



**ELISA/ACT** Biotechnologies

a PERQUE Integrative Health company

# **LRA by ELISA/ACT® Test Results For:**

**Sample, Patient**

**Date of Birth: 03/02/1955**

**Sample ID: 12345**

**Received: 2/2/2022**

**Your test results include:**

- **Strong Reactions**
- **Moderate Reactions**
- **Non-Reactive Items**
- **Detailed Descriptions of Reactive Items**
- **Wallet Card with Results**

# ELISA/ACT Biotechnologies®

## LRA BY ELISA/ACT® TEST RESULTS AND WHAT THEY MEAN

**LRA by ELISA/ACT®** tests use a breakthrough technology that allows the laboratory, for the first time, to observe immune reactions of specialized white cells (lymphocytes) just as they occur in your body (ex vivo, to be technical).

Live lymphocytes from your blood sample are exposed to antigens in our lab. Reaction indicates loss of tolerance and development of self-attack known as delayed hypersensitivity.

- **Strong reaction means that > 50% of cultured lymphocytes react.**
- **Moderate reaction means that 5-50% of cultured lymphocytes react.**

Complete food group(s) will be displayed as reactive when two or more foods in that group are reactive. Dairy, because it is commonly cross-allergenic, is the only exception. The dairy group will appear in bold if even one item in the dairy group is reactive. **It is recommended to avoid all items in a food group if it is listed in bold.**

Reactive items are an adverse load on your body's immune defenses. This means a reduced ability to respond to new or chronic infections. Reactive items also decrease immune activities needed to repair your body. This can provoke inflammation and self-attack ("autoimmunity").

Avoid **strong** reactors for **six (6) months** and **moderate** reactors for **three (3) months** to reduce the burden on the immune system and restore your body's ability to repair. Avoiding reactive items can break the cycle of impaired defense and repair, allowing your body to start the recovery and repair process.

Immediate allergies (Type 1 IgE linked) are not detected by the LRA by ELISA/ACT® tests. Immediate allergies are usually detected by history, routine skin tests, or RAST tests. If you have known immediate allergies, you should continue avoiding those items. Consult with your health professional if you have any questions regarding your immediate allergies.

### **LRA by ELISA/ACT® Tests Are Different**

The LRA tests **identify only reactive lymphocytes. B class lymphocytes react to harmful antibodies; T class lymphocytes react directly.**

Protective memory (non-reactive IgG) antibodies do not provoke symptoms and are not detected by ELISA/ACT® LRA tests. Detecting only the items that provoke reactions is an advantage of lymphocyte response assays.

Other antibody tests (ELISA IgG, EIA IgG, IgG tests) do not offer this advantage. These tests measure only if antibodies are present. Since antibodies can be helpful or harmful, knowing the amount of an antibody tells nothing of its function-- does it protect and help or does it react and harm?

Some labs measure particles and assume all particles of a certain size are reactive lymphocytes—again, these measurements are not as helpful as the LRA by ELISA/ACT® tests.



**Lab Director**

MD, Ph.D., FASCP, FACAAI, FACN

References: Golub, E.S. Immunology: A synthesis Sinauer Associates, Inc. , Sunderland, MA 1987 p474-479. Sell, S. Immunology, Immunopathology, and Immunity, 4th Ed., Elsevier, NY, 1987 p 314-321. Jaffe, R. Improved Immune Function Using Specific Nutrient Supplementation and ELISA/ACT® "Immunologic Fingerprint" to Detect Late Phase Responses Ex Vivo. J Am Col Nutr 8(5): 424, 1989.

# ELISA/ACT Biotechnologies®

## LRA RESULTS

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### STRONG REACTIONS

- Grape/Raisin (Green)

*Avoid for at least 6 months.*

### MODERATE REACTIONS

- Bean, Soya
  - Olive
  - Fusarium vasinfectum
  - FD & C Green # 3
  - BHT
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*Avoid for at least 3 months.*

**Thus of the 144 substance(s) tested, reaction is noted to 6 item(s) and 0 food group(s).**

While both strong and moderate reactions are equally burdensome to your immune defense and repair systems, we have found that it takes about half as long to restore tolerance of moderate reactions as compared to the strong ones.

### NON-REACTIVE ITEMS

- 1,2 Dichlorobenzene
- 2, 4, 5 T
- Almond
- *Alternaria alternata*
- Annatto
- Apple
- Aspartame/Nutrasweet
- *Aspergillus fumigatus*
- *Aspergillus niger*
- *Aspergillus oryzae*
- Banana
- Barley
- Beef/Veal
- Benzene
- BHA
- *Botrytis cinerea*
- Brilliant Black
- Broccoli
- Cabbage/Brussel Sprouts
- Calcium Propionate
- *Candida albicans*
- Cantaloupe/Honeydew
- Carbon Tetrachloride
- Carmine/Cochineal
- Carrot
- Cauliflower
- Cheese, Processed (Cow)
- Chicken
- Chlordane
- Chloroform
- Chocolate/Cocoa
- Cinnamon
- Cis-Dichloroethylene
- *Cladosporium cladosporioides*
- *Cladosporium herbarum*
- Coffee
- Cola
- Corn (Maize)
- Cottonseed Oil
- Crab
- Cranberry
- Cucumber
- Cyclohexylamine
- D & C Green # 5
- D & C Green # 8
- D & C Orange # 4
- D & C Orange # 5
- D & C Red # 22
- D & C Red # 28
- D & C Red #33
- D & C Violet # 2
- Diacetyl
- Egg white (Chicken)
- Egg yolk (Chicken)
- Endrin
- *Epicoccum nigrum*
- *Epidermophyton floccosum*
- FD & C Blue # 1
- FD & C Blue # 2
- FD & C Red # 3
- FD & C Red # 40
- FD & C Red #2
- FD & C Yellow # 10
- FD & C Yellow # 5
- FD & C Yellow # 6
- Flax/Linseed Oil
- *Fusarium solani*
- Garlic
- *Geotrichum candidum*
- Ginger
- Gluten
- Grape/Raisin (Red)
- Grapefruit
- Gum, Locust Bean
- *Helminthosporium halodes*
- *Helminthosporium sativum*
- Lamb/Mutton
- Lemon
- Lettuce, Romaine
- Lobster
- Methylene Chloride
- Milk, Pasteurized (Cow)
- Millet
- MSG (Monosodium Glutamate)
- *Mucor mucedo*
- *Mucor racemosus*
- Mustard Greens/Spice
- Nitrates/Nitrites
- Oats
- Onion
- Orange
- Organophosphates
- Peanut
- Pear
- *Penicillium notatum/chrysogenum*
- *Penicillium roquefortii*
- Pepper, Black
- Polysorbate 60
- Pork/Bacon/Ham
- Potassium Bromate
- Potato (White)
- Potato, Sweet/Yam
- Propyl Gallate
- *Pullularia pullulans*
- *Rhizopus nigricans/stolonifer*
- *Rhodotorula*
- Rice, Brown
- Rice, White
- Rye
- Saccharine
- Salmon/Lox
- *Scopulariopsis brevicaulis*
- Shrimp
- Soap (SDS/SLS)
- Sodium Benzoate (Benzoic Acid)
- Sodium Propionate
- Squash
- *Stemphylium botryosum*
- Strawberry
- Sugar Cane/Sucanat
- Sugar, Corn
- Sulfite/Metabisulfite
- Tea, Black
- *Thricothecium roseum*
- Tobacco
- Toluene

## LRA RESULTS

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### NON-REACTIVE ITEMS, CONT'D

- Tomato
- Trichoderma harzianum
- Trichophyton mentagrophytes interdigitale
- Trichophyton rubrum
- Tuna
- Turkey
- Vanilla
- Vinyl Chloride
- Wheat
- Xylene
- Yeast, Bakers
- Yeast, Brewer's

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## NUTRITIONAL RECOMMENDATIONS

Name	Instructions	Actions/Use	Special Comment
<b><u>Priority Supplements:</u></b>			
PN Multi-Vitamin & Mineral	One tabsole once a day with meal of choice	Provides essential vitamins and minerals in the most bio-absorbable and bio-available forms for optimal metabolic functioning	Energizing and alkalinizing formula: enhances and protects the immune system.
PN Vitamin C Max	4 or more times a day. Depends on amount body will absorb (determined by the ascorbate calibration protocol)	Central regulator of cell metabolism, a stimulant to structural connective protein synthesis, & is vital to repair	Refer to Ascorbate (Vitamin C) Calibration protocol that will help determine the body's need for Vitamin C. This is also on Page 26 (Appendix 9) in The Alkaline Way Guide.
<b><u>Specific supplements that may be helpful:</u></b>			
PN Pure Omega 3	2 softgels twice a day	High EPA and DHA: for optimum brain function, decreased plaque formation and reduction of autoimmunity risk	
PN Probiotic 10 Max	1-2 capsules with all meals for 3 months, with breakfast & dinner only for 6 months, with breakfast only after 9 months	Rebuilds healthy digestive flora in the intestinal tract. Inhibits the growth of pathogens . Promotes better overall digestion	After 6 months from start of therapy a stool culture of microflora (intestinal bugs) is recommended.
PN Stress & Energy Balance	2 softgels once, followed by 1 softgel later in the day.	Neutralizes stress, balances cortisol and rebuilds hormone function	
PN Liver Protect	1 softgel twice a day	Helps restore liver function	Use for 3 months and recheck liver enzyme activity.
PN B12 Max	1 sublingual lozenge once a day	Improves methylation detoxification and reduces cell susceptibility to stress injury. Also, improves transport of biochemicals and helps keep blood vessels healthy and flexible. Best dissolved under the tongue, not swallowed.	Hydroxocobalamin is the preferred form of B-12 and is suitable for vegetarians. If homocysteine levels are monitored, sufficient intake to reduce levels < 6 mg/dl is recommended.
PN Cell Energy	1300 mg (1 teaspoon) diluted in juice or water twice a day (once at breakfast, once at dinner)	Improves cell membrane communication& bile acid production.	Choline citrate is fivefold more active than choline bitartrate. Choline Bitartrate is also likely to be antigen-contaminate.
PN Metabolism Max	2 softgels once a day	Provides effective fat metabolism; gives exercise benefits; controls appetite. Also important for heart muscle function	This is a potent formula, with convenient dosage and lasting results.

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## NUTRITIONAL RECOMMENDATIONS

Name	Instructions	Actions/Use	Special Comment
PN Prostate Max	3-4 softgels once a day, best taken in the evening with dinner	Helps repair, strengthen, and shrink an enlarged prostate gland for better function, more complete bladder emptying and easier urination.	While best taken with dinner, may be taken with breakfast or lunch for convenience.
PN Zinc Power	Once a day with meal of choice	Essential for immune function, enhances tissue repair, maximizes chemical detoxification	Zinc Picolinate/Citrate forms are most easily assimilated. Vitamin B6 in the formula aids in optimal zinc absorption.
PN Brain Detox	2 capsules once a day on an empty stomach, 30-60 minutes before eating	Detoxifies the body, alleviates mild to moderate depression, regulates sleep rhythms	Clinically superior to SAME.
PN Muscle Power	3 capsules once a day	Gives body energy, supports mental sharpness, helps regenerate the intestinal surface cells. PAK recycles L -glutamine and prevents glutamate build up.	Take on an empty stomach, i.e. 1/2 hour before a meal, 2 hours after a meal or at bedtime.
Ginger Tea	As beverage of choice	Enhances detoxification; restores glutathione production; enhances digestion.	Honey or organic cane juice may be added to taste.
Super Echinacea (alcohol tincture) or Echinacea Glyceride (glycerol extract)	1 tablespoon (15 cc) in 4 oz of water or juice, 5 days a week for 12 months. Take on empty stomach half an hour before meal. May be added to ascorbate beverage.	Boosts immune system function; particularly T-helper cells and the production of immune stimulating chemicals like interferon.	
Liquid Nutrient Plan	Up to full amount to feel satisfied one day each week Refer to the Liquids-Only Nutrient Sufficiency Plan: page 94 in The Alkaline Way Guide for more information.	Provides easily assimilated nutrients with minimum work by digestive system, so repair can occur.	
Charcoal capsules or tablets	After breakfast, lunch, dinner. As needed for gas.	Absorbs excess formed gas.	
FLORADIX bitters	1 tablespoon three times a day (before each meal). Take FLORADIX bitters before each meal as an appetizer. It supports the functioning of the stomach, liver and gall bladder.	Stimulates stomach acid formation and thus improves digestion.	
American Ginseng	Two capsules (250 mg each) or 20 drops (liquid extract) upon rising and before bed. If you have high blood pressure, hypoglycemia or diabetes, please check with your health care practitioner.	Increases HDL cholesterol, reduces cardiovascular risk and serves as anabolic stimulant.	

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## NUTRITIONAL RECOMMENDATIONS

<b>Name</b>	<b>Instructions</b>	<b>Actions/Use</b>	<b>Special Comment</b>
PN Vitamin D3 Max	1 drop a day	Improves immune function.Supports bone, muscle, prostate, and digestive system health.Improves cognitive function insulin resistance.May reduce health risks linked to metabolic syndrome, obesity, diabetes, fatigue, muscle weakness, high blood pressure, inflammation, and pain	Recommended to maintain blood Vitamin D3 levels between 50 and 80ng/ml or as directed by health practitioner.
PN Skin & Hair Repair	2 tabsules three times a day.	Key nutrients work together to maintain optimum collagen, keratin and elastin health to restore and strengthen the body from within.	Stronger, thicker nails; lustrous, vibrant hair, smoother softer skin



# ELISA/ACT Biotechnologies®

## BEHAVIORAL RECOMMENDATIONS

Learn new patterns of consumption. You may want to read Diet for a Small Planet by Frances Moore Luppe, diet and Nutrition by Rudolph Ballantine, MD., Minding the Body, Mending the Mind by Joan Borysenko PhD., and Acid and Alkaline by Herman Aihara.

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Take balanced and fully active nutritional supplements as recommended in this report. Your health professional, or the sources cited in this report, can provide ordering information.

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Demonstrate your commitment to your health as an essential part of your life by performing each and every part of this report as recommended by your physician with full attention.

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Learn abdominal breathing and practice it for a few minutes once or more each day. Abdominal breathing means actively filling the abdomen as though it were a balloon being filled. Next allow the balloon to slowly passively deflate. Repeat for the full five minutes twice daily.

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Discuss the meditation technique that is best for you with your doctor. Active Meditation: the Western Tradition by Robert R Leichtman, MD and Carl Japikse is an example of a non-sectarian, non-denominational approach to evoking your healing response, and is distinctly helpful.

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Combine foods according to Food Combining for Better Digestion in order get the most efficient assimilation of nutrients from the foods you eat. This is Page 19 in the Alkaline Way Guide.

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Use special, biologically active dichromatic green lights. These are known as PAR38 (150 watt green) and are made by GE and Sylvania. Direct the light at the face from a distance of about 5 feet for about 20 minutes daily; before bed and on rising are particularly good times. Refer to Light Therapy: Page 111 in the Alkaline Way Guide.

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Use special, biologically active dichromatic amber lights. These are known as PAR38 (150 watt amber) and are made by GE and Sylvania. Direct the light at the face from a distance of about 5 feet for about 20 minutes daily; before bed and on rising are particularly good times. Refer to Light Therapy: Page 111 in the Alkaline Way Guide.

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Cardio exercise for 15 minutes twice a day, such as using a rebounder type trampoline. Refer to Healthy Mind & Body Practices - Rebounder Trampoline: Page 108 in The Alkaline Way Guide.

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Take a daily salt and soda bath. The Epsom salt ( Magnesium Sulfate) electrolyte improves the electrical conductivity of the skin and the alkaline baking soda helps rid the skin of acid residue deep in the pores. Put one half cup each of Epsom salts and baking soda in a tub of warm (not hot) water. Soak for 10-15 minutes and shower thereafter, gently rubbing the skin with a loofa. Refer to page 92 in The Alkaline Way Guide for more information on salt and soda baths.

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Five or more small meals per day is highly recommended.

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# ELISA/ACT Biotechnologies®

## DESCRIPTION OF ITEMS

### Grape/Raisin (Green)

History/Discussion: Grapes are members of the *Vitaceae* family.

Sources of Exposure: Fresh green grapes or white grapeas they are also called, raisins grape juice and foods sweetened with grapes or its juice like jams, jellies, energy bars and candies. Take care to check labels. Wines and salad dressings using wine also need to be avoided.

Substitutions: Other fruits and non-reactive sweeteners.

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### Bean, Soya

History/Discussion: A member of the *Fabaceae* (legume) family and a traditional staple of Asian cuisine, today the U.S. is the largest producer of soybeans in the world. The soybean is a food rich in protein and minerals which can be used in many forms. Soy milk is a good alternative to cow's milk. Soy flour is good for making flat breads and bread sticks and can be mixed with other flours for baking. Textured soy protein is a common meat substitute. The oil from soy is very popular around the world and it has been estimated that one third of the edible fats consumed in the United States are made with soybean oil. Roasted soy nuts are a tasty snack much like peanuts. There are several items derived from soy but have different immune responses and so are tested separately. Tofu is a curded and pressed soy much like a cheese. Miso is fermented soy paste. Soy sauce or tamari is a popular salty seasoning.

Sources of Exposure: Avoid soybeans in their many forms if you are sensitive to them. Textured vegetable protein is another name for processed soybean protein. Many nuts are roasted in soy bean oil and many fish are packed in this inexpensive oil. Fried products and coffee substitutes are also suspect. Also, vitamin supplements with 'amino acid chelates', 'mineral chelates' or 'chelated vitamins' almost always contain soy or soy products and should be avoided completely by people sensitive to soy.

#### **Foods that may contain soybeans and/or soybean oil:**

**Oil/Sauces:** margarine, shortening, salad oil, Worcestershire sauce, spaghetti sauce, liquid protein, soy sauce, tamari

**Baked Goods:** bread, crackers & cereal, rolls, cakes, cookies, pastries, hard & caramel candies, muffin & pancake mixes, protein filler

**Meat:** pork link sausage, deli/lunch meats, commercial ground beef (hamburgers & meatloaf), vegetable protein

**Household chemicals:** printers' inks, varnish, paints, enamels, candles, film/celluloid, massage creams, linoleum, soap, glycerines, lubricating oils, adhesives, fertilizers

**Miscellaneous:** soy milk & ice cream, soy isolate in beverages, hydrolyzed vegetable protein, soy lecithin, pet foods, natural flavoring (soy can be used as a carrier protein)

Substitutions: Read all labels carefully and select processed foods without **any form of soy**.

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# ELISA/ACT Biotechnologies®

## DESCRIPTION OF ITEMS

### Olive

History/Discussion: Olive is a member of the Oleaceae (olive) family

Sources of Exposure: Olive oil, salads, entrees and other processed foods (check labels).

Substitutions: Any other vegetable of choice that you do not react to.

**Note**: Avoidance of specific foods to which you react is sufficient. There is no added benefit in avoiding a complete food family unless specifically directed to.

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### Fusarium vasinfectum

Item Tested: *Fusarium vasinfectum* is one species of common plant and soil fungus.

History/Discussion: *Fusarium* is a common plant and soil fungus. Its spores are often produced in a slimy mass. The mold colonies are usually prominently colored. The dissemination of spores is through insects, rain or by air when dry spore masses are disturbed by air currents. *Fusarium* spores are occasionally isolated from the air, but not with great frequency. *Fusarium* spores need splashing water to be dispersed, and thus are common in the air after rain but not under dry conditions. *Fusarium* species often mix with bacteria to form slime in cooling water towers, drainage outlets at paper mills or water baths in photographic processing. The *Fusarium* genus are major plant parasites found on vegetables and field crops. Many species of *Fusarium* are known to damage a variety of plants including rice, corn, sugar cane, sorghum, cow peas, flax, onions, tomatoes, peas, safflower, sweet potatoes, watermelon, spinach, alfalfa, corn, sisal, squash, coffee, asparagus, banana and cantaloupe. *Fusarium* also is a wilt-inducing fungus that affects cotton, affecting the vascular tissues of the plants; hence the name "vasinfectum". Species of *Fusarium* are known to produce a variety of toxins which may affect humans.

Sources of Exposure: *Fusarium vasinfectum* is particularly found on tomatoes, potatoes and corn. It may also be found on rice, sugar cane, sorghum, cow peas, flax, onions, peas, safflower, sweet potatoes, watermelon, spinach, alfalfa, corn, sisal, squash, coffee, asparagus, banana, cantaloupe and cotton. *Fusarium* may also be found on decaying plants and is common in the air after rain. *Fusarium* spores may be released from infected grasses and cereals, and from stored fruit and vegetables such as cucumbers, tomatoes and potatoes.

Recommendations: All foods should be properly stored, refrigerated as necessary, washed thoroughly before consuming and eaten while still fresh. The more healthy the plant, the more resistant its fruit will be to premature rot and spoilage. Thus the use of biodynamically grown, organic foods is highly recommended. Freshly made fruit juices and homemade fruit smoothies help limit mold exposure from commercial fruit juices. Careful cleaning, drying and ventilation of bathrooms, kitchens, and other moist areas is also important. Control of household humidity is also essential. A relative humidity of 50-60% is desirable. Exposure to airborne indoor mold spores can be greatly reduced by careful air filtration along with adequate ventilation in general. Such filtration could include all house HEPA filters, HEPA filters put on the cooling or heating systems, and single room HEPA filters with ionizers to collect particulate matter. Avoid handling diseased plant material.

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# ELISA/ACT Biotechnologies®

## DESCRIPTION OF ITEMS

### FD & C Green # 3

Item Tested: FD& C Green #3 is also called Fast Green and Sea Green.

History/Discussion: FD&C Green # 3 was originally a coal tar derivative. It was permanently listed by the Food and Drug Administration for use in food, drugs and cosmetics, except in the area of the eye, in 1983. The World Health Organization gives it a rating of 1A, meaning that it is completely acceptable. FD&C Green # 3 has been suspected of being a sensitizer in the allergic. It produces malignant tumors at the site of injection when introduced under the skin of rats.

Sources of Exposure: FD&C Green # 3 is used in mint-flavored jellies, frozen and gelatin deserts, candy, puddings, ice cream, sherbet, cherries, confections, beverages, baked goods, baking products and cereals. It is also used in cosmetics, medications and as a biological stain in laboratory work.

Substitutions: Any of the non-toxic natural colors from food and/or plants.

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### BHT

Item Tested: Butylated hydroxytoluene (BHT) is a white crystalline solid with a faint characteristic odor. It is used as an antioxidant and preservative and found in many processed and packaged foods and cosmetics.

History/Discussion: BHT may cause rashes and behavior disorders, particularly in sensitive individuals. Loyola University scientists reported on April 14, 1972, that pregnant mice fed a diet consisting of one-half of one percent of BHT (or BHA, butylated hydroxyanisole) gave birth to offspring that frequently had chemical changes in the brain and subsequently abnormal behavior patterns. BHT and BHA are chemically similar, but BHT may be more toxic to the kidney than BHA, according to researchers at Michigan State University. The Select Committee of the American Societies for Experimental Biology, which advises the FDA on food additives, recommended further studies to determine "the effects of BHT at levels now present in foods under conditions where steroid hormones or oral contraceptives are being ingested," saying that the possibility that BHT may convert other ingested substances into toxic or cancer-causing agents should be investigated. BHT is prohibited as a food additive in England. The US Government has established limits on the total amount of BHT and BHA allowed in foods, and the FDA is pursuing further study of BHT.

Sources of Exposure: BHT is found in a wide variety of processed and packaged foods including breads and baked goods, cold cereals, cooking oils, chewing gums, potato flakes, shreds and granules, sweet potato flakes, yeast, beef patties, margarine, pizza toppings, shortenings, enriched rice and oils, frozen pork sausage, fresh Italian sausage, freeze dried meats and beet sugar. It is also used to preserve cosmetics such as facial creams and make-up. Naturally occurring antioxidants like vitamins C and E, selenium, L-histidine and riboflavin are preferable.

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# ELISA/ACT Biotechnologies®

## ROTATION DIET PLAN

### At a glance:

Rotation of foods is often indicated to strengthen the immune system while avoiding allergies and hypersensitivities shown by the LRA by ELISA/ACT® tests

- The enclosed diet outline is based on a four day rotation plan.
- Each day provides a list of foods to choose from for that day.
- It is not necessary to eat all the items listed for that day; you may make your choice according to your preference.
- Amounts can be modified based on individual needs or requirements.
- For adequate digestive repair and restoration we provide for a "Juice or Liquids Only Day". This diet plan shows Sunday as the Juice Day. However, you may choose any day.

Please note that the EAB Rotation Diet is designed to help you get started on rotation and can be individualized. It complements the LRA by ELISA/ACT® and Alkaline Way health restoration program.

# ELISA/ACT Biotechnologies®

## ROTATION DIET

### Sunday (or Day 1)

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#### Fowl

Chicken Broth	16-oz	Turkey Broth	16-oz
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#### Fruit

Apple Juice	8-oz	Apricot Juice	8-oz	Berry Juice	8-oz
Cherry Juice	8-oz	Grapefruit Juice	8-oz	Lemon Juice	
Melon Juice	8-oz	Orange Juice	8-oz	Peach Juice	8-oz
Pear Juice	8-oz	Pineapple Juice	8-oz	Prune Juice	8-oz

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#### Grains/Grasses/Pseudograins

Wheatgrass Juice	2-oz
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#### Meat

Meat Broth	16-oz
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#### Miscellaneous

Herb Tea	16-oz	Seaweed Broth	8-oz
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#### Spices and Seasonings

Garlic	as desired	Ginger Tea	16-oz
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#### Sugars

Honey	2-T
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#### Vegetables

Alfalfa Sprouts	as desired	Beet	as desired	Bell Pepper	as desired
Broccoli	as desired	Cabbage	as desired	Carrot Juice	as desired
Celery	as desired	Chive	as desired	Cucumber	as desired
Kale	as desired	Lettuce-iceberg	as desired	Mixed Juice	as desired
Onion	as desired	Parsley	as desired	Spinach	as desired
Tomato	as desired	Vegetable Broth	as desired	Watercress	as desired

- Note:
1. Plan one juice day per week - Sunday or Day 1
  2. If you are reactive to any yeast, no fruit for first month.
  3. For menu ideas and recipes, please refer to the Joy of Food Alkaline Way Handbook

# ELISA/ACT Biotechnologies®

## ROTATION DIET

### Monday

<b>Dairy</b>					
Yogurt	8-oz				
<b>Fish</b>					
Anchovy	4-oz	Flounder	4-oz	Salmon/lox	4-oz
Snapper	4-oz	Sole	4-oz		
<b>Fowl</b>					
Chicken	4-oz	Egg-chicken	2-oz	Egg-duck	2-oz
Game Fowl	4 oz				
<b>Fruit</b>					
Apple	4-oz	Blackberry	8-oz	Currant (dry)	2-oz
Lemon	4-oz	Lime	4-oz	Orange	4-oz
Pear	4-oz	Persimmon	8-oz	Pineapple	8-oz
Pomegranate	6-oz	Tangerine	4-oz	Watermelon	8-oz
<b>Grains/Grasses/Pseudograins</b>					
Amaranth		Barley		Corn	
Rice (white)					
<b>Meat</b>					
Beef	3-oz				
<b>Miscellaneous</b>					
Sea Salt		Tapioca	6-oz		
<b>Nuts and Seeds</b>					
Flax	2-oz	Hazelnut/filbert	2-oz	Pecan	2-oz
Pistachio	2-oz	Sesame/tahini	2-oz		
<b>Oils</b>					
Corn Oil	1-T	Flax Seed Oil	1-T	Sesame Oil	1-T
<b>Spices and Seasonings</b>					
Curry		Horseradish		Mustard	
Paprika		Thyme			
<b>Sugars</b>					
Sucanat	1-T				
<b>Vegetables</b>					
Artichoke	8-oz	Bell Pepper	8-oz	Cabbage	8-oz
Carrot	8-oz	Celery	8-oz	Corn	
Eggplant	8-oz	Green Peas	8-oz	Lettuce-romaine	8-oz
Lima Bean	6-oz	Onion	6-oz	Sweet Potato	12-oz
Tomato	8-oz				

# ELISA/ACT Biotechnologies®

## ROTATION DIET

### Tuesday

<b>Dairy</b>					
Ghee	2-T	Sheep Cheese	2-oz		
<b>Fish</b>					
Bass	4-oz	Perch	4-oz	Pike	4-oz
Trout	4-oz				
<b>Fowl</b>					
Duck	4-oz	Goose	4-oz		
<b>Fruit</b>					
Banana	4-oz	Blueberry	8-oz	Cherry	8-oz
Coconut	8-oz	Cranberry	4-oz	Figs (dry)	2-oz
Nectarine	4-oz	Papaya	8-oz	Peach	4-oz
<b>Grains/Grasses/Pseudograins</b>					
Millet		Quinoa		Triticale	
Wheat					
<b>Miscellaneous</b>					
Herb Tea	16-oz	Sea Salt		Seaweed/kelp	1-oz
<b>Nuts and Seeds</b>					
Brazil	2-oz	Cashew	2-oz	Peanut	2-oz
Pine	2-oz	Sunflower Seed	2-oz		
<b>Oils</b>					
Peanut Oil	1-T	Primrose Oil	1-T	Safflower Oil	1-T
Sunflower Oil	1-T				
<b>Spices and Seasonings</b>					
Dill		Garlic		Ginger	
Mace		Peppermint		Rosemary	
<b>Sugars</b>					
Molasses	1-T				
<b>Vegetables</b>					
Brussels Sprouts	8-oz	Cauliflower	6-oz	Chick Peas	4-oz
Cucumber	8-oz	Kale	8-oz	Kohlrabi	8-oz
Lentils (dry)	2-oz	Lettuce-red Leaf	8-oz	Mushroom	4-oz
Parsley	4-oz	String Bean	8-oz	Sunflower Sprouts	4-oz
Turnip	8-oz	Wheat Sprouts	6-oz		



# ELISA/ACT Biotechnologies®

## ROTATION DIET

### Wednesday

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#### Dairy

Goat Cheese	2-oz	Goat Milk	8-oz
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#### Fish

Codfish	4-oz	Haddock	4-oz	Halibut	4-oz
Tuna	4-oz	Turbot/white	4-oz		

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#### Fowl

Turkey	4-oz
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#### Fruit

Apricot	10-oz	Cantaloupe	1-oz	Cranberry	8-oz
Date	15-oz	Grapefruit	2-oz	Guava	8-oz
Honeydew	1-oz	Kiwi	4-oz	Mango	2-oz
Plum/prune	10-oz	Raspberry	8-oz	Strawberry	8-oz

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#### Grains/Grasses/Pseudograins

Buckwheat	Oats	Rye
Teff		

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#### Meat

Lamb	3-oz	Venison/deer	3-oz
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#### Miscellaneous

Herb Tea	16-oz	Sea Salt	Spirulina	6-T
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#### Nuts and Seeds

Almond	2-oz	Chestnut	2-oz	Macademia	2-oz
Pumpkin	2-oz	Walnut	2-oz		

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#### Oils

Almond Oil	1-T	Cod Liver Oil	1-T	Walnut Oil	1-T
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#### Spices and Seasonings

Basil	Bay Leaf	Cayenne
Chili	Oregano	Sage

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#### Sugars

Maple	1-T
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#### Vegetables

Alfalfa Sprouts	8-oz	Asparagus	8-oz	Avocado	8-oz
Beet	8-oz	Broccoli	8-oz	Kidney Bean	8-oz
Leek	4-oz	Mung Sprouts	8-oz	Navy Bean	8-oz
Potato	8-oz	Radish	3-oz	Spinach	8-oz
Squash	8-oz	Watercress	4-oz		

# ELISA/ACT Biotechnologies®

## ROTATION DIET

### Thursday

<b>Dairy</b>					
Yogurt	8-oz				
<b>Fish</b>					
Anchovy	4-oz	Flounder	4-oz	Salmon/lox	4-oz
Snapper	4-oz	Sole	4-oz		
<b>Fowl</b>					
Chicken	4-oz	Egg-chicken	2-oz	Egg-duck	2-oz
Game Fowl	4 oz				
<b>Fruit</b>					
Apple	4-oz	Blackberry	8-oz	Currant (dry)	2-oz
Lemon	4-oz	Lime	4-oz	Orange	4-oz
Pear	4-oz	Persimmon	8-oz	Pineapple	8-oz
Pomegranate	6-oz	Tangerine	4-oz	Watermelon	8-oz
<b>Grains/Grasses/Pseudograins</b>					
Amaranth		Barley		Corn	
Rice (white)					
<b>Meat</b>					
Beef	3-oz				
<b>Miscellaneous</b>					
Sea Salt		Tapioca	6-oz		
<b>Nuts and Seeds</b>					
Flax	2-oz	Hazelnut/filbert	2-oz	Pecan	2-oz
Pistachio	2-oz	Sesame/tahini	2-oz		
<b>Oils</b>					
Corn Oil	1-T	Flax Seed Oil	1-T	Sesame Oil	1-T
<b>Spices and Seasonings</b>					
Curry		Horseradish		Mustard	
Paprika		Thyme			
<b>Sugars</b>					
Sucanat	1-T				
<b>Vegetables</b>					
Artichoke	8-oz	Bell Pepper	8-oz	Cabbage	8-oz
Carrot	8-oz	Celery	8-oz	Eggplant	8-oz
Green Peas	8-oz	Lettuce-romaine	8-oz	Lima Bean	6-oz
Onion	6-oz	Sweet Potato	12-oz	Tomato	8-oz

# ELISA/ACT Biotechnologies<sup>®</sup>

## ROTATION DIET

### Friday

<b>Dairy</b>					
Ghee	2-T	Sheep Cheese	2-oz		
<b>Fish</b>					
Bass	4-oz	Perch	4-oz	Pike	4-oz
Trout	4-oz				
<b>Fowl</b>					
Duck	4-oz	Goose	4-oz		
<b>Fruit</b>					
Banana	4-oz	Blueberry	8-oz	Cherry	8-oz
Coconut	8-oz	Cranberry	4-oz	Figs (dry)	2-oz
Nectarine	4-oz	Papaya	8-oz	Peach	4-oz
<b>Grains/Grasses/Pseudograins</b>					
Millet		Quinoa		Triticale	
Wheat					
<b>Miscellaneous</b>					
Herb Tea	16-oz	Sea Salt		Seaweed/kelp	1-oz
<b>Nuts and Seeds</b>					
Brazil	2-oz	Peanut	2-oz	Pine	2-oz
Sunflower Seed	2-oz				
<b>Oils</b>					
Peanut Oil	1-T	Primrose Oil	1-T	Safflower Oil	1-T
Sunflower Oil	1-T				
<b>Spices and Seasonings</b>					
Dill		Garlic		Ginger	
Mace		Peppermint		Rosemary	
<b>Sugars</b>					
Molasses	1-T				
<b>Vegetables</b>					
Brussels Sprouts	8-oz	Cauliflower	6-oz	Chick Peas	4-oz
Cucumber	8-oz	Kale	8-oz	Kohlrabi	8-oz
Lentils (dry)	2-oz	Lettuce-red Leaf	8-oz	Mushroom	4-oz
Parsley	4-oz	String Bean	8-oz	Sunflower Sprouts	4-oz
Turnip	8-oz	Wheat Sprouts	6-oz		

# ELISA/ACT Biotechnologies®

## ROTATION DIET

### Saturday

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<b>Dairy</b>					
Goat Cheese	2-oz	Goat Milk	8-oz		

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<b>Fish</b>					
Codfish	4-oz	Haddock	4-oz	Halibut	4-oz
Tuna	4-oz	Turbot/white	4-oz		

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<b>Fowl</b>					
Turkey	4-oz				

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<b>Fruit</b>					
Apricot	10-oz	Cantaloupe	1-oz	Cranberry	8-oz
Date	15-oz	Grapefruit	2-oz	Guava	8-oz
Honeydew	1-oz	Kiwi	4-oz	Mango	2-oz
Plum/prune	10-oz	Raspberry	8-oz	Strawberry	8-oz

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<b>Grains/Grasses/Pseudograins</b>					
Buckwheat		Oats		Rye	
Teff					

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<b>Meat</b>					
Lamb	3-oz	Venison/deer	3-oz		

---

<b>Miscellaneous</b>					
Herb Tea	16-oz	Sea Salt		Spirulina	6-T

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<b>Nuts and Seeds</b>					
Almond	2-oz	Chestnut	2-oz	Macademia	2-oz
Pumpkin	2-oz				

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<b>Oils</b>					
Almond Oil	1-T	Cod Liver Oil	1-T	Walnut Oil	1-T

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<b>Spices and Seasonings</b>					
Bay Leaf		Cayenne		Oregano	

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<b>Sugars</b>					
Maple	1-T				

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<b>Vegetables</b>					
Alfalfa Sprouts	8-oz	Asparagus	8-oz	Avocado	8-oz
Beet	8-oz	Broccoli	8-oz	Kidney Bean	8-oz
Mung Sprouts	8-oz	Potato	8-oz	Radish	3-oz
Spinach	8-oz	Squash	8-oz	Watercress	4-oz

ELISA/ACT  
Biotechnologies®

Sample, Patient  
12345 2/2/2022

RESULTS

*Expected Re-Test Date is 12/1/2022*

**STRONG REACTIONS**

Grape/Raisin (Green)

**MODERATE REACTIONS**

Bean, Soya                      Olive  
FD & C Green # 3              BHT

Fusarium vasinfectum