



Food Reaction Test

RESULT REPORT

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1 Your individual result report

Patient	Max Mustermann	Sample No.	YGZUCN
Date of Birth	25.09.1997	Receipt of Sample	25.09.2018
Weight	220 lb	Posting of Report	

Dear Max Mustermann,
As desired by you, we checked whether your blood contains antibodies against specific foodstuffs.

The foodstuffs that tested positive might already have caused symptoms or could damage your intestines over time. A chronically disturbed intestine can show an increased permeability for food components. If this is the case, antibodies can bind to these components and can trigger various symptoms through inflammatory reactions. You will find the results of your food intolerance and IgE sensitization tests in tabular form on the following pages.

**! As different antibody classes
may be involved,
we have performed two independent
tests for you !**

You can find both the results of the „classic“ allergy test (IgE test) and of the intolerance test (IgG4 test) on the following pages.

Please note that an allergy or intolerance to a specific food can only be found if you have eaten it before!

2 Your test results

2.1 IgE test

We have tested whether your body shows signs of an IgE sensitization to a range of foods which represent 95% of Europe's most important allergens. Sensitization means that your body's immune system showed a reaction after the first contact with the allergen. However, not every sensitization causes symptoms.

What is IgE?

„Ig“ means immunoglobulin. This is an antibody consisting of proteins. The body's immune system produces them to neutralize unknown substances like e.g. bacteria, viruses or pollen (hay fever). We can detect these antibodies in blood serum. There are different types of immunoglobulins. The group „E“ we are testing, shows the defensive reaction in the form of an allergy. Furthermore, this is a type 1 allergy reaction. This means that the reaction is a hypersensitivity reaction when symptoms occur immediately on contact with the antigen.

2.2 IgG4 test

In addition to the IgE test, we tested your blood for the presence of specific IgG4-antibodies against selected foods and representative food groups. This is an individual intolerance which can cause diverse symptoms. This intolerance should not be equated with an allergy, though in everyday usage, it is used in the same sense. In contrast to allergies, the reaction is delayed in case of an intolerance. Often symptoms may be delayed by hours or days after eating the food in question. But also in case symptoms are not occurring, the body uses energy to produce the antibodies. This can affect the body's performance.

! Please do not avoid all food that showed a positive result as this may cause deficiency symptoms. !
Please also take into account the result of the IgE test as well

3 Your IgE test result

Name Max Mustermann

Sample No. YGZUCN

MEAT, POULTRY, EGGS

meat mix (beef, pork, chicken, lamb) ○ ○ ○ ○ ○ ○
egg white ○ ○ ○ ○ ○ ○

FISH, SEA FOOD

codfish ○ ○ ○ ○ ○ ○
salmon ○ ○ ○ ○ ○ ○
shrimp ○ ○ ○ ○ ○ ○
crayfish ○ ○ ○ ○ ○ ○

DAIRY PRODUCTS

milk ○ ○ ○ ○ ○ ○

CEREALS

wheat ○ ○ ○ ○ ○ ○
rice ○ ○ ○ ○ ○ ○
potato ○ ○ ○ ○ ○ ○

Nuts and seeds

hazelnut ○ ○ ○ ○ ○ ○
peanut ○ ○ ○ ○ ○ ○
almond ○ ○ ○ ○ ○ ○
mustard seeds ○ ○ ○ ○ ○ ○

Fruit

appel ○ ○ ○ ○ ○ ○
orange ○ ○ ○ ○ ○ ○
strawberry ○ ○ ○ ○ ○ ○
kiwi ○ ○ ○ ○ ○ ○
peach ○ ○ ○ ○ ○ ○

Vegetables

tomato ○ ○ ○ ○ ○ ○
carrot ○ ○ ○ ○ ○ ○
celeriac ○ ○ ○ ○ ○ ○
soy ○ ○ ○ ○ ○ ○

Good to know:

The strength of the reaction is indicated by the amount of red dots (1 red dot = weak sensitization, 6 red dots = strong sensitization, 0 red dots = we measured no sensitization)

4 Assessment of your IgE results

What do the results mean for me?

In case we could find immunoglobulins (Ig) of the type E in your blood, this is a sign of a sensitization to this food. This does not mean you have an existing allergy, but that your body shows an increased tendency to react allergic. This is the „classic“ food allergy where symptoms occur immediately after consumption (or latest within 2 hours).

If there is an IgE reaction to a food with acute symptoms, please avoid this food and consult a therapist specialised in allergy diagnostics.

If no symptoms occur after consumption, this food should not be avoided completely. Under certain circumstances, complete avoidance of the food can trigger a more severe reaction if the food is eaten again after a longer period of time and is, therefore, not generally recommended.

„No reaction“ = no coloured dots

We could not detect a sensitization against that food. A "classic" food allergy of the type 1 (immediate-type reaction on consumption of the food) is therefore not likely.

Please note:

If you have not eaten a specific food during the last 3 months, we cannot detect antigens in your blood, even if there is an allergy!

Weak reaction (1 to 2 dots)

We found a mild to moderate reaction to the specific food. Every person reacts in a different way. That's why a food allergy might exist even if the reaction in the test is unremarkable / only moderate.

Please pay attention to the following symptoms which can occur within 2 hours after consumption:

- swelling in the mouth or neck, furry feeling of the tongue,
- gastrointestinal symptoms or
- skin reactions.

In case one or more symptoms occur, medical advice and an allergy treatment are advisable. Moreover, you should avoid this specific food.

Strong reaction (3 to 6 dots)

We found a strong sensitivity to a specific food in your blood. This does not mean that you have an allergy, but that your body shows an increased tendency to react allergic. Like for the mild to moderate reaction, it is advisable to pay attention to possible symptoms that occur immediately after consumption. If those symptoms can be associated with one of the foods marked in the test, you should avoid eating it.



Reaction detected, but no symptoms?

If there is a reaction in the IgE-test but you don't feel any symptoms, an effect might not occur because the intestinal barrier is still intact (or is intact again) which is called immunological tolerance. There may be an increased IgG4-level without symptoms being present. In this case, the specific food should not be avoided completely. Under certain circumstances, complete avoidance of a food can trigger a more severe reaction if the food is eaten again after a longer period of time and is, therefore, not recommended. Therefore, please try to reduce consumption. It is advisable to eat the food only every 4 days. By doing so, you protect your intestine.

A further reason might be that a cross reaction with inhalation allergens is the real cause for the measured reaction. For further information, please see:

<https://www.cerascreen.co.uk/blogs/news/food-intolerance-vs-food-allergy-what-is-the-difference>

IgE conclusion

What do I have to do?

1. Avoid foods for which we detected a reaction AND that cause symptoms.
2. Eat foods for which we measured a reaction in the test AND that DO NOT cause symptoms only every 4 days.



5 Your IgG4 test result

Patient Max Mustermann

Sample No. YGZUCN

Date of Birth 25.09.1997

Receipt of Sample 25.09.2018

Meat, poultry, eggs

beef	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
pork	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
lamb	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
chicken	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
turkey	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
egg white	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
egg yolk	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Fish, seafood

codfish	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
tuna	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
salmon	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
shrimp	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Dairy products

cow's milk	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
casein	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Cereals and yeast

wheat	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
spelt	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
rye	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
oats	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
rice	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
gluten	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
baker's yeast	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Legumes, nuts

soy	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
peanut	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
walnut	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
hazelnut	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
almond	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Vegetables and potatoes

potato	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
tomato	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
carrot	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

onion	● ● ● ● ○ ○
celeriac	● ● ● ● ○ ○
Fruits	
appel	● ● ● ● ○ ○
banana	● ● ● ● ○ ○
kiwi	● ● ● ● ○ ○
strawberry	● ● ● ● ○ ○
peach	● ● ● ● ○ ○
orange	● ● ● ● ○ ○
Others	
coffee	● ● ● ● ○ ○
black pepper	● ● ● ● ○ ○
mustard seeds	● ● ● ● ○ ○
sesame	● ● ● ● ○ ○

Good to know:

The strength of the reaction is indicated by the amount of boxes colored from green to dark red and a classification of 0 to 6.

6. Practical advice how to deal with the IgG4 test results

1. After having adapted your diet by taking the results of the IgE test into account, you can focus on the result of the IgG4 test.
2. The results of the IgG4 test are only relevant for people who suffer from symptoms even though the result of the IgE-test is negative or who still suffer from symptoms after having changed their diet.
3. The intolerance symptoms to foods that were discovered in the IgG4 test, do not occur immediately like for an allergy, but only after a certain delay. The foods in question can cause symptoms that occur only after hours or even several days which makes it even more difficult to find out those foods.
4. The IgG4 test is aimed to assist you in finding the foods that cause diverse symptoms.
5. Please don't avoid all foods that show a reaction in the test result as this might cause an under- and malnutrition.
6. You should rather avoid only one food for some time. If the symptoms improve or if they reoccur when eating the food again, a connection between this food and the intolerance is highly likely.



7. Assessment of your IgG4 results

„No reaction“ = no coloured dots

For this food, we did not find antibodies in your blood.

You suffer from symptoms and no reaction was measured?

After consuming dairy products, you have symptoms but the test doesn't show a reaction? Then it is possible that you suffer from lactose intolerance. This means that your body cannot digest lactose, a sugar found in milk products. This might partly even cause severe symptoms. The lactose intolerance can easily be detected through a breath test.

Also other intolerances, that cannot be detected in your blood as IgG4 antibodies, can be the reason for your symptoms. Examples to be named here are: intolerance to gluten (coeliac disease), fructose malabsorption, sorbitol intolerance and histamine intolerance. Depending on the food that causes the symptoms, the relevant test is advisable.

We would be pleased to assist you in finding the most appropriate test. Please contact us either via mail to questions@cerascreen.co.uk or by dialing 020 36952395 to reach our hotline-support.

Meaning of the different colours

Green

For this food, we found an insignificant number of antibodies in your blood.

Procedure:

This food can still be consumed in case no other intolerances are existing.

Yellow

For this food, we found a small number of antibodies in your blood.

Procedure:

If you suspect a correlation between your symptoms and this food, you should not eat it every day. A good method to achieve this is the rotation diet. The basic concept of rotation is to eat a food and its close relations from the same food family only once every four days in order to relieve your intestine. Chapter XY gives you further information on the different food groups and which foods you should rotate. In case symptoms persist, even though you reduced the consumption of the food in question, please proceed as described in chapter "Red" (below).

Red

For this food, we found an increased number of antibodies in your blood.

Procedure:

You should reduce the consumption of the food concerned so that you no longer eat it every day and only in smaller amounts.

The following procedure is advisable:

1st step: Finding out the correlation between the food and the symptoms

Do not avoid all foods concerned at the same time as this might cause malnutrition. You should rather avoid only one food for a few weeks. If the symptoms improve during this time or if the symptoms reoccur when eating the food again, a connection between this food and the intolerance is highly

likely.

You best note down how you feel during the hours and days after the consumption of the tested food.

2nd step: Eliminating the causative food

If a correlation between a food and the symptoms is confirmed by step 1, you should avoid the concerned food for 6 months and only then start to eat it again. According to the experience of practitioners of holistic medicine, the temporary avoidance of the causative foods and a specific treatment for intestinal regeneration (i.e. Intestinal cure) will result in a relief of the intestine and in an accompanying improvement of the symptoms.

3rd step: Resumption of food after 6 months

In case you have avoided two foods at the same time, you should start to eat it again with a time difference of min. one week.

Allow your body to get used to the food for at least 4 days.

Observe how your body tolerates the food. If symptoms fail to reappear, you can go on eating this food. In case of reappearing symptoms or for preventive check, a retesting after approx. one year can be reasonable.

Reaction measured but no symptoms?

If according to the test result an increased number of IgG4 against a food was found, it doesn't inevitably have to cause symptoms. The reaction shows, that the immune system of your small intestine was confronted with this food and produced antibodies. This can result from the fact that your body doesn't tolerate this food or that you have just eaten it a lot recently. Therefore, it is important to test whether the food causes an intolerance or not (see procedure in chapter „red“).

IgG4 conclusion

What do I have to do?

1. Find out, if certain foods are associated with symptoms. Start with the strong („red“) reactions, choose one food and don't eat it for min. two weeks. Symptoms improved? Then eat this food again and monitor symptoms.
 - a. Avoid identified food for 6 months and then start eating it again slowly.
2. Alternative (in case of several reactions): Eat the concerned food only every 4 days to relieve your intestine. This rotation diet is explained in chapter 11.



8. Recommendations for a healthy intestine

In the following section, we have summarized for you some tips on how to protect your intestine and how to do something good for it.

- Consume alcohol moderately as it affects the gastric mucosa and hinders its regeneration.
- Too much food at one time overstrains the digestive system. Try to eat less per meal and more often.
- Pay attention to the amount of water you drink – aim for at least 2 litres of water per day (best still water or herbal tea).
- If you have a sensitive stomach, prefer espresso to filter coffee as it contains less acid.
- Avoid pre-prepared food! Food should always be fresh. Frozen food is also suitable.
- Try to avoid gravies and breadcrumb coatings (contains hidden sugars)
- Check the ingredients list for „hidden“ allergens.
- Prefer gently cooked food. This calms the digestive system and alleviates symptoms like stomach pain and diarrhea. Furthermore, food prepared this way contains its healthy nutrients and is more easily digestible.
- Avoid fatty and sugar-rich foods as these might affect the gastric mucosa.
- Chew food slowly and thoroughly. This helps your intestine to digest the food pulp and reduces complaints (constipation, flatulence, heartburn).
- Prefer fibre-rich foods as it increases intestinal activity, softens your stool and helps you to eliminate harmful substances. On top, it promotes your gut flora.
- Make sure to eat five portions of fruits or vegetables per day! Apart from vitamins and minerals, they contain water and fibres.
- Prebiotics and probiotics are essential. Prebiotics ensure a balanced gut flora. They can be found in chicory, parsnip, leek, onions. Probiotics are important for the correct functioning of the intestinal bacteria and can be found in yoghurt, milk, sour milk, kefir.
- Bitters aid digestion. They can be found in grapefruits, pomelos, artichokes and iceberg lettuce.
- External movement is good for inner movement! Do sports!
- Take your time when going to the toilet. If you force defecation, intestinal problems may increase. But also retention of stool is negative as harmful substances could be reabsorbed by your body.



9. Rotation diet

During a rotation diet, selected foods are consumed in larger intervals of four days. This interval is sufficient for a complete passage of the nutrient through the gastrointestinal tract and the subsequent excretion. More frequent consumption leads

to the nutrient being more or less permanently present in the bowel. As the immune system continually reacts to food components in order to prevent them from invading the body, an unbalanced diet which often contains the same foods, may unduly stress the immune system. The rotation diet counteracts this mechanism and can, therefore, help a stressed or damaged system to regenerate more quickly. At the same time, the rotation diet is a particularly varied and therefore healthy diet. In many cases, the rotation diet also leads to a normalization of body weight in people who are overweight or underweight. This "relief" applies especially to foods which particularly irritate the intestine and which have been tested positive in your IgG4-test. In case your IgE-test revealed a sensitization, please follow the instructions given in chapter 7.

If you have further questions about your test results or about intolerances, please don't hesitate to contact us either via mail to questions@cerascreen.co.uk or by dialing 020 36952395.

We don't leave you alone with your test results and support you on your way towards a symptom-free future.

Your Cerascreen Team

