PROIMMUN
NUTRITIONAL SCREENING

Labordiagnostik

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Personal test results of:

Hannelore Musterfrau
Geb.-Datum: 16.04.1961

On behalf of practice:

Dr. med. Ralf Mustermann

Dear Mrs. Musterfrau,

With an optimised diet, you have the chance to directly support the improvement of your health. You are now receiving your individual results, the test result of Pro Immun M, and dietary as well as recipe suggestions which are tailored to your results. In order to facilitate your diet change, we have compiled the following documents for you:

1. **Your personal results** contain your test results. They contain precise information about the food to which you react and about the numerous alternatives available.

2. **Your patient guide** will inform you comprehensively about the way Pro Immun M works, what you should bear in mind and it contains many tips for your optimised diet.

3. **Your rotation plan** can help you to implement the test result in your everyday life and to eat a varied diet. For every day of the week, it offers you a large variety of food which did not test positively.

Attached you will find a shopping list for a quick overview of all tested foods.

An important note before you study your test results:
Even if food tested with Pro Immun M yields no adverse reaction, meaning that you do not suffer from a type 3 allergy to this particular food, which occurs only after a certain time (4 to 72 hours after food intake), acute reactions (immediate reactions) to this food are possible, this would mean a type 1 mediated immunoglobulin E reaction. For this reason, please talk to your therapist about your results.

With your Pro Immun M documents, you are able to actively influence your well-being and the restoration of your health. We wish you much success!

Content

Test Report

Examination procedures

Determination of allergen-specific immunoglobulin G (IgG) from human serum using enzyme immuno assay. Test / ref filter 405/620 nm; evaluation mode: point to point / lin-log; measuring range [µg IgG/ml]: 2.5 – 200

Strength of Reaction:	1	2	3	4
Meaning:	poor	medium	strong	very strong

Important information:

The foods for which you were tested positively should be avoided and replaced with foods which did not test positive. Please bear in mind that these food ingredients may also be hidden in industrially produced food.
Please also bear in mind that in Pro Immun M foods such as **rennet cheese** and **fermented milk** products are tested. If there is a reaction to one of these, you should avoid the consumption of a whole range of foods. On the following page, you will find a list with all the foods involved in such a case.
Please note that products such as **oil or fat, fruit juice, vinegars** or similar products may be obtained from foods to which you reacted. For example, if you have a reaction to sunflower seeds, you also need to avoid sunflower oil. The same applies for olives and olive oil, peanuts and peanut oil and the like.
This is particularly important for **fruit juices.** If you have a reaction to oranges, you will need to avoid the consumption of orange juice and use another, if possible freshly squeezed, fruit juice mixed with water (3/4 water and 1/4 juice).
Always bear in mind the **rotation.** It is wise to consume the same food only every **four days.** According to our experience, this practice reduces the possibility that new immune reactions to foods develop. However, we are aware that people who travel or eat out a lot are not always able to consistently implement the rotation.

Cheese list

Rennet cheese (cow´s milk)

- **soft cheese**
  Brie, Camembert de Normandie, Chaource, Gorgonzola, Herve, Langres, Limburger, Livarot, Maroilles, Mont d'Or, Munster, Neufchatel, Pont-l'Evêque, Romadur

- **Semi-hard cheese**
  Asiago d'avllevo, Cheddar, Chesire, Edamer, Esrom, Fourme d'Ambert, Greve, Gruyère, Gouda, Havarti, Herrgardost, Jarlsberg, Leerdammer, Salers, Samsø, Stilton, Svecia, Trappist cheese

- **Semi-soft cheese**
  Bleu d'Auvergne, Butter cheese, blue-veined cheese, Mahón-Menorca, Passendale, Saint-Nectaire, Steilbuscher, Tetilla, Tilsiter, Tollenser, Weißlacker, Wilstermarsch

- **hard cheese**
  Abondance, Allgäuer mountain cheese, Appenzeller, Beaufort, Comté, Emmentaler, Grana Padano, Montasio, Parmigiano Reggiano, Raclette cheese, Reblochon de Savoie, Sbrinz, Tête de Moine

- **Filata cheese**
  Mozzarella, Provolone valpadana

Fermented milk products (cow's milk)

- butter milk, yoghurt, whey, quark

- Bauern-Handkäse, Harzer Handkäse, Harzer Korbkäse, Harzer Stangenkäse, Mainzer Käse, Olmützer Quargel, Tiroler Graukäse

Overview

If possible, all foods not tested in Pro Immun M should be avoided during the first 12-16 weeks. As it is uncertain if you can tolerate these foods, consumption may reduced the desired effect.
After your health has stabilised and your symptoms are reduced or have disappeared completely, you may slowly eat these foods one after the other in order to see if you can tolerate them. An troublesome food may be detected through the renewed occurrence of symptoms and a possible, otherwise inexplicable weight gain of one to two kilograms over night (water retained due to an inflammation). If this is the case, you should continue to avoid the respective food until another try in the future.
It is important that you only test one food at a time in this way. If you were to eat several at the same time and symptoms occurred, you would not know which food you reacted to. When you reintroduce the foods which were found positive in the test (reactions 1-4) in your diet, it is best to begin with the foods with reaction 1, but not more frequently than once or twice a week. Not too frequent consumption of this food will reduce the probability of a renewed formation of antibodies.

Intensity of reaction	**4**	**time of avoidance**	**6- 12 months**
Intensity of reaction	**3**	**time of avoidance**	**5- 11 months**
Intensity of reaction	**2**	**time of avoidance**	**4- 10 months**
Intensity of reaction	**1**	**time of avoidance**	**3- 9 months**

The waiting period for the foods found positive in the test depends, among other things, on the duration and intensity of other illnesses, on your age and on current treatments or treatments in the past and their success. Please talk to your therapist about the length of the time during which you should avoid the food.

Foods against which IgG antibodies were found and which you should avoid during the next months:

Intensity of reaction 4

Barley, Egg white (chicken), Egg yolk (chicken), Gluten, Goat: milk, cheese, Kamut, Kefir, Macadamia nuts, Milk (cow's, raw), Milk (heated), Oats, Rennet cheese (cow), Ricotta, Rye, Sour-milk products, Spelt, Wheat, Whole eggs (chicken)

intensity of reaction 3

Almonds, Brazil nuts, Halloumi, Hazelnuts, Sheep: milk, cheese, Yeast

intensity of reaction 2

Cashew kernels, Nori seaweed, Octopus

intensity of reaction 1

Aspergillus niger, Basil, Benzoic acid (E211), Camel's milk, Crayfish, Sorbic acid* (E200), Squid, cuttlefish, Vanilla

1.2 Foods tested and their properties

On the following pages you will find all foods tested in alphabetical order. Additionally, information about the most important properties of the foods is provided. If your therapist told us to eliminate foods with certain properties from your diet for health reasons and due to information about illnesses available to him/her, we have fulfilled this request without additional costs and have highlighted the respective foods.

- **U – uric acid**: With increased uric acid levels, it is recommended that you eliminate the marked foods from your diet.

- **F – containing fructose**: If a fructose intolerance is present, you should avoid eating fruit until the intolerance has been overcome.

- **I - containing iron**: Iron-reduced foods should be consumed when suffering from haemochromatosis or increased levels of iron.

- **L – containing lactose / cow's milk products**: With lactose intolerance, lactose-free foods should be consumed.

- **G - containing gluten**: Gluten is a protein composite in foods such as wheat, rye, barley, oats and spelt, and foods containing gluten should be replaced by gluten-free products (rice, corn, millet, amaranth, quinoa, buckwheat, teff) if you suffer from gluten intolerance (sprue / coeliac disease).

- **AN – Aspergillus niger**: For further information about this mould, please see 2.1.

- **H – containing histamine**: This designates foods that may contain high levels of histamine and foods that may increase histamine release. For further information, please see 2.1.

- **P – source of protein**: If you lack protein, please ensure that you eat enough protein-containing foods.

- **GI – high glycaemic index/ load**: The Glycaemic Index measures the effects of foods containing carbohydrates on the blood sugar level. Sometimes this is called Glyx or abbreviated "GI". The higher the value, the faster the blood sugar level increases. Additionally, the glycaemic load takes into account the amount of carbohydrates contained in the food. If your therapist instructed us to consider these factors in your test results, only foods which make blood sugar levels increase slowly and contain few carbohydrates will be shown on the list of recommended foods. Since all types of grain have a glycaemic index or glycaemic load that is too high, these are not recommended for a diet with a low glycaemic index/ load. However, over the past-few years, types of bread and pasta with a high amount of added dietary fibre and amino acids have been developed that have a low glycaemic index (GI)/load (GL), and which may therefore be consumed.

- **AL – alkaline & AC – acid-forming**: Fruits, vegetables and salad are alkaline, while grains and meat are acid-forming. This does not mean that they are harmful; however, a good balance of alkaline-forming foods should be achieved. In most cases, a good balance means 60% alkaline-forming and 40% acid-forming. Depending on the symptoms, it may be useful to include in your therapy an alkaline fast of 1 to 3 weeks under the supervision of your therapist.

In the alphabetically sorted list, food groups that should be avoided in addition to foods that were found positive in the test are marked red and with an asterisk (*).
Pro Immun M is the first laboratory in Germany offering this kind of service to therapists and patients. We hope to contribute to an easier dietary change for you, and that you will soon reach your health goals.

U = uric acid
L = containing lactose
H = containing histamine
P = source of protein
CH = carbohydrate
F = containing fructose
G = containing gluten
AL = alkaline
GI = high glycemic index/load
O = Omega-3
I = containing iron
AN = Aspergillus niger
AC = acid-forming

Alphabetical list of foods tested

Food	Reaction 1 2 3 4	Food	Reaction 1 2 3 4
Agar agar	AC	Beetroot	AL,GI,CH
Agave nectar	AC,GI,F,CH	Benzoic acid (E211)	
Alfalfa	P,AL	Black-/ redcurrants	AL,F
Allspice	AL,GI,CH	Blackberries	AL,F
Almonds	P,AN,AC	Blue mussels	P,AC,U,H
Aloe Vera	AL	Blueberries	AL,F
Amaranth	P,AC,GI,I	Bok choy	AL
Anchovies	P,AC	Brazil nuts	P,AC
Angler, monkfish	P,AC	Bream	P,AC
Aniseed	AC	Broad beans	P,AC,U,H
Apples	AL,F,CH	Broccoli	AL
Apricots	AL,F	Brussel sprouts	AL
Arrowroot	AL	Buckwheat	AC,GI,CH
Artichokes	AL	Butterhead lettuce	AL
Asparagus	AL,U	Button mushrooms	P,AC
Aspergillus niger	AN,GI,CH	Camel's milk	P,AC,L
Aubergines	AL,H	Camomile	AL
Avocados	AL	Candied lemon peel	
Bamboo shoots	P,AL	Cane sugar	AC,GI,CH
Bananas	AL,GI,F,H,CH	Capers	AL
Barley	P,AN,AC,G,GI	Caraway	AL
Basa fish (panga)	P,AC	Cardamom	AL,GI,CH
Basil	AL	Carob	AC,GI,CH
Bay boletus	AC	Carp	P,AC
Bay leaves	AL	Carrageen (E407)	GI,CH
Beef	P,AC,U,I,O	Carrots	AL

If a food is marked with an asterisk (and in red, but without a bar next to it), this is a food that you have not had an IgG antibody reaction to, but that you should avoid or greatly reduce consumption of for other reasons based on your therapist's instructions, or due to cross-reactivity.

Food	Reaction 1 2 3 4	Food	Reaction 1 2 3 4
Cashew kernels	P,AN,AC,H	Eel	P,AC
Cassava root	GI,CH	Egg white (chicken)	P,AC
Cauliflower	AL	Egg yolk (chicken)	P,AC
Celeriac	AL	Endives	AL
Celery	AL	Fennel	AL
Cep (mushrooms)	P,AC	Figs	AL,GI,F,CH
Chanterelle	P,AC	Fonio	GI,CH
Chard, beet greens	AL	Garden cress	AL
Cherries	AL,F	Garlic	AL
Chervil	AL	Ginger	AC
Chestnuts	AL,GI	Gluten	P,AC,G,GI,CH
Chicken	P,AC,U,I,O	Goat's meat	P,AC,U,I,O
Chickpeas	P,AC,U,H	Goat: milk, cheese	P,AC,L,H
Chicory	AL	Goose	P,AC,U,O
Chili Cayenne	AN,AC	Goose eggs	P,AC
Chili Habanero	AL	Gooseberries	AL,F
Chili Jalapeno	AL	Grapefruit	AL,F,H
Chives	AL	Grapes / Raisins	AL,GI,F,CH
Cinnamon	AL	Green beans	P,AC,U,H
Cloves	AL	Guar flour (E412)	P,AC,GI,CH
Cocoa beans	AC,GI,H,CH	Guava	AL,GI,F,CH
Coconut	AC,F	Haddock	P,AC
Cod	P,AC	Hake	P,AC
Coffee	AN,AC,U	Halibut	P,AC
Coriander		Halloumi	P,AC,L
Courgettes	AL	Hare	P,AC,U,O
Cranberries	AL,F	Hazelnuts	AN,AC
Crayfish	P,AC,H	Herring	P,AC
Cucumber	AL	Honey	AC,GI,F,CH
Cumin	AL	Honeydew melon	AL,GI,F,CH
Curcumin (E100)	AL	Horseradish	AL
Curly kale	AL	Iceberg lettuce	AL
Dandelion	AL	Jerusalem artichoke	AL
Dates	AL,GI,F,CH	Juniper berries	AL,GI,CH
Deer	P,AC,U,I,O	Kamut	AC,G,GI,I,CH
Dill	AL	Kefir	P,AC,L
Duck	P,AC,U,I,O	Kiwis	AL,GI,F,H,CH

If a food is marked with an asterisk (and in red, but without a bar next to it), this is a food that you have not had an IgG antibody reaction to, but that you should avoid or greatly reduce consumption of for other reasons based on your therapist's instructions, or due to cross-reactivity.

Food	Reaction 1 2 3 4	Food	Reaction 1 2 3 4
Kohlrabi	AL	Okra, lady's finger	AL
Lamb	P,AC,U,I,O	Olives	AL
Lamb's lettuce	AL	Onions	AL
Lavender	AL	Oranges	AL,GI,F,H,CH
Leeks	AL	Oregano	AC
Lemon balm	AL	Ostrich meat	P,AC,U,I,O
Lemons	AL,F,H	Oyster mushrooms	P,AC
Lentils	P,AC,GI,U,H,CH	Oysters	P,AC,U,H
Limes	AL,GI,F,H,CH	Papaya	AL,GI,F,H,CH
Lingonberries	AL,F	Paprika, spice	AL
Linseed	P,AC	Parsley	AL
Lobster	P,AC,U,H	Parsnips	AL,GI,CH
Lollo rosso	AL	Peaches	AL,GI,F,CH
Lovage	AL	Peanuts	AN,AC
Lupins	P,AC,H	Pears	AL,F,H,CH
Lychees	AL,GI,F,CH	Peas	P,AC,GI,U,H,CH
Macadamia nuts	P,AC	Pectin (E440)	GI,CH
Mackerel	P,AC	Pepper, black	AN
Maize, sweet corn	AC,GI,CH	Pepper, white	AL
Mandarins	AL,GI,F,H,CH	Peppermint	AL
Mangos	AL,GI,F,CH	Perch	P,AC
Maple syrup	AC,GI,CH	Pine nuts	P,AC
Mare's milk	P,AC,L	Pineapple	AL,F,H
Marjoram	AL	Pistachios	P,AN,AC
Milk (cow's, raw)	P,AC,L	Plaice	P,AC
Milk (heated)	P,AC,L	Plums	AL,GI,F,CH
Millet	P,AC,GI,CH	Pollock	P,AC
Mirabelle	AL,GI,F,CH	Pomegranates	AL,F
Moluchia	AL	Poppy seed	
Mung beans	P,AC,U,H	Pork	AC,U,I,O
Mustard seed	AL	Potatoes	AL,GI,CH
Nectarines	AL,F	Prickly pears	AL,GI,F,CH
Nettles	AL	Pumpkin	AL,GI,CH
Nori seaweed	P,AC	Pumpkin seed	AL
Nutmeg	AL	Quail	P,AC,U,O
Oats	P,AN,AC,G,GI	Quail eggs	P,AC
Octopus	P,AC,H	Quince	AL,GI,F,CH

If a food is marked with an asterisk (and in red, but without a bar next to it), this is a food that you have not had an IgG antibody reaction to, but that you should avoid or greatly reduce consumption of for other reasons based on your therapist's instructions, or due to cross-reactivity.

Food	Reaction 1 2 3 4	Food	Reaction 1 2 3 4
Quinoa	P,AC,GI	Spinach	AL,H
Rabbit	P,AC,U,O	Spirulina	P,AC
Radicchio	AL	Squid, cuttlefish	AC
Radishes red, white	AL	Strawberries	AL,F,H
Raspberries	AL,F,H	Sunflower seeds	P,AC
Red cabbage	AL	Sweet peppers	AL
Red snapper	P,AC	Sweet potatoes	AL,GI
Rennet cheese (cow)	P,AC,L,H	Swordfish	P,AC
Rhubarb	AL,F	Tannin	H
Rice	P,AC,GI	Tapioca	GI,CH
Ricotta	P,AC,L	Tea, black	AL
Rocket	AL	Tea, green	AL
Roe deer	P,AC,U,I,O	Teff	P,GI,I
Romaine lettuce	AL	Thyme	AC
Rooibus tea	AL	Tomatoes	AL,H
Rose hips	AC	Tragacanth* (E413)	
Rosemary	AL	Trout	P,AC
Rye	P,AN,AC,G	Tunafish	AC,H
Saffron	AL	Turkey	P,AC,U,I,O
Sage	AL	Turnips	AL
Salmon	P,AC	Vanilla	AC,GI,CH
Sardines	P,AC	Veal	P,AC,U,O
Savoy cabbage	AL	Vine leaves	AL
Scallops	P,AC,H	Walnuts	P,AN,AC,H
Sea bass	P,AC	Watermelon	AL,GI,F,CH
Sea buckthorn	AL,F	Wheat	P,AN,AC,G,GI
Sesame	P,AN,AC	White cabbage	AL
Shark	P,AC	Whole eggs (chicken)	P,AC
Sheep: milk, cheese	P,AC,L,H	Wild boar	P,AC,U,I,O
Shiitake	P,AC	Wild garlic	AL
Shrimps / prawns	P,AC,U,H	Winter savoury	P,AL
Sole	P,AC	Xanthan gum	GI,CH
Sorbic acid* (E200)		Yeast	AC,H
Sour-milk products	P,AC,L	Zander	P,AC
Soyabeans	P,AN,AC,U,H		
Spelt	P,AN,AC,G,GI		

Candida albicans: positive

1.3 Food groups

In the following, you will find all the foods tested, categorised in **groups A, B, C, D**.

It is advisable that you mainly consume foods from groups A and B, since these are nutritionally the most valuable and only rarely cause intolerances in to our experience. If you have developed IgG antibodies against a particular food, this food will be marked in red and you will also see the intensity of reaction. **Please use the foods that are not marked with a colour, since these show no reaction!**

You may consume a wide variety of foods of Group A daily. Group A is not affected by Aspergillus niger (mould fungus). We recommend that you eat two foods of Group B a day, depending on whether you wish to lose or gain weight. Please make sure that you consume enough protein (fish, meat, legumes).
We recommend two foods of Group C a week and two foods of Group D a month, as the foods in these groups are more likely to cause an immune reaction, or contain ingredients that are similar or identical to histamine.

Summary:
Group A: Several times a day **Group B**: Twice a day
Group C: Twice a week **Group D**: Twice a month

Foods to which you have reacted with IgG antibodies are printed in colour and should be avoided. Preferably consume the foods of Group A and B that are printed in black.

Group A
Foods printed in black from Group A may be consumed daily in generous portions, in particular vegetables, salad, herbs, high-quality oils. Grains and legumes not more than twice a day.

Vegetables

Artichokes	Asparagus	Aubergines	Bamboo shoots
Beetroot	Bok choy	Broccoli	Brussel sprouts
Carrots	Cauliflower	Celeriac	Celery
Chard, beet greens	Courgettes	Cucumber	Curly kale
Fennel	Kohlrabi	Leeks	Okra, lady's finger
Olives	Onions	Parsnips	Potatoes
Pumpkin	Radishes red, white	Red cabbage	Savoy cabbage
Spinach	Sweet peppers	Tomatoes	Turnips
White cabbage			

Gluten-free

Amaranth	Buckwheat	Jerusalem artichoke	Lupins
Maize, sweet corn	Millet	Quinoa	Rice
Sweet potatoes	Teff		

Mushrooms

Bay boletus

Herbs & Spices

Allspice	Aniseed	Bay leaves	Chervil
Chives	Coriander	Dill	Garden cress
Garlic	Ginger	Horseradish	Juniper berries
Lavender	Lemon balm	Lovage	Marjoram
Nutmeg	Oregano	Parsley	Pepper, black
Pepper, white	Rosemary	Sage	Thyme
Wild garlic	Winter savoury		

Salads

Butterhead lettuce	Chicory	Dandelion	Endives
Iceberg lettuce	Lamb's lettuce	Lollo rosso	Radicchio
Rocket	Romaine lettuce		

Pulses

Broad beans	Chickpeas	Green beans	Lentils
Mung beans	Peas	Soyabeans	

Fruits

Avocados

Rhubarb

Thickening Agents

Agar agar

Algae

Nori seaweed 2

Spirulina

Miscellaneous

Aloe Vera

Vine leaves

Group B
You may consume foods from this Group that are printed in black 2-4 times a day. Please make sure that you consume enough protein, preferably fish and nuts that you have not demonstrated an IgG reaction to.

Meat

Beef	Chicken	Deer	Duck
Goat's meat	Goose	Hare	Lamb
Ostrich meat	Quail	Rabbit	Roe deer
Turkey	Veal	Wild boar	

Gluten-free

Tapioca

Cereals

Oats 4 Spelt 4

Mushrooms

Button mushrooms	Cep (mushrooms)	Chanterelle	Oyster mushrooms
Shiitake			

Herbs & Spices

Basil 1	Caraway	Cardamom	Chili Cayenne
Cloves	Cumin	Curcumin (E100)	Mustard seed
Paprika, spice	Saffron		

Seafood

Anchovies	Angler, monkfish	Basa fish (panga)	Blue mussels
Bream	Carp	Cod	Crayfish 1
Eel	Haddock	Hake	Halibut
Herring	Lobster	Mackerel	Octopus 2
Oysters	Perch	Plaice	Pollock
Red snapper	Salmon	Sardines	Scallops
Sea bass	Shark	Shrimps / prawns	Sole
Squid, cuttlefish 1	Swordfish	Trout	Tunafish
Zander			

Eggs

Goose eggs Quail eggs

Fruits

Apples	Apricots	Bananas	Black-/ redcurrants
Blackberries	Blueberries	Cherries	Cranberries

Fruits

Dates	Figs	Gooseberries	Grapes / Raisins
Guava	Honeydew melon	Kiwis	Lemons
Limes	Lingonberries	Lychees	Mangos
Mirabelle	Nectarines	Papaya	Peaches
Pears	Pineapple	Plums	Pomegranates
Prickly pears	Quince	Raspberries	Sea buckthorn
Strawberries	Watermelon		

Seeds & Nuts

Almonds 3	Brazil nuts 3	Cashew kernels 2	Coconut
Linseed	Macadamia nuts 4	Pistachios	Poppy seed
Pumpkin seed	Sesame	Sunflower seeds	Walnuts

Tea & Coffee

Camomile	Nettles	Peppermint	Rooibus tea
Rose hips	Tannin	Tea, green	

Dairy products

Camel's milk 1	Goat: milk, cheese 4	Mare's milk	Sheep: milk, cheese 3

Group C

Foods from group C printed in black are to be consumed only once or twice a week.

Meat

Pork

Gluten-free

Arrowroot | Carob | Cassava root | Chestnuts

Fonio

Cereals

Barley 4 | Gluten 4 | Kamut 4 | Rye 4

Wheat 4

Herbs & Spices

Alfalfa | Capers | Chili Habanero | Chili Jalapeno

Cinnamon | Moluchia | Vanilla 1

Sweeteners

Agave nectar | Honey | Maple syrup

Yeast

Yeast 3

Eggs

Egg white (chicken) 4 | Egg yolk (chicken) 4 | Whole eggs (chicken 4

Fruits

Grapefruit | Mandarins | Oranges

Seeds & Nuts

Pine nuts

Tea & Coffee

Coffee | Tea, black

Thickening Agents

Guar flour (E412)

Dairy products (cow)

Halloumi 3 | Kefir 4 | Milk (cow's, raw) 4 | Milk (heated) 4

Rennet cheese (cow) 4 | Ricotta 4 | Sour-milk products 4

Group D

Please consume foods printed in black from group D only twice a month.

Seeds & Nuts

Cocoa beans	Hazelnuts 3	Peanuts	

Preservatives

Benzoic acid (E211) 1	Sorbic acid* (E200) 1

Thickening Agents

Carrageen (E407)	Pectin (E440)	Tragacanth* (E413)	Xanthan gum

Miscellaneous

Candied lemon peel

2. Your patient guide

2.1 General recommendations

Eat two of the vegetable portions recommended in the test a day (at lunchtime and early evening, before 7 pm) and a salad (preferably at lunchtime).

If raw fruits and vegetables cause flatulence, replace the salad with an additional portion of vegetables or vegetable soup (basic) at the beginning of your optimised diet. Please make sure you exclusively use organically grown food.

Eat two of the fruits recommended in the test a day, preferably half an hour before or 1.5-2 hours after a meal. If fruits cause flatulence, try to bake the fruit or slightly cook it in water or in a fat-free pan at the beginning of the optimised diet.

Eat **fresh fish** or **fresh meat** 1-5 times a week together with vegetables or salad, **preferably fish**. Please talk to your therapist about the frequency of protein consumption. Vegetarians may meet their protein requirements with additional plant-based amino acid concentrates, if it is impossible to meet the requirements only through the diet. Do not eat any **sugar-containing** foods and white flour products! Eat one meal with wholemeal grains such as flakes, waffles, boiled grains or pasta a day (if possible from the gluten-free grains recommended in the test, such as rice, corn, millet, buckwheat, amaranth or quinoa). This recommendation especially applies to patients with gluten intolerance or who were tested positive for Aspergillus niger (black mould fungus).

Coffee
is overacidifying and should be consumed only occasionally. Drink 2 to 3 litres of lightly carbonated or non-carbonated mineral water with a calcium content of less than 50 mg per litre a day, preferably before or after meals in 5 to 6 rations. We recommend not to use **tap water**, as tap water may contain medicinal residues and other substances, according to currently available test results. An alternative is **reverse osmosis water**. It is easily remineralised. The systems should include a glass tank.

Aspergillus niger,
the black mould fungus can often be found on dried fruits, nuts, seeds, spices and teas, especially teas from Asia, which were exposed to increased levels of moisture. In particular, foods which are **not stored** properly and for a long time, may be affected by it. This also includes dried or smoked ham and gluten-containing grains (wheat, rye, barley, oat, spelt). With reactions to Aspergillus niger, we would ask that you also avoid yeast (in alcohol, yeast for baking) based on our experience.
A gluten-free or at least gluten-reduced diet, especially without wheat or rye, has been proven successful in nutritional therapy. Nuts should be washed before eating! Instead of dried fruits, fresh fruits and herbs or fruits and herbs which were frozen directly after harvesting and which are free from industry sugar may be consumed. Fungi are rarely found here.

Candida albicans
Candida albicans is a yeast fungus. As humans, we are constantly exposed to yeasts and, with a normal diet, it is impossible to avoid the consumption of larger quantities of yeast. Normally, this does not represent a danger to the healthy organism. When the immune system becomes weakened, e.g. due to diabetes mellitus, chronic alcoholism, stress, immunosuppression or increased use of antibiotics, yeasts may form on the mucous membrane and damage it. The detection of IgG antibodies against Candida albicans means that such a damage has occurred and that the immune system is fighting against it. As candida colonisation may result in a higher allergy risk and rheumatic conditions as well as in damage to the intestinal barrier and a suppression of the normal intestinal flora. This leads to an increased intestinal permeability and the risk of food allergies of type 3. If higher levels of Candida are detected in a following stool examination, therapeutic measures should be introduced to eliminate Candida and the risk of new intolerances, so that the success of the diet change will not be risked.

Histamine
plays an important role in allergic and pseudoallergic reactions. Histamine is produced in the body and taken in with food in different quantities. Histamine is essential, as it fulfills vital functions. Only too much histamine or histamine which is not catabolised poses a problem.
Many people suffer from gastro-intestinal problems, migraines, headaches, skin problems, cardiovascular problems and asthma; problems which result from histamine intolerance. Diamine oxydase, or DAO for short, is the enzyme that catabolises histamine. A low activity of the enzyme leads to an accumulation of histamine with in some cases severe symptoms. It is often difficult to distinguish between an allergy with an immediate reaction (type I), a type III allergy and a histamine intolerance, since the symptoms are often the same.
Among others, the following foods may contain a high level of histamine: nuts which have been stored for a long time, such as hazel nuts and peanuts; vinegar, sauerkraut, cheese with a long maturation time, mushrooms in barrels or tins, baker's yeast, sourdough, (less in baking ferment; caution: in bakery products and mixtures of spices), citrus fruits, alcohol (especially red wine, beer, champagne, prosecco and sparkling wine = alcohol. yeasts). If the respective IgE and/or IgG values do not improve despite diet changes, a test for histamine intolerance is highly recommended.

To further reduce histamine intake, eat meat and fish only fresh or frozen immediately after being caught or slaughtered. Instead of sausages, eat yeast-free vegetarian bread spreads (low in allergens!) or jam without sugar, sweetened with own fruit juice. Eat fresh seasonal nuts, but no hazel nuts or peanuts. If necessary, you can also thoroughly wash the nuts. Mycotoxins which may be present will be reduced by washing. With histamine intolerance, use clear vinegar essence mixed with water instead of vinegar for salad dressing. If you eat cheese at all, eat cream cheese. Bake your bread with baking ferment or tartar baking powder instead of yeast or sourdough, if intolerances are present. As bread substitutes, you may use rice or corn cakes or wholemeal bread which is free from yeast and sourdough (most likely to be gluten-free).

2.2 How does Pro Immun M work

Intelligent solutions are as straightforward as possible. Pro Immun M is based on three principles:

1. **Avoiding foods** against which increased levels of IgG antibodies have been determined and replace with foods without reaction.
2. **Rotational diet** with the remaining foods.
3. **Reintroduction** of the avoided foods.

Avoid all foods against which increased levels of IgG antibodies have been determined. Additionally, also avoid all products containing these foods or **their ingredients**. Please keep in mind: These foods are often very well hidden. Ready meals or sausages may often contain milk powder, yeast and guar flour. And soy or nut traces may be hidden in chocolate. Many industrially prepared products also contain the respective food, but this may not be obvious at first glance.
Avoid products which are derived from foods which were tested positive, e.g. also avoid beer for grains, wine for grapes etc.

In any case, also avoid foods to which you react with a food allergy type I (immediate reaction), even if it does not show a reaction in the Pro Immun M test!

What are food allergies?
Food allergies of**type III** are among the **IgG** mediated immune reactions. They occur with a considerable **time delay after the consumption** of the food. This is why a connection between certain symptoms and a food allergy is often not easily detected.

The usual allergic reaction of **type I** occurs as a **IgE** mediated immediate reaction **promptly after the consumption of the food**. It leads to the well-known symptoms such as severe skin reactions or swelling (e.g. of the tongue) and the affected person is often able to recognise the symptoms as symptoms of a food allergy.

With Pro Immun M, only antibodies of type III are identified.

The word "allergy" is often wrongly used for many different conditions and symptoms without any connection with antibody formation such as:
"pseudoallergy": The symptoms are similar to a real allergy, however, the reaction is

caused by mediator substances such as histamine, which may be present in foods. This means that you will need to avoid the respective food even if no IgG antibodies were found in the test. Your therapist will discuss this with you.

Shop smart with Pro Immun M

When shopping for **convenience food**, read the **ingredients list** first. Look for obvious or hidden foods which you should avoid.

The same applies for **medication** intake: Pay attention to ingredients and carriers or ask your therapist to check them.
In health food shops, ask for correctly labelled products to minimise the risk of eating a food unknowingly. If possible, buy **unprocessed food** (e.g. "whole cuts" of meat instead of sausages).

The first steps are always the hardest...

It sounds paradoxical: At the beginning of the diet change, you may feel tired or even irritated. However, the **"initial reaction"** may be a **good sign.** It may signalize that the **detoxication** of the body has begun. Don't be discouraged, but continue to avoid the respective foods. Generally, the symptoms subside after ten days at the latest.

Tips and help

Many natural food shops or farm shops offer a **home service** directly from the producer, where foods of the respective range can be prepared as requested and delivered to your home (e.g. various meat and sausage types, bread, fruits and vegetables etc.). This offers you the chance to exclude certain foods from the start. And you are saving time...

Rotational diet with the remaining foods

The next step is the adoption of a rotational diet. This means that you consume the remaining foods in turns, in a **four day cycle**. For example, if you eat a certain selection of foods on the first day, you should avoid these foods during the following three days. On the fifth day, you can eat the respective foods again.

Purpose of the rotational diet It prevents the development of **new food allergies** of type III. New allergies of type III may develop especially in cases when you introduce a new food in your diet or eat certain foods too frequently. For example, if you eat soy products as a replacement for cow's milk products every day, it may happen that you suddenly react to soy. Obviously, this will threaten the effects of your diet change. This is

why it is important that you eat a balanced diet and trust the rotational principle. In the end, you do not want to replace one allergy with another.

Mistakes during the diet change are not so severe.

It is obvious: During the rotational diet, if you unknowingly eat a food that contains an ingredient which should be avoided, you will at least not eat it every day. This may help to reduce the consequences. Of course, this does not mean that every five days you should eat a food against which increased levels of IgG antibodies have been found, but that you prefer the foods which have not been tested positive.
It is also possible that your symptoms have other causes than a type III food allergy. These can not be detected with Pro Immun M, including certain defects of the intestinal flora, but also enzyme defects or hormonal problems, especially in women. For further information, please refer to chapter 2.7 (colonic cleansing) and 2.8 (hormones).

Tips and help

The secret is in the mix: Your diet should be **as varied as possible**. Save time: Prepare foods such as rice, millet, potatoes and vegetables and freeze them in portions. This will enable you to prepare a balanced meal even on hectic days.
Simply add meat or vegetable soup to boiled vegetables or fresh vegetables from the freezer and you have a delicious meal, perfect for taking with you or for preparation in the office.

The time during which I have avoided certain foods is over - can I now eat everything again?

During the avoidance phase, you had to avoid certain foods completely. The IgG antibodies for the respective foods should have declined or disappeared completely by now. You may now eat the foods you avoided individually and reintroduce them in your diet gradually. However, a careful plan is necessary to minimise the risk of a new reaction.

It is important that you do not reintroduce many or even all of the foods you avoided at the same time. This would threaten your success and make it impossible to discover which foods could be responsible for your symptoms, as this will only work through the close observation of symptoms after the reintroduction of one food.

Please take care to reintroduce to your diet only one new food which tested positive at a time and only once or twice a week, after you have avoided this particular food for 3 to 6 months, depending on the intensity of reaction.

You can now tolerate the food?

Very good! Nevertheless, you should avoid eating it too often, but only once or twice a week. Do not go back to previous eating habits, but make the diet change with the rotational plan a new habit.
Under no circumstances should you eat foods to which you know that you react with a typical allergy (type I).

The advantages of a long-term diet change

The purpose of a diet change with Pro Immun M is foremost to find the triggers for chronic **inflammatory processes** and avoid them.

In the long term, a diet change offers you much more!

You can contribute to the prevention of new inflammatory processes.

There is currently a discussion among scientists that a connection between some chronic diseases (e.g. arteriosclerosis, sprue, diabetes etc.) and inflammatory activity exists.
In order to successfully prevent chronic diseases, the reasons for the inflammatory processes have to be understood. There is a discussion whether food ingredients may be one reason for inflammatory processes.
The logical consequence would be this: If, in some cases, **food** is the reason for **inflammatory reactions** in the body and the food concerned is avoided through a diet change, the inflammatory reaction should become less and symptoms should improve.

2.3 Breakfast, going out, alcohol

Alcoholic drinks

are stimulants and should be **avoided** during the first phase, during which the immune system will be stabilised. Afterwards, you may drink a glass of dry whine or sparkling wine from time to time.
During the Pro Immun M Test, the beverages are not tested, but their ingredients, such as grapes, grains, yeasts and malt. If increased levels of IgG antibodies are found against one of these ingredients, you will need to avoid the beverage completely during the avoidance phase.

Irritating: Coffee

The roasting substances in coffee have an **irritating** effect on the **intestinal mucosa**. This increases the permeability of the intestine for food. The roasting substances also increase the **acid production** in the stomach; this may lead to heartburn, sense of fullness and nausea and may further strain the intestinal mucosa.
The experiences with Pro Immun M show that giving up coffee has a positive effect. It is best to switch to **herbal teas**. The stimulating effect of caffeine may be achieved by drinking black tea. However, only drink black tea within the rotation, meaning not every day.

Food and drink in one:
Vegetable and fruit juices

Vegetable and fruit juices are not really beverages, but liquid foods. However, the dietary fibre which is important for digestion remains in the marc. Instead, too many vegetable proteins of one type are included, as large quantities of fruit or vegetables are necessary for one glass of squeezed juice. A further disadvantage: Too much salt is frequently added to vegetable juices. If you want to drink a glass of fruit or vegetable juice from time to time, mix the juice with water. Buy juice with 100 percent fruit content and no added sugars or use **freshly squeezed** juices mixed with water.

Cola and Soft drinks

Many soft drinks contain caffeine and, as a consequence, are classified as a stimulants. At the same time, soft drinks contain large quantities of **sugar (up to 120 g per litre)**, in addition to colourants and additives. Avoid consuming these beverages. Soft drinks, and here especially cola, are calcium robbers. Due to their very high phosphate content, they

bind calcium in the body and cause calcium losses. This, in turn, can make the bones porous and decalcify them (osteoporosis, which may lead to fractures).

More than just a flavour carrier: Oils and fats

Oil is especially important when preparing raw fruits and vegetables and salads. Cooking oils are an essential ingredient for delicious meals. An important criterion for the quality of cooking oil is the amount of natural fat-accompanying substances, which are lost during refining. This is why you want to only buy unrefined oils.
Please bear in mind that the rotational process also applies to oils. You should have at least **four different oils** at hand. When purchasing oils, take care to choose only oil that is 100 % natural. Smaller quantities guarantee freshness. It is best to store oil in a cool and dark place.
Several different high-quality oils are commercially available and can be used according to the rotation. Examples include **sun flower oil, wheat germ oil, grape seed oil, walnut oil, olive oil, linseed oil, hazelnut oil, sesame oil, rapeseed oil, soybean oil, maize germ oil, argan oil and hemp oil**.
Do **not heat** the oils.

Fats

There are different types of fat, including coconut fats, margarine, butter, butter oil and clarified butter (ghee). Additionally, there are saturated fats, unsaturated fats and polyunsaturated fats. It is best to use one third of each. **Hardened fats** should be avoided completely, since harmful **trans fatty acids** develop during the production process. Animal fats are mostly saturated fats. Please bear the rotation in mind when using fats!

Breakfast

Often, the biggest change in eating habits is necessary for breakfast. We mostly consume bread and milk products for breakfast and reactions to gluten-containing grains, milk products and also yeasts occur frequently.
However, **gluten-free, yeast-free, sourdough-free wholemeal bread with a reduced carbohydrate content and gluten-free cereal flakes** are available today, as well as sugar-free jams, sweetened with their own fruit juice.

Eating out

It is often impossible to know which ingredients were used for ready meals and canteen food. These tricks will help you when eating out:
It is best to **avoid sauces** in restaurants. Grilled meat or fish with potatoes or rice, vegetables or salad are usually unproblematic. Order the **salad without dressing** and use a dressing you brought with you or simply season with **oil, lemon and herbs**.
It is a proven method to compose a meal from the main meal. For example: If you eat chicken and rice for lunch, prepare a rice salad with chicken and add avocado etc., for dinner.
Please talk to your therapist whether it is advisable for you to eat raw fruits and vegetables after 6 pm.

Quality labels

The marking of foods with quality labels is always voluntary. The quality requirements for a certain label comply with already existing legal requirements. For example, the CMA quality label mainly assesses the quality of the outside of a product, such as colour, texture, smell and flavour of the food. These kind of markings say little about test criteria such as "animal welfare" or "environmentally-friendly cultivation". This shows that quality labels are often only supposed to serve the marketing of certain products, such as German products.
The same is true for a new quality label, the QS label. Its purpose is to guarantee the quality and safety of fresh meat and sausages. The test label was founded by the QS-GmbH, an agriculture and food sector company. The requirements in order to obtain the label are only a little higher than the legal minimum requirements.

Marking of organic food The production and processing of organic foods are clearly defined by EU directives. Designations such as "from own, near-natural cultivation", "all-natural", "not sprayed" or "no chemical fertiliser" have no meaning as they are not clearly defined and protected. The same is true for statements such as "controlled cultivation" or "integrated plant cultivation".
Organically produced foods, which are manufactured or packed in Germany, have an official inspection mark. The mark contains the code number of the responsible inspection body (e.g. DE = 0999 organic inspection body). Cultivation associations apply even stricter standards. Products of cultivation associations can be recognised by the respective trademark, such as Demeter, ANOG, Bioland and Naturland.

2.4 Allergies

Our immune system is hyperactive when we suffer from an allergy. This hyperactivity means that our immune cells erroneously kill natural substances. As some immune cells can kill a substance only once, because they die during the process, every allergy uses parts of our immune system. An allergy can influence the whole metabolic system of the body.

Frequent allergy symptoms are:
headaches, tiredness, exhaustion, runny and itchy eyes, hay fever, asthma, recurring colds, tonsillitis, middle ear inflammation, stuffy nose, inflamed nasal passages, frontal sinusitis, itching or non-itching rashes (neurodermatitis, eczema, hand ulcers, psoriasis), joint inflammation, gastrointestinal ulcers and inflammation, digestive disorders such as flatulence, diarrhoea, sense of fullness, bloated stomach, regurgiation, irregular bowel movement etc. Weight problems can also be a symptom. A metabolic disorder caused by an immune reaction to foods can become the reason for being overweight. This may also affect people who only eat one or two meals a day. Other symptoms may include chronic fatigue, exhaustion and physical weakness.

The immune systems is running wild during an allergy, because things are being attacked which should normally be left alone! In the process, foods ingredients are attacked (proteins).
Usually our immune cells kill viruses, bacteria, fungi, parasites, environmental toxins etc. The hyperactive, paradoxical immune reaction of an allergy is not normal!

Cause of an allergic reaction

Before food particles or other allergy causes are eliminated by the larger immune cells, small immune cells give off a substance which dilates the small blood vessels. This is necessary, so that the large immune cells (eater cells) can go through the bloodstream and do their work.

This substance is called histamine, a tissue hormone. Histamine is released during every allergic defence reaction. Let's have closer look at histamine, as it can have several harmful effects on our body and because the allergic defence reaction and the release of histamine can not be separated from each other!
Histamine not only dilates small blood vessels, so that larger immune cells can slip through the blood vessel walls, but also induces liquid to pass from the blood vessels into the tissue. The liquid binds the pathogen or intruder and prevents it from moving on and

spreading in the body. This process causes swelling and pressure on the nerves of the area. Migraines or painful muscle hardening in the area of neck, spine, thighs and adductor muscles (myogelosis) may develop as a result. Likewise, joint pains and neuralgia (rheumatism, ischiadic syndrome, lumbago, trigeminal neuralgia) may develop from time to time.
Histamine can also increase the release of gastric acid! This can lead to chronic gastritis. The cramps of the gastro-intestinal tract may result in various digestive disorders.
Histamine also causes bronchial spasms. The result is shortness of breath or even asthma and chronic bronchitis.
Histamine itches! An increased release of histamine in a part of the body often plays a role in itching skin rashes. An example is neurodermatitis.
Histamine stimulates the release of adrenaline. Adrenaline is a hormone which can lead to aggressive behaviour and restlessness. This also includes nervousness, anxiety and panic attacks. It affects the fidgety child at school, nervous people who are unable to concentrate, the troublemaker in class who can not sit still, the hothead or the hectic who is always agitated.

Histamine also stimulates our central nervous system. As you may know, our brain is able to activate or slow down almost all of our organs, such as the thyroid gland, the heart, the lungs and other organs. According to our experience, allergic diseases can contribute to the development of various conditions such as:

- **Diseases of the head:** Migraines, frontal headache, tension headache, recurring middle ear inflammation.
- **Respiratory diseases:** Chronic inflammation of the sinuses (sinusitis), chronic colds (rhinitis), hay fever (pollinosis), susceptibility to colds, chronic bronchitis, bronchial asthma.
- **Diseases of the digestive tract:** inflammations of the gastric mucosa (gastritis), irritations, inflammation of the small and large intestine (Crohn's disease, ulcerative colitis), diarrhoea, constipation, spasms of the intestine with irregular bowel movement (irritable bowel syndrome), flatulence (meteorism), liver inflammation (non-viral hepatitis), chronic inflammation of the pancreas (pancreatitis), fatty liver (steatosis hepatis).
- **Diseases of the cardiovascular system:** disturbances of cardiac rhythm (tachycardia, arrhythmia), too high blood pressure (functional or arterial hypertension), too low blood pressure (hypotension), swelling in the area of the eyes, fingers, feet or ankles (oedema), chronic fatigue syndrome, vascular spasms, vessel relaxation (Raynaud's disease).

- **Skin diseases**: itchy, flaky, oozing or dry rashes (neurodermatisis, psoriasis, anal eczema, common acne). Some patients scratch their skin open due to the itching. The symptoms are often worse at night, as they can become intensified with the warmth of bed and room.
- **Diseases of the hormone system**: Overactive or underactive thyroid (hyperthyreosis, hypothyreosis).
- **Diseases of the immune system**: Immune weakness, autoimmune diseases (immune system destroys own body tissue).
- **Diseases of the kidneys and the bladder**: Inflammation of the bladder and the renal pelvis (cystitis, pyelonephritis, glomerulonephritis).
- **Diseases of the musculoskeletal system**: Joint pain of uncertain origin ("rheumatism"), muscle pain (non-articular rheumatism syndrome, fibromyalgia, myogelosis), joint inflammation (polyarthritis), chronic back pain in the lumbar region (lumbago, ischialgia).
- **Allergic diseases**: Hay fever (pollinosis), asthma, inflamed conjunctiva (conjunctivitis), sun allergy.

2.5 Frequently asked question

My general practitioner performed a normal allergy test on me. Why do the results of the allergy test and the result of the Pro Immun M test not match?
The answer is simple: The Pro Immun M test shows delayed reactions mediated via IgG antibodies. The allergy test of your general practitioner tests another factor: the immediate reactions mediated by IgE antibodies. This is why the results do not match.

What is the difference between IgG and IgE?
IgG reactions occur 4 to 72 hours after food intake when you suffer from a damaged intestinal flora; however, they are reduced when the patient follows the rules of the diet change. IgE reactions occur immediately after the contact with the foreign protein. The IgE results have to be considered in the diet change in addition to the Pro Immun M results, because the foods tested positive for IgE antibodies always have to be avoided.

What are the most frequent allergens?
Food which one person can tolerate very well, may be problematic for another. Nevertheless, the experiences with Pro Immun M show that milk, milk products and grains can trigger immunological reactions in the majority of people. **Gluten, egg protein, milk products and alcoholic and baker's yeast** are very strong allergens, which absolutely have to be avoided when suffering from an allergy. This is not always easy, because they are often hidden in various industrially produced products.

Will it be necessary to repeat the test?
No, normally not. Even if some antibodies are no longer detectable in a new test, this does not mean that you can eat all foods without hesitation. The immune system has a memory and reactivates the antibody production, when a conflict with a certain food appears again. However, with the change in diet, the production of most antibodies is slowly decreased. It is important that the immune system no longer produces the antibodies by the time the intestine starts working normally again due to the diet change. It is only necessary to repeat the test when the symptoms occur again, although you strictly adhere to the instructions. This means that a **new reaction** may have appeared which can be identified with the help of a new test.
If you want to repeat the test for prophylaxis, an interval of one to two years seems reasonable.

My test shows that I react to foods I have never eaten. How is this possible?
Some foods are from the same plant family, e.g. the nightshades potato, eggplant, tomato, tobacco, or there is cross reactivity due to proteins similar to other eaten foods. It is also possible that you react to foods such as soy, although you are sure that you have never eaten soy before. This is because soy and its extracts are added to many different foods and have entered into your body. This also is applies to many of the foods tested (e.g. poppy: frequently used as a modified ingredient in drugs). Various foods can also contain the same ingredients.

I crave certain foods, what can I do?
The connection between allergy and food cravings is well known. If you crave certain foods, persevere. After three to five day, the food craving normally ceases.

Am I allowed to eat sweets?
Yes, but only in moderate, small amounts. Coordinate the sweets with your dietary plan. For example, choose sweet maize biscuits when you use maize on a certain day, or spelt crackers sweetened with thick juice, rice syrup or agave thick juice on your "spelt day". Please reduce the consumption of sweets such as chocolate or cake. If you can tolerate fresh fruits, dried fruits or nuts, use these. Beverages should be unsweetened, if possible, for example fruit juices mixed with sparkling water.

Can I use frozen mixed vegetables?
Yes, but try to not use the same mix every day.

I react to lemons. Do I need to avoid citric acid?
No, because citric acid is produced chemically and has a different composition. However, citric acid is produced from mould fungi, so it is better to avoid it.

I react to vanilla. Do I need to avoid vanillin?
You have to avoid natural vanilla pods. Vanillin may be eaten from time to time, because it is a chemically produced flavour and has a different composition.

What can I use as a replacement for milk?
There are various alternatives to cow's milk:
goat's milk, goat cheese, sheep's milk, sheep's milk cheese, oat milk (avoid if gluten intolerant), almond milk, soy milk, rice milk, coconut milk

Is there a danger that I don't get enough calcium, if I have to avoid milk products completely?

No. Most milk alternatives are enriched with calcium. If you bear in mind the rotation and regularly include legumes in your diet, it will not be likely that you do not eat enough calcium. Broccoli, leeks, fennel, kale and mushrooms also contain high levels of calcium. If you need more calcium for certain reasons, take calcium in an orthomolecular dose during meals. Vitamin D is very important for the absorption of calcium; vitamin D is present in fish and eggs, among other foods. The human body produces vitamin D itself, when we are outside during daylight.
An additional intake of vitamin D3 with calcium may protect against cancer, Alzheimer's disease, diabetes and muscle weakness, and is often a good idea.

How can I find out if milk proteins are part of ready meals or industrially produced foods?

Milk proteins may hide behind the following designations:
Lactoglobulin, casein, lactalbumin, hydrolised milk, whole-milk powder, skim-milk powder, condensed milk, butter milk, yoghurt, crème fraîche, sour cream, lactoserum

I have heard that sausages may also contain milk ingredients. Which sausages can I eat now?

Milk protein can be found in many, especially in light-coloured sausages. However, bakeries and butcher shops are legally required to clearly display the ingredients in their products. When shopping, ask for a list with ingredients or use only unmixed types of meat such as ham, roast beef etc.

Our tip:
Eat cut meat from lunch as cold cuts at dinner, a delicious alternative to many types of sausages.

I suffer from lactose intolerance and, as a result, use lactose-free milk. In the test, I react to cow's milk. Does this indicate a lactose intolerance or a general intolerance of milk?

The Pro Immun M Test tests if an active immune reaction to the protein contained in milk is present. A reaction means that you do not tolerate the protein content in milk. In contrast, a test for lactose intolerance tests if you suffer from an enzyme deficiency. An enzyme deficiency means that milk sugar can not be cleaved. In lactose-free milk, the milk sugar has been cleaved. This means that lactose-free milk can be used even if

suffering from lactose intolerance; however, it contains a normal protein level.

According to my test results, I'm intolerant to all milk products. Can I eat sauerkraut, although lactic acids develops during its production?
Yes, you can eat sauerkraut. The lactic acid that develops has nothing to do with milk.

Is it useful to take additional protein and vitamins during and after the diet change?
Yes, deficiencies occur frequently and a substitution may be useful.. Amino acid, vitamin, mineral nutrient and trace element deficiencies can be detected through further blood tests.

How do I know if a food contains egg protein or not?
Egg proteins may hide behind the following designations:
egg yolk, egg protein, egg albumin, livestim, albumin, lysozyme, E 1105, globulin, ovomucoid, lecithin, E 322

Our tip:
To replace the binding effect of egg white:
Mix 1 table spoon soy meal and 2 table spoons of water to form a paste.

What do I have to bear in mind with regard to reactions to preservatives?
Sorbic acid can be found in delicatessen, mayonnaise, soup concentrates, potato products, cheese, packed sliced bread, dry sausages and scalded sausages, poultry, mixed pickles, tomato products, jam and margarine.
Benzoic acid is suitable only for the preservation of sour or soured products and can therefore be found in the following foods: Mayonnaise, delicatessen which contain mayonnaise, such as meat and sausage salads, marinades and sauces, tinned vegetables, especially pickled vegetables such as pickled cucumber and sour tinned fruits.

What do I have to bear in mind with regard to reactions to thickening agents?
The food industry uses xanthan gum as a thickening and gelling agent. Pay attention to the composition of milk products, sauces, dressings, mayonnaises, mustards and tomato ketchup. With a reaction of 3 or 4, you should also check cosmetics for their ingredients.
Tragacanth is a thickening and gelling agent and is derived from the sap of the Asian Astralagus bush. It is generally approved for foods, the following list provides a selection:

salad dressings, soups, sauces, processed cheese and cheese spread, dragees and bakery products.
Pectins occur in all land plants and form one of the structural substances of the cell walls. In the food industry, pectins are mainly used due to their gelling properties, but they also serve as stabilisers and thickening agents. It is generally approved for foods and can typically be found in the following foods: ketchup, mayonnaise, fruit jams, marmalades, desserts, fruit cake, milk products, calorie-reduced foods.
Carrageen is derived from red algae and is a thickening and gelling agent. Foods that typically contain carrageen are: Slimming and light products, wine and beer (removes cloudiness), baby food, milk products (e.g. cream, milk shakes), ice cream and desserts.

Where can I find egg substitute?
In the health food shop.

Do I need to avoid all alcoholic beverages when I have a yeast allergy?
The production process of alcohol-containing beverages begins with the alcoholic fermentation. It is done by yeasts which are natural components during wine production or are added for beer production. Even the filtered final products still show traces of yeast proteins, but in varying concentrations:

Wheat beer, champagne, red wine (decreasing amount of detectable yeast proteins)
It is better to avoid alcohol completely at the beginning of your diet change and only start consuming small amounts of alcoholic beverages, which contain only few proteins from yeast (e.g. white wine), after your health has clearly improved. When you suffer from allergic reactions to yeast, also avoid yeast in bread, bakery products and spices. The protein structure of alcoholic yeast and yeast for baking is the same.

Which foods should I avoid if I react to baking yeast?
When shopping, ask if the product was produced with baking yeast. Ask if the shop offers products which were produced with baking ferments.

What can I use as a substitute for yeast?
Either use baking powder (tartar baking powder preferably) or baking ferment.

Where can I find yeast substitute?
In health food shops or at a good bakery.

Which foods do I have to avoid when I am gluten intolerant?

The grains wheat, rye, barley, oat, camut, spelt and products made from them, such as bread, flour, biscuits, pastry, cakes, breaded products, pizza, pasta, malt and beer.

Is a gluten intolerance the same as coeliac disease?

Not necessarily. Coeliac disease, also called sprue in adults, takes approximately 13 years to fully develop. The following antibodies have to be detected at the same time when diagnosing coeliac disease: sIgA - gliadin (gluten) antibodies and sIgA – transglutaminase antibodies in the stool. A biopsy is absolutely necessary for confirmation. At the beginning of the condition, there may be no or only unspecific symptoms. People who do not show any symptoms but have antibodies against gluten, as detected by Pro Immun M, have an increased risk of developing coeliac disease.
The treatment of coeliac disease or gluten intolerance is always the same: complete exclusion of gluten from the diet and support or restoration of the intestinal flora with living, intestinal microorganisms capable of reproduction.

Can I eat fish only every five days?

If you want, you can eat fish every day, but not every day the same type of fish. This means that when you eat redfish on the first day, you should only eat redfish again in the next rotational round. During the days in-between, you can eat other types of fish which should then be avoided during the following three days. Together with other types of meat, you have various possibilities to create a varied rotation plan.

Suggestion:
Day 1: redfish Day 2: tuna
Day 3: zander Day 4: salmon

Can I eat beef and game on the same day?

Yes, this is allowed. However, please bear in mind that you will need to avoid both types of meat during the following days and that you can only eat them again on the fifth day of the rotation. For the sake of simplicity, we recommend to select only one type of meat or fish a day at the beginning of the planning.

2.6 Intestine- small intestine- large intestine

Is it possible to influence my weight with Pro Immun M?
Pro Immun M is different from usual diets and prevents the undesirable yo-yo effect when followed consistently.

Why can I lose weight when I avoid foods tested with Pro Immun M?
Increased levels of IgG antibodies against certain foods can cause chronic inflammations and accompany a disruption of the metabolic processes. It seems that the messenger substance TNF-alpha plays an important role in this process.
If IgG antibodies are increasingly produced, TNF-alpha is released. This substance binds with the insulin receptors and thus interferes with the energy supply of the cell. The blood sugar in the blood can no longer be transported into the cell or only in limited amounts, although the cell needs the sugar and it can be converted to fat. Moreover, IgG antibodies may bind water in the organism.

This can activate two mechanisms:
1. Sugar becomes fat
Since the sugar remains in the blood, the blood sugar level increases considerably. Now, the liver becomes involved: It converts the blood sugar into fatty acids which are then stored in fat cells. The meaning of this is obvious: The fat depots become larger.
The blocking of insulin receptors causes the body to release more and more insulin. The higher insulin concentration prevents the fatty acids from being converted back into blood sugar. This means that the energy stored in fat depots is no longer available to the body.
2. Energy consumption decreases
As we have seen, the individual cells have less energy at their disposal. With less energy, performance levels decrease also. The cell activity will therefore be reduced and the basal metabolic rate, which is the amount of calories we need at rest, diminishes. These two mechanisms explain the phenomenon why so many people who are overweight eat very few calories, but do not lose weight, they may even gain weight.

In a healthy intestine, we find about 2 kg of living bacteria, which are part of an important symbiosis (Greek: syn/sym, together; bios, life) with our body. The coexistence of human beings and intestinal bacteria is called symbiosis, because this type of union is beneficial to both.

A symbiont is the smaller species of the two species which form a symbiosis. The partner

with the larger body is also called host (in this case the human being). The intestinal bacteria which build the mucosa and live on it are called exobionts (symbionts who live outside of body cells).

In contrast, mitochondria are called endobionts, because they mainly live within the body cells. This means that the human beings entered into a symbiosis with quadrillions of microorganisms.

Usage, function, significance

In the intestine, there are ten times more bacteria than there are cells in the organism of human beings. In the large intestine, we find much more bacteria than in the small intestine. The intestinal microflora is involved in the defence against pathogens. A consistent intestinal milieu and the varied substances which are supplied through food favour the development of an extremely complex bacteria group with regard to the numbers of individual bacteria and species as well as their activity. Food ingredients and substances produced by the human organism serve as nutrients and energy source for the microorganisms. The bacteria have different effects on human beings, such as:

- immunomodulation (stimulation of the immune system)
- supply with vitamins (vitamins B1, B2, B6, B12 and K)
- assisting the digestion of nutritional elements (degradation of plant fibres including mineral nutrients and trace elements)
- energy supply for the intestinal mucosa (butyrate)
- stimulation of the intestinal peristalsis (bowel movement)
- production of short chain fatty acids (butyrate, acetic acid, propionic acid)
- detoxification of xenobiotics (industrial substances that are foreign to the body, toxicants)

Intestinal bacteria can ferment nondigestible carbohydrates (dietary fibres). During this process, short chain fatty acids are produced. Among the short chain fatty acids, butyric acid is particularly important due to its physiological effects. A reduced butyric acid concentration has been observed with cancer of the intestine. Another function of the short chain fatty acids is the stimulation of the intestinal movement to transport the digested food to the rectum.

The intestinal flora also influences the body weight and plays a role in adiposity. Slim individuals have a more dominating colonisation with bacteroides, fat individuals have more dominating firmicutes colonisation than bacteroides. The ratio is dynamic and

reflects changes in the body weight, so that during a weight reduction the ratio shifts from firmicutes to bacteroides.

The function of microorganisms is to prevent harmful microorganisms from overgrowing which could result in inflammation of the mucosa and chronic diarrhoea.

More than 70 % of the lymphatic immune system is located in the mucosas and their environment. Its task is to prevent pathogens such as viruses, fungi and bacteria from entering into the mucosas and the organism by producing antibodies called immunoglobulin A. This makes the mucosa an interior bacteria barrier, an environment of the immune system and an organ of resorption.
Disorders or diseases in connection with disorders of the intestinal mucosa include at least the following:

allergies, asthma, anxiety, attention deficit disorder, bloated stomach, bacterial infections, cancer of the intestine, spasms of the intestine, diarrhoea, inflammations of the intestine such as Crohn's disease or ulcerative colitis, depression, hay fever, susceptibility to infections (immune weakness), amino acid, vitamin, mineral nutrient and trace element deficiencies, migraines, neurodermatitis, fungal infections, pain disorders such as fibromyalgia and rheumatic conditions, constipation, virus infections.

80 percent of tumours have their origin in the epithelial cells. These are cell layers with one or more layers which cover all surfaces of the body of multicellular animal organisms on the inside and on the outside. The intestinal mucosa consists of a singular epithelial layer.

In order to rehabilitate and assist the restoration of the mucosal cells and the bacteria colonisation of the intestine (restoration of the mucosal barrier, of the intestine associated immune system and the area of resorption of the intestine) living, highly dosed microorganisms capable of reproduction, nutrient concentrates which contain immunoglobulin A (immune proteins) and immune messenger substances (cytokines) and magnesium silicate can be used adjuvantly, when disorders are present.
The **restoration** and **fortification** of the **mucosa** is paramount to improve the **bacteria barrier** and the **environment** for the **lymphatic immune cells** and to optimise the **resorption rate**.

2.7 Hormones

Guide (not only) for women

It is obvious that hormones play an important role in our life. But did you know that even our weight is influenced by the interplay and the concentration of different hormones? So if you want to lose weight and do not achieve your goals despite a reduced calorie intake and a diet change, problems with hormone balance may be responsible.
The most important hormones here are thyroid hormones, sex hormones and adrenocortical hormones. In the following paragraphs, you will find further information about the function and effect of these hormones.

When the thyroid gland does not work enough

Thyroid hormones play an important role in the energy balance of the organism and regulate the human energy consumption at rest, the basal metabolic rate.
If hypothyroidism is present, the thyroid does not produce enough thyroid hormones and metabolic processes are slower. As a consequence, the energy consumption and/or the basal metabolic rate decrease. This means that the body does not consume enough energy and the excess is stored as fat in the tissue.

Hypothyroidism affects slightly more women than men, mainly between 40 and 60.

The reason can be iodine deficiency or an inflammation of the thyroid gland. Most frequently, it occurs in the form of an immunogenic inflammation of the thyroid tissue which can be caused by the diet. These inflammations can be favourably influenced by a diet change.

Typical symptoms of hypothyroidism:

- reduced appetite
- weight gain
- dry cool skin
- hoarse and deep voice
- thin bristly hair
- enlargement of the heart and slowed heartbeating (bradycardia)
- disorders of the menstrual cycle in women

If you suffer from these symptoms and do not lose weight although you keep the Pro Immun M diet plan, you should have your thyroid gland checked. Determination of basal TSH, free T3 and T4 as well as TPO and TAK

The role of sex hormones

Female sex hormones, the estrogens, play a vital role in the maturation of the female body and are responsible for the development of secondary sex characteristics, of which fat distribution is a part.
An important feature of estrogens is the ability to retain water in the tissue. The cosmetic industry uses this effect for example in the production of creams which are supposed to make the skin smooth. These parabens in cosmetic articles are similar to oestrogen and should be avoided.
During the second part of the menstrual cycle, the levels of estrogens and gestagen increase. This leads to water retention and completely normal weight fluctuations in the female cycle and the stair-like course of the weight loss curve. This is the reason why it is easier for women to lose weight in the first half of the cycle. For men, an increased level of oestrogen leads to increased fat deposits and a female body shape.

When sex hormones interfere with lipid metabolism

The polycystic ovary syndrome is a hormonal disorder whose symptoms include an increased insulin production and which may lead to adiposity. It is also possible that weight problems do not result from a type III food allergy, but from a hormonal disorder of the lipid metabolism.
The effect of phytoestrogens should also be considered. They are taken in with food and lead to similar symptoms. Beer and whiskey, among other foods, contain relatively high amounts of effective phytoestrogens.

Stress promotes weight gain:
Adrenocortical hormones

There are two adrenal glands in our body, which are located above the kidneys. The inner part of the adrenal glands, the adrenal medulla, secretes hormones that have an influence on blood pressure, heart beat and other processes in the body. The outer part, the adrenal cortex, secretes many different hormones. Among these, cortisol is especially important. It ensures that sugar in the liver is mobilised, particularly when we are under stress, and released into the blood. This causes the blood sugar level to increase. If the additional energy is not used up by the muscles, it will be stored in the fat cells. This is why people who are under a lot of pressure and have no balance through physical

activity, rapidly gain weight. The condition when the cortisol level is chronically increased is called Cushing's Syndrome.

Typical syndromes are:

- moon face
- bison neck
- typical distribution of body fat, especially at the torso
- weight gain
- weakening of muscles
- disruptions of the carbohydrate metabolism
- increased blood pressure
- impotence
- menstrual disorders
- growth disorders in children and adiposity

Our tip:
If you do not lose weight, even though you keep to the instruction of Pro Immun M, please let your therapist examine you again. You may suffer from a hormonal dysregulation which has to be treated with appropriate therapeutic measures.

2.8 The secret language of food labels

List of ingredients

The list of ingredients states which ingredients are part of the food at hand. With packed foods, all ingredients including additives used during production have to be stated. In the list of ingredients, additives have to be designated with their "family name", i.e. it has to be possible to derive the reason for their use from it (e.g. flavour enhancer, preservative etc.). In addition, either the name of the substance or the E number will be stated. The declaration on a condiment sauce could say: "thickening agent E 412" or "thickening agent guar flour".

Pay attention to the order

The order of ingredients on the list shows which ingredient has the highest and which ingredient has the lowest portion by weight in the product. An example: "Ingredients: Water,..., sugar". Water has the largest proportion in the food, because it is mentioned in first place, and sugar represents the smallest portion as it is mentioned last.

Caution with sugar

The actual amount of an undesired ingredient such as sugar can be easily hidden on the label. Sugar hides behind the following designations:
Fructose or fruit sugar, glucose or grape sugar, maltose or malt sugar, oligofructose, galactose, invert sugar, saccharose, lactose or milk sugar as well as all starch sugars which are produced from starch: starch syrup, maltodextrin, maltose syrup, dextrose, glucose syrup, dextrose syrup and fructose syrup.

Caution with milk proteins

if you have been tested intolerant to them. They are often a hidden part of foods. Milk proteins are hidden behind the following names: Lactoglobulin, casein, lactoserum, lactalbumin, hydrolysed milk, Crème fraîche, sour cream, yoghurt, whole-milk powder, skim-milk powder, condensed milk, butter milk.

Loopholes

Unfortunately, there are still loopholes concerning the **duty of declaration**. As a consequence, the list of ingredients of a product may not be complete. This is because only those ingredients and auxiliary substances must be declared which the manufacturer used for the food. However, the consumer will not know which substances were part of the raw materials the manufacturer purchased.

The safest way to avoid unknown additives such as binding and lubricant agents, colouring agents, coatings and fillers is to purchase **fresh foods** directly from the producer or from dealers who guarantee a hypoallergenic production on the basis of tested pure substances.

"Light" products

"Light" does not have to mean that the characteristics of the product are clearly defined, since it is not a term protected by food law. "Light" can also mean low in calories, reduced alcohol content, low in fat, reduced amounts of sugar or wholesome. Try to completely avoid artificial sweeteners.

Natural mineral water

Only officially **approved mineral water** with at least 1,000 mg dissolved mineral salts and 250 mg carbonic acid may be called natural mineral water. Mineral waters containing magnesium have to contain at least 50 mg magnesium per litre, mineral waters containing calcium have to contain at least 150 mg calcium per litre.

Rotation Plan

The rotational dietary plan contains only foods suitable for you according to the test result, foods tested positive have been removed. The purpose of the rotation plan is to help to you consume the same food only every 4 days in order to minimise the risk of a renewed formation of allergic reactions. Naturally, you can exchange the foods of the individual days.

Day 1

Herbs & Spices
Parsley
Wild garlic
Coriander
Chili Jalapeno
Ginger

Fruits
Mangos
Avocados
Raspberries
Rhubarb
Watermelon

Vegetables
Beetroot
Onions
Tomatoes
Broccoli

Seafood
Shark
Blue mussels
Tunafish
Salmon

Other
Cassava root
Carob
Chestnuts

Meat
Roe deer
Turkey

Seeds & Nuts
Cocoa beans

Salads
Lollo rosso

Tea & Coffee
Tea, black

Pulses
Mung beans

Mushrooms
Chanterelle

Day 2

Herbs & Spices
Moluchia
Thyme
Curcumin (E100)
Marjoram
Garlic
Chervil

Fruits
Mirabelle
Dates
Lingonberries
Prickly pears
Pears

Vegetables
Parsnips
Red cabbage
Aubergines
Asparagus

Seafood
Perch
Sardines
Sea bass
Plaice

Other
Jerusalem artichoke
Teff
Fonio

Meat
Veal
Hare

Seeds & Nuts
Pine nuts

Salads
Chicory

Tea & Coffee
Nettles

Mushrooms
Shiitake

Pulses
Peas

Day 3

Herbs & Spices
Alfalfa
Lavender
Mustard seed
Bay leaves
Winter savoury
Cardamom

Fruits
Guava
Apricots
Cherries
Black-/ redcurrants
Gooseberries

Vegetables
Cauliflower
Radishes red, white
Celery
Olives
Curly kale

Seafood
Cod
Eel
Pollock
Angler, monkfish

Other
Buckwheat
Sweet potatoes
Amaranth

Meat
Ostrich meat
Goose

Seeds & Nuts
Pumpkin seed

Salads
Endives

Tea & Coffee
Tea, green

Pulses
Chickpeas

Mushrooms
Cep (mushrooms)

Day 4

Fruits
Lemons
Papaya
Quince
Honeydew melon
Cranberries
Strawberries

Herbs & Spices
Juniper berries
Sage
Cumin
Oregano
Capers
Caraway

Vegetables
Savoy cabbage
Spinach
Kohlrabi
Bok choy
Brussel sprouts

Seafood
Red snapper
Hake
Haddock
Scallops

Other
Quinoa
Millet
Arrowroot
Maize, sweet corn

Meat
Chicken
Pork

Seeds & Nuts
Walnuts
Coconut

Salads
Dandelion

Tea & Coffee
Peppermint

Mushrooms
Button mushrooms

Pulses
Green beans

Day 5

Herbs & Spices
Aniseed
Lemon balm
Chili Cayenne
Cinnamon
Garden cress
Paprika, spice

Fruits
Blackberries
Pineapple
Lychees
Grapes / Raisins
Mandarins
Kiwis

Vegetables
Artichokes
Fennel
Pumpkin
Potatoes
Celeriac

Seafood
Swordfish
Trout
Shrimps / prawns
Anchovies

Other
Rice
Tapioca
Lupins
Maple syrup

Meat
Deer
Beef

Salads
Romaine lettuce
Iceberg lettuce

Seeds & Nuts
Poppy seed
Pistachios

Tea & Coffee
Tannin

Pulses
Soyabeans

Mushrooms
Bay boletus

Day 6

Herbs & Spices
Allspice
Horseradish
Dill
Rosemary
Lovage
Pepper, white

Fruits
Grapefruit
Figs
Nectarines
Peaches
Plums
Oranges

Seafood
Basa fish (panga)
Bream
Herring
Zander
Oysters

Vegetables
Courgettes
Leeks
Turnips
Okra, lady's finger
Chard, beet greens

Other
Honey
Agave nectar
Quail eggs
Goose eggs

Meat
Rabbit
Duck
Goat's meat

Salads
Rocket
Butterhead lettuce

Tea & Coffee
Coffee
Camomile

Seeds & Nuts
Sesame
Linseed

Mushrooms
Oyster mushrooms

Pulses
Lentils

Day 7

Herbs & Spices
Cloves
Saffron
Chives
Nutmeg
Chili Habanero
Pepper, black

Fruits
Limes
Apples
Blueberries
Pomegranates
Bananas
Sea buckthorn

Vegetables
Carrots
Cucumber
Sweet peppers
Bamboo shoots
White cabbage

Seafood
Mackerel
Sole
Carp
Lobster
Halibut

Other
Spirulina
Aloe Vera
Candied lemon peel
Vine leaves

Meat
Quail
Wild boar
Lamb

Seeds & Nuts
Peanuts
Sunflower seeds

Tea & Coffee
Rose hips
Rooibus tea

Salads
Radicchio
Lamb's lettuce

Pulses
Broad beans

Dairy products
Mare's milk

Mushrooms
Chanterelle

	Frequency of consumption taking rotation into account				Duration of prevention in months			
	A	**B**	**C**	**D**	**1**	**2**	**3**	**4**
	gen. amount daily	**2-4 x daily**	**1-2 x per week**	**2x per month**	**3-9 months**	**4-10 months**	**5-11 months**	**6-12 months**
Seeds & Nuts		Coconut Linseed Pistachios Poppy seed Pumpkin seed Sesame Sunflower seeds Walnuts	Pine nuts	Cocoa beans Peanuts		Cashew kernels	Almonds Brazil nuts Hazelnuts	Macadamia nuts
Cereals								Barley Gluten Kamut Oats Rye Spelt Wheat
Herbs & Spices	Allspice Aniseed Bay leaves Chervil Chives Coriander Dill Garden cress Garlic Ginger Horseradish Juniper berries Lavender Lemon balm Lovage Marjoram	Caraway Cardamom Chili Cayenne Cloves Cumin Curcumin (E100) Mustard seed Paprika spice Saffron	Alfalfa Capers Chili Habanero Chili Jalapeno Cinnamon Moluchia		Basil Vanilla			

	Frequency of consumption taking rotation into account				Duration of prevention in months			
	A	**B**	**C**	**D**	**1**	**2**	**3**	**4**
	gen. amount daily	**2-4 x daily**	**1-2 x per week**	**2x per month**	**3-9 months**	**4-10 months**	**5-11 months**	**6-12 months**
Herbs & Spices (continuation)	Nutmeg Oregano Parsley Pepper black Pepper white Rosemary Sage Thyme Wild garlic Winter savoury							
Dairy products		Mare's milk			Camel's milk		Sheep: milk cheese	Goat: milk cheese
Seafood		Anchovies Angler monkfish Basa fish (panga) Blue mussels Bream Carp Cod Eel Haddock Hake Halibut Herring Lobster Mackerel Oysters Perch			Crayfish Squid cuttlefish	Octopus		

	Frequency of consumption taking rotation into account				Duration of prevention in months			
	A	B	C	D	1	2	3	4
	gen. amount daily	2-4 x daily	1-2 x per week	2x per month	3-9 months	4-10 months	5-11 months	6-12 months
Seafood (continuation)		Plaice Pollock Red snapper Salmon Sardines Scallops Sea bass Shark Shrimps / prawns Sole Swordfish Trout Tunafish Zander						
Eggs		Goose eggs Quail eggs						Egg white (chicken) Egg yolk (chicken) Whole eggs (chicken)
Dairy products (cow)							Halloumi	Kefir Milk (cow's raw) Milk (heated) Rennet cheese (cow) Ricotta Sour-milk products
Algae	Spirulina					Nori seaweed		
Yeast							Yeast	
Vegetables	Artichokes Asparagus Aubergines Bamboo shoots Beetroot							

	Frequency of consumption taking rotation into account				Duration of prevention in months			
	A	**B**	**C**	**D**	**1**	**2**	**3**	**4**
	gen. amount daily	**2-4 x daily**	**1-2 x per week**	**2x per month**	**3-9 months**	**4-10 months**	**5-11 months**	**6-12 months**
Vegetables (continuation)	Bok choy Broccoli Brussel sprouts Carrots Cauliflower Celeriac Celery Chard beet greens Courgettes Cucumber Curly kale Fennel Kohlrabi Leeks Okra lady's finger Olives Onions Parsnips Potatoes Pumpkin Radishes red white Red cabbage Savoy cabbage Spinach Sweet peppers Tomatoes Turnips White cabbage							

	Frequency of consumption taking rotation into account				Duration of prevention in months			
	A	**B**	**C**	**D**	**1**	**2**	**3**	**4**
	gen. amount daily	**2-4 x daily**	**1-2 x per week**	**2x per month**	**3-9 months**	**4-10 months**	**5-11 months**	**6-12 months**
Gluten-free	Amaranth Buckwheat Jerusalem artichoke Lupins Maize sweet corn Millet Quinoa Rice Sweet potatoes Teff	Tapioca	Arrowroot Carob Cassava root Chestnuts Fonio					
Mushrooms	Bay boletus	Button mushrooms Cep (mushrooms) Chanterelle Oyster mushrooms Shiitake						
Salads	Butterhead lettuce Chicory Dandelion Endives Iceberg lettuce Lamb's lettuce Lollo rosso Radicchio Rocket Romaine lettuce							
Pulses	Broad beans Chickpeas Green beans Lentils Mung beans							

	Frequency of consumption taking rotation into account				Duration of prevention in months			
	A	**B**	**C**	**D**	**1**	**2**	**3**	**4**
	gen. amount daily	**2-4 x daily**	**1-2 x per week**	**2x per month**	**3-9 months**	**4-10 months**	**5-11 months**	**6-12 months**
Pulses (continuation)	Peas Soyabeans							
Fruits	Avocados Rhubarb	Apples Apricots Bananas Black-/ redcurrants Blackberries Blueberries Cherries Cranberries Dates Figs Gooseberries Grapes / Raisins Guava Honeydew melon Kiwis Lemons Limes Lingonberries Lychees Mangos Mirabelle Nectarines Papaya Peaches Pears Pineapple Plums Pomegranates Prickly pears	Grapefruit Mandarins Oranges					

	Frequency of consumption taking rotation into account				Duration of prevention in months			
	A	**B**	**C**	**D**	**1**	**2**	**3**	**4**
	gen. amount daily	**2-4 x daily**	**1-2 x per week**	**2x per month**	**3-9 months**	**4-10 months**	**5-11 months**	**6-12 months**
Fruits (continuation)		Quince Raspberries Sea buckthorn Strawberries Watermelon						
Miscellaneous	Aloe Vera Vine leaves			Candied lemon peel				
Meat		Beef Chicken Deer Duck Goat's meat Goose Hare Lamb Ostrich meat Quail Rabbit Roe deer Turkey Veal Wild boar	Pork					
Tea & Coffee		Camomile Nettles Peppermint Rooibus tea Rose hips Tannin Tea green	Coffee Tea black					

	Frequency of consumption taking rotation into account				Duration of prevention in months			
	A	**B**	**C**	**D**	**1**	**2**	**3**	**4**
	gen. amount daily	**2-4 x daily**	**1-2 x per week**	**2x per month**	**3-9 months**	**4-10 months**	**5-11 months**	**6-12 months**
Sweeteners			Agave nectar Honey Maple syrup					