

**PATIENT INFORMATION**

**NERISSA ODEN**  
**DOB:** [REDACTED]  
**Requisition:** [REDACTED]  
**Service Date:** 03/28/2007

**PROVIDER INFORMATION**

**RICK BARRETT DC**  
**MISSOURI CITY, TX 77459**  
**Telephone:** (281) 499-4810  
**Collection Date:** 03/27/2007

TEST	SCORE	CLASS	TEST	SCORE	CLASS
ALMOND	0.223	1 *	LETTUCE	0.164	0
APPLE	0.165	0	LOBSTER	0.193	0
ASPARAGUS	0.180	0	MALT	0.166	0
AVOCADO	0.159	0	MILK (COW'S)	0.360	2 **
BANANA	0.169	0	MUSHROOM	0.208	1 *
BARLEY	0.186	0	MUSTARD	0.201	1 *
BASIL	0.169	0	NUTRA SWEET	0.154	0
BAY LEAF	0.158	0	OAT	0.159	0
BEAN (GREEN)	0.143	0	OLIVE (GREEN)	0.160	0
BEAN (LIMA)	0.173	0	ONION	0.160	0
BEAN (PINTO)	0.141	0	ORANGE	0.156	0
BEEF	0.172	0	OREGANO	0.166	0
BLUEBERRY	0.228	1 *	PEA	0.182	0
BRAN	0.151	0	PEACH	0.149	0
BROCCOLI	0.229	1 *	PEANUT	0.235	1 *
CABBAGE	0.200	1 *	PEAR	0.149	0
CANTALOUPE	0.172	0	PEPPER (BLACK)	0.216	1 *
CARROT	0.162	0	PEPPER (CHILI)	0.174	0
CASHEW	0.229	1 *	PEPPER (GREEN)	0.191	0
CAULIFLOWER	0.264	1 *	PINEAPPLE	0.135	0
CELERY	0.157	0	PORK	0.125	0
CHEESE (CHEDDAR)	0.170	0	POTATO (SWEET)	0.152	0
CHEESE (COTTAGE)	0.201	1 *	POTATO (WHITE)	0.159	0
CHEESE (SWISS)	0.183	0	RICE	0.140	0
CHICKEN	0.175	0	RYE	0.195	0
CINNAMON	0.139	0	SAFFLOWER	0.264	1 *
CLAM	0.149	0	SALMON	0.201	1 *
COCOA	0.189	0	SCALLOP	0.150	0
COCONUT	0.169	0	SESAME	0.902	3 ***
CODFISH	0.149	0	SHRIMP	0.142	0
COFFEE	0.150	0	SOLE	0.164	0
COLA	0.146	0	SOYBEAN	0.227	1 *
CORN	0.152	0	SPINACH	0.170	0
CRAB	0.184	0	SQUASH	0.146	0
CUCUMBER	0.154	0	STRAWBERRY	0.149	0
DILL	0.171	0	SUGAR (CANE)	0.150	0
EGG WHITE	0.208	1 *	SUNFLOWER (SEED)	0.141	0
EGG YOLK	0.170	0	SWORDFISH	0.156	0
EGGPLANT	0.150	0	TEA (BLACK)	0.164	0
GARLIC	0.196	0	TOMATO	0.172	0
GINGER	0.178	0	TUNA	0.147	0
GLUTEN	0.180	0	TURKEY	0.176	0
GRAPE	0.170	0	WALNUT (BLACK)	0.195	0
GRAPEFRUIT	0.165	0	WATERMELON	0.153	0
HADDOCK	0.157	0	WHEAT	0.190	0
HONEY	0.154	0	YEAST (BAKER'S)	0.393	2 **
LAMB	0.189	0	YEAST (BREWER'S)	0.450	3 ***
LEMON	0.155	0	YOGURT	0.242	1 *

**ELISA Scoring and Evaluation (For Research Use Only)**  
 <= 0.199 = 0    0.200 - 0.299 = 1    0.300 - 0.399 = 2    >= 0.400 = 3  
 Note: 0.185 - 0.215 should be considered equivocal

G17  
**Laboratory Director:** Edward Roseland  
**Technical Director:** Vithal S. Jathar, Ph.D.

## Special Considerations for Your Wellness Program



Your test result showed a positive score for both Baker's yeast and Brewer's yeast, indicating a sensitivity to yeast, mold and ferments. Sugar contributes to yeast overgrowth, so this is also eliminated from your eating program.

The following foods must be eliminated from your diet:

- Alcoholic beverages
- All cheese
- Honey
- Many condiments
- Mushrooms
- Olives
- Sourdough
- Sugar cane
- Vinegar

\*If you continue to have symptoms, avoid all sugars, fruit juices, dried fruit and berries.