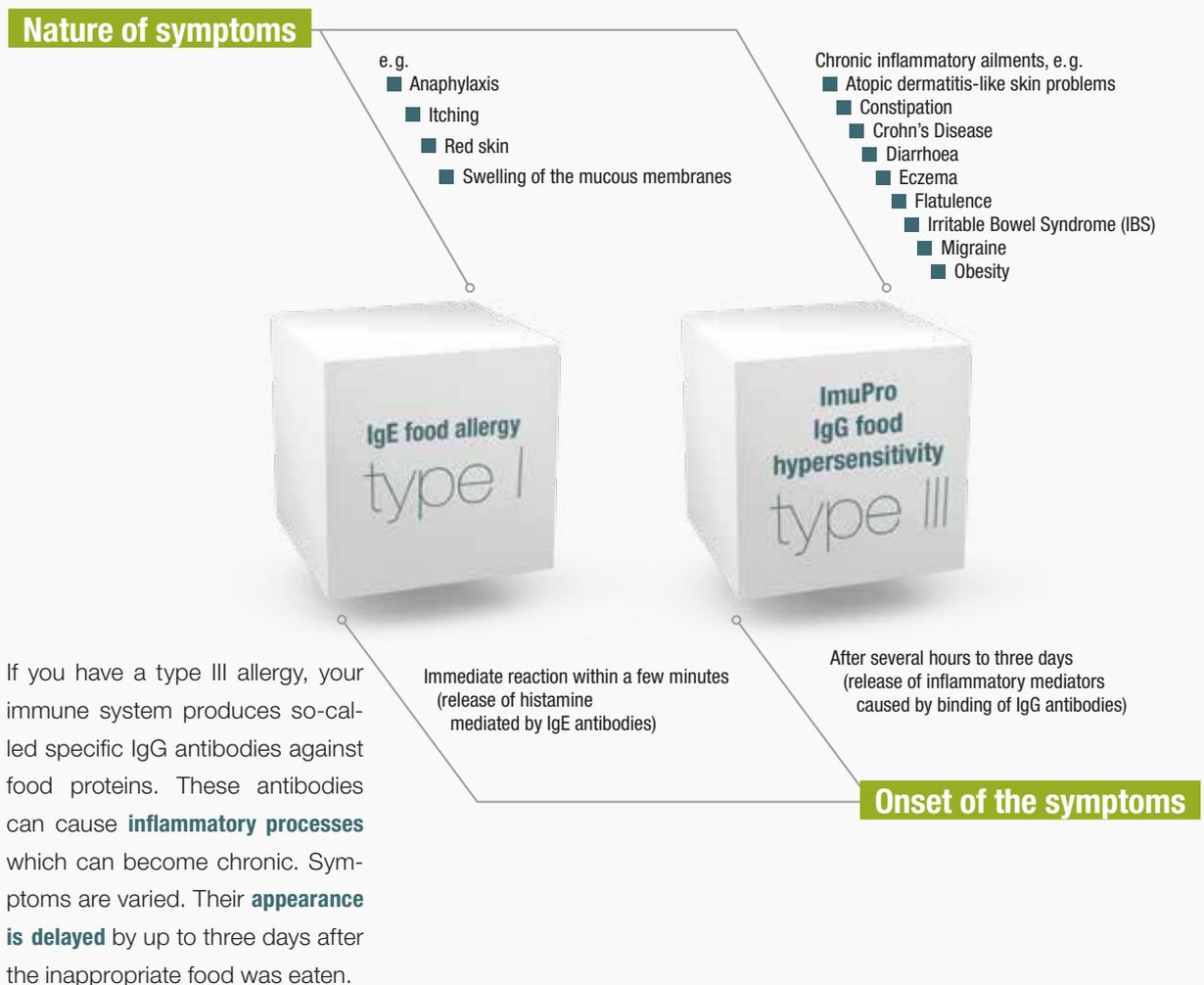
**Note:** Time plays an important role for the ImuPro process. Your body and your intestine need time to heal. You may have to eliminate some foods for more than one year. There may be one or two foods that you will even have to avoid permanently. Therefore, consider ImuPro as your long-term companion and make your change of diet into a new habit.



## 1.2 What is an IgG food allergy?

These type III food allergies often remain undetected because the symptoms may occur only after a few hours or even days after the consumption of a particular food, making them extremely difficult to identify.

The body uses its immune system to fight off invading agents. These invading agents are usually bacteria, parasites, and viruses; they are called antigens. Generally, foods are not harmful to us. However, a delayed IgG food allergy is caused by the body treating a harmless food protein as if it were harmful. If our body deems a food harmful, antibodies are produced to fight against these proteins. (See also “The intestine”)



**Note:** A type III allergy should not be mistaken for a classic food allergy (type I). If you have a type I allergy, your immune system produces so-called IgE antibodies. These antibodies lead to an immediate allergic reaction. The symptoms appear within seconds or minutes. ImuPro does not detect classic food allergies.

### 1.3 The intestine

The immune system of the intestine is the largest in the entire body. Over 80% of the immune defence reactions originate from the intestine. It guarantees an almost invincible barrier for bacteria, viruses and other pathogens and a barrier against other foreign proteins from food. Our body has an extraordinary tolerance to foods, on the condition they are correctly digested and pass the intact intestinal barrier in the intended manner, namely through the intestinal cells.

However, due to medicines, infections, mycosis, stress and environmental poisons the integrity of the intestinal wall can become damaged again and again and food components can slip between the intestinal cells. The immune system may then initiate an immune reaction against these food proteins.

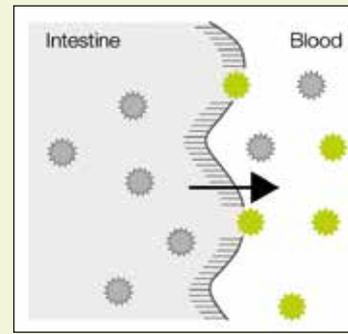
### 1.4 Cross-reactions

Occasionally a reaction is found to a food that the person has never eaten before. This is not a false reading from our test. This may be due to 'cross-reactions', i.e. the antibody that the body has produced not only recognises the antigen for which it was originally formed but also other antigens which belong to other foodstuffs. Some molecules or parts of molecules which make up a food can be identical, even if the foods are not directly related.

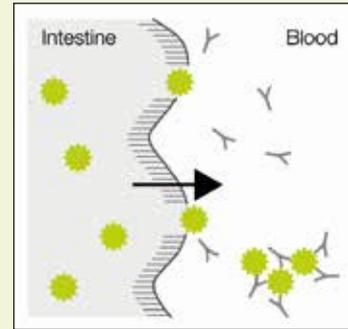
**Example:** Tropomyosin is the main allergen found in dust mites. This allergen is also found in invertebrates, e.g. mussels, oysters, scampi, squid, shrimps and lobsters. If you have sensitivity to the tropomyosin in dust mites or in one of these foods, then you may have high levels of IgG antibodies against any of them even if you have never eaten one before.

### Legend

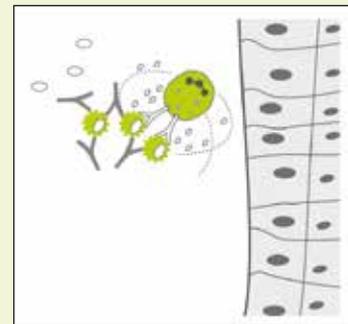
- |   |  |   |   |
|---|--|---|---|
|  | Food protein recognised as being harmful (not digested correctly)        |  | Immune complex with complement proteins |
|  | Food protein <u>not</u> recognised as being harmful (digested correctly) |  | Receptor (cellular adhesion molecule)   |
|  | Antibody   |  | Immune cell (neutrophils)               |
|  | Intestinal wall  |  | Complement protein                      |
|  | Immune complex   |  | Tissue                                  |



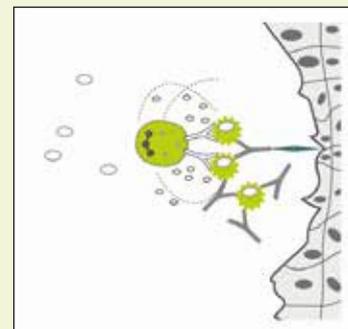
Intestinal wall is damaged: food components can slip between intestinal cells



Immune system starts immune response: formation of immune complexes



Immune complexes are destroyed: inflammatory process without tissue damage may result in systemic symptoms (e. g. hypertension, metabolic disorders)



Immune complexes are destroyed: inflammatory process with tissue damage may result in specific symptoms (e. g. IBS, migraine)

## 2. Nutritional Guidelines



Your nutritional guidelines are based on three important building blocks.

Each tested food runs through the three phases.

### 2 Provocation phase

Once your symptoms are significantly reduced, you are welcome to gradually reintroduce foodstuffs which you avoided in the elimination phase. This step will help you to identify the food which really caused your problems and eventually enables you to start eating the foods you enjoy again.



### 1 Elimination phase

This phase consists of two parts. As the name suggests, one part of the elimination phase is the strict elimination of all the foodstuffs you have elevated IgG levels for. This elimination will help you to recover from your health problems. One other central aspect of the elimination phase, however, is the rotation of the foods you are allowed to eat. You will also use the rotation later to reintroduce foodstuffs that you were initially no longer allowed to eat.

### 3 Stabilisation phase

Good job, you are nearly done! You successfully identified your personal “trigger foods”; you also learned how to ensure a varied diet without promoting new type III food allergies. To stabilise your body, you now avoid your trigger foods for at least one year, so that the IgG antibodies can degrade. After one year you may start another provocation and reintroduce the foods you are still avoiding one by one.

On the following pages you will find detailed information on every phase.



## 2.1. Elimination Phase

As we briefly explained to you already, the elimination phase consists of two parts: the **rotation** and the **elimination**.

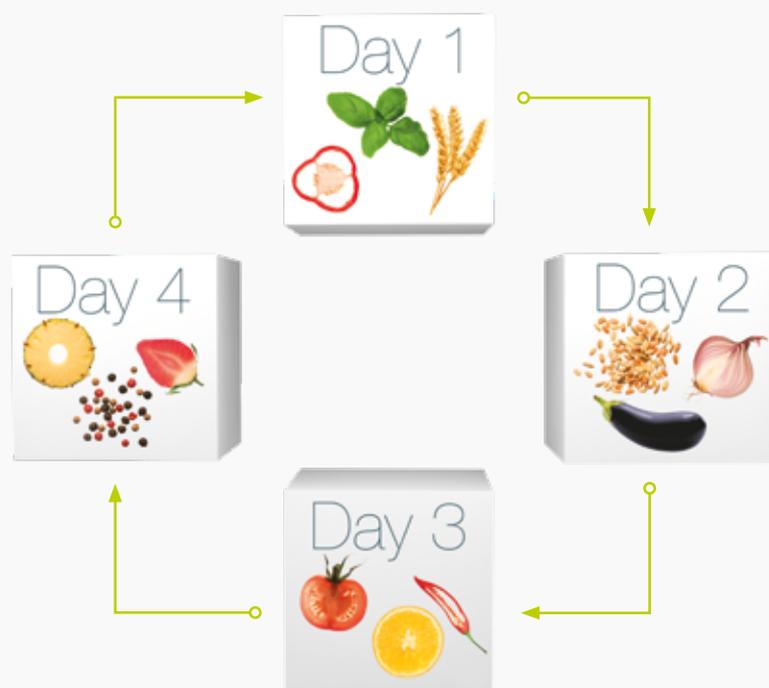
The goal is to prepare your body for the following provocation phase by helping it to recover from IgG mediated inflammations in your body.

### Part 1: Rotation

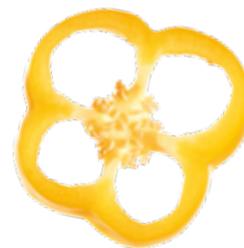
All the foods you are allowed to eat can be used to create your individual diet in a four-day cycle.

If you eat a certain selection of foods on the first day, you should avoid eating these for the next three days. This helps your body to heal from current IgG food allergies while reducing the possibility of forming new ones. It also ensures that you get all the vitamins and minerals you would expect from a varied diet.

Make up your individual “menu” of the allowed foods according to the 4-day rotation. It is up to you whether you plan your menu as you go or for the whole week. Just try it – you will soon find the most suitable approach for you.



**“List 2 - Foods allowed and foods to avoid” shows you your personal selection of foods without elevated levels of IgG antibodies that can be eaten in rotation.**



### Practical tips:

- Rotating these new groups of foods means that the selection you eat today should be avoided for the next three days. This means you may have less variety on one day but more variety over the week. Similar foods could be included for lunch and supper over a day, either raw or cooked.
- Use the rotation plan provided to help plan your meals in advance. Write down all ingredients that make up your snacks, drinks and meals. Note how you feel each day and monitor your weight. The important information recorded here will help you if you have any problems during your change in diet.
- If you make a mistake, don't worry. An isolated incident won't set you back too much. You may feel a bit worse for a couple of days but continue to avoid all suggested foods and you will get back to normal quickly.
- Drink plenty of water. It helps your circulation and to detoxify.



**Note:** A good way to monitor your new diet in addition to keeping the rotation food diary is to weigh yourself every day at the same time under the same conditions. An increase in body weight of approximately 1 kg or more overnight is a significant indicator of an inflammatory process. In this case you probably unknowingly ate a possible trigger food.

A suggestion for your rotation diet plan can be found in your individual report. Your suggested foods are allocated to four days, so that you can choose from a variety of foods on each day.



## Part 2: Elimination

The foods with elevated and highly elevated values of IgG antibodies are strictly avoided during this phase. The initial elimination phase takes five to eight weeks. Please consult your health professional, a qualified dietician or nutritional expert to define the timeframe in your individual case.

**Important:** The level of IgG reflects the amount of IgG in your blood. Whether the IgG detected is relevant for a symptom or not does not depend on the amount of IgG. Even low levels of IgG to a food might cause severe symptoms, while high levels of IgG might not be responsible for a symptom. This means that elevated levels of IgG are as important as highly elevated levels.

By strictly avoiding the IgG positive foods, inflammation processes could be reduced or even stopped. This is an important preparation for the following provocation phase.

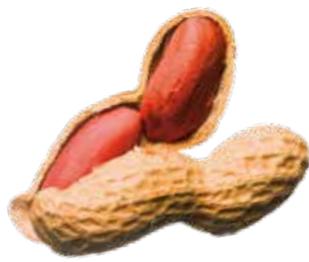


### Practical tips:

- Read all labels on foods to make sure that you know what you are eating. Some foods can hide behind alternative names or can be contained in processed foods. Eggs, for instance, are used in many processed foods, such as cakes, meringues, ice cream or mayonnaise. They can be found under ingredient names like albumin, lysozyme, ovalbumin or ovoglobulin. Remember to check medications, beauty products, household products and your environment as well.
- Try to choose unprocessed foods whenever possible. There are a lot of additives in processed foods.
- Avoid products derived from IgG reactive foods. For example, if you have a reaction to cereals and yeast, also avoid beer. If you have a problem with grapes, then avoid wine, grape juice and raisins. The same applies to oils.
- Avoid the problem foods as strictly as possible. Your wellbeing will depend on your compliance during the elimination phase.

**Note:** At the beginning of the change in diet you might feel worse than before. This deterioration in how you feel can actually be a good sign. It could be due to your body detoxing. Drink plenty of fluids to help the process and keep to your new plan. Once the body has rid itself of any harmful substances, you will feel much better for it. The longest amount of time that this should last for is ten days. If the deterioration in your condition is extreme or goes on for longer than ten days, please consult your doctor.

“List 2 - Foods allowed and foods to avoid” indicates which foods you need to eliminate.



## 2.2 Provocation Phase

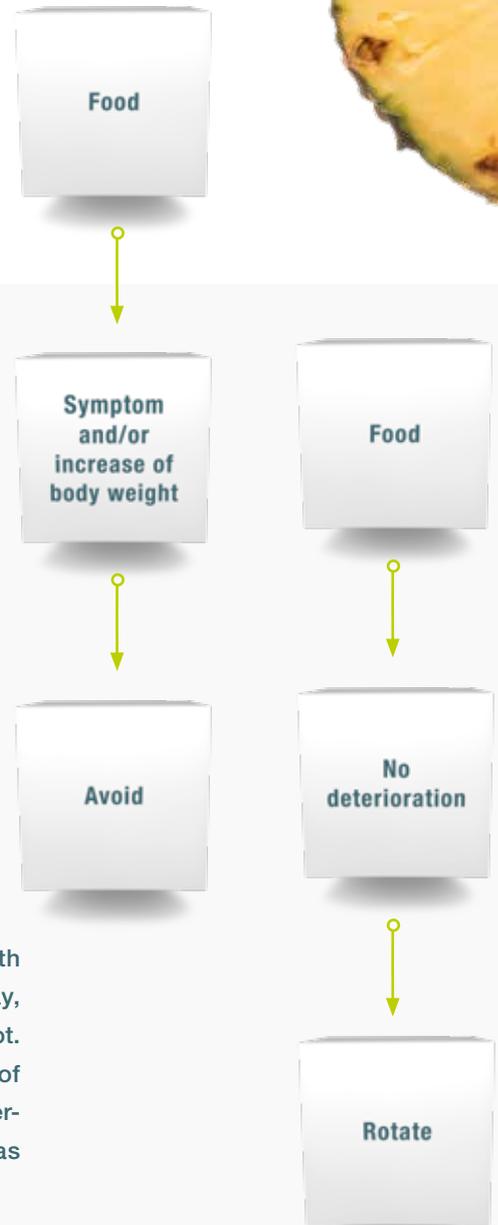
**Important:** If you have an existing classic IgE allergy (type I) or any other known food intolerances, please do not start eating that particular food again. These foods must be excluded from the provocation phase.

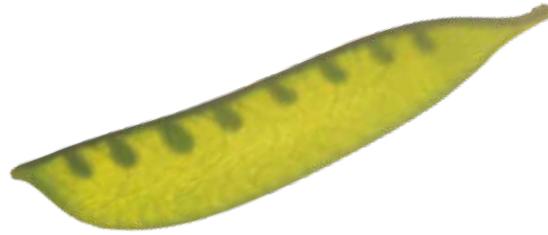
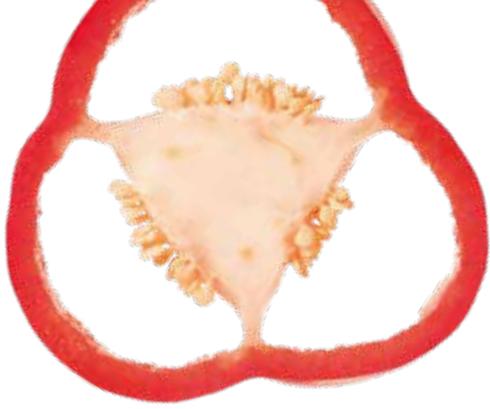
Not all of the identified IgG reactive foods indicate the cause of certain symptoms. The provocation phase helps you to identify your personal trigger foods.

You now start your provocation diet and gradually reintroduce the previously eliminated foods one by one, with three days in between, back into your diet (see example on the following page). Start with the foods which are in the group “elevated” in your test results (orange). After completing the orange category, move on to the foods which are in the group “highly elevated” (red).

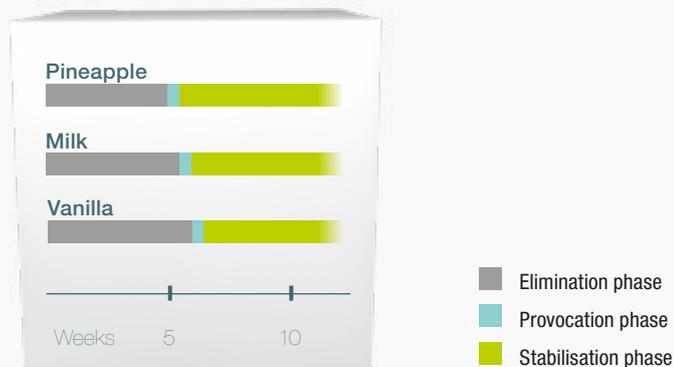
**Note:** You might find it easier to start the provocation phase with some of your favourite foods that were tested positive. This way, you will learn right away if your favourites cause symptoms or not. Please keep in mind that if these foods caused a reappearance of your symptoms you have to avoid them for at least one year. Afterwards you proceed with the foods from the category “elevated” as described above.

A trigger food may cause a specific symptom or lead to an increase in body weight. The increase of body weight is caused by the retention of water due to the inflammatory response to the food eaten. This food can lead to potential health risk in the future. Therefore, we recommend the following: If a reintroduced food causes returning symptoms or leads to an increase in body weight of approximately 1 kg or more overnight, then it must be left out of your diet for at least one year. If the food does not cause symptoms to return or an increase in body weight, it can be included in your diet again (we will come back to this when we talk about the stabilisation phase).





**Example:** You consulted your health practitioner and agreed on an initial elimination phase of five weeks, for instance. After five weeks you introduce the first food from the orange category, e.g. pineapple. On the first day you consume pineapple several times a day to guarantee that the amount ingested is enough to possibly induce a symptom. Then you avoid it for the following three days and observe your body. You notice no deterioration. Thus, you may include pineapple back into your diet as described in the stabilisation phase. Then you introduce the next food, e.g. milk. Within the following three days your migraine returns. Consequently, you avoid milk for at least one year.



**Note:** Try to eat as varied a diet as possible during the provocation phase to supply your body with all the nutrients needed. This also helps to prevent the development of new delayed food allergies. A good way to ensure a varied diet is to keep rotating the foods as described in the elimination phase.

“List 2 - Foods allowed and foods to avoid” lists the foods with elevated levels of IgG antibodies sorted by reaction class.



### Practical tips:

A provocation diary will help you to keep track of the reintroduced foods as well as the foods you need to avoid for one year. Just download the table and print it or make your own handwritten one. Below you will find an example of how to use the table.

- Start with the foods with elevated levels (orange).
- Pick one food from this category to include in a meal. Make sure that you eat a sufficient amount of the food and that it is the pure form of the food rather than a processed form, e.g. for hazelnuts you would start with the whole nut and not with a hazelnut cake. Note this food and the date of the reintroduction in the table.
- Note your health over the following three days and take your body weight daily. Do not reintroduce any new food yet.
- Have you had any adverse symptoms? Did any symptom that disappeared during the elimination phase reoccur? Did your body weight increase overnight as mentioned? If not, then you may continue to eat this food once a week. Fill in "No" in the columns "Symptom / increase in body weight" and "Avoid 1 year".
- If any symptoms have reappeared or new ones have developed, then you need to avoid this food for at least one year. Note the symptoms in the column "Symptom / increase in body weight" and fill in "Yes" in the column "Avoid 1 year". Then note the date one year from now in the column "Date of next provocation".
- Repeat these steps again for the other foods from this category with three days in between reintroductions. Then start on the foods with highly elevated levels (red).

### Example "Provocation Diary"

Reintroduced food	Date of first provocation	Symptom / increase of body weight	Avoid 1 year	Date of next provocation
<i>Pineapple</i>	<i>01/09/2014</i>	<i>No</i>	<i>No</i>	-
<i>Milk (cow)</i>	<i>05/09/2014</i>	<i>Migraine 1.2 kg</i>	<i>Yes</i>	<i>09/09/2015</i>
<i>Vanilla</i>	<i>09/09/2014</i>	<i>No</i>	<i>No</i>	-

**Note:** You can download your individual provocation diary here:  
<https://imupro.com/provocation-diary>



## 2.3 Stabilisation phase

The provocation phase helped you to find your personal **trigger foods**. During the stabilisation phase these foods are now avoided for at least one year, so that the IgG antibodies can be degraded and your body can recover.

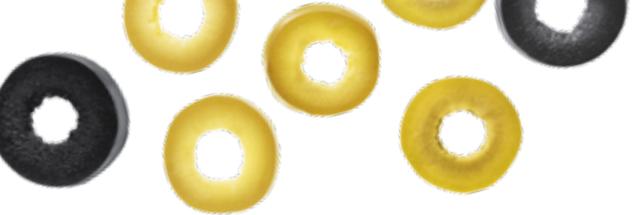
The foods that do not cause any symptoms or gain in body weight overnight during the provocation phase may be reintroduced into your diet. This doesn't mean that it was a false positive result for this food. It means that this food does not induce a symptom yet, but still represents a potential threat to your health. To enable your body to eliminate IgG antibodies against this food we recommend eating it only once a week.

**Note:** If old symptoms or new symptoms appear during the stabilisation phase, one or more of the previously IgG positive foods could be the cause. In this case, repeat the elimination phase for five weeks for these foods. If your symptom disappears, one of the avoided foods is responsible for it. To identify the food(s), repeat the provocation phase with these foods, as described above. If your symptom does not disappear, either you have developed a reaction to a new food or food is not responsible for it. In this case we recommend consulting your therapist or physician.

After one year you can then start another provocation with the foods that you are still avoiding and reintroduce them one by one. You may find that there are one or two foods that you will even have to avoid permanently. If the food doesn't cause a return in symptoms or an increase in body weight after this second provocation, it can be included in your diet.

### Practical tips:

- If you make a mistake, don't worry. An isolated incident won't set you back too much. You may feel a bit worse for a couple of days but continue to avoid all problem foods and you will get back to normal quickly.
- Try not to eat a food that was positive to IgG antibodies too often. If you manage to eat these foods only once a week you may tolerate them again.
- Make a habit of a varied diet to ensure that you get all the vitamins and minerals you need. By rotating the foods you may have less variety in one day but more variety over the week.
- Keep a record of your body weight, even if you don't have weight problems. An increase in body weight overnight of approximately 1 kg or more is an indication that you consumed a non-tolerated food the day before.
- If a new symptom which might be related to chronic inflammation occurs within or after 12 months and you still comply with your diet, then a new trigger food might be present. This could be an indication for a new ImuPro test.



## 2.4 Additional tips to help your change in diet

- You may find that some of your favourite breakfast foods are now off the list. Don't panic! Use a little imagination and look at all the other foods which can make very tasty alternatives. All you have to do is find four different breakfasts. People are putting more and more recipes online. Why not spend a few minutes searching for some ideas?
- Alcoholic beverages should be avoided initially to allow your immune system to stabilise. This will also help you to detox.
- Even if you have had a negative result for coffee (if tested), caffeine can irritate the intestinal lining. This increases the permeability of the intestine to foodstuffs, allowing more partially undigested food particles to cross this barrier into the bloodstream setting off more immunological reactions. Rotate this as you would any food.
  - Some colas and carbonated beverages also contain caffeine. The high phosphate content of some of these beverages can bind to calcium stopping the body from being able to use it. The high sugar content, colourings and additives also make it best to avoid these drinks.
  - Fruit and vegetable smoothies are liquid foods rather than drinks. The fiber is very important for digestion, but too much of one type of vegetable or fruit protein is consumed because large quantities of them are required to make one glass of squeezed juice. If you want to consume smoothies, then dilute the juice with some water.
  - In a restaurant or canteen, sauces can often hide ingredients you may need to avoid. Grilled meat or fish with potatoes or rice, vegetables or salad are normally unproblematic. You could order the salad without dressing and then use a dressing you brought along with you.



## 2.5 Summary



### 2 Provocation Phase

#### Avoided foods

- 1-day reintroduction
- 3-day observation

#### Allowed foods

- rotation

### 1 Elimination Phase

#### Foods to avoid

- strict 5-8 week elimination

#### Allowed foods

- 4-day rotation

### 3 Stabilisation Phase

#### Trigger foods

- 1-year avoidance

#### Allowed foods

- rotation