



A CONTROLLED STUDY ON 100 PATIENTS WITH FOOD INTOLERANCE

This study has been conducted by Dr. Antonio Masetti MD
Pediatrician and the Nutrition Center Italia, at Military Hospital
Celio in Rome, from January 2001 to June 2002.

The test used was the improved type of white-blood cell test called
“Prime Test”.

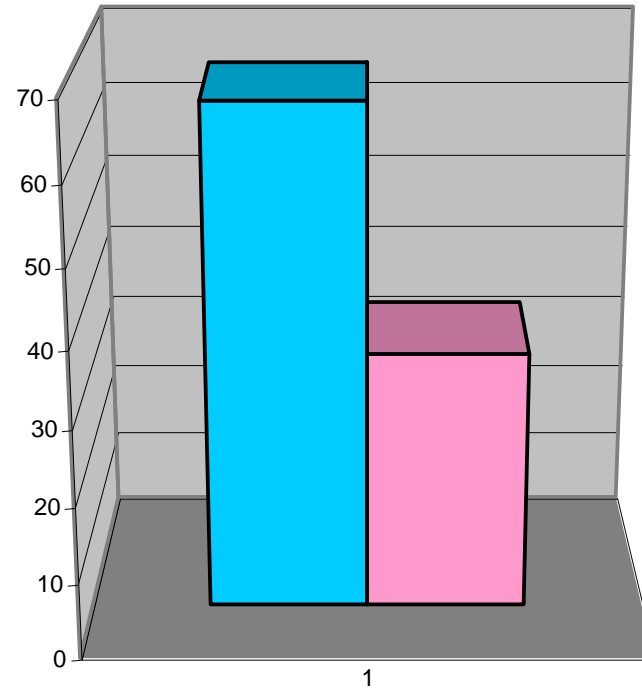
Protocol of the study:

1. selection of the patients
2. interview of the patients and anamnesi
3. Prime test results
4. prescription of the elimination diet
5. control after 6 weeks
6. control after 3 months

Selection of the patients

Number of patients : 100

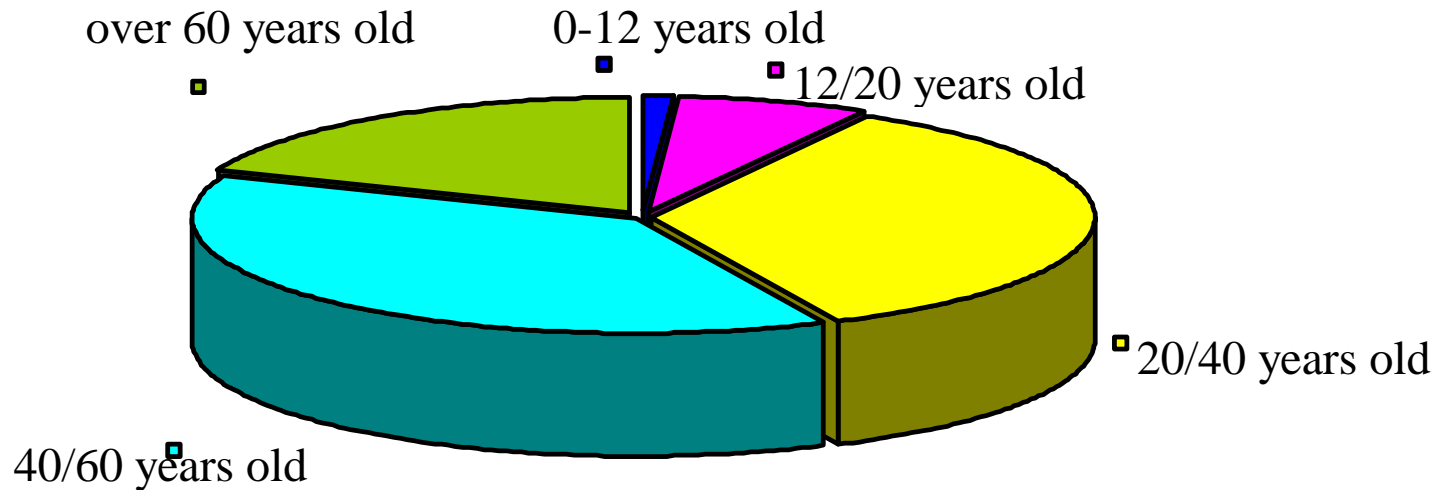
Sex of patients: 66 males and 34 females



Ratio 66male/34female

Selection of the patients: Age

The patients were in the following age range:

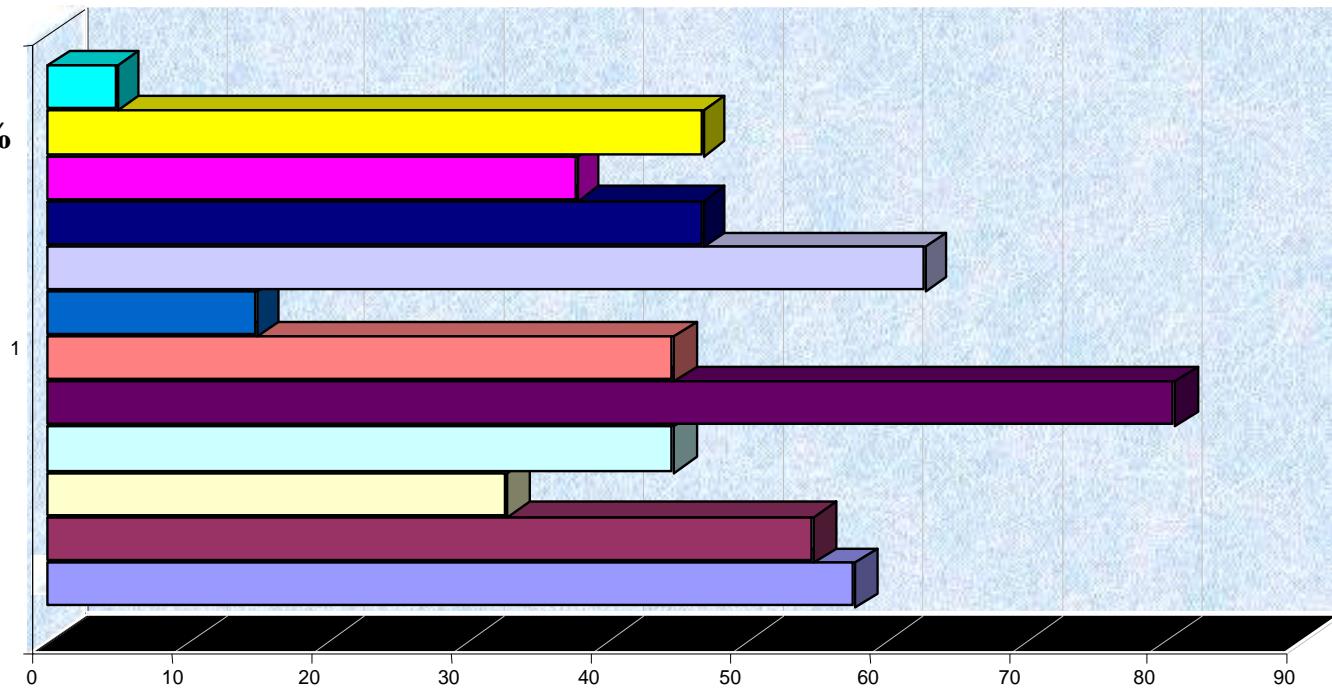


Symptoms

For the study have been chosen 12 most common symptoms

Most common symptoms

Asthma 5%
Blood circulation problems 46%
Skin problems 38%
Depression anxiety 46%
Irritability 63%
Insomnia 15%
Respiratory problems 45%
Digestive problems 82%
Joint aches 45%
Headache 33%
Overweight 55%
Fatigue 58%



Test used: Prime Test Panel P 110 foods

Prime Test

Name _____
Control Number _____

Designed to facilitate accurate nutritional counseling and preventive health care. Not designed or evaluated by the FDA for diagnosing, treating or curing diseases.

Date _____ Panel P
Total Reactions _____ Side 2

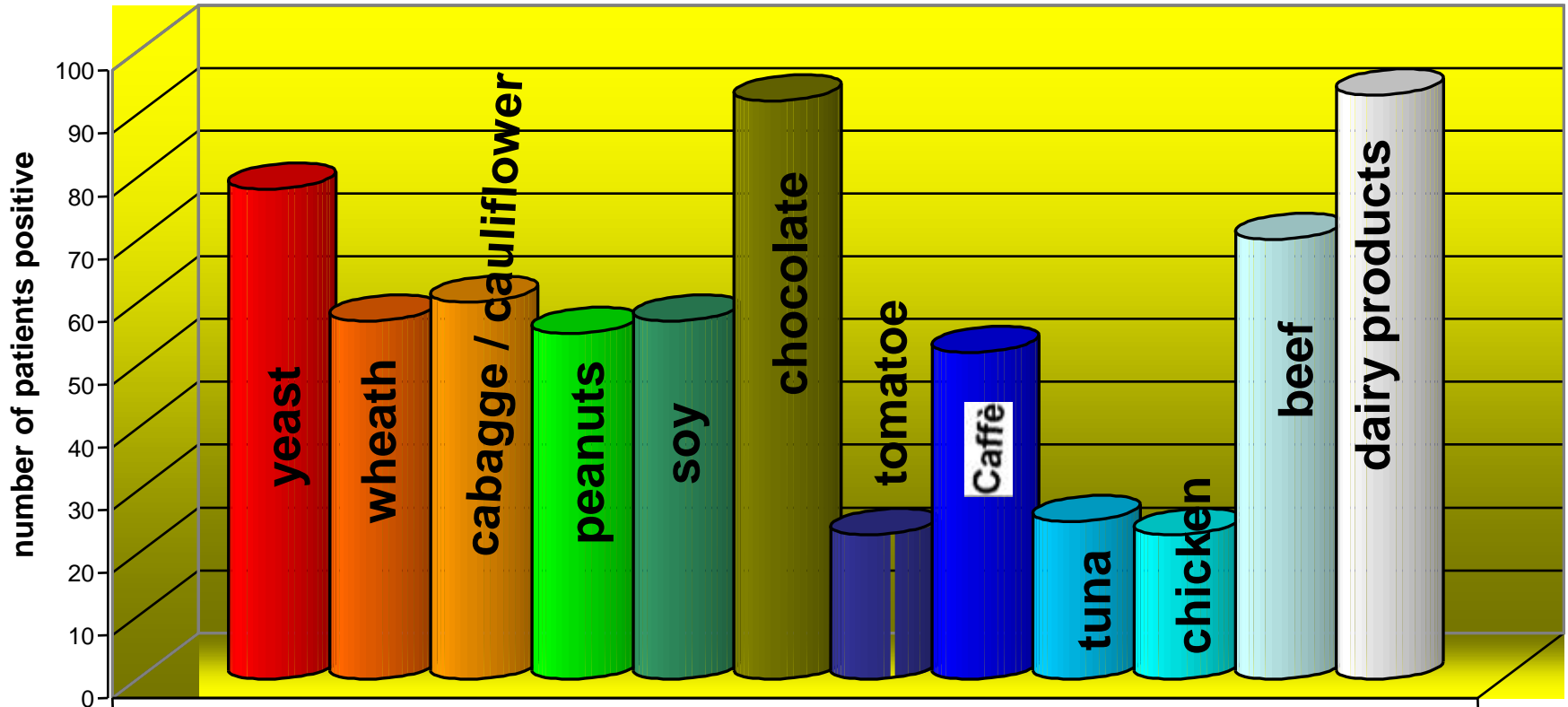
Controls	1	2	3	4
1 __ negative control ^a	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 __ positive control ^a	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fungus				
3 __ mushrooms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 __ -baker's/brewer's yeast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 __ -candida	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cereal Grains - Grasses				
6 __ barley	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 __ wheat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 __ rye	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 __ oats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 __ rice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11 __ millet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12 __ -sugar cane	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13 __ corn (maize)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Palm				
14 __ -coconut	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Farinosa				
15 __ pineapple*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lily				
16 __ asparagus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17 __ onions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18 __ garlic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Banana				
19 __ bananas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pepper				
20 __ -black pepper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walnut				
21 __ -walnuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beech				
22 __ chestnuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mulberry				
23 __ figs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Buckwheat				
24 __ buckwheat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pink				
25 __ beets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26 __ spinach*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brassica				
27 __ cabbage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28 __ broccoli*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29 __ cauliflower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rose				
30 __ strawberries*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31 __ apples*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32 __ pears*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33 __ plums (-prunes)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34 __ -almonds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35 __ peaches*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
36 __ apricots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37 __ cherries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Legume	1	2	3	4
38 __ carob	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
39 __ lentils	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
40 __ -peanuts*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
41 __ kidney beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
42 __ string beans*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
43 __ fava beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
44 __ lima beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
45 __ peas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
46 __ chick peas (garbanzos)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
47 __ -soybeans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Citrus				
48 __ lemons	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
49 __ oranges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
50 __ tangerines	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
51 __ grapefruits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Buckthorn				
52 __ grapes*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sterculia				
53 __ -chocolate* (cocoa)...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Theaceae				
54 __ -green and black tea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Carrot				
55 __ carrots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
56 __ celery*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
57 __ parsley	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
58 __ fennel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Oleaceae				
59 __ -olives*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nightshade				
60 __ potatoes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
61 __ eggplant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
62 __ tomatoes*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
63 __ -tobacco*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
64 __ chili peppers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
65 __ garden peppers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mint				
66 __ rosemary	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
67 __ oregano	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
68 __ basil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pedaliium				
69 __ -sesame	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Madder				
70 __ -coffee*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gourd				
71 __ cucumber	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
72 __ zucchini squash	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
73 __ cantaloupe*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
74 __ watermelon*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Bellflower	1	2	3	4
75 __ lettuce*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
76 __ artichoke	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
77 __ sunflower seed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Birch				
78 __ hazelnuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dillenia				
79 __ kiwifruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Crustaceans				
80 __ -shrimp*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
81 __ -lobster*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
82 __ -crab*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mollusks				
83 __ -clam*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
84 __ calamary	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bony Fish				
85 __ -salmon*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
86 __ -trout*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
87 __ cod	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
88 __ -tuna*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
89 __ -swordfish*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
90 __ halibut	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
91 __ sole	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Poultry				
92 __ chicken*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
93 __ -chicken eggs*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
94 __ turkey	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
95 __ ostrich	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mammals				
96 __ -pork*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
97 __ -beef*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
98 __ -cows' milk*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
99 __ -cows' cheese mix* ...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
100 __ -lamb*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
101 __ goats' milk*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
102 __ rabbit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
103 __ horse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other				
104 __ -honey	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chemicals				
105 __ -formaldehyde	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
106 __ -aspirin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
107 __ -Equal (aspartame) ...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
108 __ -MSG	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
109 __ -food coloring ^d	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
110 __ -petroleum products ^e	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Health - Wrecking foods

For the study there have been chosen 12 of the most common health - wrecking food



Elimination Diet

Testing Menu for the First Eight Days

Name _____

Weights are for foods as purchased. Buy organically grown foods whenever possible. Eat vegetables raw or steam lightly, do not boil or bake. Drink several glasses of water between meals, none with meals. After day 4, return to day 1.

Date _____

	Snack	Breakfast	Snack	Lunch	Snack	Dinner
Day 1 & 5						
Day 2 & 6						
Day 3 & 7						
Day 4 & 8						

Day

Personalized Supplements

1 Each day, take approximately 1,000 milligrams of pure Ester-C one-half hour before breakfast and dinner.

4

8

^a Arrowhead Mills brand is organic and a good choice. It is best to soak dried beans overnight before cooking them for an hour in clean water. Poach fish in clean water. Call on day 7 for follow-up.

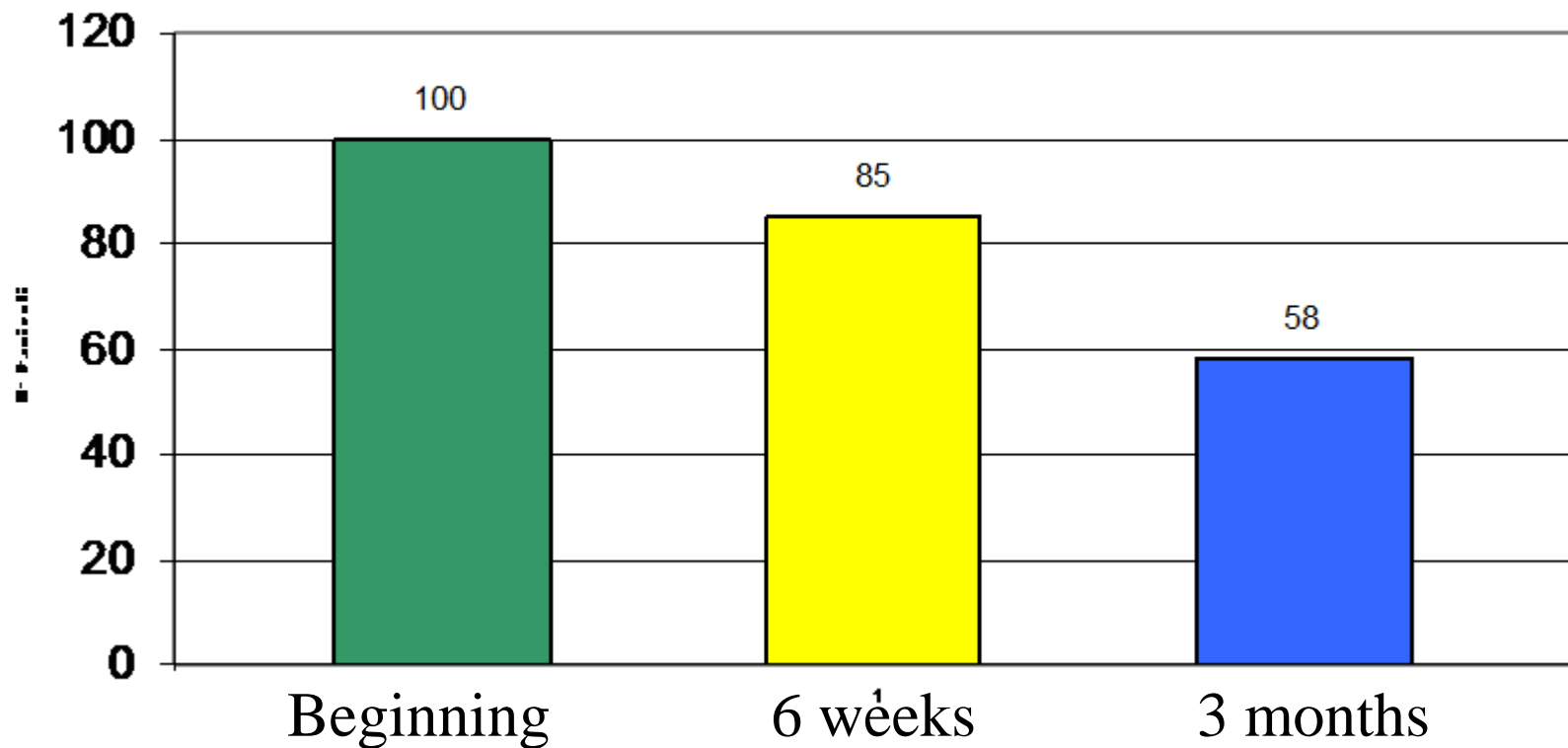
^b For vegetarians: It is not necessary to eat fish or other animal products, you get all the protein and other nutrients necessary for great health from this menu without them, except vitamin B₁₂. See page 233 in *Quality Longevity* for information on B₁₂. Asterisk (*) means usually high in pesticides. Use this page for making copies. See chapter 11 for information about these foods.

Number of patients that followed the diet :

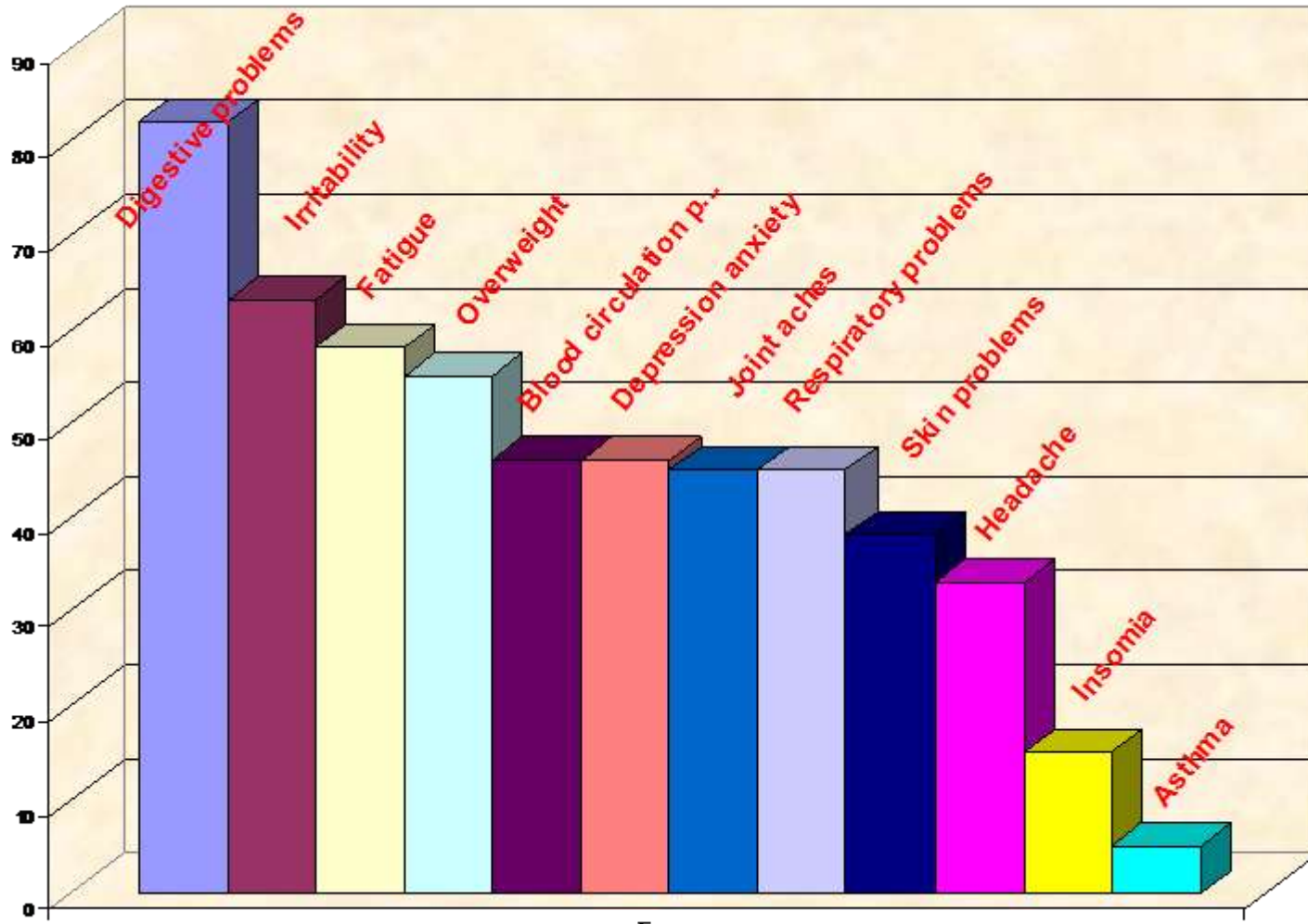
After 6 weeks 85 patients were present at the control

After 3 months 58 patients were present at the control

The rest did not follow the diet and did not come at the control

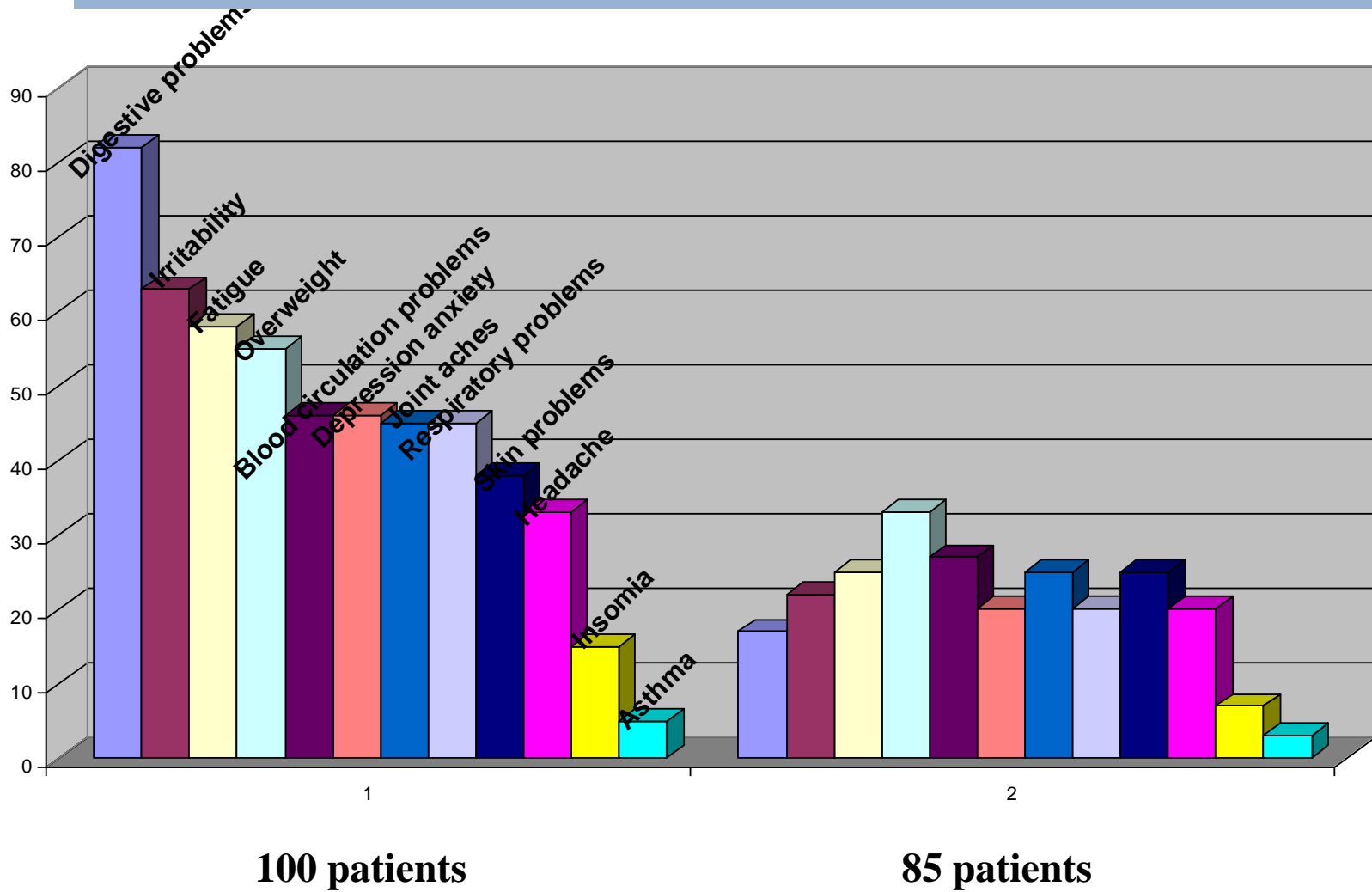


Symptoms evolution : beginning of the study

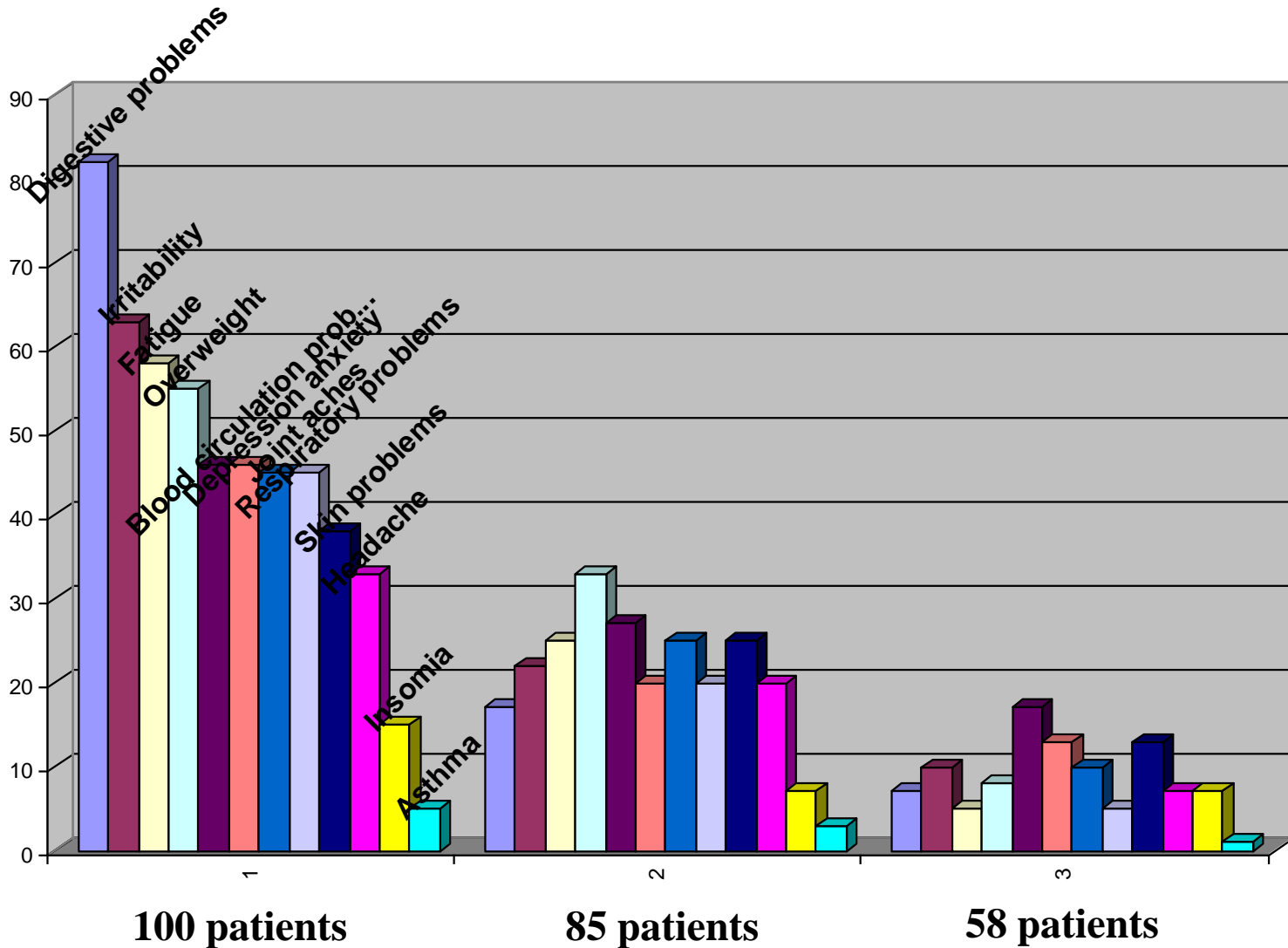


100 patients

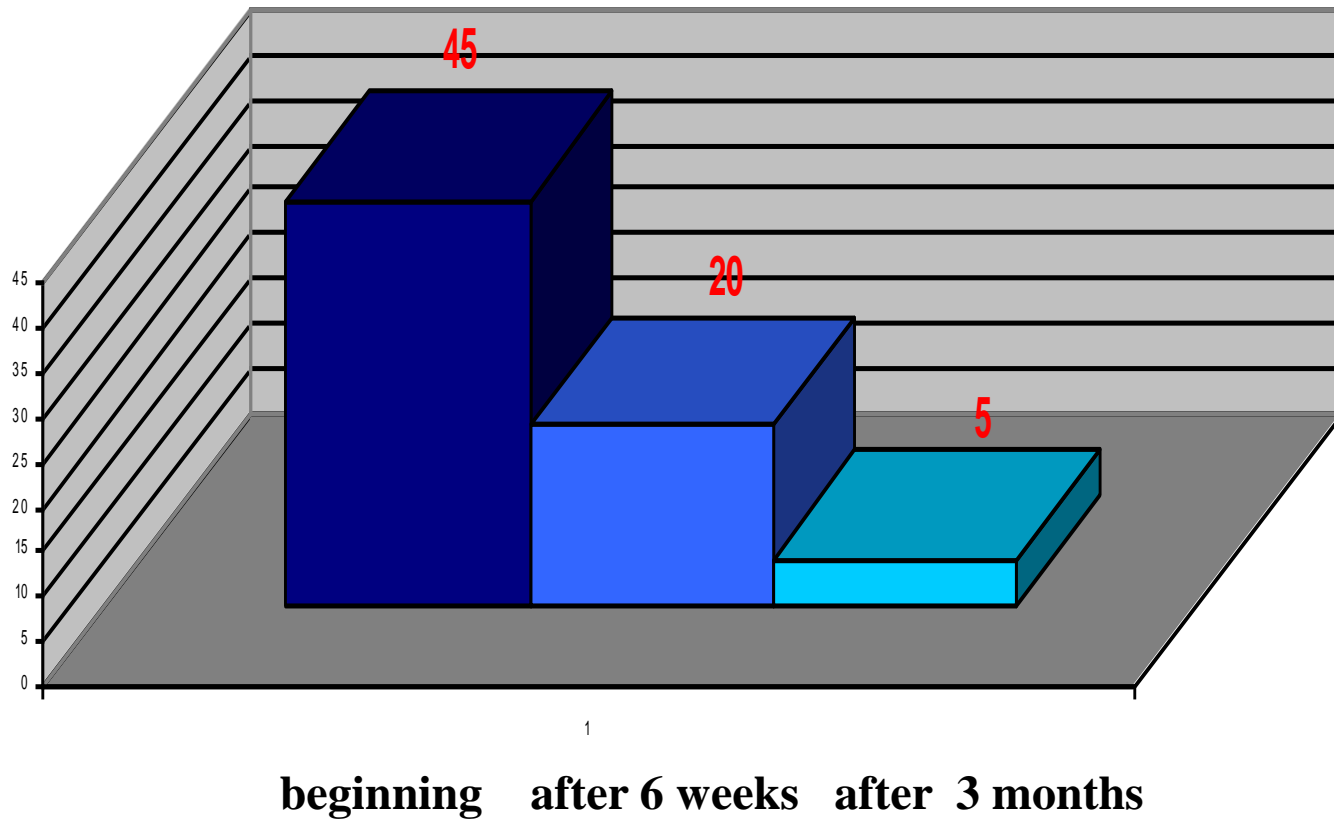
Symptoms evolution after 6 weeks



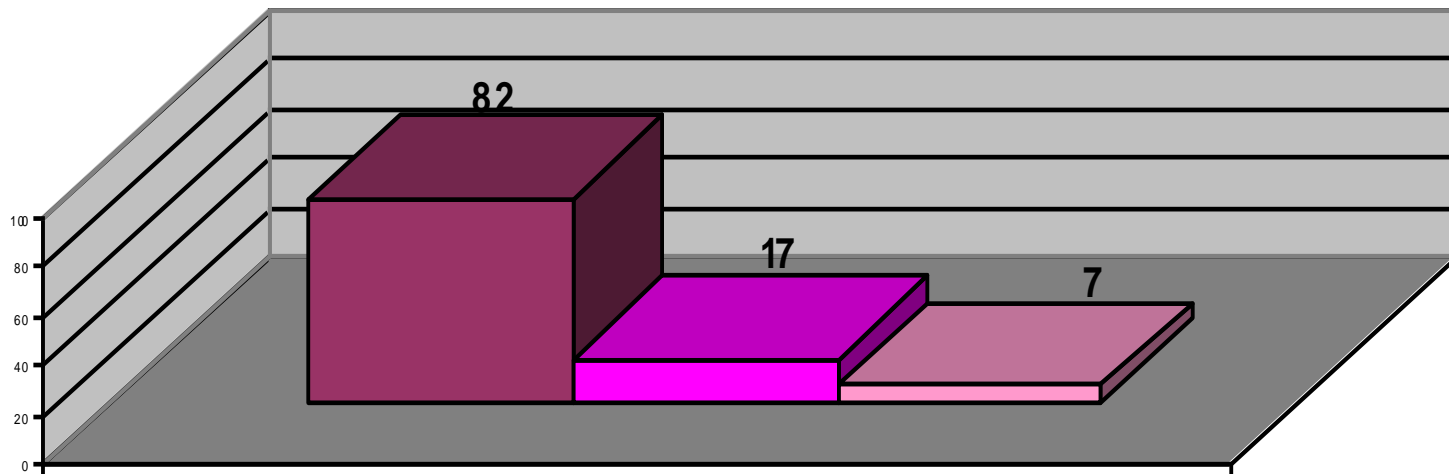
Symptoms evolution after 3 months



Graph of the reduced symptoms in patients suffering of respiratory problems
number of patients : 45

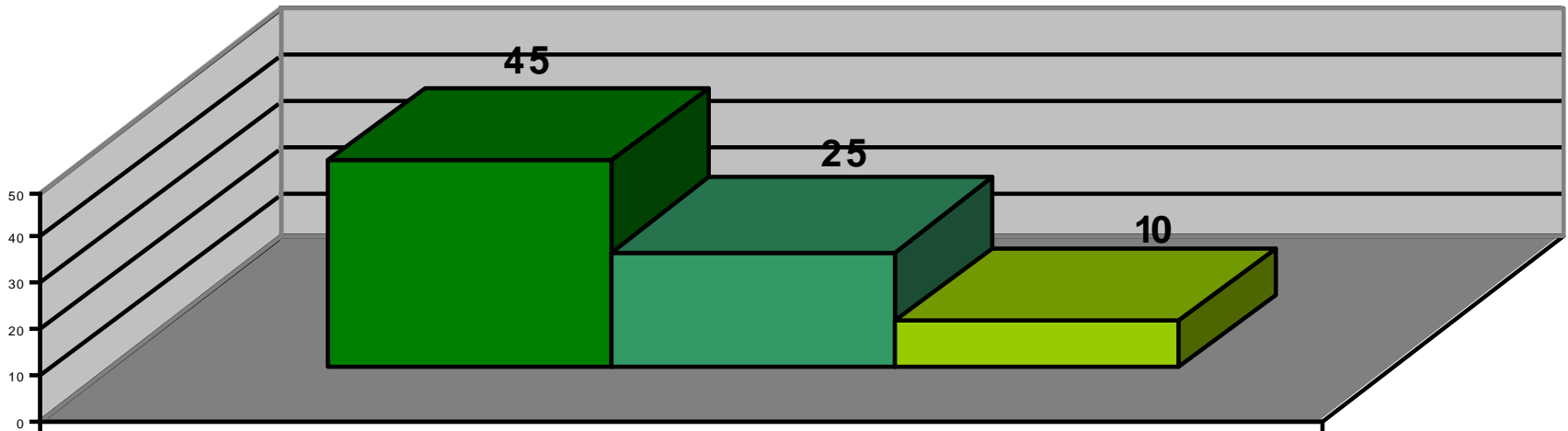


Graph of the reduced symptoms in patients suffering of digestive problems
number of patients : 82



beginning after 6 weeks after 3 months

graph of the reduced symptoms in patients suffering of joints problems
number of patients : 45



1

beginning after 6 weeks after 3 months

Reintroduction of the foods

The foods were reintroduced one at time, starting with those with a lower level of reaction following a rotational diet (one day yes and three days no)

If the simptoms reappeared the patient had to eliminate those foods for a longer time.

Clinical Case 1

Male 21 years old student

Symptoms digestive problems
heartburn
bloating after meals
irritability
fatigue
overweight

Main food positive to Prime Test : coffee,
carot,beans,chocolate,yeast, seashells

Clinical Case 1

Male 21 years old student

After 6 weeks improved digestive problems
better general conditions
better mood
weight lose

After 3 months resolution of digestive problems
better mood
more energy
weight lose of 13 kg (! steady)

Clinical Case 2

Female

36 years old

employee

Symptoms

frequent colds

sinusitis

otitis media (fluid in ear)

Main foods positive to Prime Test : milk, dairy products, chocolate and yeast

Clinical Case 2

Female

36 years old

employee

After 6 weeks : reduction of the local symptomology (rinitis)
only one cold (in two months)

After 3 months : resolution of the rinitis and sinisitis
disappearence of fluid in the ear

Symptoms started again when milk and dairy products
were reintroduced in the diet

Clinical Case 3

Male 59 years old manager

After 6 weeks : improved digestive problems
 decrease ipertransaminasemia
 weight lose

After 3 months : normal AST / ALT (despite ointerruption of
 Interferone therapy)
 weight lose of 8 kg

Conclusions

From this study we may notice that before the elimination diet the most common symptoms were the digestive problems, the circulatory problems, anxiety and fatigue, overweight ; after 6 weeks of diet there was a dramatic improvement.

The over weight with a percentage of 55 % of the patients, decreases to 33% and after 3 months only 8% of the patients did not reach the ideal weight.

Respiratory problems (from 45% to 5%) and joints aches (from 45% to 10%) diminished significantly; this demonstrate that the food intolerances facilitate the inflammation and weaken the immune system.

Conclusions

During this study we have been noticing that when the patients follow the elimination diet there is an improvement of their symptoms and a general well-being. This confirms the correlation between the symptoms, the results of the test, the elimination diet and the resolution of the problems. The Prime Test is a valid support for the diagnosis of the food intolerances or hidden food allergies.