

Mrs. Birgitte

Your personal ImuPro Vegetarian documents

Sample ID: 130134

Dear Birgitte,

With this letter, you will receive your personal ImuPro test result as well as general information about food allergies type III and the links with chronic inflammation. This laboratory report contains your results for all the tested foods at a glance.

ImuPro is an extensive IgG food allergy laboratory test. Your blood has been analysed for the presence of specific IgG antibodies to particular foodstuffs. If high levels of these antibodies are present, this might indicate that you have a chronic inflammation caused by a delayed food allergy type III. Your individual ImuPro documents will help you to find out which foods are good for you and to pinpoint your individual "trigger foods". By avoiding the foods that might cause you problems, inflammatory processes can be reduced or even stopped and your body can recover.

The ImuPro concept consists of three phases:

1. Elimination phase
2. Provocation phase
3. Stabilisation phase

Your report guides you through these phases; it explains how to proceed with your test results. **ImuPro shows you the way to the right food for you. And your path for better health.**

Important: If you have an existing type I food allergy (IgE mediated) previously diagnosed either by a positive IgE test or by a skin prick test or if you have any other known food related issues, please do not start eating this particular food even if the ImuPro test does not show any reaction to it. IgE-mediated food allergies can cause reactions such as anaphylactic shock, rashes, vomiting, itching etc. **ImuPro identifies raised levels of IgG antibodies to foods and provides advice based on these findings. Based on the ImuPro result, we do not make any statements on IgE related allergies.**

If you have any questions about your ImuPro result or about food allergies type III, please contact us.

We wish you all the best on your way to better health!

With kind regards,

Your ImuPro Team

The information in your documents does not replace the medical advice of a trained health professional. The results obtained must always be interpreted in combination with the complete clinical picture. **Dietary changes must be made in consultation with a health professional, a relevant dietician or nutritional expert.** Please immediately consult your practitioner in case of any health-related concerns.

The specific IgG concentrations determined by this test offer the basis for an elimination and provocation diet. We do not claim that the determined IgG concentrations reflect the occurrence or the severeness of serious clinical symptoms.

Patient report:
BIRGITTE

date of birth: 10.11.1966 ■ age: 51 ■ sex: f ■ sample id: 130134



IMUPRO VEGETARIAN RESULTS

	Rating	Number of foodstuffs	Reference range
Specific IgG antibodies	■ Not elevated	71	< 8.0 µg/ml IgG
	■ Elevated	5	≥ 8.0 µg/ml IgG
	■ Highly elevated	14	≥ 18.0 µg/ml IgG
Total	19 out of 90 tested allergens		

Important:

If you have an existing type I food allergy (IgE mediated) previously diagnosed either by a positive IgE test or by a skin prick test or if you have any other known food related issues, please do not start eating this particular food even if the ImuPro test does not show any reaction to it. IgE-mediated food allergies can cause reactions such as anaphylactic shock, rashes, vomiting, itching etc. **ImuPro identifies raised levels of IgG antibodies to foods and provides advice based on these findings. Based on the ImuPro result, we do not make any statements on IgE related allergies.**

Laboratory:

CTL & Ortholabor GmbH
Anemonenweg 3a
26160 Bad Zwischenahn
Germany

Sender:

Andrea Hanko Petersen

sample type	human capillary blood
sample id	130134
examination method	enzyme-linked immunosorbent assay for the detection of foodstuff spec. IgG
date of report	07.03.2018
report authorized by	Siegfried Scholz

The information in your documents does not replace the medical advice of a trained health professional. The results obtained must always be interpreted in combination with the complete clinical picture. **Dietary changes must be made in consultation with a health professional, a relevant dietician or nutritional expert.** Please immediately consult your practitioner in case of any health-related concerns.

The specific IgG concentrations determined by this test offer the basis for an elimination and provocation diet. We do not claim that the determined IgG concentrations reflect the occurrence or the severeness of serious clinical symptoms.

Patient report:
BIRGITTE

date of birth: 10.11.1966 ■ age: 51 ■ sex: f ■ sample id: 130134



■ Not elevated ■ Elevated ■ Highly elevated

	µg/ml IgG	Rating		µg/ml IgG	Rating
Vegetables			Fruits		
Aubergine	4,7	■	Acai	8,5	■
Beetroot	2,5	■	Acerola	6,3	■
Broccoli	6,7	■	Apple	5,3	■
Carrots	5,4	■	Avocado	2,5	■
Cauliflower	5,3	■	Banana	15,7	■
Celeriac, knob celery	7,2	■	Blueberry	< 2,5	■
Chickpeas	3,1	■	Cherry	5,3	■
Chili Cayenne	3,9	■	Cranberry	2,8	■
Courgette	7,0	■	Date	6,4	■
Cucumber	4,2	■	Goji	2,9	■
Fennel	5,2	■	Grape / Raisin	3,3	■
Green bean	7,5	■	Kiwi	7,0	■
Green pea	6,7	■	Lemon	5,0	■
Leek	4,9	■	Orange	2,9	■
Lentil	4,9	■	Peach	< 2,5	■
Olive	2,7	■	Pear	3,0	■
Onion	3,1	■	Pineapple	32,5	■
Potato	3,1	■	Pomegranate	< 2,5	■
Soy bean	5,7	■	Raspberry	3,1	■
Spinach	3,6	■	Strawberry	2,6	■
Sweet pepper	4,4	■	Watermelon	4,1	■
Tomato	3,4	■			
White cabbage	< 2,5	■	Cereals containing gluten		
Seeds and nuts			Barley	44,0	■
Almond	12,3	■	Gluten	26,8	■
Cashew kernels	< 2,5	■	Oats*	6,4	■
Chia seeds	2,7	■	Rye	20,8	■
Cocoa bean	< 2,5	■	Spelt	30,7	■
Coconut	3,7	■	Wheat	22,1	■
Hazelnut	3,0	■	Cereals w/o gluten and alternatives		
Hempseed	< 2,5	■	Amaranth	4,3	■
Linseed	< 2,5	■	Buckwheat	3,2	■
Peanut	4,8	■	Maca	< 2,5	■
Pumpkin seeds	5,2	■	Maize, sweet corn	5,3	■
Sesame	3,8	■	Millet	4,9	■
Sunflower seed	2,6	■	Quinoa	3,1	■
Walnut	5,5	■	Rice	3,2	■
			Sweet potato	< 2,5	■

* There are cereals containing gluten and cereals not containing gluten. Due to technical reasons, extracts of cereals normally containing gluten (e. g. wheat) and gluten itself must be measured separately. The reason is, that the extraction of gluten is possible only with very specific methods. In the case of a positive reaction to gluten, these cereals are set to the same reaction level. For example, if gluten is indicated as "elevated" in the report, then wheat is also indicated as "elevated". This is important, because these cereals must be avoided just like gluten in order to prevent persistence of symptoms due to gluten consumption. If the measured value for a specific cereals' extract is below 7.50 mg/l, the cereal may be consumed if it is commercially available as "certified gluten-free".

Patient report:
BIRGITTE

date of birth: 10.11.1966 ■ age: 51 ■ sex: f ■ sample id: 130134



■ Not elevated ■ Elevated ■ Highly elevated

	µg/ml IgG	Rating
Spices and herbs		
Cumin	3,0	Not elevated
Garlic	9,4	Elevated
Ginger	9,6	Elevated
Mustard seed	< 2,5	Not elevated
Oregano	2,8	Not elevated
Parsley	4,8	Not elevated
Pepper, black	< 2,5	Not elevated
Vanilla	36,4	Highly elevated
Milk products		
Goat: milk and cheese	62,3	Highly elevated
Milk (cow)	66,4	Highly elevated
Rennet cheese (cow)	68,6	Highly elevated
Sheep: milk and cheese	59,1	Highly elevated
Sour-milk products (cow)	54,8	Highly elevated
Eggs		
Chicken egg (egg white and egg yolk)	18,9	Highly elevated
Salads		
Butterhead lettuce	2,8	Not elevated
Mushrooms		
Meadow mushrooms	3,0	Not elevated
Food additives		
Curcumin (E100)	< 2,5	Not elevated
Yeast		
Yeast	3,7	Not elevated
Algae		
Red algae(nori)	< 2,5	Not elevated

Patient report:
BIRGITTE

date of birth: 10.11.1966 ■ age: 51 ■ sex: f ■ sample id: 130134



GENERAL RECOMMENDATIONS

- **Your results:** The test results show that you have raised IgG antibody titres to food(s). A monotonous diet, together with an increased permeability of the intestine, is assumed to be the reason for an IgG food allergy (type III). The amount of IgG-positive foods indicates that your gut permeability might be increased and that your immune system responds with an adverse reaction to foods which normally should not be recognised by your immune system. Every time the IgG positive foods are consumed, an inflammatory reaction occurs. This might weaken your entire body. Experience shows that the simple avoidance of the positively tested foods is not enough and a diet modification in accordance with the rotation principle is required.

The amount of IgG positive foods indicates that you suffer from an intestinal permeability (leakiness). Furthermore a disorder of the intestinal flora and / or the intestinal barrier may be present. It may be helpful to analyse the composition of your intestinal flora and the functionality of your intestinal barrier by means of a specialised stool analysis.

- **Diagnostics of the intestinal flora:** IgG-mediated food allergy is commonly triggered or aggravated by disorders of the intestinal barrier. Therefore, intestinal diagnostics with subsequent recovery of the intestinal flora (colon cleansing) is essential. It may be helpful to analyse the composition of your intestinal flora and the functionality of your intestinal barrier by means of a specialised stool analysis. Please ask your physician or therapist.

- **Gluten:** Elevated levels of IgG against gluten were detected.

Raised levels of IgG antibodies to gluten may indicate the severe autoimmune disease "Coeliac disease". It must be ruled out that the reaction against gluten is due to coeliac disease. To be certain about this clinical picture, we highly recommend to do the following tests: Anti-gliadin IgG, Anti-gliadin IgA, Anti-transglutaminase IgG, Anti-transglutaminase IgA, Anti-endomysium.

Even if coeliac disease can be ruled out, you may still suffer from a Non Coeliac Gluten Sensitivity (NCGS) in which case you may also have to eliminate gluten from your diet.

Sensitivity to gluten not only leads to intestinal inflammation but is suspected to actively increase gut permeability which can also lead to several deficiencies, like iron, vitamin D and folic acid deficiencies as well as other adverse reactions to food and associated ailments, particularly outside of the gut.

- **Other causes:** In addition to a delayed IgG food allergy, there may be a non-immune related digestive disorder or poor utilisation of nutrients which can have numerous causes. You should discuss this with your attending physician or health professional. Possible causes include a diminished degradation of carbohydrates (e.g. lactose, fructose) due to an enzyme deficiency or an inadequate activity of the pancreas and thus insufficient secretion of digestive enzymes.

Furthermore an intestinal mycosis or parasitosis or an impaired intestinal flora may play a role. If the diet modification in accordance with ImuPro shows no improvement at all, you should take further diagnostic steps.

Patient report:
BIRGITTE

date of birth: 10.11.1966 ■ age: 51 ■ sex: f ■ sample id: 130134



PATIENT: Birgitte



Foods to avoid during the elimination phase:

Acai	Goat: milk and cheese	Sour-milk products (cow)
Almond	Milk (cow)	Spelt
Banana	Oats	Vanilla
Barley	Pineapple	Wheat
Chicken egg (egg white and egg yolk)	Rennet cheese (cow)	
Garlic	Rye	
Ginger	Sheep: milk and cheese	
Gluten		

Patient report:

BIRGITTE CHRISTIANSEN

date of birth: 10.11.1966 ■ age: 51 ■ sex: f ■ sample id: 130134



Allowed in 4-day rotation

Fruits	Pear	Courgette	White cabbage	Yeast	Walnut
Acerola	Pomegranate	Cucumber	Salads	Yeast	Algae
Apple	Raspberry	Fennel	Butterhead lettuce	Seeds and nuts	Red algae(nori)
Avocado	Strawberry	Green bean	Mushrooms	Cashew kernels	Cereals w/o gluten and alternatives
Blueberry	Watermelon	Green pea	Meadow mushrooms	Chia seeds	
Cherry	Vegetables	Leek	Spices and herbs	Cocoa bean	Amaranth
Cranberry	Aubergine	Lentil	Cumin	Coconut	Buckwheat
Date	Beetroot	Olive	Mustard seed	Hazelnut	Maca
Goji	Broccoli	Onion	Oregano	Hempseed	Maize, sweet corn
Grape / Raisin	Carrots	Potato	Parsley	Linseed	Millet
Kiwi	Cauliflower	Soy bean	Pepper, black	Peanut	Quinoa
Lemon	Celeriac, knob celery	Spinach	Food additives	Pumpkin seeds	Rice
Orange	Chickpeas	Sweet pepper	Curcumin (E100)	Sesame	Sweet potato
Peach	Chili Cayenne	Tomato		Sunflower seed	

Avoid for at least 5 weeks

Acai	Chicken egg (egg white and egg yolk)	Gluten	Pineapple	Sour-milk products (cow)	Wheat
Almond	Garlic	Goat: milk and cheese	Rennet cheese (cow)	(cow)	
Banana	Ginger	Milk (cow)	Rye	Spelt	
Barley		Oats	Sheep: milk and cheese	Vanilla	