

Individual short report

ALCATRON

Date: 02/12/2013


Histamine intolerance test (HIT) of 27/11/2013

Test	Unit	Result	
Diamine oxidase (DAO)	HDU/ml	37	
Reference range: ≥ 60			

Interpretation:
DAO activity is severely reduced. Histamine intolerance is probable.

Please note the therapeutic recommendation stated below.


IgG antibody detection ImuPro300 of 27/11/2013

Test	Result		Units
	Strength of reaction	Number of foodstuffs	
Detection of IgG antibodies	0	220	< 7,5 µg/ml
	■ 1	20	from 7,5 µg/ml
	■ 2	16	from 12,5 µg/ml
	■ 3	8	from 20 µg/ml
	■ 4	5	from 50 µg/ml
Number of foodstuffs tested		269	

Interpretation:
Raised IgG-values for numerous foods have been found. A severe type III food allergy is probable.

Please note the therapeutic recommendation stated below.

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	reaction				to histamine intolerance	Duration of elimination
	1	2	3	4		
Vegetables						
Artichoke						
Asparagus						
Aubergine					X	reduce
Bamboo shoots						
Beetroot						
Broccoli						
Brussel sprouts						
Carrots						3 months
Cauliflower						2 months
Celeriac, knob celery						
Chard, beet greens						
Chili Cayenne						
Chili Habanero						
Chili Jalapeno						
Chinese cabbage						
Courgette						
Cucumber						
Fennel						2 months
Kale, curled kale						
Kohlrabi (Turnip cabbage)						
Leek						3 months
Molokhia						
Okra, lady's finger						
Olive						
Onion						
Parsnip						
Potato						
Pumpkin						2 months
Radish red - Radish white						
Red cabbage						2 months
Rutabaga						
Savoy cabbage						
Spinach					X	reduce
Stalk celery						
Sweet pepper						3 months
Tomato					X	reduce
White cabbage						
Legumes						
Broad bean					X	reduce
Chickpeas					X	reduce
Green bean					X	reduce
Green pea					X	reduce
Lentil					X	reduce
Mung bean, green gram					X	reduce
Soy bean					X	reduce

	ImuPro300 Strength of reaction				Relevant to histamine intolerance	Duration of elimination
	1	2	3	4		
Fruits						
Fresh Fruits						
Apple						
Apricot						
Banana					X	reduce
Blackberry						
Blueberry						
Cherry						
Cranberry						
Currant						
Fig						2 months
Gooseberry						
Grape / Raisin						
Grapefruit					X	reduce
Guava						
Honeydew melon						
Kiwi					X	avoid
Lemon					X	reduce
Lime					X	reduce
Lingonberry						
Lychee						
Mandarin					X	avoid
Mango						
Nectarine						
Orange					X	avoid
Papaya					X	avoid
Peach						
Pear					X	reduce
Pineapple					X	reduce
Plum						
Pomegranate						
Prickly pear						
Quince						
Raspberry					X	reduce
Rhubarb						
Sea buckthorn						
Strawberry					X	reduce
Watermelon						
Yellow plum						
Dry Fruits						
Date						
Fruits That Contain Oil						
Avocado						

For detailed explanations, please consult the report.

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	ImuPro300 Strength of reaction				Relevant to histamine intolerance	Duration of elimination
	1	2	3	4		
Spices and Herbs						
Alfalfa						
Allspice						
Aniseed						
Basil						
Bay leaf						
Capers						
Caraway						
Cardamom						
Chervil						
Chive						
Cinnamon						
Clove						
Coriander						
Cumin						
Dill						
Garden cress						
Garlic						
Ginger		■				2 months
Horseradish		■				2 months
Juniper berry						
Lavender						
Lemon balm						
Lovage						
Marjoram						
Mustard seed						
Nutmeg						
Oregano						
Paprika, spice		■				2 months
Parsley						
Pepper, black						
Pepper, white						
Rosemary						
Saffron						
Sage						
Savory						
Thyme						
Vanilla						
Wild garlic						
Algae						
Red algae(nori)						
Spirulina						

	ImuPro300 Strength of reaction				Relevant to histamine intolerance	Duration of elimination
	1	2	3	4		
Fish and Seafood						
Fishes						
Anchovy						
Angler, monkfish						
Carp		■				2 months
Cod, codling						
Eel						
Gilthead bream						
Haddock						
Hake						
Halibut						
Herring						
Iridescent shark, Sutchi catfish						
Mackerel						
Ocean perch						
Octopus					X	reduce
Plaice						
Pollock						
Red Snapper						
Salmon						
Sardine						
Sea bass						
Shark						
Sole						
Swordfish						
Trout						
Tunafish						
Zander						
Molluscs						
Blue mussels					X	reduce
Oysters					X	reduce
Scallop					X	reduce
Squid, cuttlefish					X	reduce
Crustaceans						
Crayfish					X	reduce
Lobster			■		X	avoid
Shrimp, prawn		■			X	avoid
Eggs						
Chicken egg-white						12 months
Chicken yolk			■			6 months
Goose eggs						12 months
Quail eggs						12 months

For detailed explanations, please consult the report.

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	ImuPro300 Strength of reaction				Relevant to histamine intolerance	Duration of elimination
	1	2	3	4		
Cereals and Starch						
Containing Gluten						
Barley						3 months
Gluten						3 months
Kamut						3 months
Oats						3 months
Rye						3 months
Spelt						3 months
Wheat						3 months
Gluten Free						
Amaranth						
Arrowroot						
Buckwheat						2 months
Carob						
Cassava						
Fonio						
Jerusalem artichoke						
Lupine					X	reduce
Maize, sweet corn						
Millet						2 months
Quinoa						2 months
Rice						
Sweet chestnut						
Sweet potato						
Tapioca						
Teff						
Seeds and Nuts						
Almond						
Brazil nut						2 months
Cashew kernels					X	avoid
Cocoa bean					X	reduce
Coconut						
Hazelnut						6 months
Linseed						
Macadamia nut						3 months
Peanut						
Pine nut						
Pistachio						2 months
Poppy seeds						
Pumpkin seeds						
Sesame						
Sunflower seed						
Walnut					X	reduce

	ImuPro300 Strength of reaction				Relevant to histamine intolerance	Duration of elimination
	1	2	3	4		
Meat						
Meat						
Beef						
Goat meat						
Lamb						
Pork						
Veal						
Poultry						
Chicken						
Duck						
Goose						
Ostrich meat						
Quail						
Turkey hen						
Game						
Deer						
Hare						
Rabbit						
Venison						
Wild boar						
Milk Products						
Cow Milk and Products						
Halloumi						3 months
Kefir						12 months
Milk (cow)						12 months
Milk, cooked						6 months
Rennet cheese (cow)					X	avoid
Ricotta						6 months
Sour-milk products (cow)						6 months
Other Sorts Of Milk						
Camel's milk						
Goat: milk and cheese					X	avoid
Mare's milk						2 months
Sheep: milk and cheese					X	avoid
Mushrooms						
Bay boletus						
Cep (boletus)						
Chanterelle						
Meadow mushrooms						
Oyster mushrooms						
Shiitake						
Yeast						
Yeast					X	avoid

For detailed explanations, please consult the report.

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	ImuPro300 Strength of reaction				Relevant to histamine intolerance	Duration of elimination
	1	2	3	4		
Food Additives						
Preservatives						
Benzoic acid						
Sorbic acid (E200)						
Thickening Agents						
Agar-Agar (E406)						
Carrageenan (E407)						
Guar flour (E412)						
Pectin (E440)						
Tragacanth (E413)						
Xanthan gum						
Colourings						
Curcumin (E100)						
Salads						
Butterhead lettuce						
Chicory						
Dandelion						
Endive						
Iceberg lettuce						
Lamb's lettuce						
Lollo rosso						
Radicchio						
Rocket						
Romaine / Cos lettuce						
Teas, Coffee and Tannin						
Camomile						
Coffee						
Nettle						
Peppermint						
Rooibus tea						
Rose hip						
Tannin					X	reduce
Tea, black						
Tea, green						
Sweeteners						
Agave nectar						
Cane sugar						
Honey (Mixture)						6 months
Maple syrup						

	ImuPro300 Strength of reaction				Relevant to histamine intolerance	Duration of elimination
	1	2	3	4		
Specials						
Aloe Vera						
Aspergillus Niger						
Candied lemon peel						
Vine leaves						

For detailed explanations, please consult the report.

Candida = Negative

Therapeutic recommendation

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Diagnostics of the intestinal flora

and, depending on the findings, recovery of the intestinal flora (colon cleansing).

Type III food allergies are commonly triggered or aggravated by disorders of the intestinal barrier. Therefore, intestinal diagnostics with subsequent recovery of the intestinal flora may make sense. Please ask your physician or therapist.

Elimination diet

Avoiding the foodstuffs according to the food list above.

In addition, you should avoid the following processed food:

- Alcoholic beverages, in particular red wine, champagne, wheat beer
- Products containing cocoa (chocolate, sweets, biscuits, desserts)
- Salami and other raw sausages and cold cuts (cervelat, Kantwurst [Austrian type of salami], Osso collo, Westphalian ham)
- Products containing tomatoes (ketchup)
- Sauerkraut
- Wheat sprouts
- Vinegar, in particular red wine vinegar, table vinegar
- Yeast extract
- Fish if stored for a while or if cold chain interrupted, if smoked, cured (fresh fish contains almost no histamine)

The tolerance thresholds of patients vary and must thus be determined individually by testing.

The same applies for the taking of diamine oxidase-inhibiting drugs or alcohol.

Substitution

The possibility of substituting the enzyme diamine oxidase (DAO) as e.g. by DAOSIN® or DAOPure® should be discussed with your physician or therapist.

Rotation

During the elimination diet, make sure that your diet is varied as well. Daily consumption of always the same foodstuffs may result in new allergies. Therefore, when sticking to your elimination diet, make sure that you do not only eat one alternative, but several alternatives on a rotating basis (principle of rotation).

Example: In case of a reaction to cow's milk, do not replace it e.g. only by soybean milk, but additionally by other compatible alternatives.

General note

During the elimination diet, please make sure that your diet does not become unbalanced and that sufficient quantities of all essential nutrients are consumed in order to avoid deficiencies.

Overview of the foodstuffs tested with and without reaction

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This is what I may eat!

Vegetables	Gooseberry	Garden cress	Plaice	Meat	Guar flour (E412)
Artichoke	Grape / Raisin	Garlic	Pollock	Meat	Pectin (E440)
Asparagus	Guava	Juniper berry	Red Snapper	Beef	Tragacanth (E413)
Bamboo shoots	Honeydew melon	Lavender	Salmon	Goat meat	Xanthan gum
Beetroot	Lingonberry	Lemon balm	Sardine	Lamb	Colourings
Broccoli	Lychee	Lovage	Sea bass	Pork	Curcumin (E100)
Brussel sprouts	Mango	Marjoram	Shark	Veal	Salads
Celeriac, knob celery	Nectarine	Mustard seed	Sole	Poultry	Butterhead lettuce
Chard, beet greens	Peach	Nutmeg	Swordfish	Chicken	Chicory
Chili Cayenne	Plum	Oregano	Trout	Duck	Dandelion
Chili Habanero	Pomegranate	Parsley	Tunafish	Goose	Endive
Chili Jalapeno	Prickly pear	Pepper, black	Zander	Ostrich meat	Iceberg lettuce
Chinese cabbage	Quince	Pepper, white	Cereals and Starch	Quail	Lamb's lettuce
Courgette	Rhubarb	Rosemary	Gluten Free	Turkey hen	Lollo rosso
Cucumber	Sea buckthorn	Saffron	Amaranth	Game	Radicchio
Kale, curled kale	Watermelon	Sage	Arrowroot	Deer	Rocket
Kohlrabi (Turnip cabbage)	Yellow plum	Savory	Carob	Hare	Romaine / Cos lettuce
Molokhia	Dry Fruits	Thyme	Cassava	Rabbit	Teas, Coffee and Tannin
Okra, lady's finger	Date	Vanilla	Fonio	Venison	Camomile
Olive	Fruits That Contain Oil	Wild garlic	Jerusalem artichoke	Wild boar	Coffee
Onion	Avocado	Algae	Maize, sweet corn	Milk Products	Nettle
Parsnip	Spices and Herbs	Red algae(nori)	Rice	Other Sorts Of Milk	Peppermint
Potato	Alfalfa	Spirulina	Sweet chestnut	Camel's milk	Rooibus tea
Radish red - Radish white	Allspice	Fish and Seafood	Sweet potato	Mushrooms	Rose hip
Rutabaga	Aniseed	Fishes	Tapioca	Bay boletus	Tea, black
Savoy cabbage	Basil	Anchovy	Teff	Cep (boletus)	Tea, green
Stalk celery	Bay leaf	Angler, monkfish	Seeds and Nuts	Chanterelle	Sweeteners
White cabbage	Capers	Cod, codling	Almond	Meadow mushrooms	Agave nectar
Fruits	Caraway	Eel	Coconut	Oyster mushrooms	Cane sugar
Fresh Fruits	Cardamom	Gilthead bream	Linseed	Shiitake	Maple syrup
Apple	Chervil	Haddock	Peanut	Food Additives	Specials
Apricot	Chive	Hake	Pine nut	Preservatives	Aloe Vera
Blackberry	Cinnamon	Halibut	Poppy seeds	Benzoic acid	Aspergillus Niger
Blueberry	Clove	Herring	Pumpkin seeds	Sorbic acid (E200)	Candied lemon peel
Cherry	Coriander	Iridescent shark, Sutchi catfish	Sesame	Thickening Agents	Vine leaves
Cranberry	Cumin	Mackerel	Sunflower seed	Agar-Agar (E406)	
Currant	Dill	Ocean perch		Carrageenan (E407)	

This is what I should avoid!

Avoid up to 2 months					
Brazil nut	Buckwheat	Carp	Cauliflower	Fennel	Fig
Ginger	Horseradish	Mare's milk	Millet	Paprika, spice	Pistachio
Pumpkin	Quinoa	Red cabbage			
Avoid up to 3 months					
Barley	Carrots	Gluten	Halloumi	Kamut	Leek
Macadamia nut	Oats	Rye	Spelt	Sweet pepper	Wheat
Avoid up to 6 months					
Chicken yolk	Hazelnut	Honey (Mixture)	Milk, cooked	Ricotta	Sour-milk products (cow)
Avoid up to 12 months					
Chicken egg-white	Goose eggs	Kefir	Milk (cow)	Quail eggs	
Avoid for the long term					
Cashew kernels	Goat: milk and cheese	Kiwi	Lobster	Mandarin	Orange
Papaya	Rennet cheese (cow)	Sheep: milk and cheese	Shrimp, prawn	Yeast	
Reduce					
Aubergine	Banana	Blue mussels	Broad bean	Chickpeas	Cocoa bean
Crayfish	Grapefruit	Green bean	Green pea	Lemon	Lentil
Lime	Lupine	Mung bean, green gram	Octopus	Oysters	Pear
Pineapple	Raspberry	Scallop	Soy bean	Spinach	Squid, cuttlefish
Strawberry	Tannin	Tomato	Walnut		