

RATING THE SENSITIVITIES

*** MILD**

**** MODERATE**

***** SEVERE**

For Foods: We recommend that one star foods be eaten only once every four days. If eaten more often sensitivity symptoms may occur.

We recommend that two and three star foods be avoided.

Most phenolics, inhalants, molds and pollens are difficult to avoid. The ratings are for informational purposes.

If you experience difficulty avoiding the sensitivities, desensitization can be done.