

## **Are the Foods You're Eating Making You Sick?!**

**FoodTest95™ is a food sensitivity / intolerance system!** Through a simple finger prick, we're able to tell you exactly how you react to 95 of the most common foods. Delayed onset food reactions / sensitivities is a rapidly growing concern for many people.

FoodTest95™ provides reliable testing of food sensitivities by measuring antibodies in the blood your immune system has produced in response to the foods you're eating.

FoodTest95™ uses the ELISA method of testing for rapid, reproducible results.



## **How Can Food Sensitivities Destroy My Health?!**

**INFLAMMATION** is one of the biggest drivers of weight gain and disease in America. Heart disease, cancer, diabetes, high cholesterol are **ALL** inflammatory based conditions. Food sensitivities cause systemic inflammation throughout the body, beginning in the gut. For example, in people with gluten sensitivity, the immune system attacks the intestinal cells to which gluten attaches, inflaming the gut. And, when the lining of the gut is inflamed, the body is prone to even more food sensitivities and reactions, and the problem spirals out of control. The other important thing to remember is your small intestine is where you absorb your nutrients. So if you're sensitive to gluten, this destroys your small intestine leading to nutrient deficiencies. It's the nutrient deficiencies that can lead to a whole host of symptoms and conditions.

# FoodTest95 Sample Report:

DAIRY  
EGGS

AVOCADO  
BANANAS

Ordered By: [Redacted] Doctor ID: 13935 Technician: [Redacted] Date Final: 6/22/2017  
 Comments: NONE AGS Updated: 6/20/17 - Corn 6/22/17 - Tomato

RESULT	Low	Reference Range	Avoid	ALLERGEN	Low	Moderate	Avoid
997	Avoid	<100	100 - 350	>350	Cashew		
384	Avoid	<100	100 - 250	>250	Cheese		
919	Avoid	<100	100 - 350	>350	Cottage Cheese		
994	Avoid	<140	140 - 350	>350	Cow's Milk		
153	Moderate	<120	120 - 370	>370	Goat's Milk		
354	Avoid	<100	100 - 350	>350	Mozzarella Cheese		
601	Avoid	<150	150 - 250	>250	Whey		
111	Moderate	<110	110 - 280	>280	Beef		
81	Low	<130	130 - 220	>220	Buffalo		
61	Low	<180	180 - 310	>310	Chicken		
1006	Avoid	<180	180 - 450	>450	Egg White		
856	Avoid	<180	180 - 500	>500	Egg Yolk		
95	Low	<120	120 - 270	>270	Lamb		
50	Low	<150	150 - 300	>300	Pork		
56	Low	<150	150 - 300	>300	Turkey		
65	Low	<150	150 - 300	>300	Barley		
64	Low	<150	150 - 300	>300	Buckwheat		
121	Low	<180	180 - 320	>320	Corn		
75	Low	<150	150 - 300	>300	Glutadin		
75	Low	<130	130 - 280	>280	Gluten		
84	Low	<180	180 - 330	>330	Hemp		
85	Low	<180	180 - 250	>250	Oat		
66	Low	<150	150 - 300	>300	Quinoa		
55	Low	<200	200 - 350	>350	Rice		
61	Low	<150	150 - 330	>330	Teff		
116	Low	<120	120 - 280	>280	Wheat		
63	Low	<200	200 - 350	>350	Cod		
58	Low	<190	190 - 340	>340	Halibut		
77	Low	<200	200 - 350	>350	Salmon		
80	Low	<150	150 - 300	>300	Sardine		
51	Low	<160	160 - 310	>310	Sole		
62	Low	<250	250 - 400	>400	Tilapia		
54	Low	<200	200 - 350	>350	Trout		
69	Low	<150	150 - 300	>300	Tuna		
71	Low	<140	140 - 290	>290	Clam		
69	Low	<140	140 - 290	>290	Crab		
61	Low	<170	170 - 320	>320	Lobster		
63	Low	<110	110 - 260	>260	Oyster		
64	Low	<150	150 - 300	>300	Shrimp		
309	Avoid	<130	130 - 280	>280	Almond		
226	Moderate	<150	150 - 300	>300	Peanut		
91	Low	<180	180 - 330	>330	Pecan		
80	Low	<150	150 - 300	>300	Pumpkin Seed		
89	Low	<200	200 - 350	>350	Sesame Seed		
146	Low	<180	180 - 320	>320	Sunflower Seed		
79	Low	<250	250 - 400	>400	Walnut		

ALMONDS  
PEANUTS

Fax#: [Redacted] Doctor ID: 1393 Technician: am Date Final: 6/22/2017  
 Comments: NONE AGS Updated: 5/16/17 - Salmon, Sardine

RESULT	Low	Reference Range	Avoid	ALLERGEN	Low	Moderate	Avoid
68	Low	<160	160 - 310	>310	Almond		
70	Low	<120	120 - 270	>270	Apricot		
441	Avoid	<150	150 - 300	>300	Avocado		
232	Moderate	<160	160 - 340	>340	Banana		
78	Low	<130	130 - 280	>280	Blackberry		
69	Low	<100	100 - 250	>250	Cranberry		
91	Low	<150	150 - 300	>300	Grapefruit		
78	Low	<130	130 - 280	>280	Lemon		
68	Low	<130	130 - 280	>280	Orange		
258	Moderate	<180	180 - 310	>310	Peach		
68	Low	<120	120 - 270	>270	Pear		
68	Low	<100	100 - 250	>250	Pineapple		
701	Avoid	<110	110 - 380	>380	Raspberr		
79	Low	<130	130 - 280	>280	Raspberry		
118	Low	<200	200 - 350	>350	Red Grape		
107	Low	<140	140 - 300	>300	Strawberry		
63	Low	<120	120 - 270	>270	Watermelon		
114	Low	<180	180 - 330	>330	Asparagus		
104	Low	<120	120 - 270	>270	Beet		
106	Low	<140	140 - 290	>290	Black Olive		
100	Low	<150	150 - 300	>300	Broccoli		
87	Low	<150	150 - 290	>290	Cabbage		
93	Low	<120	120 - 270	>270	Carrot		
71	Low	<140	140 - 290	>290	Cauliflower		
106	Low	<150	150 - 300	>300	Celery		
87	Low	<140	140 - 290	>290	Corn		
95	Low	<150	150 - 300	>300	Green Bean		
305	Avoid	<140	140 - 300	>300	Kidney Bean		
116	Low	<150	150 - 300	>300	Lentil		
430	Moderate	<180	180 - 480	>480	Lima Bean		
590	Avoid	<180	180 - 380	>380	Onion		
120	Low	<130	130 - 280	>280	Pea		
104	Low	<140	140 - 300	>300	Potato		
94	Low	<130	130 - 280	>280	Pumpkin		
70	Low	<120	120 - 270	>270	Soybean		
146	Low	<200	200 - 350	>350	Spinach		
111	Low	<140	140 - 290	>290	Tomato		
120	Low	<150	150 - 300	>300	Miscellaneous		
119	Low	<160	160 - 310	>310	Baker's Yeast		
116	Low	<150	150 - 300	>300	Cane Sugar		
84	Low	<150	150 - 350	>350	Coffee		
86	Low	<100	100 - 250	>250	Honey		
89	Low	<200	200 - 350	>350	Xanthan Gum		
151	Moderate	<130	130 - 280	>280	Candida albicans		
97	Low	<150	150 - 300	>300			
163	Moderate	<150	150 - 300	>300			
88	Low	<100	100 - 250	>250			
423	Avoid	<70	70 - 100	>100			

GARLIC  
GREEN BEANS  
KIDNEY BEANS

## What Does FoodTest95 help?!

- Headaches
- Asthma
- Fatigue
- Thyroid Problems
- Overweight
- Nausea
- ADHD
- Congestion
- Bloating
- Migraines
- Poor Sleep
- Chronic Pain & Inflammation
- Digestive Issues



JEFF DAVIS  
**ChiropracticCenter**

# Get Tested TODAY!

Mannie, B.: <https://www.foodtest95.com/food-sensitivity-testing#section--29834>