

RMA FST 200+ Panel Amended Accession Number: 490007

Provider:		Client:		Age: 57
Great Naturopathic Medicine			DOB: 11-Aug-58
Joe Smith ND		SW		Gender: Male
SE		Calgary, AB		
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FOOD GROUP Report

NORMAL (≤ 23 U/mL)

BORDERLINE (24-29 U/mL)

ELEVATED (≥ 30 U/mL)

Dairy / Egg

0 Alpha-Lactalbumin	2 Beta-Lactoglobulin	160 Casein
103 Egg White	54 Egg Yolk	1 Milk (Buffalo)
154 Milk (Cow)	74 Milk (Goat)	79 Milk (Sheep)

Grains

29 Barley	26 Couscous	14 Durum Wheat
27 Gliadin*	29 Malt	15 Oat
2 Rye	7 Spelt	51 Wheat
8 Wheat Bran		

Grains (Gluten-Free)

14 Amaranth	3 Buckwheat	24 Corn
0 Millet	4 Polenta	8 Rice
0 Tapioca		

Fruit

4 Apple	6 Apricot	2 Avocado
3 Banana	3 Black Currant	2 Blackberry
0 Blueberry	3 Cherry	3 Cranberry
3 Date	20 Fig	1 Grape (Black/Red/White)
3 Grapefruit	17 Guava	2 Kiwi
3 Lemon	3 Lime	4 Lychee
5 Mango	4 Melon (Galia/Honeydew)	3 Mulberry

*Gliadin is tested separately from gluten-containing grains. If your test report shows an elevated response to gliadin, your healthcare professional will recommend that you eliminate consumption of foods that contain these grains, even if the grain results themselves are not elevated.

Fruit

3	Nectarine	4	Olive	24	Orange
1	Papaya	10	Peach	4	Pear
1	Pineapple	10	Plum	4	Pomegranate
3	Raisin	15	Raspberry	3	Red Currant
0	Rhubarb	2	Strawberry	1	Tangerine
2	Watermelon				

Vegetables

1	Artichoke	3	Arugula	0	Asparagus
36	Bean (Broad)	3	Bean (Green)	72	Bean (Red Kidney)
27	Bean (White Haricot)	7	Beet	6	Bell Peppers
5	Broccoli	2	Brussels Sprout	3	Cabbage (Red)
11	Cabbage (Savoy/White)	7	Carrot	12	Cauliflower
44	Celery	10	Chard	9	Chickpea
3	Chicory	16	Cucumber	3	Eggplant
3	Fennel (Leaf)	9	Leek	15	Lentil
3	Lettuce	9	Onion	42	Pea
16	Potato	2	Quinoa	26	Radish
13	Shallot	27	Soy Bean	3	Spinach
10	Squash (Butternut/Carnival)	1	Squash, Summer	5	Sweet Potato
1	Tomato	4	Turnip	3	Watercress
0	Yucca				

Fish / Seafood

8	Alga Espaguette	9	Alga Wakame	9	Anchovy
16	Barnacle	4	Bass	2	Carp
6	Caviar	6	Clam	2	Cockle
5	Cod	8	Crab	4	Cuttlefish
0	Eel	6	Haddock	8	Hake
4	Herring	12	Lobster	6	Mackerel
2	Monkfish	18	Mussel	3	Octopus
7	Oyster	2	Perch	3	Pike
2	Plaice	4	Razor Clam	14	Salmon
7	Sardine	8	Scallop	0	Sea Bream (Gilthead)
4	Sea Bream (Red)	14	Shrimp/Prawn	7	Snail (Sea Snail/Winkle)
8	Sole	4	Spirulina	1	Squid
1	Swordfish	3	Trout	5	Tuna
2	Turbot				

Meat

4	Beef	4	Chicken	1	Duck
2	Goat	3	Horse	2	Lamb
0	Ostrich	4	Ox	1	Partridge
4	Pork	2	Quail	2	Rabbit
3	Turkey	1	Veal	2	Venison
0	Wild Boar				

Herbs / Spices

2	Aniseed	5	Basil	3	Bayleaf
8	Camomile	6	Cayenne	5	Cinnamon
0	Clove	0	Coriander (Leaf)	6	Cumin
16	Curry (Mixed Spices)	5	Dill	3	Garlic
12	Ginger	5	Ginkgo	10	Ginseng
3	Hops	0	Licorice	0	Marjoram
2	Mint	34	Mustard Seed	0	Nettle
5	Nutmeg	0	Parsley	2	Peppercorn (Black/White)
2	Peppermint	3	Red Chili Pepper	2	Rosemary
0	Saffron	0	Sage	0	Tarragon
0	Thyme	0	Vanilla		

Nuts / Seeds

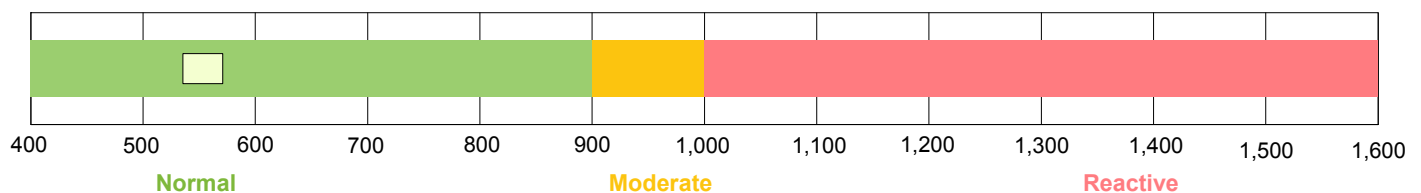
75	Almond	73	Brazil Nut	0	Canola
78	Cashew Nut	4	Coconut	5	Flax Seed
52	Hazelnut	0	Macadamia Nut	20	Peanut
1	Pine Nut	72	Pistachio	15	Sesame Seed
13	Sunflower Seed	12	Tiger Nut	4	Walnut

Miscellaneous

26	Agar Agar	38	Aloe Vera	8	Cane Sugar
0	Caper	2	Carob	0	Chestnut
4	Cocoa Bean	6	Coffee	62	Cola Nut
0	Honey	9	Mushroom	5	Tea (Black)
0	Tea (Green)	1	Transglutaminase	0	Yeast (Baker's)
23	Yeast (Brewer's)				

Samples analyzed at Rocky Mountain Analytical, Calgary AB. IgG refers to Total IgG (subclasses 1-4)

Candida IgG



The assay for Candida IgG is a qualitative assay. All patient responses are referenced to the response of a concurrently-measured control material (the "cutoff control"). The cutoff control is maintained and validated through an external quality assessment program at the point of kit manufacture. Like a quantitative reference standard, the response for the cutoff control does not vary significantly from run to run. The difference is that the cutoff control does not bear a concentration label. This approach is used for Candida IgG in at least one other commercial laboratory. The numbers RMA reports for Candida reflect how close the patient response is to the 85th percentile cutoff in a normal reference population. Care should be taken to avoid over-interpretation of the results. As always, Rocky Mountain Analytical reviews each run to ensure reproducibility and reliability.

IgG FOOD REACTIONS are food sensitivities, rather than true IgE food allergies. IgE food allergies are immediate reactions, usually occurring within minutes or hours of consuming a food, and may include serious reactions like hives, difficulty breathing and anaphylaxis. In contrast, an IgG food sensitivity is a delayed reaction that occurs hours to days after the food is consumed. When a reactive food is consumed, the IgG antibody forms a complex with the food antigen. Normally, the body is able to eliminate these antibody-antigen complexes, but with excess antigen, small complexes tend to deposit in blood vessel walls where they can cause tissue injury via the release of inflammatory mediators. [Immunobiology 5th ed Janeway CA Jr et al. New York: Garland Science: 2001] Over time, this tissue injury may contribute to the development of a variety of health conditions. Research has shown that elimination of IgG reactive foods from the diet improves both irritable bowel syndrome and migraine headaches. [Gut 2004;53, Cephalalgia 2010;30, Revista Alergia Mexico. 2007;54(5)]. Eliminating IgG reactive foods has also been reported to help with eczema, mood disturbances, weight gain, and other digestive disturbances [Nutr Clin Pract. 2010; 25(2)].

Note: The College of Physicians and Surgeons of Alberta considers some forms of testing for food reactions to be complementary medicine. Specific IgG quantification has been utilized in research settings to assess and investigate Type I and Type III allergies respectively. However, the assessment of human IgG antibodies specific for individual food antigens is not a recognized diagnostic indicator of allergy. Rocky Mountain Analytical does not diagnose or make treatment recommendations. Data is provided for research and educational purposes only.

ORDER BY REACTIVITY Report

ELEVATED FOODS (≥30 U/ml)

160	Casein	154	Milk (Cow)	103	Egg White
79	Milk (Sheep)	78	Cashew Nut	75	Almond
74	Milk (Goat)	73	Brazil Nut	72	Bean (Red Kidney)
72	Pistachio	62	Cola Nut	54	Egg Yolk
52	Hazelnut	51	Wheat	44	Celery
42	Pea	38	Aloe Vera	36	Bean (Broad)
34	Mustard Seed				

BORDERLINE FOODS (24-29 U/ml)

29	Barley	29	Malt	27	Bean (White Haricot)
27	Gliadin	27	Soy Bean	26	Agar Agar
26	Couscous	26	Radish	24	Corn
24	Orange				

NORMAL FOODS (≤23 U/ml)

23	Yeast (Brewer's)	20	Fig	20	Peanut
18	Mussel	17	Guava	16	Barnacle
16	Cucumber	16	Curry (Mixed Spices)	16	Potato
15	Lentil	15	Oat	15	Raspberry
15	Sesame Seed	14	Amaranth	14	Durum Wheat
14	Salmon	14	Shrimp/Prawn	13	Shallot
13	Sunflower Seed	12	Cauliflower	12	Ginger
12	Lobster	12	Tiger Nut	11	Cabbage (Savoy/White)
10	Chard	10	Ginseng	10	Peach
10	Plum	10	Squash (Butternut/Carnival)	9	Alga Wakame
9	Anchovy	9	Chickpea	9	Leek
9	Mushroom	9	Onion	8	Alga Espaguette
8	Camomile	8	Cane Sugar	8	Crab
8	Hake	8	Rice	8	Scallop
8	Sole	8	Wheat Bran	7	Beet
7	Carrot	7	Oyster	7	Sardine
7	Snail (Sea Snail/Winkle)	7	Spelt	6	Apricot
6	Bell Peppers	6	Caviar	6	Cayenne
6	Clam	6	Coffee	6	Cumin
6	Haddock	6	Mackerel	5	Basil
5	Broccoli	5	Cinnamon	5	Cod

NORMAL FOODS (≤23 U/ml)

5	Dill	5	Flax Seed	5	Ginkgo
5	Mango	5	Nutmeg	5	Sweet Potato
5	Tea (Black)	5	Tuna	4	Apple
4	Bass	4	Beef	4	Chicken
4	Cocoa Bean	4	Coconut	4	Cuttlefish
4	Herring	4	Lychee	4	Melon (Galia/Honeydew)
4	Olive	4	Ox	4	Pear
4	Polenta	4	Pomegranate	4	Pork
4	Razor Clam	4	Sea Bream (Red)	4	Spirulina
4	Turnip	4	Walnut	3	Arugula
3	Banana	3	Bayleaf	3	Bean (Green)
3	Black Currant	3	Buckwheat	3	Cabbage (Red)
3	Cherry	3	Chicory	3	Cranberry
3	Date	3	Eggplant	3	Fennel (Leaf)
3	Garlic	3	Grapefruit	3	Hops
3	Horse	3	Lemon	3	Lettuce
3	Lime	3	Mulberry	3	Nectarine
3	Octopus	3	Pike	3	Raisin
3	Red Chili Pepper	3	Red Currant	3	Spinach
3	Trout	3	Turkey	3	Watercress
2	Aniseed	2	Avocado	2	Beta-Lactoglobulin
2	Blackberry	2	Brussels Sprout	2	Carob
2	Carp	2	Cockle	2	Goat
2	Kiwi	2	Lamb	2	Mint
2	Monkfish	2	Peppercorn (Black/White)	2	Peppermint
2	Perch	2	Plaice	2	Quail
2	Quinoa	2	Rabbit	2	Rosemary
2	Rye	2	Strawberry	2	Turbot
2	Venison	2	Watermelon	1	Artichoke
1	Duck	1	Grape (Black/Red/White)	1	Milk (Buffalo)
1	Papaya	1	Partridge	1	Pine Nut
1	Pineapple	1	Squash, Summer	1	Squid
1	Swordfish	1	Tangerine	1	Tomato
1	Transglutaminase	1	Veal	0	Alpha-Lactalbumin
0	Asparagus	0	Blueberry	0	Canola
0	Caper	0	Chestnut	0	Clove
0	Coriander (Leaf)	0	Eel	0	Honey
0	Licorice	0	Macadamia Nut	0	Marjoram
0	Millet	0	Nettle	0	Ostrich
0	Parsley	0	Rhubarb	0	Saffron
0	Sage	0	Sea Bream (Gilthead)	0	Tapioca
0	Tarragon	0	Tea (Green)	0	Thyme
0	Vanilla	0	Wild Boar	0	Yeast (Baker's)
0	Yucca				