

## STRONG REACTIONS

- |                 |            |                  |
|-----------------|------------|------------------|
| • Potato, White | • Spinach  | • Whey           |
| • Gum, Acacia   | • Mannitol | • FD&C Yellow #5 |

**Avoid for at least 6 months.**

## STRONG FOOD GROUP(S):

- |                         |                    |
|-------------------------|--------------------|
| • <b>NIGHTSHADES</b>    | • <b>COW DAIRY</b> |
| Eggplant                | Butter (Whole)     |
| Goji Berry              | Cheese (Cow):      |
| Pepper, Cayenne         | Brick              |
| Pepper, Chili           | Cottage Cheese     |
| Bell Pepper, All Colors | Parmesan           |
| Potato, White           | Processed Cheese   |
| Tobacco                 | Lactalbumin        |
| Tomato                  | Lactoglobulin      |
| Paprika                 | Milk (Cow):        |
| Pimiento                | Casein             |
|                         | Milk, Pasteurized  |
|                         | Milk, Raw          |
|                         | Yogurt             |
|                         | Whey               |

## MODERATE REACTIONS

- |                     |                        |                   |
|---------------------|------------------------|-------------------|
| • Bean, Lima        | • Pepper, Chili, Red   | • Acai Berry      |
| • Potassium sorbate | • FD&C Red #2          | • FD&C Yellow #10 |
| • Cadmium           | • Polyvinylpyrrolidone | • Pyrene          |
| • Echinacea         | • Aspirin/Coal Tar     |                   |

**Avoid for at least 3 months.**

**Thus of the 504 substances tested, reaction is noted to 17 items and 2 food group(s).**

While both strong and moderate reactions are equally burdensome to your immune defense and repair systems, we have found that it takes about half as long to restore tolerance of moderate reactions as compared to the strong ones.