Get Ready To CHANGE EVERYTHING
You EVER Thought You Knew About Diet, Nutrition, and How to Be Healthy.

Now A Quick Test Pinpoints Exactly Which Foods Are Toxic to Your Body, So You Can STOP Feeling Lousy, Tired, Moody, Bloated, or Any of a Hundred Other Symptoms.

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How Much **BETTER**
Could **YOUR** Life Be?

Here’s What People Are Saying About
The Impact of the Immuno BloodPrint™ on
Energy, Mood, Weight, and Just Plain Feeling Better!

“It’s really been wonderful. The weight comes off without really any big effort on my part. It’s a new way of life for me, I’m extremely happy. My husband’s thrilled with my new body, I’m just a new person.”

Charlotte N.
Plantation, Florida

“When I first started the diet, I was craving sugar and carbs. Within a short period of time, these cravings subsided and so did the anxiety I was feeling. I am amazed at how much better I feel then I eat this way... An important part of my success was the support I received from your physician nutritional counselor. Talking and emailing with him was both educational and a huge stress reliever!”

Marie Leak
Phoenix, Arizona

“I was very surprised by the results and my list of food sensitivities after taking the Immuno Bloodprint™. And, I would have never guessed it would include coffee and milk, which is something I enjoyed everyday in my cafe lattes. My major complaints included energy levels and weight gain. Well, after eliminating my positive foods, I have lost 14 pounds and my energy levels have significantly increased!”

Beth Benson
Scottsdale, Arizona

“As a physician, I have always taken pride in my health. However, throughout my education as a naturopathic physician, I suffered from chronic headaches and hypoglycemia despite my very healthy lifestyle. I attempted to find answers within my fields of expertise and finally was tested for allergies. I found that I was sensitive to 28 foods! After eliminating those foods, I have not had any headaches; my energy and endurance has improved, and I lost five pounds. I never thought I could feel so good. Thank you Immuno Labs for doing such comprehensive work.”

Payson Flattery, ND, DC
Redmond Center for Integrated Medicine
Redmond, Oregon

“I am approximately 70 days into my four-day rotation food plan. I have eliminated all foods that I tested positive to and would like to share my results with you. As well as a 10-pound weight loss, I have had an increased level of energy, particularly upon waking. I would usually feel tired even though I had slept 7–8 hours. It is always satisfying when, as a doctor, you can help your patients. It is also satisfying to be able to help yourself. It is certainly not easy giving up some of my favorite foods but the results are worth the effort.”

Peter P. Alongi, D.C. Chiropractic Physician
Fort Lauderdale, Florida
There’s **More** than a 95% Chance that Something You’re Eating **Every Day** is Actually **Toxic** to Your System...

Years ago scientists discovered your body has an internal chemical balance that is as unique to you as your fingerprint. Likewise, every food you eat has its own “chemical balance” – a unique set of natural or man-made chemicals. As your body reacts differently to each and every food, the food you eat each day will enhance proper body chemistry, or disrupt the correct balance. In fact, 95% of the people we’ve tested show that one or more foods they regularly eat cause a toxic reaction in their body.

You might not even notice these toxic reactions. Most of them work at a cellular level, and may cause symptoms that you won’t notice right away. Or, you might not EVER make the connection that what you’re eating is actually damaging your body.

So, nutritious foods you eat (like corn, soy, egg whites, green pepper, whey, or chicken, for example) may actually act like a poison in your body. When you eat foods that form toxins in your system, those foods can cause harmful, chronic problems with your health.

The way we measure how your body reacts to the foods you eat is through a test called a Bloodprint™ which pinpoints the foods that support healthy body chemistry and those that are toxic to you.

“People never suspect that the reason they don’t feel good, or the reason they can’t lose weight, or they’re depressed, or always feel tired, is ACTUALLY because of the baked potato they had for lunch, or the corn in their soup, or the eggs they had for breakfast.”

**Jeffrey Zavik,** Founder, Immuno Laboratories
You’ve probably heard experts tell you to eat less red meat and carbohydrates. They tell you to eat more fruits and vegetables, with a complementary combination of grains, beans, nuts, and animal proteins.

However, if you have a “food sensitivity” then any one of these foods could actually cause a chronic illness or debilitating symptoms. Every person’s body reacts to foods differently. Some reactions to foods (example: allergies) are obvious. The body responds quickly with symptoms like hives, a rash, difficulty breathing, and even potentially life-threatening reactions such as anaphylactic shock.

However, most of the body’s negative reactions to food toxicity are not so obvious. Patients often suffer through years and even decades with symptoms that they believe are unavoidable conditions in life. The adverse symptoms of many toxic food reactions are misdiagnosed or are covered over with a medication, creating dependency on prescriptions rather than encouraging the body to heal. We measure the blood sample’s reaction to each food on a graduating scale. While we can be confident that a food which causes a toxic reaction contributes to or even causes your symptoms or condition, scientists haven’t discovered a way to correlate the severity of toxic reactions with specific symptoms.

<table>
<thead>
<tr>
<th>Toxic Reaction Scale: Food Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
</tr>
<tr>
<td>1</td>
</tr>
<tr>
<td>2</td>
</tr>
<tr>
<td>3</td>
</tr>
<tr>
<td>4</td>
</tr>
<tr>
<td>LESS SEVERE</td>
</tr>
</tbody>
</table>

Reactions are graded on a graduating scale. Foods with lower blood antibody reactions are rated from low (0) to high (4).

MORE SEVERE

Severe, Moderate, or Minor Toxic Food Syndrome is often misdiagnosed, and symptoms are often managed with medications.

We Can Identify Which Foods Cause Toxic Reactions, But Scientists Haven’t Discovered How To Determine Which Food Is Causing Which Symptoms.

- **Extreme** reactions are severe, obvious, and can be life threatening.
- **Severe** toxic reactions may not be life-threatening, but they certainly create discomfort and negatively impact quality of life.
- **Moderate** toxic reactions can cause ongoing symptoms that patients may attempt to cope with.
- **Minor** toxic reactions are less pronounced. They can contribute to a general sense of lethargy, fatigue, and other symptoms.
- **Non-toxic** is a food that can be included in a regular diet.
“Eating a green pepper may cause bloating and lethargy. Lemons may cause headaches. Still others could avoid excess pounds if they removed eggs and soy from their diet. Without proper testing, these connections may go undetected.”

Jeffrey Zavik,
Founder, Immuno Laboratories
How Would You Describe

I’d Like to Feel Better.

I usually feel pretty good. I have occasional cravings and probably don’t eat as well as I should. I have some ups and downs, and I would like to lose a few pounds. I’d like to have more energy and focus.

Why Get Tested for Immuno BloodPrint™?

You might be surprised by just how much better you can feel when you adjust your diet and eliminate those foods that cause toxic reactions in your body. We have years of testimonials of “healthy” people who’ve been tested, made the dietary adjustments, and feel better than ever.

I’ve Learned to Cope With How I Feel.

I like to have a soda, energy drink, coffee, or some other “pick me up” to try and boost my energy or focus. I have used, am now, or I am thinking about using a medication to change the way that I feel, or to help manage my weight. I sometimes feel down, unmotivated, or depressed. I really should eat better, but it’s either too hard or I’m concerned about the cost. I have some annoying or persistent symptoms.

Why Get Tested for Immuno BloodPrint™?

You may not be in crisis, but you don’t have habits that are pointing you in the right direction. Instead of using stimulants to get by, you could be energetic, focused, and eliminate the cravings and even your need for these stimulants.
How You Feel?

I Need Improvement… But I’m Not Sure What To Do.

I often feel tired, bloated, moody, have infections, coughing spells, feel congested, or suffer from other chronic symptoms. I feel like I need medications to manage my symptoms.

Why Get Tested for Immuno BloodPrint™?

Your body has the innate ability to heal itself when given a chance to do so. Start by avoiding any food that is causing toxic reactions in your body. Next, eat those foods that do not cause toxic reactions, but fulfill your nutritional requirements. As you continue on the Immuno BloodPrint™ program, you will see your symptoms improve as your body heals. You’ll soon see for yourself that the right food is your first and best medicine.

Help! I Have Been Searching for a Cure.

I have been dealing with chronic conditions for too long. I rely on medications just to get through each day. I have gone to doctors, specialists, and tried all kinds of things to get better, but I’ve never found something that manages my problem. I’m starting to wonder if I’ll ever feel good again.

Why Get Tested for Immuno BloodPrint™?

Traditional medical diagnostic techniques overlook the impact food has on your health. You could be eating a balanced diet and doing what you can to improve your condition, without suspecting that the very foods you’re eating are contributing to (or even causing) your problems. The hidden link between what you eat and how you feel is not taught in Medical School!
How Many of These Symptoms Do You Have?

<table>
<thead>
<tr>
<th>Eyes</th>
<th>Head</th>
<th>Mind</th>
<th>Ears</th>
<th>Mouth &amp; Throat</th>
<th>Digestive Tract</th>
<th>Joint &amp; Muscles</th>
<th>Other</th>
<th>Energy &amp; Activity</th>
<th>Skin</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Blurred vision</td>
<td>• Dizziness</td>
<td>• Confusion</td>
<td>• Drainage from ear</td>
<td>• Canker sores</td>
<td>• Asthma, bronchitis</td>
<td>• Aches in muscles</td>
<td>• Anaphylactic reactions</td>
<td>• Apathy</td>
<td>• Acne</td>
<td>• Weight</td>
</tr>
<tr>
<td>• Dark circles</td>
<td>• Fainting</td>
<td>• Learning disabilities</td>
<td>• Ear aches</td>
<td>• Chronic coughing</td>
<td>• Chest congestion</td>
<td>• Arthritis</td>
<td>• Chest pains</td>
<td>• Fatigue</td>
<td>• Angioedema</td>
<td>• Binge eating</td>
</tr>
<tr>
<td>• Itchy eyes</td>
<td>• Headaches</td>
<td>• Poor concentration</td>
<td>• Ear infections</td>
<td>• Gagging</td>
<td>• Difficulty breathing</td>
<td>• Constipation</td>
<td>• Frequent illness</td>
<td>• Hyperactivity</td>
<td>• Dermatitis</td>
<td>• Compulsive eating</td>
</tr>
<tr>
<td>• Sticky eyelids</td>
<td>• Insomnia</td>
<td>• Poor memory</td>
<td>• Hearing loss</td>
<td>• Swollen eyelids</td>
<td>• Shortness of breath</td>
<td>• Diarrhea</td>
<td>• Genital itch</td>
<td>• Lethargy</td>
<td>• Eczema</td>
<td>• Cravings</td>
</tr>
<tr>
<td>• Swollen eyelids</td>
<td>• Lightheadedness</td>
<td>• Stuttering / stammering</td>
<td>• Itchy ears</td>
<td>• Watery eyes</td>
<td>• Wheezing</td>
<td>• Nausea</td>
<td>• Irregular heartbeat</td>
<td>• Restlessness</td>
<td>• Excessive sweating</td>
<td>• Underweight</td>
</tr>
<tr>
<td>• Watery eyes</td>
<td></td>
<td></td>
<td>• Itching</td>
<td></td>
<td></td>
<td>• Passing gas</td>
<td>• Rapid heartbeat</td>
<td>• Sluggishness</td>
<td>• Vomiting</td>
<td>• Water retention</td>
</tr>
</tbody>
</table>

Thousands of People Have Successfully Reduced and Even Eliminated These Symptoms Simply By Using the Immuno BloodPrint™ Program.
The Way Your Body Reacts To The Food You Eat CAN Cause These Symptoms!
<table>
<thead>
<tr>
<th>Factor to Consider</th>
<th>Immuano BloodPrint™</th>
<th>Atkins Diet</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Advantages</strong></td>
<td>Customized to your unique body chemistry to reduce symptoms and improve health</td>
<td>Proven effective in achieving rapid weight loss</td>
</tr>
<tr>
<td><strong>Disadvantages</strong></td>
<td>Like any diet, it may require change of habits</td>
<td>Diet is highly controversial. Symptoms include dizziness, nausea, headaches, and faintness. Bad breath caused by ketosis.</td>
</tr>
<tr>
<td><strong>Proper Nutrition</strong></td>
<td>Lists foods that are in harmony with your system and provides a variety of safe choices that support your health.</td>
<td>Controversial. Many “recommended” foods are high in saturated fat. Diet cuts out many valuable nutrients.</td>
</tr>
<tr>
<td><strong>Achieve And Maintain Optimal Weight</strong></td>
<td>Nutritional plan works to remove cravings, eliminate binge eating, and line up your food intake with your unique body chemistry to achieve and maintain your ideal weight.</td>
<td>Highly restrictive and controversial – probably not a good long term solution.</td>
</tr>
<tr>
<td><strong>Identifies Foods Toxic To Your Body</strong></td>
<td>Special reporting available on 154+ every day foods.</td>
<td>No.</td>
</tr>
<tr>
<td><strong>Names Foods That Are Not Toxic To You</strong></td>
<td>Gives you an exact list of foods by name.</td>
<td>No.</td>
</tr>
<tr>
<td><strong>Increased Self-Control / Improved Behavior</strong></td>
<td>Helps body chemistry which directly affects your emotions to help you feel in control.</td>
<td>Weight loss is good… but other symptoms may continue to cause real problems!</td>
</tr>
<tr>
<td><strong>Increased Energy</strong></td>
<td>With food that supports healthy digestion and proper functions, you UNLEASH your physical, emotional, and mental energy.</td>
<td>Weight loss may boost energy, but high saturated fat diet may cause lethargy.</td>
</tr>
<tr>
<td><strong>“Glow” Of Health</strong></td>
<td>After eliminating toxic foods you feel better, you have a more positive outlook, and others notice your new “glow” of health.</td>
<td>Does not account for toxic foods. Lack of full nutritional spectrum over long term may cause problems.</td>
</tr>
<tr>
<td><strong>Ear / Nose / Throat Health</strong></td>
<td>Do away with lingering cough, ongoing sinus infections, phlegm, and decrease or eliminate ear/nose/throat problems.</td>
<td>Ketosis can cause bad breath. Some believe diet may cause improper balance with flora and body pH, enabling infections.</td>
</tr>
<tr>
<td><strong>Healthy Digestion / GI Tract</strong></td>
<td>Helps to restore optimal flora and balance to rid yourself of bloating, leaky gut, and more.</td>
<td>Forced ketosis burns fat, but diet may cause inflammation, leaky gut, or other problems with digestion.</td>
</tr>
<tr>
<td><strong>Sleep Deeply And Well</strong></td>
<td>Remove nutritional barriers to a deep, restful sleep.</td>
<td>Weight loss may improve sleep, but other nutritional concerns and symptoms may cause problems.</td>
</tr>
<tr>
<td><strong>Customized Meal Plans For Your Exact Body Chemistry</strong></td>
<td>Special reporting available on 154+ every day foods.</td>
<td>There is no testing for toxic foods or customization.</td>
</tr>
<tr>
<td><strong>Ease Of “Living” With Diet</strong></td>
<td>Your custom meal plan includes your “good” foods and eliminates what’s toxic to you.</td>
<td>Diet is highly restrictive, and few people choose to use it as a way of life.</td>
</tr>
<tr>
<td><strong>Personal Expert Advice</strong></td>
<td>Personalized coaching phone sessions with trained health advisers and a free online forum.</td>
<td>No. Relatively few nutritionists recommend this diet. Some articles and books are available.</td>
</tr>
<tr>
<td><strong>Price</strong></td>
<td>VERY affordable.</td>
<td>High protein diet can be very expensive.</td>
</tr>
</tbody>
</table>
It’s a scientifically-valid, 95% reliable test that identifies how foods respond with your internal chemical balance.

So, How Does the Immuno BloodPrint™ Stack
Up With Other Diet Programs?

<table>
<thead>
<tr>
<th>SouthBeach Diet</th>
<th>Weight Watchers</th>
<th>Eat Right On Your Own</th>
</tr>
</thead>
<tbody>
<tr>
<td>Usually improves balanced nutrition, achieves weight loss</td>
<td>Usually improves balanced nutrition, can achieve weight loss</td>
<td>Total freedom to eat what you choose</td>
</tr>
<tr>
<td>Can be difficult for those who like carb-rich diets. Expensive, time consuming.</td>
<td>Can be difficult for those who like carb-rich diets. Expensive, time consuming.</td>
<td>Lack of direction, accountability, and the total freedom to eat what you choose</td>
</tr>
<tr>
<td>! If only the diet could test for and exclude toxic foods, it would be great.</td>
<td>! Well balanced ...if only the diet could test for and exclude toxic foods it would work better.</td>
<td>! It’s entirely up to you. Reading up on nutrition helps, but how will you know which foods are toxic to you?</td>
</tr>
<tr>
<td>Without identifying toxic foods, you may still retain water and/or lose weight but still suffer with other chronic conditions.</td>
<td>! The Points system can certainly help but due to lack of pinpointing toxic foods your progress may be foiled and the moment you stop the diet, weight gain resumes.</td>
<td>! The failure rate is almost overwhelming. You feel the need to binge, and you likely crave certain foods. You don’t know what’s toxic to you, and you don’t know which foods are causing the toxic reactions.</td>
</tr>
<tr>
<td>No.</td>
<td>No.</td>
<td>No.</td>
</tr>
<tr>
<td>! Foods that are toxic can tempt you to “lapse” into old habits.</td>
<td>! Including toxic foods can cause cravings or binge eating.</td>
<td>! It all comes down to willpower. But even ”good” foods that are toxic to you can make life miserable!</td>
</tr>
<tr>
<td>! Eating a balanced diet should help, but may include fatigue-causing toxic foods.</td>
<td>! Though a balanced diet can improve energy, including foods toxic to you may make you tired … or worse.</td>
<td>! Not excluding foods that cause toxic reactions in your body you can cause lethargy, fatigue.</td>
</tr>
<tr>
<td>! Diet will likely improve your nutrition, but why not also test for toxic foods and eat what’s harmonious with your particular system?</td>
<td>! Portion control and improved nutrition is good, but you may still suffer from toxic food reactions.</td>
<td>! Some foods that you choose to eat could be causing skin conditions, or toxic reactions that dull your appearance. It’s still better to identify and eliminate toxic foods!</td>
</tr>
<tr>
<td>! Lack of food sensitivity testing means it may or may not help chronic conditions.</td>
<td>! Lack of food sensitivity testing means it may or may not help chronic conditions.</td>
<td>! Without testing, you could still be eating foods that are contributing to your coughing, sinus problems, and more.</td>
</tr>
<tr>
<td>! Diet may improve health, but without food sensitivity testing, it can still cause problems.</td>
<td>! Diet may improve health, but without food sensitivity testing, it can still cause problems.</td>
<td>! Candida overgrowth overwhelms the GI tract and causes unhealthy cravings and digestive nightmares. The foods you eat could be causing indigestion, bloating &amp; gastrointestinal problems.</td>
</tr>
<tr>
<td>! Weight loss and focus on diet may help, but toxic foods can cause trouble.</td>
<td>! Weight loss and focus on diet may help, but toxic foods can cause trouble.</td>
<td>! May / may not improve. Without testing, you might be eating foods toxic to your body.</td>
</tr>
<tr>
<td>! No. There is no testing for toxic foods.</td>
<td>! No. There is no testing for toxic foods.</td>
<td>! You eat what you choose – but you remain in the dark regarding toxic foods!</td>
</tr>
<tr>
<td>! Initial phase is strict, but snacking is encouraged, and there is little or no “calorie counting”</td>
<td>! Very easy and convenient way to lose weight healthily without having to count calories or fat content.</td>
<td>! Without outside accountability and removing toxic foods that spur cravings and binge eating, it’s too easy to cheat!</td>
</tr>
<tr>
<td>! No. Many books and articles are available.</td>
<td>! Weekly weigh ins and personal advice.</td>
<td>! You likely have a friend or doctor that gives advice, but without testing you can’t know which foods cause toxic reactions!</td>
</tr>
<tr>
<td>! Diet can be expensive!</td>
<td>! Ongoing memberships and coaching adds up!</td>
<td>! If you put yourself through a diet, and it doesn’t help, then didn’t the diet cost you too much?</td>
</tr>
</tbody>
</table>
ImmunoLabs,

The purpose of this letter is to inform you of my experience since being tested by ImmunoLabs and since I began following the suggestions given by Better Health USA and Natalie, the nutritionist who has been assigned to me.

Three years ago my husband and I began a change to vegan eating and to eating foods as close to the way they grow as possible, i.e., mostly raw and, as much as possible, eliminating processed foods, hydrogenated fats, refined sugars, white flours, white rice, coffee, soda pop, salt, and teas (other than herbal teas). As we learned more about health and nutrition, we added, in addition to the whole food supplements we were taking, essential fatty acids (e.g., flaxseed meal and/or oil), B vitamins (especially B12), which we used to get from animal products. As a result of these changes in our lifestyles, many good things began happening: higher energy levels, no colds, flu, etc., no headaches, no need for pain killers, laxatives, or prescriptive drugs, our cholesterol level dropped into the 120's and 130's, we lost weight without trying, and we felt really good! However, a few months after changing our lifestyles (and before adding some important supplements mentioned above), I noticed that I began getting fingernail fungus. This continued increasing to the extent that I feared I would completely lose two nails. Although I had never been tested for it, we suspected that I might have candida (fed by the increased fruit we had added to our diets) which might be causing the fungal growth. Also, within the last year, rough itching spots appeared on the top of my left foot; these would sometimes partially disappear, then reappear worse than before. Sometimes I found a similar outbreak on the top of my right foot. About six months ago, what I assumed was a boil appeared on the top of my left foot. It had an extremely hard and very painful center; nothing I applied topically helped. I did not want to go to my medical doctor because I was sure she would insist that I take antibiotics.

To reverse the fungal infections, I tried several things: various topical applications, consultation with an herbalist, contacting a company which sent me information about candida and about products they wished to sell; also, for several months I used the services of a traditional Chinese medical practitioner. Sometimes I thought I saw improvement, but I actually was “in the dark,” not knowing what really was the underlying cause. When I read a doctor’s advice to use brewer’s yeast for fungal infections, I tried it. Immediately the fungus spread significantly. Just before hearing about ImmunoLabs I purchased Prescription for Nutritional Healing by Balch and Balch and began using the many supplements they suggested for candidiasis, fungal infection, and nail problems.

Finally, I heard about ImmunoLabs, called for information, and checked them out through the Better Business Bureau. I discovered BBB had nothing negative about the Labs. I was also pleased that Kim Stingo, a Better Health USA Client Services Representative, answered my questions in a very professional manner, with no hype or pressure. She recommended that I be tested for candida and hidden foods allergies. After consider-

able thought, I requested the whole battery of tests (because I was so determined to find the cause). The tests indicated I did indeed have a significant growth of candida and was reactive to eight foods (one of them being brewer’s yeast), seven of which I was eating in generous amounts!

I was pleased that the packet they sent included very specific suggestions about what to eat, what not to eat, how to prepare foods, and how to rotate the eating of foods. I decided to change my eating habits based on their suggestions, while at the same time continuing with the whole food and other supplements I felt might be useful. I was also extremely pleased that I was having a nutritionist, Natalie, assigned to me to follow my progress for a year. She was able to help me tailor the taking of supplements to my special needs. For example, she warned me that some of the supplements might contain elements of the foods to which I was reactive, and when I checked the fine print and/or called the various manufacturers, I found this was indeed the case.

For almost a week after beginning BetterHealth USA’s program, I had an increasing number of skin eruptions (which the information from them indicated might happen); however, after that the boil and skin eruptions began improving. In fact, my skin began feeling almost velvety, which I don’t remember ever feeling before, since even as I child I was plagued with dry skin.

The nail fungus, which was my greatest concern, increased twice during the first three weeks after beginning the program; however, in a month I began seeing new growth emerging on several fingers, and there has been steady progress ever since with only one exception: After being on the program for a month, I was permitted to try other foods. The first things I added were collard, kale, and apple cider vinegar to add to my salads. A little more than a week later the fungus on my two worst fingers showed signs of spreading, and a few days later it spread on two of my toenails. After consulting with Natalie, she immediately determined that it probably was the apple cider vinegar because of its yeast content. (Although she faithfully calls me at regular intervals, she also invites me to call her anytime I have questions or need help). Of course, I immediately discontinued using apple cider vinegar.

Now, after three long years filled with discouraging uncertainty and increasing problems, I am seeing steady progress. The two worst fingernails, which had been two-thirds deteriorated, have grown out almost all the way, and the little “half-moon” is visible again! The boil has healed and the skin eruptions have disappeared. I thought I slept well before, but I sleep still more soundly now. This leads me to believe that I am doing the right thing, and I am so relieved that I will not completely lose my fingernails after all! It is already worth the money I spent for the testing.

Thanks to ImmunoLabs, BetterHealth USA, Kim Stingo, and Natalie!

Sincerely,

Naomi Alstein

Patient Testimonial: Naomi Alstein
**Patient Testimonial: Oksana Piaseckyj**

ImmunoLabs,

I would like to express my appreciation for the services which you provide.

I have suffered from migraine headaches for more than 25 years, trying all sorts of medications to help me get through the day or just to knock me out because the pain was so excruciating. The headaches were sometimes so unbearable, that I had to go to the emergency department of my local hospital. During all that time, no doctor ever suggested that I may have food allergies, even though I had allergies to pollen, dust and cats.

My life changed dramatically 2 years ago when I moved to Miami, and went for a nutritional analysis to biochemist Jay Foster. He suggested that I may have food allergies, and recommended your laboratory. After testing my blood for delayed allergy reaction, your analysis indicated that I had delayed sensitivities to 21 foods.

I immediately stopped eating the food I was allergic to; went on a rotation diet, and have been migraine free for over one and a half years. I feel reborn and healthy. The quality of my life has changed so drastically, that instead of looking forward to two or three painless days in a week, I can actually plan on every day being wonderful and pain free.

I am grateful to you for giving me a new lease on life!

Gratefully yours,

Oksana Piaseckyj

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**Patient Testimonial: Ann Hughes**

ImmunoLabs,

How thrilled we are with our young son’s results following the food plan after having been tested for food allergies. He has had a really bad drooling problem, for years and years, and since taking him off of dairy products, no more drooling, none, and a better level of concentration in school work. He used to want to chew on things, like his shirt and he just doesn’t do that any more. The diet that we are following, taking out all the things that he is allergic to, has made a tremendous difference in him. We are very grateful to your lab for helping us to find this info out and finding what sort of food plan to follow so that he can be the best that he can be.

Sincerely,

Ann Hughes
ImmunoLabs,

I want to thank you from the bottom of my heart for everything you are doing in the field of food allergy research.

My name is Debra Crowder. I am 39 years old. At the time that I heard of your efforts in the field of food allergies I weighed 195 lbs. and wore size 22.
I had been suffering from migraines, fatigue, and depression for over 10 years. I had begun to think that I would have to simply learn to adjust to this way of life. I had tried, or at least paid for, every kind of diet and medication available. Some worked for a while for some of the symptoms. But nothing endured except the problems. My husband, who has been very understanding, heard of your book on the radio. We bought it and the light went on.
We were amazed at the simplicity of the concepts and yet afraid of one more disappointment. We purchased the blood test with apprehension. This became the second greatest decision of our married life.

After receiving the results of the blood test, I followed the Instructions to the letter. I admit I was surprised at the presence of allergies to some items which I hardly ever eat. Some of the items I probably should have guessed. After 8 months of simply watching what I eat I now wear size 14 but I am still 39 (some things are not food related). It is interesting to note that I am not particularly cutting back on the amount that I eat. I notice that when I get a headache or lack energy I can almost always trace the reaction to cheating on a particular food. While I know that I am supposed to be able to phase in most foods in time, I believe that I am better off simply not eating on a regular basis those foods that cause me problems.

I want to thank you again for saving my health.

Sincerely,
Debra Crowder

“We purchased the blood test with apprehension. This became the second greatest decision of our married life.”
This is a story about a seven year old little girl named Jamie Wingfield. At the age of three she started getting sick with stomach aches and fevers. The first time this happened it lasted for four days, my husband and I took her to the emergency room. The doctors found nothing wrong with her, the pain went away. On her fourth birthday she started having worse pains and fever causing her to scream and cry in pain. We took her to the emergency room where she would vomit and feel better. We went to the emergency room four more times with the same problem.

We found a doctor who hospitalized Jamie and ran various tests like cat scans, barium enemas, xrays and blood tests; she was in the hospital for four days. The doctor’s diagnosis was that she chewed too much gum. Still having pain at age five she was getting very frustrated and agitated. My husband and I noticed a lot of depression. Our family doctor told us to take Jamie to counseling. The counseling did nothing for her. At five and a half she got worse and she wanted to kill herself and the family. She also heard voices in her head. She would completely destroy her room in fits of rage. We would try to keep her from destroying the house by putting her in her room and she would use all of her strength to put holes in the walls and the doors. So during these fits my husband our 27 year old daughter and myself would have to hold her down, she would foam at the mouth and be unable to breathe. I called 911 two times because of the dangerous things she was doing. At one point we thought she was possessed because she was so mean.

We took her to a mental home and kept her there for four days so they could diagnose her but in the home her behavior was fine. So we brought her home and she went back to the same thing. Her doctor put her on depression medication (Imipramine HCl). The medicine worked for a while but the doctor just kept raising her dosage up to 100mg. She was in very bad shape, the medicine was not doing good in her body. Then another doctor took her prescription back down which made her feel a little better but she still had the stomach aches and never felt very good.

All the doctors we had gone to told us it was all in her mind. We were so frustrated we almost decided to put her in a foster home — our lives were a mess. We couldn’t handle her fits 3 and 4 times a day. We tried another counseling place the doctors there put her on (clonidine & imipramine) one for rage and the other for depression. That put a stop to the raging fits but not the pain. The diagnosis they gave me was: Post traumatic syndrome, optional defiant, major depression, and narcissistic personality. There was no help anywhere.

I was recommended to go to a Dr. John Caetan. His first reaction to our problem was to have Jamie tested for allergies. I didn’t think she would have any but we found out she has 25 foods she is allergic to. As soon as we found that out we took all the foods away from her, that was in May 1995 and now a month later she is doing wonderful. No more rage no more pain and she feels good all the time. If it wasn’t for this great test my daughter would be in foster care or a mental home for the rest of her life.

Thank You.

Nancy Wingfield
STOP EATING
(Until You Take This Test)

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