

FOODS & CHEMICALS TO BE TESTED

BANANA

banana
BEECH
chestnuts

BELLFLOWER, THISTLE

artichoke
lettuce
safflower
sunflower

BERC

filber

BRASSICA

broccoli
Brussels sprouts
cabbage
cauliflower
kale
radish
turnip

BUCKTHORN

grape, raisin

BUCKWHEAT

blackwheat
rhubarb

CARICA

papaya

CARROT

caraway
carrot
celery
parsnip

CASHEW

cashew
mango

CEREAL GRAINS

(grasses)

barley
cane sugar
corn (maize)
corn gluten
corn sugar
hops
malt
millet
oats
rice
wild rice
rye
wheat

COMPOSITE

endive

CYPERACEAE

water chestnuts

BONY FISH

bass
catfish
cod
flounder
halibut
herring
mackerel
mullet
perch
red snapper
salmon
sardine
smelt
sole
swordfish
trout
tuna

CARTILAGINOUS FISH

shark

CRUSTACEANS

crab
lobster
shrimp

FARINOSA

pineapple

FUNGUS

baker's yeast

brewer's yeast

mushroom

GINGER

ginger
turmeric

GOURD ORDER

cantaloupe
crenshaw melon
cucumber
honeydew melon
pumpkin
squash (summer)
squash (winter)
watermelon

HEATH

blueberry
boysenberry
gooseberry

HONEYSUCKLE

cranberry

LAUREL

avocado
cinnamon

LEGUME

alfalfa

bean (kidney)

bean (lima)

bean (mung)

bean (pinto)

bean (soy)

bean (string)

black-eyed pea

carob

chick-pea (garbanzo)

lentil

pea

peanut

split pea

LILY

asparagus

chives

garlic

leek

onion

MADDER

coffee

MULBERRY

fig

MALLOW

cottonseed

MAMMALS

beef

butter

calves liver

cheese (American)

cheese (blue)

cheese (cottage)

cheese (mozzarella)

cheese (parmesan)

cheese (provolone)

cheese (Swiss)

cheese (cheddar)

cow's milk

lamb

pork

yogurt

MAPLE

maple sugar

MOLLUSKS

abalone

clam

oyster

MUSTARD

collard greens

mustard

MYRISTICAE

nutmeg (mace)

MYRTLE

clove

NIGHTSHADE

eggplant

paprika

chili pepper

garden peppers

potato

tobacco

tomato

NIGHTSHADE-MINT

peppermint (spearmint)

sage

NIGHTSHADE-MORNING GLORY

sweet potato (maroon)

yam

sweet potato (yellow)

NIGHTSHADE-PEDALIUM

sesame

ORCHID

vanilla

PALM

date

coconut

PARSLEY

watercress

PEPPER

black pepper

PINK

beet

beet sugar

spinach

swiss chard

POULTRY

chicken

chicken egg white

chicken egg yolk

duck

goose

pheasant

turkey

ROSE

apple

apricot

blackberry

cherry (prunus)

nectarine

peach

pear

plum, prune

strawberry

RUE

grapefruit

lemon

lime

orange

tangerine

SAPUCAIA

brazil nut

Spurge

curry

tapioca, cassava, yucca

STERCULIA

cocoa, chocolate

cola nut

TEA

tea, black

WALNUT

pecan

walnut

OTHER

allspice

almond

aspirin

food coloring

goat's milk

honey

horseradish

MSG

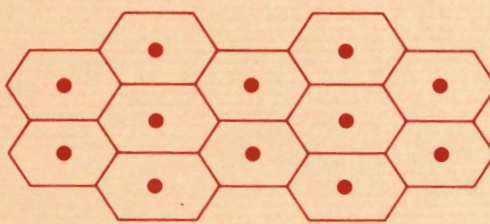
olives

oregano

saccharin

thyme

CYTOTOXIC FOOD SENSITIVITY TESTING



Expose The
Chemicals, Foods
And Preservatives
That Are Damaging
To Your Body Cells
Through This
Nutritional Test

BIO-HEALTH CENTERS™

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TOLL FREE

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CYTOTOXIC TESTING

The Cytotoxic test is a detailed examination of food and chemical sensitivities. It is achieved by measuring the destruction of your white blood cells when exposed to specific foods and chemicals.

Using the new Cytotoxic testing method, Bio-Health Centers has made people more nutritionally aware and in turn has experienced exciting results for people suffering from symptoms such as depression, headaches, weight problems (even the last 10 pounds that won't come off), sinus problems, water retention, arthritis, hay fever, asthma, low blood sugar, acne, rashes and many other health problems.

The examples are numerous. Ed was 60 pounds overweight and had high blood pressure. Caroline was 20 pounds overweight and had continual sinus problems, headaches and swelling. Mike took aspirin daily for 18 years due to chronic headaches. Ellen went through fits of depression, crying, and withdrawals without warning. All of these problems have been eliminated after taking and applying the Cytotoxic test.

If you currently suffer from any health difficulties, this new test is worth taking and is probably covered by your medical insurance. Success from the Cytotoxic test is widespread and has conquered many health problems for both children and adults.

First introduced by Dr. Arthur P. Black in 1956, the Cytotoxic test has recently become widely recognized. Unlike the painful skin tests for pollens and other air-borne inhalants, the Cytotoxic test simply requires the drawing of a tube of blood, leaving the complex work to be completed in the lab.

The principle behind this exciting discovery is quite simple. Your blood is tested for reaction to approximately 200 commonly eaten foods and additives. During this sophisticated test, the behavior of white blood cells when exposed to each individual food is observed under a microscope.

If a food is compatible with your body, your white blood cells stay healthy, active and alive, when exposed to that food. If, however, you are sensitive to a food, your white blood cells begin to wrinkle, crack, burst open and then die showing visible proof of this sensitivity.

If your blood cells die, they release powerful and potentially destructive enzymes into your bloodstream causing havoc wherever they go. The door is thereby opened to poor nutrition and a possible multitude of unpleasant ailments or symptoms.

Doctors say food sensitivities 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.

It's difficult for some people, even those who are knowledgeable about health foods and proper nutrition, to realize that even some natural, unprocessed, "good for you" foods may be incompatible with an individual's body chemistry and that such foods can actually destroy a person's white blood cells, thus weakening their immune system and producing adverse physical or psychological symptoms.

The Cytotoxic test is intended to make one aware of nutritional inadequacies which may be easily corrected by changes in diet and food supplementation and is not used by Bio-Health Centers as a disease diagnostic test.

YOUR CYTOTOXIC TEST INCLUDES:

- The Cytotoxic food sensitivity test for approximately 200 commonly eaten foods and additives. Sensitivities are rated on a scale of 1-4 severity.
- A complete blood chemistry profile which includes tests for calcium levels, globulin, cholesterol, uric acid, potassium, protein, glucose, coronary risk factors, a complete white blood count and other readings. (Not done outside of California.)
- 3 free office visits (1 complete visit outside California): The first to gather information, review your health and nutritional history, collect your vital signs, and draw blood.

The second visit to spend approximately 1 hour reviewing your test results and gaining an education as to how to apply the test to yourself for best results.

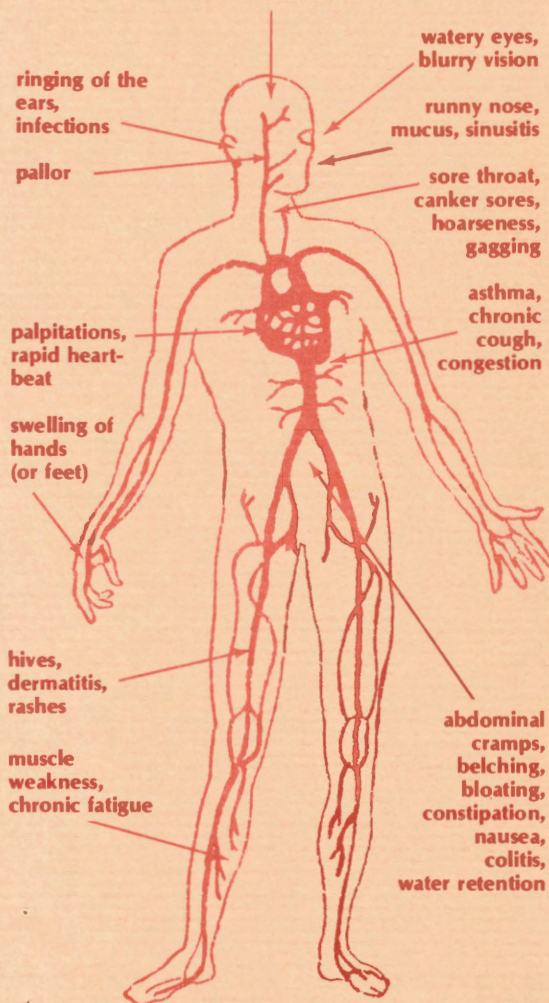
The third visit 4-6 weeks later for a follow-up progress evaluation and an opportunity to make plans to start rotating foods back into your diet to retest for sensitivity.

IS CYTOTOXIC FOR YOU?

If you desire proper nutrition, take this comprehensive Cytotoxic test. Bio-Health Centers has a medical doctor and trained medical staff to serve you. Don't make poor health a way of life. After all, you deserve good health too.

COMMON SYMPTOMS OF SENSITIVITIES TO FOOD AND OTHER SUBSTANCES

Headaches, insomnia, sleepiness after eating,
dizziness, "spacey" feelings — fatigue,
faintness, hunger, binge eating.



EXCESS WEIGHT

HOW TO PREPARE FOR YOUR TEST

• 4 DAYS PRIOR TO YOUR TEST:

Stop taking steroids and cortisone pills unless specifically advised by your doctor.

• 48 HOURS PRIOR TO YOUR TEST:

Avoid antihistamines, decongestants, and aspirin unless specifically advised by your doctor. Please call our office if you are taking other medications.

• 24 HOURS PRIOR TO YOUR TEST:

Do **not** consume any alcohol.

• 12 HOURS PRIOR TO YOUR TEST:

- Do **not** smoke. Avoid exposure to second-hand smoke.
- Do **not** drink any beverage or eat any food, including vitamins, herbs, and glandular supplements.
- Take **nothing by mouth** other than spring or distilled water.
- Avoid any exposure that may cause you a reaction from the time of your evening meal to the time of your test the following morning.
- Do **not** inhale any aerosols such as hairspray, deodorant, etc.
- Avoid using toothpaste or mouthwash the morning you come in for your test.

A MESSAGE FROM OUR DOCTOR:

OVERWEIGHT

After applying the Cytotoxic test, people have solved even the most difficult weight problems with a very high success rate.

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 sensitivity. If you are also overweight, chances are your food sensitivity is causing your weight problem.

Avoidance of sensitive foods offers the critical answer to weight problems. Your body cannot properly digest foods to which it is sensitive; 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 fluids as your body attempts to dilute these toxins with fluid. When your body is in a toxic state, it is very difficult to lose weight. By avoiding these "sensitive foods", case histories have shown that you will not only lose this excess fluid, but also any cravings and excess body fat as well.

HEADACHES

After applying the Cytotoxic test, many people have eliminated even severe headaches immediately.

Dr. William Philpott, M.D., an Oklahoma specialist in food allergies, says food sensitivities cause emotional upsets by swelling brain tissues, which irritate sensitive nerves. This type of swelling, says Dr. Philpott, is responsible for 69% of all headaches. The British Medical Journal reported a study of chronic migraine sufferers: 85% were cured by avoiding the foods to which they were sensitive.

STOMACH/DIGESTIONS

A great deal of stomach and intestinal problems have been directly linked to food sensitivities. In these cases when the body is sensitive to a food, the toxin that is produced becomes a strain on the digestive system. Symptoms may vary from person to person. However, a sensitive reaction is often seen in the form of bloating, inflammation of the intestine causing that visible pouch, diarrhea, and constipation. Case histories show that these problems can be eliminated through identification of food sensitivities.

DEPRESSION

Since the brain is a target for food sensitivities, emotional difficulties such as depression and anxiety may be due to an individual's biochemical incompatibility with one or more foods. If the part of the brain affected by such sensitivities is one that controls certain behavioral patterns, the irritation can produce recognizable mental or behavioral changes. After applying the Cytotoxic test, persons suffering from depression and anxiety have seen immediate changes in themselves, allowing their mental status to become more stabilized.

STRESS/CONFUSION

High levels of stress can be created in our bodies when we consume foods that are toxic to our system. After applying the Cytotoxic test results eliminating those foods which have a detrimental effect, we have seen the major cause for abnormal stress disappear in many people.

SINUS PROBLEMS

These very common problems are frequently related to food sensitivities. By applying the Cytotoxic test, case histories show that many symptoms have been relieved and permanently disappear. By eliminating the sensitivities that place additional stress on the system, many people are able to handle even the seasonal sinus problem.

ASTHMA

Many people suffering for years have found relief by identifying foods to which they are sensitive through the Cytotoxic testing method. Case histories show that chronic patients have been able to give up their home breathing equipment, and many asthma medications have been reduced by 80%.

ARTHRITIS

The cause of rheumatoid arthritis is still unknown. However, enough clinical evidence has now been accumulated to indicate that a major cause in many patients is food sensitivity. By taking the Cytotoxic test and applying the results, some people suffering from arthritis have successfully eliminated their problems.

HYPOGLYCEMIA

Hypoglycemia-oriented physicians merely remove important offending agents. By taking the Cytotoxic test, case histories have shown that hypoglycemic persons have identified offending foods and by rotating their intake accordingly have achieved almost immediate results.