



This document comes directly to you  
for review and future posterity  
purposes.

**Patient Information Sheet:**

**Sample Type: Bloodspot**

Name:	Your Name, DOB and Acc. Number	Date Drawn:	Collection and Completed information
Date of Birth:		Date Completed:	
Accession Number:		Doctor:	

**List of Restricted Foods:**

<b>4+ Reactions:</b>	Pineapple
<b>3+ Reactions:</b>	Banana Raspberry Candida
<b>2+ Reactions</b>	Broccoli Tomato Vanilla Spirulina Sesame

A Customized report and plan is generated and delivered for you in a take home binder.

**Laboratory Information:**

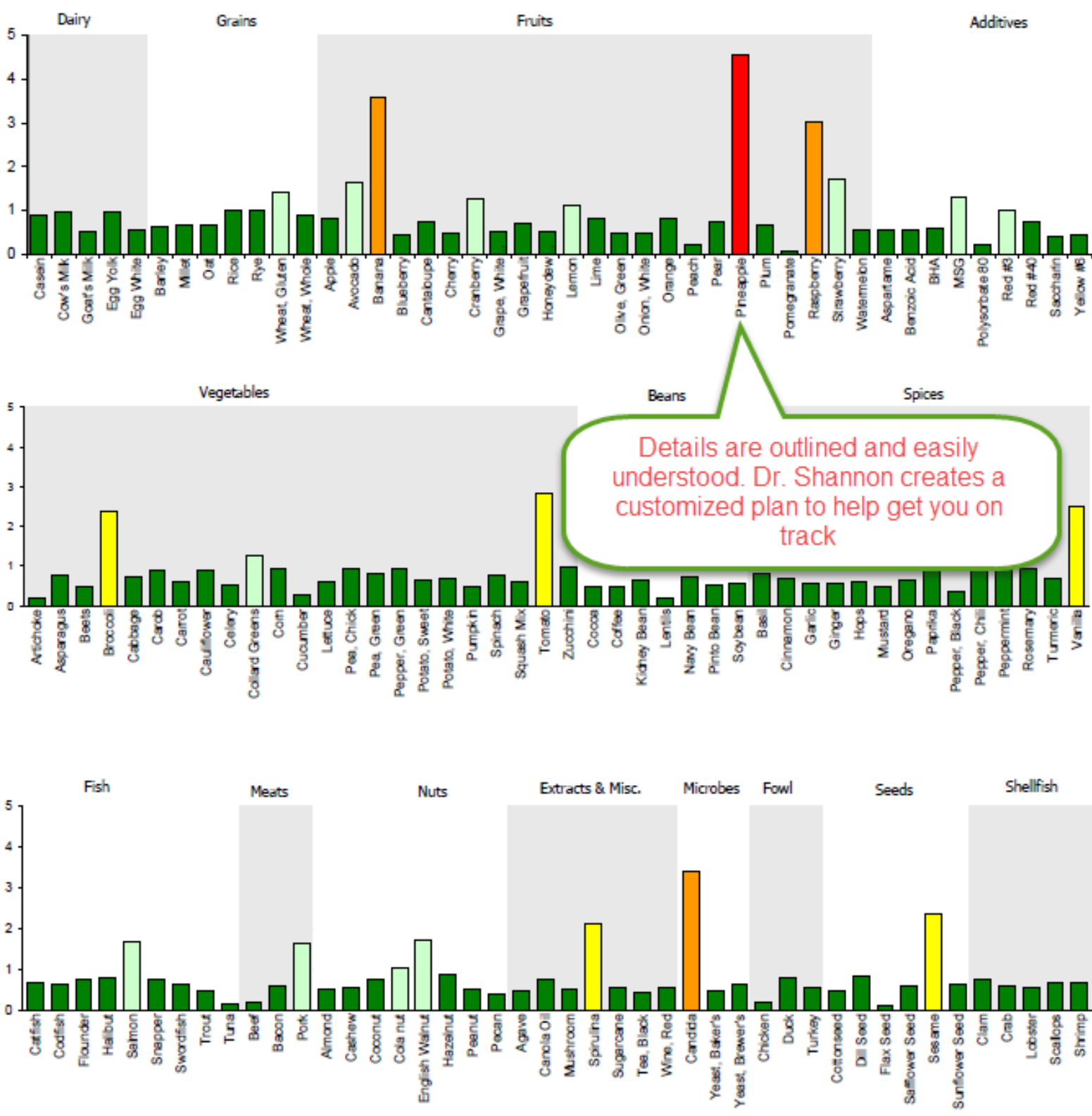
Lab Collection Info goes here.

Name :  
Doctor:  
Sample Type:

**Your Name and Doctor Info**

**Easy To Read Chart Key**

- Severe Reaction 4+
- High Reaction 3+
- Moderate Reaction 2+
- Mild Reaction 1+
- No Reaction Negative



Details are outlined and easily understood. Dr. Shannon creates a customized plan to help get you on track



Name :  
 Doctor:  
 Sample Type:

Your Information Here

Overview of the Food Inflammation Test

The Food Inflammation Test (FIT Test) measures IgG and Complement reactions to 132 foods and additives which cause delayed food sensitivity. Food sensitivities begin when food antigens cross the gut epithelium and evoke an immune response leading to the production of IgG antibody and the formation of immune complexes which activate complement. In most cases immune complexes are cleared from the circulation and do not cause any symptoms. However in some people, the immune complexes may lead to various symptoms that can affect almost any tissue or organ. Adverse symptoms include: variable bowel syndromes, joint pain, chronic headaches, rashes, fatigue, eczema and pruritis to name a few. These symptoms generally occur days after the food is ingested which makes the offending food hard to identify without proper testing.

Many similar or even unrelated foods may share similar antigens (proteins) which results in cross-reactivity between foods. For example, sensitivity to white potato may result in sensitivity to red potato because these two foods are very similar. By contrast, two unrelated foods such as gluten from wheat and coffee may cross react because there are gluten-like antigens in coffee. This results from antibodies that are produced against antigens from one food which cross react with other foods containing similar antigens. The net result is that cross-reactivity of food antigens may cause a person to test positive for a food that they have never consumed.

FIT Test Results and Elimination Diet

Using a blood sample, the FIT Test will generate an easy to understand report which identifies foods that are most likely to cause a food sensitivity based on the reactivity of each food. When a  $I^+$ ,  $I^-$  or  $I^0$  reaction is present in the FIT Test, an elimination diet is recommended which will identify foods responsible for food sensitivities. The reactive foods are eliminated from the diet for 4-6 weeks during which the patient should experience some relief in symptoms. After elimination phase, one reactive food at a time is re-introduced into the diet, a week later a different food is re-introduced into the diet and this cycle is continued until all the reactive foods have been re-introduced into the diet. As each food is re-introduced into the diet, keep track of the symptoms for several days after consuming the food. If symptoms to a specific food do not appear, it is all right to eat that food but it is important to rotate the food so you don't eat it more than once or twice a week. If you have any negative symptoms to a food upon re-introduction, completely remove the food from the diet. In general, remove any food from the diet that tests in the  $I^+$  and  $I^-$  range. In addition, remove any food in the  $I^+$  range that is similar to any food in the  $I^+$  or  $I^-$  range.

- Keep a food log to record what you are eating and the date
- Keep a log of how you feel (symptoms) after consuming a particular food for several days after consumption.
- Determine if a pattern emerges where a particular food is eaten followed by return of symptoms
- Read food container labels to avoid any hidden foods that cause a food reaction and the associated symptoms.
- Rotate the foods you eat so that a specific food is not eaten too frequently.
- Make sure your diet is balanced.
- Calorie restriction is not necessary but generally calories are reduced and weight loss is often observed.

Re-test about 6 months after the first test and identify additional reactive foods and eliminate the foods from the diet as above. The positive foods from the first test that also generated a symptom upon re-introduction into the diet should now show reduced reactivity on the test. For example, if a food generated a  $I^+$  reaction and you no longer consume the food, the reaction shown by the test should drop to a  $I^-$  or  $I^0$  over time indicating the food sensitivity is less severe.

Your Name	Date
<b>Restricted Foods</b>	
4+ Items:	Pineapple
3+ Items:	Banana Raspberry Candida
2+ Items:	Broccoli Tomato Vanilla Spirulina Sesame

Quick Synopsis of your food intolerances for fast review