

Sage Advice

“How can I be sensitive to the foods I eat every day?” The most common problem foods happen to be staples in the average American diet. Wheat, milk, eggs, corn, soy, yeast, and refined sugars are the most common allergens because they are eaten day after day after day.

Sage Medical Laboratory has been established to help people determine the hidden sources of offending foods and create a means of finding “good foods” to eat without any harmful effects. This booklet provides a personalized elimination/rotation diet, important information to identify the hiding places of foods, and some useful tips. Please take a few minutes to read all the way through. We think you will find it helpful.

We have taken your blood serum and processed it through an ELISA machine that reads the bound antibodies of both IgG and immune complex. We are measuring only delayed responses to food. Quick responses – hives or anaphylaxis from peanuts, for example – are thought to be a different kind of immune response (**IgE**) and will **NOT be detected** by this test. If you have an immediate allergic response, please continue to avoid those foods.

PLEASE NOTE: We have not tested every possible food. If you know you have a reaction to a specific food and it is listed on the “Safe” list, then don’t eat it. These may be immediate, IgE reactions. When in doubt leave them out for a minimum of 6 weeks or as directed by your doctor before reintroduction in *The Challenge Phase*.

You’ve taken an important step towards restoring your health! The test you have undergone has measured delayed food sensitivity to 88 or 132 foods, additives & dyes. We only do the test; the hard work is up to you. Now, you must COMPLETELY ELIMINATE the HARMFUL (red-colored) foods from your diet for six weeks, then reintroduce them into your diet one at a time in *The Challenge Phase*.

Remember the 3 R’S – Three basic steps to recovery:

- 1) **REMOVE** the harmful foods.
- 2) **ROTATE** remaining foods to prevent new sensitivities from developing.
- 3) **RE-INTRODUCE** the omitted foods and note how your body responds.

The Avoidance Phase:

Give yourself time to adjust to this new way of eating. It’s like learning a new language – a little clumsy at first – but it gets easier with practice and will soon become a routine. Total avoidance of all harmful (red-colored) offending foods for a minimum of SIX WEEKS is critical. This cleansing period allows your immune system to calm down. Occasionally, some patients experience a few days of withdrawal effects, when they may actually feel worse. After the withdrawal symptoms subside, you will experience continued improvement or complete resolution of your symptoms. You can expect to get completely better

only if you totally eliminate the foods to which you are sensitive. Your immune system knows if you are "cheating", with even a small amount.

As with a new language, it's confusing at first. You learn a few basic phrases for starters, then put simple sentences together, and after you get the hang of it, it's easy. Start with simple, easy to fix meals and gently add new, unfamiliar foods each week. The secret to success is to relax, laugh at your mistakes, and plan ahead.

Eating habits and food choices are quite personal, and over time we may form attachments to certain foods. Letting go of the not-good-for-you foods can be challenging or even downright difficult. We commonly hear excuses like...

"IT'S TOO HARD." – Change is hard but not bad. You just need to start new shopping, cooking and eating habits. Take it slowly. Plan one day at a time until you get the hang of it. Make extra portions to freeze for quick meals. After a few weeks, it gets easier.

"THERE'S NOTHING FOR ME TO EAT" – There is probably a whole world of food out there that you have never even tried. When we look at food diaries, we see the same patterns repeatedly. Go to the grocery or health food store and really look at the variety of products available. Look at the vegetable counter, meat cooler and fruit section. You will be amazed at what you have not tried and discover healthy new things to eat.

"IT TAKES TOO MUCH TIME" – In the first few weeks it will take extra time – time to shop, time to figure out what to eat, and time to do extra cooking. As you get used to the new foods, you will find it becoming easier and easier.

You must make a commitment to yourself. You must confront these excuses and overcome them before you can be successful. Only you can do this for yourself. Once you start, you will feel better. The better you feel, the more you will want to stick with it. Get the whole family involved especially if you are working with your child. I know how hard it is to watch a child's diet all week, then send them to Grandma's only to have them come back a complete wreck. Try to explain the process, but if it doesn't work, just do the best you can. You may be amazed at the way your child or spouse takes care of his/her own diet when away from home. Always reinforce the fact that the symptoms are caused by the food they cheated on. Even very young children can grasp this concept.

The Purpose of a Rotation Diet:

With the elimination/rotation diet you will be following during this period, it might be tempting to eat the same things day after day. Do not do it! This makes you more susceptible to developing new sensitivities. The rotation diet means you should not eat the same foods every day – eat a food once every four days instead. If wheat is eliminated, and rice is eaten daily (rather than occasionally), a sensitivity to rice is almost certain to develop. Eat as wide a variety of foods as permissible, with as little repetition as possible. You may eat the same food at more than one meal on a given day (24 hours), but do not eat that food again for four days. For example, you may have rice milk for breakfast, rice cakes for lunch, and rice pudding for dinner. Then you must NOT have rice in any form for the next three days. (Food proteins remain in the digestive track for up to 4 days.) After three to six months most of those foods can be re-introduced into your diet. Until then – unless directed by your doctor otherwise - do your best to rotate all your foods.

If planning lunches is too difficult, try this optional rotation. Prepare extra food at dinnertime and save it for breakfast and/or lunch the next day. Then you can pack lunches right after dinner, refrigerate, and in the morning toss into a lunch box (bag).

Instead of starting Day 1 in the morning and ending it at midnight, start the day with the evening meal, and continue through lunch on the following day. In other words: Day 1 starts with the evening meal on Monday, and goes through lunch on Tuesday; Day 2 starts with the evening meal on Tuesday, and so on.

Helpful Tips

No one said it would be easy. Just that it would be worthwhile. More than 80% of the people tested feel better. We know you will too. You have already received an elimination-rotation diet plan and some helpful tips.

USE YOUR CARD – Use the custom wallet card provided with your results and carry it with you when shopping or eating out. Take it to your pantry. Remove all the foods that contain the ingredients you are eliminating.

COLOR CODE IT – Use multi-colored stickers to color-code the food in your pantry: one color for things you can have, another for harmful ones. This works very well for children.

POST IT – Post the list on the refrigerator or on a cabinet door (inside or out). It makes it easier to prepare meals.

THINK AHEAD – Plan some meals for the week to avoid getting into a rut. The best way to avoid this is to always rotate the foods you eat. Don't forget to make extra servings to make your own microwaveable meals.

RELAX – The whole process is tricky for the first few weeks, but it soon becomes routine. You will remember the items on the list, and cooking and shopping will become second nature. It gets easier as you go along. It really does.

QUICK FIXES – Quick & Easy Salads: Visit a local supermarket salad bar and load up a container or two with fresh fruits and veggies to go. Avoid the pre-mixed salads – potato, three-bean, imitation crab or Jell-O – typically loaded with unknown ingredients, coloring, preservative, MSG, sulfites and “Lord only knows what else”. Several markets have pre-packaged, ready-to-eat greens – choose romaine, butter or mixed lettuce, spinach or cabbage. Like coleslaw? Purchase a bag of shredded cabbage, toss contents into a large bowl, add salad dressing, a can of tuna – and presto! Lunch is ready.

KEEP AN EMERGENCY STASH OF FOODS – Keep a supply of non-perishable food at work, school, or in the car – for times when you forget to bring your lunch, or can't get to a restaurant, or there's nothing appropriate to eat. School kids need “safe treats” stashed at school for special occasions: fruit juice sweetened candies, fruit leathers or fruit rolls, dried fruits, wheat-free cookies, boxes of raisins or trail mixes, small boxes of fruit juice and milk substitutes, and so on.

FILL UP THE FREEZER – Make room in the freezer for a variety of vegetables and healthy foods. Search the frozen foods section for Mexican or East Indian wheat-free dishes made with beans and rice, lentils, split pea flour, and so on.

SHOP WISELY – In the perfect world we would breathe clean air, plant and harvest our own organic produce, and prepare meals from fresh foods. However, in the real world, that's rarely possible. So, do your best to avoid foods which have passed through a factory on the way to the supermarket. Shop the outside edges of food markets where the whole, fresh, unprocessed foods are found; the less food has been tampered with, the better. Fresh foods are always the first choice; frozen are a close second; and carefully chosen canned items are okay.

BE PATIENT, yet firm with yourself. You'll feel better in no time.

Hiding Places of Common Foods:

We have included a list of foods followed by notes on hidden sources of those foods. No list can be all-inclusive, which is why it is so important to READ LABELS carefully. It may be a way to start thinking about how foods are used as ingredients in the strangest places. When you are in doubt, leave it out. Finding foods to eat is the most challenging part of this diet. While the cravings for the harmful foods go away, it is still a challenge to identify foods in labels and find alternatives. Here are some ideas and cautions for the 6 most common food allergies; milk, corn, soy, eggs, wheat and baker's yeast.

APPLE – Apple juice is often used to sweeten other food products. Pectin is derived from fruit, usually apples.

BAKER'S YEAST – Most baked products that rise have baker's yeast, including most crackers and pita shells. Try flat things like matzos, tortillas and batter breads like nutbread.

BEEF – This category includes veal, which is young beef, bouillon and beef fats.

BREWER'S YEAST – found in ALL alcoholic beverages, including all wine except those made in France.

COFFEE – Also found in liqueurs. Makes no difference if it is regular or decaffeinated.

COLA – Coke, Pepsi, Dr. Pepper, Jolt, or generic brands, regular, diet, caffeine free – they are all colas.

CORN – Corn is very difficult to eliminate since it is found as corn syrup, corn meal, corn flour, cornstarch, corn cereal, and corn oil. When you go shopping, you will find that food manufacturers often do not list corn as "corn". There are many derivatives of corn, and, to help you identify these, we have listed other words commonly used in labels.

fructose (usually from corn)	dextrose	dextrin
caramel coloring	amylo-dextrin	malto-dextrin
maize	corn germ	amylo-maize
zein	high fructose corn syrup	corn gluten
waxy corn	malt (also may be from barley, wheat, or rice)	
modified starch	molasses (also made with soy, wheat, milk, or sugar)	

Corn Syrup: Candies, snack foods, chewing gum, cookies and most crackers, soda pop and many fruit drinks, Karo, canned fruits and nectars, jams, jellies, icings, peanut butter, prepared meats (frankfurters and lunch meats), breakfast cereals, pancake syrup, mayonnaise, ketchup, ice cream, pharmaceutical syrups (prescription drugs, vitamins, aspirin and supplements), toothpaste (sorbitol).

Corn Meal: Corn bread, baked products, pancakes and waffle mixes, fish sticks, and dressing in fowl.

Corn Flour: Cookies and other baked goods.

Corn Starch: Most baked goods, powdered sugar, Chinese dishes, pudding, soups, gravies, and pies.

Corn Cereal: Immature corn (corn on the cob, canned corn), popcorn, Crackerjack, hominy and grits, beer, Fritos, corn curls, tamales, tortillas, tacos, and enchiladas.

Corn Oil: Potato chips, salad dressings, salad oil, and some margarine. The generic term "vegetable oil" typically uses corn, but often mixed with other oils. When possible rotate olive (extra virgin), peanut, canola (rapeseed), sunflower, safflower, or cottonseed oil.

CORN SUBSTITUTES: An alternative to corn-free baking powder, use Featherweight brand or Cellu brand, or you can make it yourself (1/4 tsp. baking soda plus 1/2 tsp. cream of tartar to equal 1 tsp.). Corn syrup can easily be substituted with maple syrup, maple sugar, honey, stevia, date sugar or beet sugar. Use 1 Tbsp. flour, or 1/2 Tbsp. arrowroot instead of 1/2 Tbsp. of cornstarch.

IMPORTANT NOTE: Hospital IV's commonly use D5W, or dextrose and water. If you are allergic to corn, and have to be in the hospital, demand lactate ringers that do not contain dextrose and have the hospital make note of the allergy on your chart! Dextrose and water used in hospitals and clinics are derived from corn and even though it is very pure, the remnant corn syrup is given intravenously without digestion and can cause serious intro-operative cardio-respiratory problems, especially in children!

COTTONSEED – Cottonseed oil is used in cooking, baked products, crackers, and sometimes potato chips.

EGG – Eggs are simple to identify when boiled, fried or deviled, but may be more illusive when you are reading product labels for mayonnaise, salad dressings, sauces, desserts and breaded food. Don't be fooled by products that claim to be egg replacements, like *EggBeaters*. We have listed some terms that may appear on the labels.

egg yolk	egg white	albumin
vitellin	ovovitellin	livetin
ovomucio		

FOOD DYES – Found in cereals, pickles, candy, syrups, caramel coloring, capsules, tablets and liquid medicines.

GARLIC – Found in tomato and spaghetti sauces, pizza, ketchup, breadcrumbs; snack crackers, also labeled as "spices".

PORK – Ham, luncheon meats, hot dogs, most sausages, and bacon.

MILK – If you are sensitive to cow's milk, you want to avoid everything that comes from the udder of a cow! "No milk" means no dairy products in any form. The following foods obviously contain milk: cheese, yogurt, margarine, cottage cheese, sour cream, sweet cream, butter, ice cream, and almost all baked goods. Milk products are also used as fillers in unexpected places like frankfurters, luncheon meats, and even corn oil margarine. However, some white products do not necessarily have milk in them; for example, mayonnaise is milk-free. Here are some terms that may appear on labels.

milk protein	whey	lactose	non-fat dry milk solids
casein	sodium caseinate	lactalbumin	"enriched" foods
curd			

IMPORTANT NOTE: Lactose Intolerance is not the same as a milk sensitivity; its symptoms affect only the gut. Lactose Intolerance is the inability to digest milk due to the deficiency of the lactase enzyme.

MSG (Monosodium glutamate) – Found as natural flavoring, hydrolyzed vegetable protein, autolyzed yeast, and sodium caseinate. These are found in most canned soups and Oriental foods.

SOYBEAN – Soy is very tough to eliminate since it is found in commercial products, especially vegetable oil. Soy is an oil and protein solid. Lecithin is a sub-protein of soy. It is used to soften bakery products for longer shelf life. Salad dressing, mayonnaise and sauces are the most common uses of soy. Nearly all commercial French fries and fried chicken are fried in soy. Oriental dishes are typically prepared with or contain soy sauce.

Besides obvious sources of soy, be careful when purchasing many commercial products that are known for containing soybean: diet aids, sausages and lunch meats, candy, processed cheese, milk substitutes, ice cream, soups, soft drinks and dried lemonade mixes, bean sprouts, shortening, custard, coffee substitute, soup, soybean noodles, macaroni and spaghetti, margarine and butter substitutes, tofu, natta, and miso, dry cereals, baby foods.

WHEAT – Wheat is easy to identify in bread, spaghetti, gravy and deep-fried foods, but can also be found in surprising places like ice cream and seasonings. We have listed some terms that may appear on the label:

wheat	wheat flour	flour
enriched wheat flour	wheat starch	cake meal
semolina	durum	graham
vermicelli	hydrolyzed vegetable protein	starch
cereal	couscous	tabouli
modified food starch (usually corn, but it may be wheat)		

The following products are very likely to contain wheat: baked goods, graham crackers, wafers, pancakes, ice cream cones, matzos, dumplings, pretzels, wheat germ, dry breakfast cereals, some meat loaves, gravy, cream sauces, breaded foods, pasta, and stuffing.

SUBSTITUTION: There are a lot of options when looking for wheat substitutes. Use rice, rye, tapioca, oat, barley flour, potato starch or ground nuts and seeds instead of wheat flour. Potato starch, arrowroot, tapioca flour, rice flour, nut flour, xanthum gum, or gelatin can be substituted when thickening a sauce, soup or gravy. Visit our website www.sagedmedlab.com for replacement equivalents/proportions.

GLUTEN – There is a difference between a sensitivity to gluten and a wheat allergy. We test for both wheat and gluten. Gluten is a sub-protein of wheat. **Gluten is found in wheat, spelt, triticale, kamut, rye, oats, barley and teff** (in descending order). *Buckwheat, rice, wild rice, millet, corn, amaranth and quinoa appear to be gluten-free.* Gluten-intolerant people get sick and/or malnourished when they consume gluten-containing grains. Some individuals are allergic to grains, especially wheat, but may have the same clinical symptoms as Celiac disease.

MEDICINE – Many of you are taking prescribed medicine. Although some medications contain elements to which you are allergic, we want you to KEEP TAKING them throughout the elimination and challenge phases. In most people, this is not a problem because they contain minute quantities of the allergen. If you suspect a problem, contact your doctor.

VITAMINS – Because you may not be getting a balanced diet at all times on your diet plan, we recommend daily vitamins. Key Tabs by the Key Corporation, Metagenics Intensive Care Formula or Super Twin by Twin Labs are good supplements. (Two daily for adults and one daily for children under 12.) These particular vitamins are free of all the common allergens and have a very good mix of the vitamins and minerals you need. They also contain enough calcium for normal adults and children.

We also recommend you take an additional 2000 mg (2 Gm) of vitamin C. This may seem like a lot, but most people need to strengthen their immune systems. Even larger doses (12 Gm per day) may be taken for fighting colds and flu. Your body will excrete any excess, so you can never overdo it.

Calcium replacements are often made from milk products. Cal Apatite family of products (Metagenics) and Calcimin-300 & 600, Cal-G, Cal-Cee (The Key Company), Di-Cal D (Abbott Labs), Os Cal 500 (Marion Laboratories), and Caltrate do not contain milk products, however; they do contain corn. If you are corn-allergic also, you can use Calcium Carbonate U.S.P. by Ruger Chemical Co. 1-800-274-7843.

The Challenge Phase:

Here's where we really see results! You get to add back each harmful food and see how your body reacts. The challenge phase is to identify foods related to specific symptoms. The challenge phase also helps diet management, allowing you to add back non-reactive foods into your regular rotational diet at the end of the challenge phase. However, for good health always rotate your foods every four days.

At the end of the initial six weeks, if you are positive that you have not eaten any of the offending foods, you may begin the challenge phase. To do this, add back one and only one food every 4 days in its purest form. Each time a food is challenged, it is removed again from the diet (whether a positive OR a negative reaction) until the end of the challenge period.

1. Choose one food on your harmful food list. It must be eaten in its purest form (ex. a glass of milk, not cheese).
2. The food should be eaten in two out of three successive meals over the course of the day.
(Or until you have a reaction, then stop eating it.)
3. Make a note of any reactions and stop eating the food. (If no reactions, you cannot start eating it yet.)
4. Choose another food on your list.
5. Repeat items 2 through 4 until you have tested all foods on your list.

Life After Testing and Challenge

By this time, you will have a clear sense of what foods bother you and to what extent. You will also know, by this time, exactly what food causes what specific symptom. For example, corn makes someone's migraine return, another patient gets diarrhea from wheat, and still another gets eczema from dairy products. You will have your own unique reactions to very specific foods. You can make an intelligent decision about how much you want to "cheat" on the diet, or IF you even want to cheat, ever. The reality is we all cheat, but if you are going to cheat, cheat BIG! Instead of a spoonful of ice cream every night, have one splurge.

Much is unknown about food sensitivities. If you do not have symptoms during the challenge phase, you may add foods back into your diet on a rotation basis. Keep in mind frequent or daily consumption of any food may bother you sometime later in life and sensitivities can change over time. Additional symptoms can develop due to stress, illness or hormonal changes. If you have been well and you note a change in your health, it could be a new sensitivity. Be aware of what your body is telling you.

SOURCES FOR BASIC FOODS TO HELP YOU WITH YOUR HEALTHY NEW DIET:

Local grocer's ethnic foods section, natural food stores, Asian and East Indian food stores are all excellent sources for unusual flours, pasta, grains, non-dairy milks, etc. The internet is also a terrific tool to find specific food options, such as, www.shopbydiet.com. Our website www.sagemedlab.com can be used as an additional resource offering new food sources, helpful tips and even a few recipes.

Ener-G Foods, Inc. P.O. Box 84487 Seattle, WA 98124-5787	1-800-331-5222 or 206-767-6660 Fax 206-764-3398 www.ener-g.com
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Ener-G Foods makes a complete line of baked goods: breads, cereals, cookies, mixes, snacks and deli, milk substitutes, soups, flours, and pasta products. Ener-G Foods will send products to you via regular delivery or UPS 2nd Day Air.

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Wild Oats operates over 120 natural food super markets located in 23 states and British Columbia in Canada.

Dietary Specialties, Inc. 10 Leslie Court Whippany, NJ 07981	1-888-640-2800 Fax: 973-884-5906 www.dietspec.com
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Dietary Specialties, Inc. makes a variety of gluten-free and low protein food products.

Shiloh Farms P.O. Box 97 Sulphur Springs, AK 72768-0097	1-800-362-6832 Fax: 479-298-3359 http://users.nwark.com/~shilohf/
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Shiloh makes various kinds of breads and flours from different organic grain sources. They also make good wheat-free banana bread. For their latest catalogue or store nearest you, call or write.

Food for Life Baking Company, Inc. P.O. Box 1434 Carona, CA 92878	1-800-797-5090 or 909-279-5090 www.foodforlife.com
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Stevita Company, Inc. is a producer and distributor of the sweetener stevia, an herb native to South America, that is now grown and cultivated throughout the world. Please note, stevia can be sold only as a dietary supplement in America.

Gluten-Free Mall 4927 Sonoma Hwy., Suite C1 Santa Rosa, CA 95409	Info: 707-509-4528 Order Only: 800-986-2705 Fax: 707-324-6060 www.glutenfreemall.com
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This supplier is familiar with the needs of people with delayed food allergies.