





**ALLERGY HEALTH LABS, INC.**

**Nutrition Center**



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*"I always suspect addiction when a person tells me about their food binges or the favorite foods which they crave..."*

Cravings, food binges, or even feeling unusually satisfied after a meal may very well indicate this. If you "love" a food, that food would be suspect. Before a person realizes he has this problem, he knows that he just doesn't feel quite right, and when he eats he feels better, and when he eats certain foods, he feels much better.

The allergic addition may be so well masked that just before you were about to have withdrawal symptoms, you would eat the suspect foods again, blocking the obvious appearance of the withdrawal symptoms. After a period of time, perhaps years, the body becomes incapable of maintaining that state of adaptation, that is masking the allergic reactions to the foods.

What happens after many years of having a masked allergy?

Over a long period of your capacity to adapt wears out, instead of having delayed or masked symptoms, the person will have acute symptoms that may lead to some serious health problems.

## HYPOGLYCEMIA

The hypoglycemia-oriented physicians are merely removing important offending agents. In fact, many patients who believe they have hypoglycemia, are highly allergic to some or many of the protein foods that they are consuming excessive quantities of, and they may not have been allergic or addicted to these foods prior to a program of hypoglycemia management which stresses the very frequent ingestion of various protein-rich foods.

Any time a food relieves symptoms of any type it is probably the cause of those symptoms in the same way that an intravenous fix of heroin relieves heroin-induced withdrawal symptoms.

## DEPRESSION

Since the brain is a target for food allergies, emotional difficulties such as depression and anxiety may be due to an individual's biochemical incompatibility to the foods he is eating. If the part of the brain affected by such "cerebral allergies" is the one that controls certain behavior patterns, the allergic irritation will produce recognizable mental or behavioral changes.

## STRESS

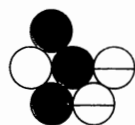
High levels of stress are created in our bodies when we consume foods that are cytotoxic. When we eliminate those foods which have a detrimental effect, we become free of foods which kill our white blood cells. A major cause of stress is thus eliminated, and we are then much better able to handle the normal stress of living.

## CANCER

Research is now indicating the essential role the immunological system plays in increasing health and longevity, and combating degenerative diseases such as cancer. Our white blood cells are working constantly to keep our bodies free of cancer cells, when we support the function of our white blood cells with compatible foods, avoiding damaging chemicals, and not eating excess fat, we have our own cancer prevention working for us.

*"...the cytotoxic test represents a breakthrough..."*

The cytotoxic test is a diagnostic method of determining food sensitivities. An 80 percent success rate, as opposed to 20 percent with the usual intradermal skin tests, warrants use of the cytotoxic test.



## CYTOTOXIC TEST

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***“Food reactions are caused by undigested particles of food or chemicals that enter the bloodstream...identified as invaders by the white blood cells.”***

When your white blood cells are destroyed, their powerful digestive enzymes are released into your blood and then pumped throughout your body, causing damage wherever they go.

Foods should be building up the body, not tearing it down. Health is improved by healthy white blood cells and many ailments are caused in part or fully by cytotoxic reactions. In fact, we see now that breakdown of the immune system is one of the fundamental factors in aging.

Cytotoxic reactions can cause a wide range of problems at any location in the body. Most people are relieved to discover they don't have several different ailments but rather a single problem causing numerous symptoms.

If your white blood cells are fighting corn and milk rather than viruses, bacteria or cancer, your level of health is naturally less than optimum. And since food reactions are so common, most people are helped often dramatically by discovering their cytotoxic reactions and avoiding them.

## OVERWEIGHT

Have you ever eaten something—a bowl of ice cream, a piece of cheese, an orange—and felt hungrier than before? Do you have urges for a particular food and find it hard to satisfy your craving unless you eat that particular food?

If the answer is “yes” to either of these questions, then you have a food allergy. If you are also overweight, then chances are your food allergy is causing your weight problem.

The avoidance of allergic foods offers the critical answer to this problem. Your body cannot properly digest foods that you are allergic to; they are stored in the body in the form of excess fat. Because these foods are toxic to your cells, they cause you to retain fluid as your body attempts to dilute these toxins with fluid. Avoid these allergic foods and you will not only lose this excess fluid but also your cravings and excess body fat as well.

***“Nutritional supplementation is also extremely helpful...”***

Nutritional supplementation is also extremely helpful for people who are attempting to overcome functional food allergies. The full spectrum of vitamins and minerals should be included in any dietary regimen since they are involved in many intricate physiological processes.

However, one should remember that all the supplements in the world are not going to help the person whose allergies have gone undetected. The cytotoxic test is nearly foolproof and can determine the items in your diet which are causing masked allergies and depriving your body of peak performance. Most important, the cytotoxic test represents a breakthrough in food-allergy detection and will help you design your ideal diet for maximum health and longevity.

# Cytotoxic Food Allergy Test

NAME \_\_\_\_\_

ID# \_\_\_\_\_

DATE \_\_\_\_\_

TOTAL \_\_\_\_\_

REACTIONS

Apple	1	2	3	4
1. apple	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. pear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Banana</b>				
3. banana	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Beech</b>				
4. chestnut	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Birch</b>				
5. filbert	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. hazel nut	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Brazil nut</b>				
7. brazil nut	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Buckwheat</b>				
8. buckwheat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Cashew</b>				
9. cashew	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. mango	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. pistachio nut	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Citrus</b>				
12. grapefruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. lemon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. lime	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. orange	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. tangerine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Ginger</b>				
17. ginger	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. turmeric	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Goosefoot</b>				
19. beet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. beet sugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. spinach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. swiss chard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Gooseberry</b>				
23. currant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Gourd</b>				
24. cantaloupe	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. cucumber	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. pumpkin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. summer squash (zucchini)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. winter squash	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. watermelon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30. honeydew melon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Grape</b>				
31. concord grape	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32. white, seedless grape	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33. cream of tartar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Grass</b>				
34. barley	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35. cane sugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
36. millet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37. oats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
38. wheat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
39. rye	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
40. corn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
41. corn sugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
42. rice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
43. wild rice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
44. brown rice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Heath</b>				
45. blueberry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
46. cranberry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Laurel</b>				
47. avocado	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
48. bay leaf	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
49. cinnamon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Lily</b>				
50. asparagus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
51. chives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
52. garlic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
53. onion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Madder	1	2	3	4
54. coffee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
55. decaffeinated coffee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Mallow</b>				
56. cottonseed oil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Maple</b>				
57. maple sugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Mint</b>				
58. basil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
59. marjoram	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
60. oregano	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
61. peppermint	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
62. spearmint	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
63. sage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
64. thyme	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
65. rosemary	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Morning Glory</b>				
66. sweet potato	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Mulberry</b>				
67. fig	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
68. hops	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Mushrooms</b>				
69. mushrooms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Mustard</b>				
70. kale	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
71. cauliflower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
72. cabbage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
73. broccoli	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
74. brussels sprouts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
75. mustard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
76. radish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
77. turnip	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
78. watercress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
79. horseradish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
80. rutabaga	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Myrtle</b>				
81. allspice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
82. clove	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
83. guava	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Nightshade</b>				
84. potato (white)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
85. eggplant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
86. tomato	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
87. tobacco	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
88. chili pepper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
89. paprika	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
90. garden peppers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
91. pimiento	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Nutmeg</b>				
92. nutmeg (mace)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Okra</b>				
93. okra	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Olive</b>				
94. olive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Orchid</b>				
95. vanilla	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Palm</b>				
96. coconut	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
97. date	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Papaya</b>				
98. papaya	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Parsley</b>				
99. carrot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
100. celery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
101. anise seed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
102. dill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
103. caraway	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
104. parsley	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
105. parsnip	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pea Legume	1	2	3	4
106. black-eyed pea (cow-pea)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
107. carob bean	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
108. chickpea (garbanzo)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
109. mung bean	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
110. navy bean	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
111. kidney bean	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
112. pinto bean	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
113. string bean	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
114. lentil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
115. split pea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
116. pea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
117. peanut	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
118. soybean	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
119. lima bean	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
120. alfalfa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
121. bean sprouts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Pepper</b>				
122. black (white) pepper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Pineapple</b>				
123. pineapple	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Plum</b>				
124. almond	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
125. apricot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
126. cherry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
127. peach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
128. nectarine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
129. plum	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
130. prune	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Pomegranate</b>				
131. pomegranate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Protea</b>				
132. macadamia nut	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
133. blackberry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
134. strawberry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
135. raspberry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
137. rosehip	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Rhubarb</b>				
138. rhubarb	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Sassafras</b>				
139. sassafras	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Sesame</b>				
140. sesame	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Spurges</b>				
141. curry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
142. tapioca, cassava, yucca	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Sunflower</b>				
143. artichoke	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
144. lettuce	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
145. sunflower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
146. safflower oil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
147. tarragon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
148. endive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
149. chamomile	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Sterilia</b>				
150. cocoa, chocolate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
151. cola	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Tea</b>				
152. Tea (non-herbal)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Walnut</b>				
153. walnut	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
154. pecan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Water Chestnuts</b>				
155. water chestnuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Yam</b>				
156. sweet potato	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# CYTOTOXIC TEST (continued)

NAME \_\_\_\_\_

	1	2	3	4
<b>Yeast</b>				
157. baker's yeast .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
158. brewer's yeast .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Mollusks</b>				
159. abalone .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
160. oyster .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
161. clam .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
162. scallop .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Crustaceans</b>				
163. shrimp .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
164. lobster .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
165. crab .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Cartilaginous Fish</b>				
166. shark .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Bony Fish</b>				
167. haddock .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
168. sardine .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
169. carp .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
170. salmon .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
171. sea perch .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
172. herring .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
173. red snapper .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
174. catfish .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
175. cod .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
176. bass .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
177. smelt .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
178. tuna .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
179. swordfish .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
180. halibut .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
181. pike .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
182. trout .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
183. anchovy .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
184. whiting .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	1	2	3	4
185. sole .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
186. perch (fresh water) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
187. flounder .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
188. mackerel .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
189. caviar .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Aves</b>				
190. duck .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
191. turkey .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
192. pheasant .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
193. chicken .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
194. chicken egg, white .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
195. chicken egg, yolk .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Mammalia</b>				
196. lamb .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
197. pork .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
198. venison .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
199. goat's milk .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
200. hoop cheese .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
201. beef .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
202. veal .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
203. beef liver .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
204. cow's milk .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
205. butter .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
206. cottage cheese .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
207. swiss cheese .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
208. american cheese .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
209. roquefort cheese .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
210. cream cheese .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
211. bleu cheese .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
212. cheddar cheese .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
213. mozzarella cheese .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
214. parmesan cheese .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
215. yogurt .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	1	2	3	4
<b>Amphibia</b>				
216. frog's legs .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Other</b>				
217. honey .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
218. aspirin .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
219. tylenol .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
220. msg .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
221. saccharin .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
222. petroleum				
by-products .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
223. food coloring mix .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
224. marijuana .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
225. lanolin .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
226. epoxy resin .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
227. caine mix .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
228. bht/bha .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
229. sodium benzoate .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
230. malt .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
231. molasses .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
232. baking powder .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
233. table salt .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
234. alcohol 2% .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
235. gasoline 1% (leaded) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
236. gelatin .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
237. cornstarch .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
238. turpentine 2% .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
239. psyllium seed .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
240. flaxseed .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
241. iodine .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
242. baking soda .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
243. excedrin .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
244. ....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
245. ....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Important Information About Your Test

The Cytotoxic Test exposes foods, chemical additives, and other substances which have an adverse affect on you. The test was accomplished by exposing your blood cells to each of the 245 items; your sensitivity to each is rated on the scale of 1 to 4:

<b>1 - Borderline reaction -</b>	approximately 10% of the cells were affected indicating a minimal degree of sensitivity.
<b>2 - Slight reaction -</b>	approximately 33% of the white cells were affected, indicating a mild degree of sensitivity.
<b>3 - Moderate reaction -</b>	about 50% of the cells were affected, indicating a moderate degree of sensitivity.
<b>4 - Severe reaction -</b>	the majority of the cells were affected, indicating a severe degree of sensitivity.

There are four different levels of reaction (**However, a number 1 reaction may cause as severe symptoms in your body as a higher numbered reaction.**)

The foods are listed in biological families; reactive foods often show up in groups by families and sub-families, which are indicated by vertical lines connecting their number 1 boxes. (**see the example of a sub-family, number 70 through 74**). If you have a reaction to either of the foods in the connected group, you should be wary of the others.

Follow-up nutritional counseling is imperative. Call our nutritionist to discuss your test and/or schedule on appointment, or check with your own health professional. Your test results should be used to establish your Rotary Diversified Diet.

\*Note: (A) Item #222 is a combination of petroleum by-products. If you reacted to this item, you need to minimize your exposure to smog, car exhaust, gas appliances, sprays, perfumes, deodorants, etc.



**ALLERGY HEALTH LABS, INC.**

**Nutrition Center**



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**FOOD ALLERGY** Research has estimated that the average person has a reaction to over 15 commonly eaten foods.... Reactions which may cause noticeable alterations in psychological or physical conditions. They have identified food allergies and food sensitivities as the cause of many patient symptoms and complaints.

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## Signs and Symptoms That May Indicate HIDDEN FOOD ALLERGIES

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There are some other causes for the following symptoms; however, cytotoxic reactions and related hidden food and chemical allergies are the most common and should be the first area tested. It is possible to have some food allergies and not have recognizable symptoms. The following are some of the more common reactions to cytotoxic exposures.

### PHYSICAL SYMPTOMS:

<b>Head:</b>	Headaches, faintness, dizziness, feeling of fullness in the head, excessive drowsiness or sleepiness soon after eating, insomnia.
<b>Eyes, ears, nose &amp; throat:</b>	Runny nose, stuffy nose, excessive mucous formation, post-nasal drip, watery eyes, blurring of vision, ringing of the ears, earache, fullness in the ears, fluid in the middle, hearing loss, recurrent ear infections, itching ear, ear drainage, sore throats, hoarseness, chronic cough, gagging, canker sores, itching of the roof of the mouth, recurrent sinusitis.
<b>Heart &amp; lungs:</b>	Palpitations, arrhythmias, increased heart rate, rapid heart rate (tachycardia), asthma, congestion in the chest.
<b>Gastrointestinal:</b>	Nausea, vomiting, diarrhea, constipation, bloating after meals, belching, colitis, flatulence (passing gas), feeling of fullness in the stomach long after finishing a meal, abdominal pains or cramps.
<b>Skin:</b>	Hives, rashes, eczema, dermatitis, acne, dandruff, hair loss, dark circles under eyes.
<b>Other symptoms:</b>	Chronic fatigue, weakness, muscle aches and pains, joint aches and pains, arthritis, swelling of hands, feet or ankles, urinary tract symptoms (frequency, urgency), vaginal itching, vaginal discharge, hunger and its close ally "binge" or "spree" eating, overweight, underweight, motion sickness.

### PSYCHOLOGICAL SYMPTOMS:

Anxiety, "panic attacks," depression, "crying jags," aggressive behavior, irritability, mental dullness, mental lethargy, confusion, excessive daydreaming, hyperactivity, restlessness, learning disabilities, poor work habits, slurred speech, stuttering, inability to concentrate, indifference, stress.



# The Cytotoxic Test....Answers to commonly asked questions.

The **CYTOTOXIC TEST** is quick and simple. It involves about 30 minutes of the patient's time and the drawing of one tube of blood. Live white blood cells are then exposed to a small amount of the food or chemical extract in order to analyze under the microscope the damaging effects of the food or chemical. Sensitivities are then rated on a scale of 1 to 4 as shown on the accompanying test sheet.

**ALLERGY HEALTH LABS'** Cytotoxic Test analyzes over 240 foods, chemicals and food additives as shown on the accompanying test sheet.

Results of the test are available in 7 to 10 days.

These results are then used to help you establish a "Rotation Diet" which is designed to reduce sensitivities to the least offensive foods and find substitutes for the most offensive ones.

## HOW TO PREPARE FOR THE TEST

*Our Appointments Begin at 8 A.M.*

### 4 DAYS PRIOR TO TEST

Four days prior to the test, stop taking steroids and cortisone pills unless specifically advised by your doctor.

### 48 HOURS PRIOR TO TEST

Forty-eight hours prior to the test, avoid antihistamines and decongestants. Advise your doctor of any other medications, vitamins or herbs you are taking.

**No Alcoholic beverages!**

**NO ASPIRINS**

**NO VITAMINS**

**48 HRS. PRIOR TO TEST**

Bring your pills along to take immediately after the morning test.

## 12 HOURS PRIOR TO TEST

Twelve hours prior to the test, take nothing by mouth other than spring or distilled water. We repeat: **do not eat food or drink any beverages**, including drugs and vitamins, unless specifically advised by your doctor. Do not brush your teeth with tooth paste-it contains sugars and chemicals. Avoid smoking, or other people's smoke, or any other exposure that may cause a reaction from the time of your evening meal to the time you give your blood sample the following morning.



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In addition to the Cytotoxic Test, each patient has a complete chemical profile done which includes tests for calcium levels, cholesterol, globulin, uric acid, potassium, protein, glucose, a complete white blood count and other readings. A recheck of these chemistries approximately six weeks after the Cytotoxic Test will indicate how successful the Rotation Diet has been.

The fee for the Cytotoxic Test is \$395, including the blood chemistries. This \$395 payment is due at the time of the test. We accept VISA, Mastercard for personal check. This fee may be reimbursable by your insurance company; we will provide you with a receipt or the doctor will complete the appropriate part of the claim form and you can submit it to the insurance company who will then reimburse you directly.

After you have received your test results, you will receive a counseling session with our nutritionist who will help you with your Rotation Diet. Additional counseling (if needed) after this first session is available at the rate of \$35 per session.

All staff members are state licensed and/or registered medical professionals, including M.D.'s, R.N.'s, laboratory technologists, medical assistants and nutritionists. All are dedicated to helping you achieve and maintain an optimal level of health. **Call (213) 981-8020 • (602) 957-2428.**



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**“FOR A BETTER WAY OF LIFE”  
“CYTOTOXIC TESTING”**