

95 Common (serum) **or**
95 Foodsafe (bloodspot) **Profile**

DAIRY	VEGETABLES	FRUITS
Casein	Asparagus	Apple
Cheddar cheese	Beet	Apricot
Cottage cheese	Black olive	Avocado
Cow's milk	Broccoli	Banana
Goat's milk	Cabbage	Blueberry
Mozzarella cheese	Carrot	Cranberry
Whey	Cauliflower	Grapefruit
	Celery	Lemon
MEATS	Cucumber	Orange
Beef	Garlic	Papaya
Buffalo	Green bean	Peach
Chicken	Green pepper	Pear
Egg white	Kidney bean	Pineapple
Egg yolk	Lentil	Plum
Lamb	Lettuce	Raspberry
Pork	Lima bean	Red grape
Turkey	Onion	Strawberry
	Pea	Watermelon
FISH	Potato	
Cod	Pumpkin	NUTS
Halibut	Soy	Almond
Salmon	Spinach	Peanut
Sardine	Tomato	Pecan
Sole		Pumpkin seed
Tilapia	GRAINS	Sesame seed
Trout	Barley	Sunflower seed
Tuna	Buckwheat	Walnut
	Corn	
SHELLFISH	Gliadin	MISCELLANEOUS
Clam	Gluten	Baker's yeast
Crab	Hemp	Brewer's yeast
Lobster	Oat	Cane sugar
Oyster	Quinoa	Coffee
Shrimp	Rice	Honey
	Teff	Mushroom
CANDIDA Screen	Wheat	Xanthan gum
Candida Albicans		

190 Combo (serum) **or**
190 Foodsafe Combo (bloodspot) **Profile**
(When ordered with the 95 Common or 95 Foodsafe Profile)

MEAT & DAIRY	VEGETABLES	SPICES
Duck egg	Alafalfa	Allspice
Duck meat	Artichoke	Basil
Parmesan cheese	Bamboo shoot	Black pepper
Sheep milk	Bean sprout	Cilantro
Venison	Black bean	Cinnamon
Yogurt	Bock choy	Clove
	Brussels sprout	Coriander
GRAINS	Butternut squash	Cumin
Amaranth	Chili pepper	Dill
Brown rice	Eggplant	Ginger
Flaxseed	Endive	Horseradish
Millet	Garbanzo bean	Mustard
Psyllium seed	Green olive	Nutmeg
Safflower seed	Jalapeño	Oregano
Sorghum	Kale	Parsley
Wild rice	Kelp	Peppermint
	Kohlrabi	Poppy seed
FRUITS	Mung bean	Rosemary
Blackberry	Navy bean	Sage
Boysenberry	Okra	Spearmint
Cantaloupe	Pinto bean	Tarragon
Cherry	Radish	Thyme
Currants	Rutabaga	Turmeric
Fig	Sweet potato	Vanilla
Kiwi	Water chestnut	
Mango	Watercress	MISCELLANEOUS
Pomegranate	Yam	Arrowroot
Rhubarb	Yellow squash	Carob
White grape	Zucchini	Cocoa
		Corn sugar
NUTS		Cornstarch
Brazil nut		Hops
Cashew		Maple sugar
Chia seed		Tapioca
Coconut		Tea
Hazelnut		
Macadamia		
Pine nut		
Pistachio		



FOOD SENSITIVITY AND YOUR HEALTH



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Do you want to rid yourself of chronic conditions, but are not sure how to do so? Do you want to feel more alive during the day and sleep better throughout the night? Now there is a test that can help alleviate unexplained ailments and provide you with results for optimal health.

Wouldn't I already know if I have a food allergy?

When we think of "food allergy", we tend to think of someone who eats a food, such as strawberries, and breaks out in a rash or has difficulty breathing. This type of "immediate hypersensitivity" reaction is what most people think of when they hear "food allergy". It is only one type of food allergy, and not even the most common type. Most food allergies are of the "delayed hypersensitivity" type in which symptoms appear anywhere from hours to days after eating the offending food. If the food is one that you eat frequently, the repeated exposure can lead to a constant level of symptoms that begins to seem "normal". You may not even realize that you could feel much better than you do. Delayed hypersensitivity reactions are commonly referred to as food sensitivities.

The food you eat: friend or foe?

Food is the stuff of life, yet sometimes the foods you eat are the cause of ill health and dysfunction. Often, it is hard to know which foods are the culprits. According to the late Dr. James C. Breneman, founder of the Food Allergy Committee of the American College of Allergy, Asthma and Immunology, and recipient of the Fellow Distinguished Award for advancing the science of food allergy, 60% of all illnesses are due to underlying food reactions, the majority of which are not caused by IgE antibodies.

Can I be sensitive to something I eat all the time?

It is very common for people to react to foods that they eat frequently. Often a person will find that the foods they crave the most are the very ones causing their symptoms. There are a number of reasons for this. When faced with a challenge, such as a food you are reacting to, your body produces higher levels of stress hormones. These stress hormones may give you a temporary boost in energy and effectiveness that can mask symptoms. This fuels cravings for the very foods that are causing your symptoms. The high levels of stress hormones can lead to other problems.

How does a food sensitivity test work?

At Meridian Valley Lab we use a type of testing called ELISA (Enzyme-Linked Immunosorbent Assay) which is highly reproducible. This type of testing checks your blood for antibodies that your body may be making to specific foods. Our tests focus on detecting delayed type hypersensitivities (IgG₄ antibodies). Foods that may be problematic for you may result in higher levels of these antibodies in your blood.

By identifying and eliminating the foods that you react to, you may experience new levels of vitality and optimism as well as eliminate symptoms that may have been plaguing you for all these years.



*"Let food be thy medicine
and medicine be thy food."
~ Hippocrates*

Do you have symptoms or a condition that may be associated with food sensitivities?

Cognitive/Mental/Emotional/Neurological

- Difficulty with attention and focus
- Obsessive, compulsive or addictive behaviors
- Anxiety/irritability/tension
- Depression/mood swings/tearfulness
- Foggy brain/poor concentration
- Headaches or migraines
- Seizures

Digestion

- Constipation, diarrhea, anal itching
- Irritable Bowel Syndrome (IBS)
- Eosinophilic esophagitis
- Candida (yeast) overgrowth
- Colitis or Inflammatory Bowel Disease (IBD)
- Food cravings/eating disorders
- Frequent burping, bloating and/or gas
- "Leaky Gut"
- Poor absorption
- Vitamin/mineral deficiencies

Skin

- Eczema/ dry skin
- Rashes/Rosacea
- Acne

Respiratory/Eyes, Ears, Nose and Throat

- Asthma
- Frequent ear infections
- Frequent sore throats or Strep throat

Immune

- Frequent or chronic infections
- Autoimmune disease

Musculoskeletal

- Joint pain/stiffness/discomfort
- Neck pain
- Arthritis/Rheumatoid Arthritis
- Gout
- Fibromyalgia

General

- Fatigue/Chronic Fatigue
- Low blood sugar
- Fluid retention (edema)
- Leaky bladder/bedwetting
- Menstrual cramps/PMS
- Unexplained weight gain or loss

