



This is the test result for the President of the company. He is considered lucky by some because he has a fairly short list of moderate and severe reactive items. As you will read throughout this site, each test result is different because it is based on your individual immune system.

The Green list is essentially your shopping list; it contains all of the foods which you can eat without issue. By following the plan recommendations, including the supplement package, and adhering to the non-reactive foods list he has been able to lose nearly 70 lbs at the time of this update. He has also discontinued blood pressure medication for the first time in 16 years as well as prescription anti-inflammatory medication. His waist has shrunk from a 42 to a 34 for the first time since 10th grade.

At first glance his test appears to be quite liberal. You might ask how he lost the weight, nothing on there appears to be something to cause that much issue. However, pay close attention to the mild and moderate list. Corn, Milk, Cheese, Cucumber, Aleve, Ibuprofen, Salmon, Tomatoes, and Celery made up a large part of his diet. All of these foods were substituted with other non-reactive foods after he received his results. The rest is history in the making. It can be just that easy for you. Take a look at his pictures in the testimonial section to see the difference.

His wife was tested on the same day, and her list shows that she could have nearly all of the items which were restricted for him. Her list showed a totally different group of problem items for her body. Had she attempted to follow his plan she likely would have gained weight. After following her plan she was able to lose from a size 8 to a size 4 while substantially reducing her asthma medication. She has completely eliminated her daily Zyrtec and antacid. She has not had sinus congestion or indigestion since implementing the program.

This program can improve your health and change your life. We are here to assist you in any capacity we can.



Client Test Results Non-Reactive

Metabolic Optimization Test

Test Date: 17 Oct 2008
Client Name: DARRELL MCLEOD
Client Number:
Provider: Darrell McLeod, R.N

The following lists contain items which do not cause an inflammatory response with your individual metabolism. For the first 90 days or until you have reached your weight loss and/or health improvement goals you should consume only those items listed below.

FRUIT		HERBS_SPICES		NUTS_OILS_MISC		SEAFOOD
APPLE	PUMPKIN	ANISE SEED	ROSEMARY	ALMOND	PISTACHIO	ANCHOVY
AVOCADO	RASPBERRY	BASIL	THYME	BAKER'S YEAST	PSYLLIUM	CODFISH
BANANA	STRAWBERRY	BLACK PEPPER	TURMERIC	BEEF SUGAR	SESAME	CRAB
BLACK CURRANT	WATERMELON	BLK/GREEN TEA		BRAZIL NUT	SUNFLOWER	CRAYFISH
BLUEBERRY		CARDAMOM		CANE SUGAR	TAPIOCA	FLOUNDER
CANTALOUPE		CAROB		CARAWAY	VANILLA	HADDOCK
CHERRY		CAYENNE PEPPER		CASHEW	WALNUT	HALIBUT
CRANBERRY		CHILI PEPPER		CHAMOMILE		HERRING
DATE		CINNAMON		COCOA		LOBSTER
FIG		CLOVE		COCONUT		MUSSEL
GRAPE		CORIANDEr		COFFEE		OYSTER
GRAPEFRUIT		CUMIN		COTTONSEED		SARDINE
KIWI		CURRY POWDER		FLAXSEED		SCALLOP
LEMON		DILL		FRUCTOSE		SHRIMP
LIME		GINGER		GARLIC		SNAPPER
MANGO		LIQUORICE		HAZELNUT		SOLE
NECTARINE		MINT		HONEY		SQUID
OLIVE		NUTMEG		MAPLE SUGAR		SWORDFISH
ORANGE		OREGANO		PEANUT		TROUT
PAPAYA		PAPRIKA		PECAN		TUNA
PEACH		PARSLEY		PINE NUT		
PEAR						
PINEAPPLE						
PLUM						
POMEGRANATE						
VEGETABLES		GRAIN	DAIRY	MEATS	MEDICATION	
ACORN SQUASH	KELP	WHITE POTATO	BARLEY	EGG WHITE	BEEF	ACETAMINOPHEN
ARTICHOKE	KIDNEY BEAN	ZUCCHINI	BUCKWHEAT	EGG YOLK	CHICKEN	AMOXICILLIN
ASPARAGUS	LENTIL BEAN		MALT		LIVER (BEEF)	AMPICILLIN
BEEF	LIMA BEAN		MILLET		PHEASANT	ASPIRIN
BLACK-EYED PEAS	MUNG BEAN		QUINOA		PORK	CEPHALOSPORIN C
BOK CHOY	MUSHROOM		RICE		TURKEY	DIFLUNISAL (DOLOBID)
BROCCOLI	MUSTARD		SPELT		VEAL	GENTAMICIN
BRUSSEL SPROUTS	OKRA		WHEAT			INDOCIN
CABBAGE	ONION					NEOMYCIN
CARROT	PARSNIP					NYSTATIN
CHICK PEA	PINTO BEAN					PENICILLAMINE
EGGPLANT	RADISH					PENICILLIN
ENDIVE	RHUBARB					STREPTOMYCIN
FAVA BEAN	ROMAINE LETTUCE					SULFAMETHOXAZOLE
FENNEL	SOYBEAN					TETRACYCLINE
GREEN PEA	SPINACH					
GREEN PEPPER	SQUASH (Yellow)					
ICEBURG LETTUCE	STRING BEAN					
JALAPENO PEPPER						
KALE						
CASEIN / WHEY		GLUTEN / GLIADIN		CANDIDA ALBICANS		
See Mild Report		You have no reaction to Gluten or Gliadin.		You have no reaction to Candida Albicans		



Client Test Results
Mildly
Reactive

Test Date: 17 Oct 2008
 Client Name: DARRELL MCLEOD
 Client Number:
 Provider: Darrell McLeod, R.N

Metabolic Optimization Test

The following lists contain those items which cause a mild inflammatory response. These items should be avoided for the first 90 days or until you have reached your weight loss and/or health improvement goals. After reaching these goals you may reintroduce some of these items on a limited basis. Give yourself 3 to 4 days between servings of mildly reactive foods to allow your body time to metabolize and excrete these items to avoid inflammatory buildup.

FRUIT	HERBS SPICES	NUTS OILS MISC	SEAFOOD	VEGETABLES	GRAIN	DAIRY	MEATS	MEDICATION
APRICOT BLACKBERRY HONEYDEW (MELON)	BAY LEAF BREWER'S YEAST SAFFRON SAGE	SAFFLOWER	BASS CATFISH CLAM MACKEREL WHITEFISH	CELERY CUCUMBER NAVY BEAN TOMATO TURNIP WATERCRESS	CORN HOPS OAT RYE		DUCK VENISON	IBUPROFEN PIROXICAM (FELDENE) VOLTAREN
CASEIN / WHEY	GLUTEN / GLIADIN	CANDIDA ALBICANS	<p>You have no reaction to Casein and mild reaction to Whey, limit these foods: COW'S MILK, GOAT'S MILK, SHEEP'S MILK</p> <p>You have no reaction to Gluten or Gliadin.</p> <p>You have no reaction to Candida Albicans</p>					



Client Test Results
Moderately
Reactive

Metabolic Optimization Test

Test Date: 17 Oct 2008
 Client Name: DARRELL MCLEOD
 Client Number:
 Provider: Darrell McLeod, R.N

The following lists contain those items which cause a moderate inflammatory response. These items should be avoided for the first six months or until you have reached your weight loss and/or health improvement goals. Ingestion of these items should then be limited to one serving weekly. If gastrointestinal or other symptoms are noted after ingestion, then you should avoid that item completely in the future.

FRUIT	HERBS SPICES	NUTS OILS MISC	SEAFOOD	
			SALMON	
VEGETABLES	GRAIN	DAIRY	MEATS	MEDICATION
LEEK			LAMB QUAIL	CLINORIL NAPROXEN (ALEVE)
CASEIN / WHEY	GLUTEN / GLIADIN	CANDIDA ALBICANS		
See Mild Report	You have no reaction to Gluten or Gliadin.	You have no reaction to Candida Albicans		



**Client Test Results
Severely
Reactive**

Metabolic Optimization Test

Test Date: 17 Oct 2008
Client Name: DARRELL MCLEOD
Client Number:
Provider: Darrell McLeod, R.N

The following lists contain those items which cause a severe inflammatory response in your individual metabolism. These items should be avoided completely in the future. Ingestion of these items will have the highest probability of causing gastrointestinal or other symptoms and will likely lead to chronic inflammatory issues.

FRUIT	HERBS SPICES		NUTS OILS MISC		SEAFOOD
			MACADAMIA		
VEGETABLES		GRAIN	DAIRY	MEATS	MEDICATION
CAULIFLOWER					
CASEIN / WHEY	GLUTEN / GLIADIN		CANDIDA ALBICANS		
See Mild Report	You have no reaction to Gluten or Gliadin.		You have no reaction to Candida Albicans		



Client Test Results

Moderately Reactive

Metabolic Optimization Test

Test Date: 17 Oct 2008
Client Name: DARRELL MCLEOD
Client Number:
Provider: DARRELL MCLEOD, RN

These categories provide results related to Molds, Environmental Chemical, and Pharmacoactive Agents. These categories contain items which you may encounter on a daily basis. We recommend you limit your exposure to these items in accordance with your level of reactivity just as you have with your recommended foods list.

Molds

Non-Reactive		Mild	Moderate	Severe
BOTRYTIS CEPHALOSPORIUM CLADO HERBARUM CURVULARIA HORMODENDRUM MONILIA SITOPHILA MUCOR RACEMOSUS PENICILLIUM PHOMA HERBARUM PULLULARIA	RHIZOPUS NIGRICANS RHODOTORULA RUBRA SPONDYLOCLADIUM TRICHODERMA	ALTERNARIA ASPERGILLUS		EPICOCCUM NIGRUM FUSARIUM OXYSPORIUM HELMINTHOSPORIUM

Environmental Chemicals

Non-Reactive		Mild	Moderate	Severe
AMMONIUM CHLORIDE CHLORINE ORRIS ROOT PHENOL		BENZENE ETHYLENE GLYCOL FORMALDEHYDE NICKEL SULFATE TOLUENE		FLUORIDE

Pharmacoactive Agents

Non-Reactive		Mild	Moderate	Severe
ACETALDEHYDE CAFFEIC ACID CHLOROGENIC ACID COUMARIN MALVIN NICOTINE OCTOPAMINE PIPERONAL PYRIDINE RUTIN	SOLANINE TYRAMINE	DOPAMINE GALLIC ACID HISTAMINE PHENYLALANINE SEROTONIN TRYPTOPHAN	AFLATOXIN PHENYLETHYLAMINE	

Food Additives

Non-Reactive		Mild	Moderate	Severe
ACID ORANGE #8 ASPARTAME BENZOIC ACID BLUE#2 INDIGO CARMINE BRILLIANT BLACK GREEN#3 FAST GREEN MSG POLYSORBATE 80 POTASSIUM NITRATE POTASSIUM NITRITE	RED#1 CRYSTAL PONCEAU RED#3 ERYTHROSINE B RED#40 ALLURA RED SODIUM METABISULFITE SODIUM SULFITE SORBIC ACID YELLOW#5 TARTRAZINE YELLOW#6 SUNSET YELLOW	BLUE#1 BRILLIANT BLUE SACCHARINE		

Futures Weight Loss & Wellness System
www.futuresweightloss.com

At Futures Weight Loss & Wellness System you can be assured that your personal information is kept confidential at all times. Your personal information including name, address, e-mail address and other personal data is not subject to distribution unless written permission is obtained from the client. This is not an offering for medical advice or counseling. You should always seek the advice of your physician before beginning this or any health improvement or weight loss program. All tests are performed at CSS, Corp. A CLIA certified private lab in the U.S. CLIA-ID#10D0283906 State Of Florida HRS Lic. #800001500.

Foods To Avoid

File: 47717

Date: 10/17/2008

Patient: DARRELL MCLEOD

Clinic/Doctor: DARRELL MCLEOD,

CAULIFLOWER



Cauliflower can be roasted, boiled, fried, steamed or eaten raw. Cauliflower is often served with a cheese sauce or with a meat gravy. Low carb dieters can use cauliflower as a reasonable substitute for potatoes for while they can produce a similar texture, or mouth feel, they lack the starch of potatoes; cauliflower is actually used to produce a potato substitute known as fauxtato.

LAMB



Avoid also lamb chops, mutton, lamb roast & leg of lamb. Also found in kebabs.

LEEK



Avoid also leek soup and indonesian relish. Also found in other soups, stews, side dishes, sauces and salads.

MACADAMIA



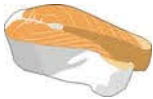
Macadamia nuts are eaten raw or after cooking in oil are roasted and salted; also used to make an edible bland salad oil. Also used in candies, covered in chocolate etc.

QUAIL



Also avoid quail eggs.

SALMON



Avoid also smoked salmon, Lox, Gravlax, Smelt & Steelhead. Also used as an hor d'œuvre.
