



Meridian
Valley LAB



Understanding Your Food Allergy Results for E-95 and A-95 Allergy Tests

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Interpreting Your Results



When we hear the term “food allergy” we often think of dramatic, sometimes life-threatening reactions to eating a food such as peanuts or shellfish. This type of allergic reaction is called an “immediate” sensitivity reaction. There is another type of food sensitivity known as a “delayed” hypersensitivity reaction because symptoms take longer to develop. These reactions are much more common than immediate-sensitivity reactions, yet are harder to identify because symptoms can show up anywhere from a few hours to several days after eating the offending food. In the meantime, you will have

eaten many other foods, making it difficult to know just what food triggered your symptoms. Even seasonal inhalant allergies can be made worse when there are underlying food sensitivities. Symptoms can be subtle or severe. If the foods that are provoking your symptoms are not identified and eliminated, they can lead to chronic inflammation and disease. Symptoms and conditions that may be caused by food sensitivities are many and varied.

What do my test results mean?

Your test measures antibody reactions to the foods listed on the E-95, A-95, and Combo Food Allergy Panels.

- **LOW** indicates minimal reactivity. These foods are probably not the cause of your symptoms. Foods in this category may be eaten freely.
- **MODERATE** indicates moderate reactivity. These foods are more likely to cause food sensitivity symptoms. Foods in this category should be eaten once every 4 days.
- **AVOID** indicates high reactivity. These foods are more likely to cause food sensitivity symptoms. Foods in this category should be eliminated for a period of 8-12 weeks.

Why does this test show some foods as “Low” when I know that I react to them?

Not all food sensitivities will show up on food allergy tests. Only foods to which you currently have antibodies will show up on this test. Food sensitivities can have other causes. For example, lactose intolerance is a sensitivity to milk products due to a lack of an enzyme necessary to digest milk. A person might have lactose intolerance because they lack this enzyme and still have dairy products register “Low” on an E-95 food panel because they do not have antibodies to milk. If you know that you have a strong reaction to a food, do not eat that food, even if antibody levels are reported as low or moderate. Eating a food to which you have a known hypersensitivity can result in a severe, even life-threatening, reaction.

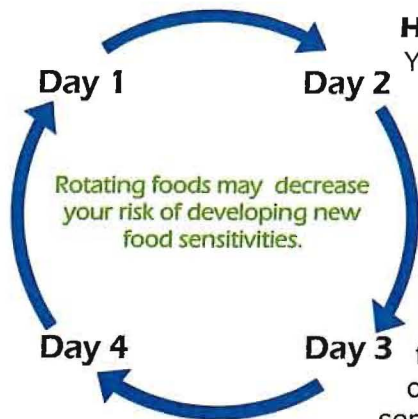
What can I do about my food sensitivities?

Treating the cause of a problem is always better than just treating symptoms. In the case of food sensitivities, removing the offending foods from your diet can go a long way toward having you feel your best. If you are only reacting to a few foods, this may be fairly simple. If your report shows reactions to many foods in many food families, removing problem foods is not so easy. Sometimes it looks as though you have nothing left to eat! This is usually because of something known as “leaky gut”. Leaky gut is a cause that can be treated. When a leaky gut is healed, it may be possible to reintroduce foods that were formerly a problem.

While you and your health care practitioner are working on improving your GI health, a Rotation diet is very helpful. The Rotation diet is a way of eating foods that reduces your exposure to certain foods without having to eliminate them altogether.

The Rotation Diet

If you have multiple food sensitivities, one of the best ways to feel better is to reduce your exposure to food allergens by eating foods on a rotating schedule. A rotation diet groups biologically related foods together. These foods are eaten on the same day of the rotation diet and then avoided for the next three days. They can be consumed again during the next rotation. By increasing the variety of foods you eat, you increase the diversity and balance of important nutrients. Rotating foods also allows time for the body to heal itself by minimizing adverse food reactions and reducing cumulative effects. This type of diet can also prevent and sometimes correct digestive complaints.



How does it work?

Your E-95, A-95, or Combo food allergy report includes a rotation diet customized to you. Foods listed on your report as "Avoid" are not included in the rotation. The rotation diet is divided into 4 days. Although foods listed on your report as "Low" may be eaten freely, choosing to rotate "Low" foods may decrease your likelihood of developing further food sensitivities. To start, select from the

foods listed under "Day 1" of your rotation food plan. Then continue through Days 2, 3, and 4. After Day 4, start the process over again at Day 1. Again, if you know that you have a strong reaction to a food, do not eat that food, even if antibody levels are reported as low or moderate. Eating a food to which you have a known hypersensitivity can result in a severe, even life-threatening, reaction.

How to reintroduce foods?

- Foods in the avoid category should be eliminated for a period of 8-12 weeks.
- Once the elimination period has ended, each food should be introduced one at a time, waiting at least 4 days in between each food.
- If the challenged food does not trigger any symptoms within 4 days after eating it, add the food to the list of foods to be eaten on the rotation diet. If symptoms do occur, eliminate the food and try to introduce it again in 8-12 weeks.
- Create a diet diary, include the foods that you reintroduce and the reactions or symptoms that occur after eating the food, if any.

Keys to Success



Your Rotation Diet will be most effective in helping you manage food sensitivities if you follow these healthful guidelines:

- Eliminate or at least reduce toxic chemicals from your foods, since these may cause more problems for sensitive individuals than the foods themselves.
- Use fewer packaged foods, with all their preservatives and additives, and use more fresh or frozen fruits, vegetables, proteins, and whole grains or beans.
- Purchase organically grown foods (food grown without the use of toxic pesticide and other chemicals) whenever available and financially feasible. Wash non-organic fruits or vegetables in a solution of sodium bicarbonate or some nontoxic cleanser (like Basic H, Granny Green, or Grapefruit Seed Extract) to remove surface sprays and waxes.
- Eliminate white sugar and refined flour products and use more natural sweeteners. Stevia and lo han are best; honey, and molasses, should be used in limited quantities. Whole grains are always preferable to white flour!
- Eliminate hydrogenated margarines, "shortening", and 'trans' fatty acids. Use cold-pressed oils or butter. Margarine increases atherosclerosis and coronary artery disease, despite its lack of cholesterol.
- Keep a natural balance in the diet as much as possible, with adequate fiber, complex carbohydrates, protein, and mineral-rich vegetables and fruits.
- Cook with stainless steel, glass or enameled ceramic cookware instead of aluminum, Teflon, or chemically treated cookware.

The Candida Screen

The Candida screen detects whether or not you have antibodies to a type of yeast known as *Candida albicans*. Candida is not a food. It is normally found in very small amounts in the human intestinal tract; small amounts do not cause problems in a healthy person. Too much Candida can result in symptoms very similar to those caused by food allergies. "Moderate" or "Avoid" on the Candida screen means that your body has produced high numbers of antibodies to Candida at some time in the past. It does not confirm that you have a current Candida overgrowth. There are several tests that can be done to assess whether you currently have excessive growth of Candida. One of the best of these is the Microbial Organic Acids Test (MOAT), a urine test which looks for the presence of waste products from Candida. Meridian Valley Lab studies have found a strong correlation between "Moderate" or "Avoid" antibodies on the Candida Screen and high levels of Candida-related waste products on the MOAT.

Substitutions for Food Allergens

Milk

- Soy products: cheese, cream cheese, ice cream, milk, and sour cream
- Rice products: cheese, ice cream, milk, and yogurt
- Hemp products: cheese and milk
- Almond products: cheese and milk
- Hazelnut products: milk and oat milk
- Coconut products: ice cream, milk, and yogurt

Wheat/Gluten

- Grains and breads: amaranth, corn, millet, oat, and rice
- Pastas: corn, rice, and quinoa
- Flours: corn, garbanzo, potato, rice, tapioca, and teff

Egg

- For baking: ENER G egg replacement powder, flaxseed powder, yogurt, gelatin, applesauce, or banana
- As binders in loaves and casseroles: nut butters, pureed vegetables, tofu, and oats

Corn

- Grains: amaranth, millet, oat, rice, spelt, and wheat
- Thickeners: arrowroot powder, flour, kuzu, and potato starch

Alternative Names for Common Food Allergens

Milk

- Butter, artificial butter flavor
- Buttermilk, buttermilk solids
- Casein, casinate, sodium casinate
- Cheese
- Cream, sour cream, whipping cream
- Lactose, lactalbumin
- Milk, milk solids
- Whey
- Yogurt, kefir

Wheat

- Bulgur, farina
- Flour, enriched flour, bleached or unbleached flour
- Graham flour, durum flour
- Pasta
- Seitan
- Semolina
- Wheat, hard wheat, red wheat, cracked wheat
- Wheat germ, Wheat berries

Egg

- Albumin, globulin, livetin
- Egg protein, white, yolk
- Ovalbumin, ovomucoid, ovomucin
- Ovovitellin, vitellin

Soy

- Hydrolyzed vegetable protein
- Soybean oil
- Soybeans (edamame), soy nuts
- Soy flour
- Soy lecithin
- Soy protein isolate
- Soy sauce, Miso
- Textured vegetable protein
- Tofu, tempeh, soy milk

Corn

- Baking Powder
- Corn syrup
- Cornmeal, polenta
- Glucose syrup
- Hominy
- Maize, Masa
- Starch-cereal, corn, food, modified
- Xanthan gum



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