

## What do I do about a high Aspergillus Mix Reaction on the Dietary Antigen Test?

Dietary Antigen Test reviews IgE, IgG4, Total IgG and C3d response to 4 species of Aspergillus; *A. oryzae*, *A. niger*, *A. repens* and *A. terreus*. We also offer an Airborne Allergy test that includes IgE reactivity to additional mold species. Key foods to avoid for elevated mold reaction are moldy cheeses, peanuts, melons and sake.

For patients with severe reactions and active symptoms, a more restrictive mold diet may be needed. To get a better picture of how the mold is shifting immune function, markers such as TGF-Beta can be measured to see how immunoreactive a patient is. Also consider using Konjak Fiber which binds to mold aphlyotoxin.

### MORE RESTRICTIVE MOLD DIET SUGGESTIONS

Avoid the following foods:

- Peanuts
- Cheese - all cheese, especially aged cheese
- Melons
- Vinegar - and vinegar containing food (mayonnaise, salad dressings, catsup, chili sauce, pickled foods, relishes, green olives, mustard
- Alcoholic liquors, beer, wine and sake
- Soured breads, such as pumpernickel, coffee cakes, and other foods made with large amounts of yeast
- Sauerkraut
- Cider and homemade root beer
- Pickled and smoked meats and fish, including delicatessen foods, sausages, frankfurters, corned beef and pickled tongue, ham and bacon
- All dried fruits such as apricots, dates, prunes, figs and raisins
- Canned tomatoes unless homemade
- All canned juice
- Eat only freshly opened canned foods and freshly prepared fruits
- Do not eat meat or fish more than 25 hours old
- Avoid foods made from leftovers such as meatloaf, hash and croquettes
- Avoid hamburger unless made from freshly ground meat