

Name: **Sample Result**

DOB: **01-01-1975**

Date blood analysed: **01-11-2006**

ID No: **10111400**

***Candida sensitivity**

Reaction

No Reaction

* Candida. As a standard part of the NOVO test we test you for Candida sensitivity. Candida Albicans is a naturally occurring yeast in the body which can sometimes be present in too greater amounts. A reaction to Candida could indicate this is the case. If your results indicate a Candida sensitivity reaction then please read the Candida section of your Help Notes for further information.

FOODS YOU CAN EAT

meat & fish

- beef
- chicken
- cod
- crab
- duck
- haddock
- halibut
- herring
- lamb
- lemon sole
- mackerel
- monkfish
- pork
- prawn
- salmon
- sardines
- trout
- tuna
- turkey

vegetables & pulses

- aubergine
- beetroot
- broccoli
- brussels sprout
- cabbage
- carrot
- cauliflower
- celery
- chickpeas
- chilli (red)
- cucumber
- kidney bean
- leek
- lentil
- lettuce
- olive

- onion
- parsnip
- peas
- potato
- soya bean
- spinach
- swede
- sweet bell pepper
- tomato

fruit

- apple
- avocado
- banana
- cherry
- coconut
- figs
- grapefruit
- grapes
- kiwi
- mango
- orange
- peach
- pear
- pineapple
- plum
- raspberry
- strawberry

grains

- barley
- buckwheat
- corn
- gluten
- oats
- rice
- rye

- wheat

nuts & seeds

- almond
- brazilnut
- hazelnut
- peanut
- pistachio
- sesame seed
- sunflower seed
- walnut

dairy

- cheese
- egg white
- egg yolk
- goat's milk

miscellaneous

- black tea
- cocoa
- green tea
- malt
- tannin

sweeteners

- honey
- sugar beet
- sugar cane

herbs & spices

- basil
- bay leaf
- black pepper
- cayenne pepper
- coriander
- cumin

- curry leaf
- curry powder
- fenugreek
- garlic
- herbes de provence
- marjoram
- mustard seeds
- oregano
- peppermint
- rosemary
- savory
- thyme
- turmeric
- white pepper

foods you can eat

FOODS YOU REACTED TO



Please read the Help Notes carefully before commencing your diet. If you are using a medically prescribed diet or taking medication, please consult your doctor first. You should not make any changes to your medication without your doctor's consent. To be effective, this diet must be strictly followed and all foods not tested (i.e. not on the green list) must be avoided.

** The arrow contains all the foods to which your body showed a reaction. The foods are in the order of your body's response with the stronger reactions at the top of the list. Once you have experienced the benefits or reached your personal targets you can begin to re-introduce foods. Start at the bottom of the list and monitor any adverse symptoms when re-introducing a food, tick the box if you successfully re-introduce a food with no reaction.

The foods in bold indicate a severe reaction and any re-introduction of those foods should be taken with extreme caution. For further guidance see your Help Notes.

Approved by Lab Manager:

N. Pustjens