



# Your Bronze Test results are here

**Tyler Jackson**

**Redemption code: NXXXRCKK**

**Report date: 28th Feb 2019**

**Dear Tyler Jackson,**

**We are delighted to present you with your test results report!**

Your results are divided into sections by the type of items tested. Within each section you'll find an overview page, this is to ensure your results are as clear and concise as possible and your attention is drawn to the information that is of greatest value to you. You can see the full list of items tested in the detailed analysis page. Your results report is designed to provide the utmost clarity on your results and the actions we would recommend.

We believe that in providing you with your test results and relevant information in each section, your results can form the beginning of a journey, enabling you to make positive changes to your daily diet and environment. In doing so we want you to be able to take steps towards eating a diet, which is nutritious and enjoyable and living a life, which is healthful and happy.

If you have any further questions please do not hesitate to get in touch with us.

**Sincerely,  
Check My Body Health Team**

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# Interpreting your results – explainer

## Sensitivity NOT Allergy

It is important to reiterate that this test is NOT for allergy. It is easy to confuse allergy and sensitivity or intolerance as the different terms are often used interchangeably, which leads to misinterpretation. Allergy and sensitivity are not the same. Of course if someone is allergic to a food item it could be described as being 'sensitive' however as a health condition allergy is different from sensitivity or intolerance.

There are a couple of fundamental differences between allergy and sensitivity; having food sensitivity may be uncomfortable and cause symptoms that, whilst annoying, embarrassing or even debilitating, do not have the potential to be life-threatening like those caused by food allergy; food sensitivity can also change over time, it can often be overcome through implementation of a food elimination diet and/or improving gut health, however food allergy tends to be lifelong.

The physiological process, which takes place in the body during an allergic reaction, is also entirely different to that of sensitivity. An allergic reaction involves the immune system and cells called antibodies, whereas this is not involved in sensitivity. Hair testing does not test antibody levels therefore this is why it cannot be used to test for allergy.

## Known Allergy

You may have a known allergy; so let's help you to interpret sensitivity results to this item.

### Scenario 1

**The item you are allergic to shows as a moderate or high reactivity item.**

This means that as well as a food allergy you have food sensitivity. If you have already removed this item from your diet you do not need to take any action. If you have not removed it previously, it is worth considering doing so, however we would not recommend reintroduction following the elimination diet.

### Scenario 2

**The item you are allergic to shows as a no reactivity item.**

This means that you do not have food sensitivity to this item however the result does not question or contradict the presence of your food allergy to the item. It does NOT mean you should reintroduce the item to your diet, you should respect the symptoms or test results you have had previously with regards to allergy. Remember this test does not test for allergy.

## Everyday Foods

It is common for a food item consumed in the daily diet or very frequently, to test as a moderate or high sensitivity item. This can happen with food sensitivity and may be due to the body suddenly struggling to process or breakdown particular constituents of the food. This could be caused by overconsumption of a food group or could be down to an imbalance in gut bacteria or the presence of low-level inflammation in the gut.

Whatever the cause do not despair. We are talking about food sensitivity and NOT allergy; therefore completing a food elimination diet with subsequent reintroduction can help. This may mean you need to eliminate a favourite food or staple in your diet for a period of weeks but you will be able to reintroduce the item. Eliminating food items for a period of time can allow the gut time to 'rest' from trigger foods and the reintroduction of items can allow you to assess how a food or food group makes you feel.

## Gut Nourishment

In most cases carrying out an elimination diet is enough to improve symptoms and allow for a greater understanding of any foods, which aren't agreeing with the body. It is also worth considering the nourishment of the digestive tract and addressing any gut bacteria imbalances to further improve gut function and reduce digestive symptoms.

# Food sensitivities analysis

# Food sensitivities analysis

## What is a food sensitivity?

Food sensitivity happens when the body has difficulty digesting a particular food. Having food sensitivity can cause symptoms such as bloating, bowel movement changes, headaches and fatigue. It can also contribute towards symptoms experienced by those with chronic conditions such as irritable bowel syndrome, chronic fatigue, arthritis, autism and ADD/ADHD.

## What is a food allergy?

Food sensitivity should not be confused with food allergy. This test is for food sensitivity ONLY. Food allergy symptoms include coughing, sneezing, runny nose/eyes, itchy mouth/eyes, swelling of the lips/face, rashes, worsening of eczema and/or asthma, wheezing, breathing difficulties, vomiting, diarrhoea and, in rare cases, anaphylaxis. Testing for food allergy can only be done through a blood, skin prick or patch test. If you suspect you have food allergy please see your physician.

## Interpreting your results

Interpreting your results is of course the important part! To help you with this you will find an overview of your food sensitivity results. This overview summarises the items to focus on, along with the relevant actions to take. All items tested are rated as either high, moderate or no reactivity, in the overview section you will see only those items, which tested as high or moderate. The no reactivity items can be found in the detailed analysis section.

### High Reactivity

These are the food items that our testing shows you have sensitivity to.

### Moderate Reactivity

These are the food items that our testing shows you could potentially have sensitivity to.

### No Reactivity

These are the food items that our testing shows you do not have sensitivity to.

# Your food sensitivities overview

## High Reactivity

- Rice
- Cabbage - Red
- Bay leaf
- Clams
- Liver (lamb)
- Oolong Tea
- Oat milk
- Millet
- Farro

These food items have been identified as those, which may be causing or contributing to physical symptoms.

We would recommend the removal of these items from your daily diet using a structured elimination diet. See details on how to implement an effective elimination diet in section 6.

## Moderate Reactivity

- Mustard (green)
- Swede
- Onions
- Chickpea
- Butternut squash
- Thyme
- Peanut oil
- Shellfish
- Fish (general, salt water)
- Pine nut
- Brazil nuts
- Rabbit
- Duck, domestic
- Raisins
- Nectarines
- Gooseberries
- Apples
- Wheatgrass
- Cod liver oil
- Whisky
- Shaoxing wine
- Coffee substitute made from barley
- Soft cheese
- Cocoa (with milk)
- Bread, white bread

These food items have been identified as those, which may have the potential to cause or contribute to physical symptoms.

We would always recommend prioritising the removal of the high reactivity items first and then considering the removal of moderate reactivity items thereafter.

It is also worth considering that having these items in isolation may not cause symptoms, however having a number of moderate reactivity items in the same meal or day may lead to symptoms due to an accumulative effect. See details on how to implement an effective elimination diet in section 6.

## No Reactivity

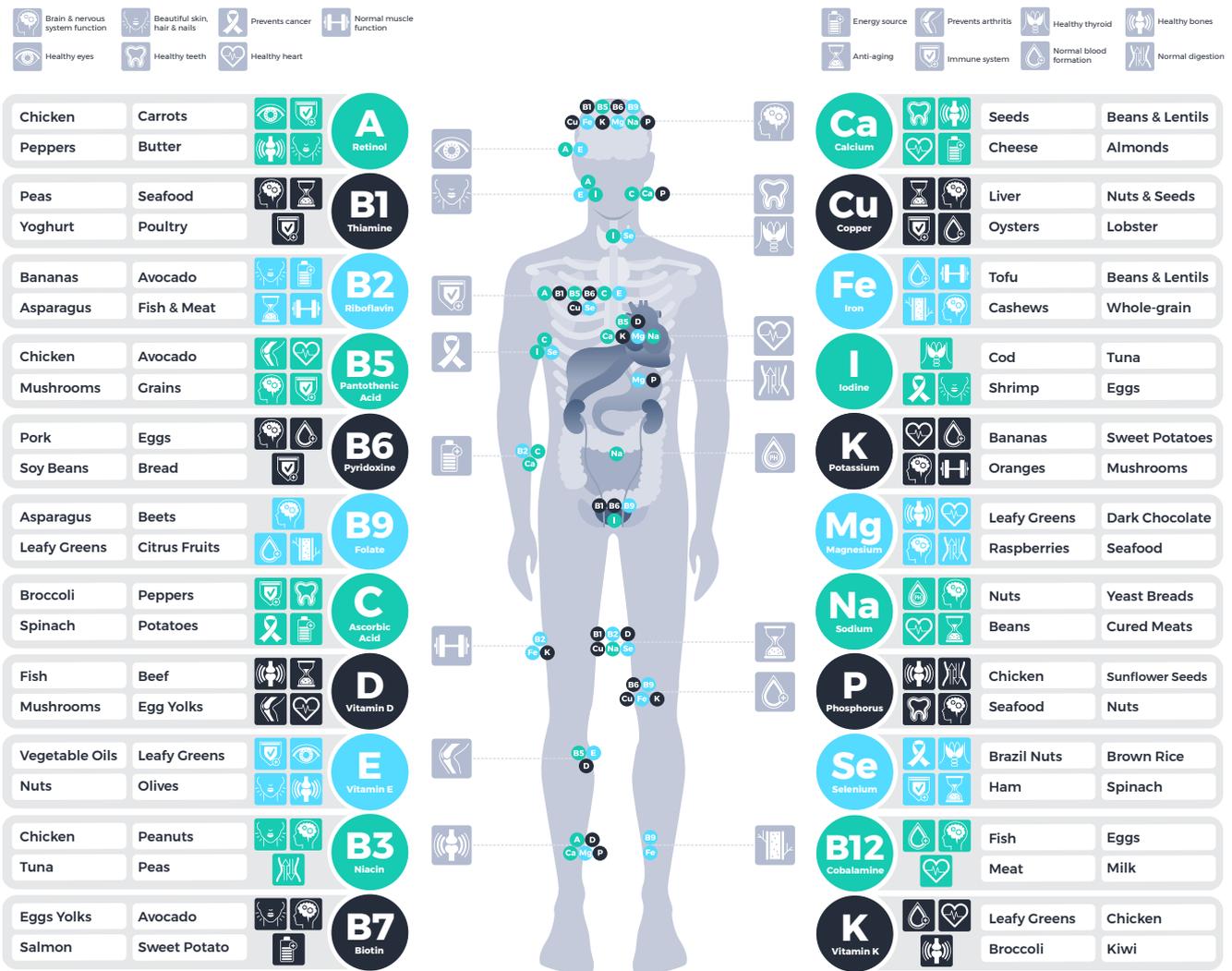
These foods have not been identified as causing or contributing towards physical symptoms and therefore require no action. You can see the full breakdown of food items showing no reaction in the food sensitivities detailed analysis section.

# The role of food types

As well as providing energy for the body food also contains nutrients in the form of vitamins and minerals. Vitamins and minerals are considered essential as they enable the body to complete literally hundreds of tasks, which are vital for day-to-day function, health and wellbeing. To name a few vitamins and minerals facilitate energy production, hormone production, wound healing, immune system function, blood clotting and foetal development.

The diagram below gives an overview of a few of the richest sources of each nutrient and some of the functions it performs within the body. You can refer to this diagram to ensure that in removing items from the diet you replace the relevant nutrients through other dietary sources.

## Vitamins & Minerals



# Food sensitivities detailed analysis

## Cereal or Grains

- Amaranth
- Barley
- Bread - Rye
- Bread, white bread
- Brown bread
- Buckwheat
- Bulgar wheat
- Cereals
- Corn
- Cornflakes
- Cornflour
- Cornstarch
- Farro
- Granary bread
- Hops
- Kamut
- Maize
- Maize flour
- Millet
- Noodles
- Oats
- Porridge oats
- Rice
- Rye
- Sesame
- Soya
- Spelt
- Wheat
- Wheat, whole grain

## Cheese

- Cheddar
- Mozzarella
- Parmesan
- Red Leicester
- Soft cheese
- Stilton

## Dairy and Egg

- A-Lactalbumin
- B-Lactoglobulin

- Butter
- Butter (salted)
- Buttermilk
- Condensed milk
- Cream
- Egg
- Evaporated milk
- Milk from cows
- Milk from goats
- Milk from sheeps
- Sour cream

## Herbs and Spices

- Chinese horse radish
- Cumin

## Drinks

- Ale
- Almond milk
- Apple juice
- Beer
- Camomile Tea
- Chamomile tea
- Champagne
- Chocolate (with cream and sugar)
- Cocoa (with cream and sugar)
- Cocoa (with milk)
- Coconut milk
- Coconut water
- Coffee (black)
- Coffee (with cream and sugar)
- Coffee (with sugar)
- Coffee substitute made from barley
- Cola
- Cranberry juice
- Earl Grey Tea
- Gin
- Hemp milk
- Jasmine Tea

- Lager
- Lemonade
- Marshmallow Tea
- Oat milk
- Oolong Tea
- Orange juice
- Ovaltine
- Pineapple juice
- Pisco
- Pomegranate juice
- Prosecco
- Red wine
- Rice milk
- Rooibos Tea
- Sake
- Sambucca
- Shaoxing wine
- Tea (black/normal, i.e. not green)
- Tea (green)
- Tea (with cream and sugar)
- Tequila
- Vermouth
- Vodka
- Whisky
- White tea
- White wine
- Wine (general)
- Yerba Mate
- Yerba mate tea

## Oils and Condiments

- Canola oil
- Coconut oil
- Cod liver oil
- Monosodium Glutamate
- Olive oil
- Oyster sauce
- Peanut oil
- Peppermint oil
- Sesame oil

- Soy sauce
- Sunflower oil
- Vegetable fat I

## Miscellaneous

- Baobab
- Barley grass
- Chlorella
- Freekeh
- Spirulina
- Wheatgrass
- Vinegar (clear)
- Vinegar (malt)
- Yeast

## Fruit

- Apples
- Apricots
- Bilberries
- Blackberries
- Cherries
- Cranberries
- Gooseberries
- Grapefruit
- Peaches
- Pineapples
- Plums
- Prunes
- Quince
- Raisins
- Raspberries
- Strawberries
- Acai Berry
- Apples
- Apricots
- Avocado
- Bananas
- Blueberry
- Braeburn apple
- Cantaloupe melon
- Carambola
- Cherries

# Food sensitivities detailed analysis continued...

- Currants (red, black etc.)
  - Dates
  - Figs
  - Fuji apple
  - Gala apple
  - Galia melon
  - Golden Delicious apples
  - Gooseberries
  - Gooseberries (Chinese)
  - Granny Smith apple
  - Grapefruit
  - Grapes (red)
  - Grapes (white)
  - Guava
  - Honeydew melon
  - Jazz apple
  - Kiwis
  - Lemons
  - Lime
  - Lychee
  - Mango
  - Nectarines
  - Oranges
  - Papaya
  - Passionfruit
  - Peaches
  - Pears
  - Pineapple
  - Pink Lady apple
  - Plums, damsons
  - Pomegranates
  - Prunes
  - Raisins
  - Raspberries
  - Strawberries
  - Water-melons
- Meat**
- Bacon
  - Beef
  - Beef, dried
  - Chicken
- Chicken, capon
  - Duck
  - Duck, domestic
  - Duck, wild
  - Goat
  - Goose
  - Hare
  - Horse
  - Lamb
  - Liver (lamb)
  - Liver (ox)
  - Liver (pig)
  - Mutton
  - Pork
  - Pork sausages
  - Rabbit
  - Roe-deer
  - Sweetbreads
  - Turkey, cock
  - Turkey, hen
  - Veal
  - Venison
- Nuts and Seeds**
- Almond
  - Brazil nuts
  - Cashew nuts
  - Chestnuts
  - Chia seed
  - Coconut
  - Dry roasted peanuts
  - Flaxseed
  - Ground nuts
  - Hazel nuts
  - Hemp seed
  - Macadamia nut
  - Peanuts
  - Pecan nuts
  - Pine nut
  - Poppy seed
  - Pumpkin seed
  - Sesame seed
- Tahini
  - Walnuts
  - Water chestnuts
- Seafood and Fish**
- Anchovy
  - Clams
  - Cod
  - Crab
  - Crayfish
  - Eel
  - Fish (general)
  - Fish (general, fresh water)
  - Fish (general, salt water)
  - Fish fingers
  - Halibut
  - Herring
  - Herring (red)
  - Lobster
  - Mackerel
  - Mussel, common
  - Mussels, general
  - Oyster
  - Plaice
  - Prawns
  - Salmon
  - Sardine
  - Shellfish
  - Shrimp
  - Shrimps
  - Smoked herring, bloater
  - Sole
  - Trout (brown)
  - Trout (sea)
  - Tuna
  - Whitefish
  - Winkles
- Herbs and Spices**
- Aniseed
  - Aquafaba
- Basil
  - Bay leaf
  - Caraway
  - Cardomom
  - Cayenne pepper
  - Cilantro
  - Cinnamon
  - Clove
  - Coriander
  - Douban Jiang
  - Fish sauce
  - Five spice
  - Ginger
  - Horse radish
  - Mint (fresh)
  - Miso
  - Mustard
  - Nutmeg
  - Paprika
  - Pepper (black)
  - Pepper (green)
  - Pepper (red)
  - Pepper (white)
  - Rosemary
  - Sage
  - Salt
  - Star anise
  - Tamarind
  - Thyme
  - Turmeric
- Vegetables**
- Aji pepper
  - Artichoke
  - Asparagus
  - Aubergine
  - Beans (broad)
  - Beans (green)
  - Beans, lima
  - Beans, navy
  - Beets
  - Black beans

# Food sensitivities detailed analysis continued...

- Black eyed peas
- Broccoli
- Brussel sprouts
- Butternut squash
- Button mushroom
- Cabbage
- Cabbage - Red
- Cabbage - White
- Capsicum (green)
- Capsicum (red)
- Capsicum (yellow)
- Carrots
- Cassava
- Cauliflower
- Celery
- Chestnut mushroom
- Chickpea
- Fennel
- Fermented black beans
- Garlic
- Kidney beans
- Kohl Rabi
- Leek
- Lentils
- Maize
- Mushrooms
- Mustard (green)
- Okra
- Onion
- Oyster mushroom
- Peas
- Peas (field)
- Plantain
- Portobello mushroom
- Potatoes
- Pumpkin
- Quinoa
- Rice
- Shitake mushroom
- Soya bean
- Spinach
- Swede
- Sweet Potato
- Tomato
- Turnip
- Yams
- Artichoke
- Avocado
- Beansprouts
- Broad beans
- Brussels sprouts
- Butter lettuce
- Button mushrooms
- Carrots
- Cauliflower
- Celery
- Chestnut mushrooms
- Chichory lettuce
- Chicory lettuce
- Cress
- Cucumbers
- Edamame beans
- Endives
- Escarole lettuce
- Garlic
- Head lettuce
- Iceberg lettuce
- Kale
- Olives (black)
- Olives (green)
- Onions
- Oyster mushrooms
- Pak Choi
- Parsley
- Portobello mushroom
- Radish
- Rocket
- Romaine lettuce
- Scarlet runner beans
- Shitake mushrooms
- Swede
- Tofu
- Tomatoes
- Watercress

# Non-food sensitivities analysis

# Non-food sensitivities analysis

## What is a non-food sensitivity?

Non-food items can, just like food items, cause the body to react, which leads to the production of symptoms such as headaches and fatigue. . If you suspect you have an allergy please see your physician. It is important to note that this is not an allergy test. Any known pollen, dust mite or mould allergies you know you have may or may not come up in this test.

## Interpreting your results

Interpreting your results is of course the important part! To help you with this you will find an overview of your non-food sensitivity results. This overview summarises the items to focus on along with the relevant actions to take. All items tested are rated as either high, moderate or no reactivity, in the overview section you will see only those items, which tested as high or moderate. The no reactivity items can be found in the detailed analysis section.

### High Reactivity

These are the non-food items that our testing shows you have sensitivity to.

### Moderate Reactivity

These are the non-food items that our testing shows you could potentially have sensitivity to.

### No Reactivity

These are the non-food items that our testing shows you do not have sensitivity to.

# Your non-food sensitivities overview

## High Reactivity

- Meadow fox tail (Alopecurus prat.)
- Nicotinic acid
- Lactic acid

These non-food items have been identified as those, which may be causing or contributing to physical symptoms.

We would recommend the avoidance of these items in your daily life, as far as possible.

## Moderate Reactivity

- Cherry tree
- Apple tree
- Alder (Alnus glutinosa)
- Hawthorn (Crataegus spp.)
- Wormwood (Artemisia absinthium)
- Sweet vernal grass (Anthoxanthum odoratum)
- Buttercup
- Tartaric acid
- Eicosapentaenoic acid

These non-food items have been identified as those, which may have the potential to cause or contribute to physical symptoms.

We would always recommend prioritising the removal of the high reactivity items first and then considering the avoidance of moderate reactivity items thereafter.

It is also worth considering that contact with these items in isolation may not cause symptoms, however having contact with a number of moderate reactivity items in the same day may lead to symptoms due to an accumulative effect.

## No Reactivity

These non-food items have not been identified as causing or contributing towards physical symptoms and therefore require no action. You can see the full breakdown of non-food items showing no reaction in the non-food sensitivities detailed analysis section.

# Non-food sensitivities detailed analysis

## Organic compounds

- Alpha Lipoic Acid
- Ascorbic acid
- Docosahexaenoic acid
- Eicosapentaenoic acid
- Ellagic acid
- Fibre
- Flavonoids
- Folate
- Folic acid
- Formic acid
- Gallic acid
- Iso-flavonoids
- Lactic acid
- L-Carnitine
- Lignans
- Lutein
- Lycopene
- Mallic acid
- Nicotinic acid
- Nucleic acid
- Omega 3
- Omega 6
- Oxalic acid
- Pantothenic acids
- Para Aminobenzoic acid
- Phytosterols
- Polyphenols
- Pro-anthocyanidins
- Pyridoxine
- Salicylic acid
- Saponins
- Sulforphane
- Tannins
- Tartaric acid
- Uric acid
- Zeaxanthin

## Materials

- Cotton
- Leather
- Lycra

- Nylon
- Rubber
- Synthetic materials
- Velvet
- Wool

## Flowering plants

- Aster
- Chamomile (*Matricaria chamomilla*)
- Chrysanthemum (*C. morifolium*)
- Clover (*Trifolium* spp.)
- Dahlia (*Dahlia hybrida*)
- Fireweed/Great willow herb (*Epilobium angustifolium*)
- Goldenrod (*Solidago virgaurea*)
- Hyacinth (*Endymion non scriptus*)
- Lupine (*Lupinus polyphyllus*)
- Marguerite (*Leucanthemum vulgare*)
- Mulberry
- Narcissus (*Narcissus* spp.)
- New Belgian Aster (*aster novi belgii*)
- Primrose (*Primulus*)
- Rape (*Brassica napus*)
- Rose (*Rosa* spp.)
- Scotch heather (*Calluna vulgaris*)
- Tulip (*Tulipa* spp.)
- Wallflower (*Cheiranthus cheiri*)

## Grasses and Herbs

- Bermuda grass (*Cynodon dactylon*)
- Buttercup
- Colonial bent grass (*Agrostis tenuis*)

- Dandelion (*Taraxum duplidens*)
- Dead nettle
- Dock (*Rumex acetosa*)
- Herd's grass, Timothy (*Phleum pratense*)
- Hop (*Humulus lupulus*)
- Kammgras (*Cynosurus cristatus*)
- Kentucky bluegrass (*Poa pratensis*)
- Maize (*Zea mays*)
- Meadow fescue (*Festuca pratensis*)
- Meadow fox tail (*Alopecurus prat.*)
- Melde (*Artiplex* spp.)
- Mugwort (*Artemisia vulgaris*)
- Orchard grass or Cocksfoot grass (*Dactylis glomerata*)
- Perennial ryegrass (*Lolium perenne*)
- Pigweed (*Chenopodium album*)
- Plantain (*Plantago major*)
- Qack grass or Couch grass (*Agropyron repens*)
- Ragweed (*Ambrosia elatior*)
- Red fescue (*Festuca rubra*)
- Ribwort (*Plantago lanceolata*)
- Stinging nettle (*Urtica dioica*)
- Sweet vernal grass (*Anthoxanthum odoratum*)
- Tall oat grass (*Arrhenaterium elatius*)
- Tansy ragwort (*Senecio jacobaea*)
- Thistle

- Velvet grass (*Holcus lanatus*)
- Water reed (*Phragmites communis*)
- Wild oat (*Avena fatua*)
- Wormwood (*Artemisia absinthium*)

## Insects

- Bee
- Mosquito
- Wasp

## Shrubs

- Blackberry
- Blueberry
- Currant bush
- Elder (*Sambucus nigra*)
- Hawthorn (*Crataegus* spp.)
- Hazel (*Corylus avellana*)
- Jasmine (*Philadelphus* spp.)
- Juniper
- Lilac (*Syringa vulgaris*)
- Mangrove
- Privet (*Ligustrum* spp.)
- Strawberry
- Tamarisk (*Myrica* sp.)
- Tumbleweed
- Willow

## Trees

- Alder (*Alnus glutinosa*)
- Apple tree
- Ash (*Frqxinus excelsior*)
- Aspen (*Populus tremula*)
- Beech (*Fagus silvatica*)
- Betula verrico
- Birch
- Cherry tree
- Elm (*Ulmus glabra*)
- European beech

# Non-food sensitivities detailed analysis continued...

- European lime (*Tilia europea*)
- False acacia (*Robinia pseudacacia*)
- Hornbeam (*Carpinus betulus*)
- Horse chestnut (*Aesculus hippocastanum*)
- Japanese Cedar
- Japanese millet
- Laburnum (*Laburnum anagyroides*)
- Larch
- Linden tree
- Maple (*Acer sepp.*)
- Misteltoe
- Oak (*Quercus robur*)
- Pear tree
- Pine (*Pinus spp.*)
- Pine, Scottish (*Pinus sylvestris*)
- Plane tree (*Platanus acerifolia*)
- Poplar (*Populus spp.*)
- Spruce (*Picea abies*)
- House dust mite
- Penicilloyl
- Pigeon droppings
- Storage mite
- Lemons
- Lime
- Lychee

## Miscellaneous

- Walnut
- Ampicilloyl
- Anisakis
- Artemisia fish food
- Ascaris
- *Aspergillus fumigatus*
- *Aspergillus niger*
- Dust
- *Farina secalis cerealis*
- Fungus
- Gliadin (Wheat-Rye-Gluten)
- Horse bot fly

# **Metal sensitivities analysis**

# Metal sensitivities analysis

## What is metal toxicity?

Metal toxicity is the build-up of large amounts of heavy metals in the soft tissues of the body. The heavy metals most commonly associated with toxicity are lead, mercury, arsenic and cadmium. Exposure usually occurs through industrial exposure, pollution, food, medication, improperly coated food containers or the ingestion of lead-based paints. Symptoms vary between the different types of heavy metals.

## What to do if you have high levels of exposure?

It is important to look at lowering your day-to-day level of exposure. Consider your environment, the foods you eat, water, cosmetics and cleaning products.

The body is constantly detoxifying things from your everyday environment such as chemicals in foods, cosmetics and cleaning products, caffeine, alcohol, medications and even your own hormones. You can help your body with detoxification processes by ensuring you; drink plenty of filtered water, eat a diet that is as wholefood as possible, avoid processed foods, reduce caffeine and/or alcohol consumption, lower nicotine usage and exercise regularly.

## Potential sources in your environment

Heavy metals are a part of our everyday life and at low levels are detoxified by the body causing no issue. However it is beneficial to have a greater awareness of where you may come into contact with metals and therefore help you reduce your potential exposure.

**Food** - Pesticides, insecticides and herbicides used on crops can lead to contaminated food produce. Contaminated water can result in fish and seafood containing heavy metals.

**Water** - Pipework that water runs through is the most likely cause of any heavy metals in drinking water. For this reason it is always best to filter your water.

**Air** - Pollution from vehicles such as cars, trains and aeroplanes contributes to heavy metals, which can be inhaled. Industrial factories and agricultural areas, which use pesticides on crops are also ways metals get into the air we breathe.

**Cosmetics** - Lead, arsenic, mercury, aluminium, zinc and chromium can be found in many cosmetics such as lipstick, whitening toothpaste, eyeliner, nail polish, moisturiser, sunscreen, foundation, blusher, concealer and eye drops. Some metals are added as ingredients whilst others are contaminants.

**Cleaning products** - Everyday household cleaning products like polish, all purpose sprays and garden products like insecticides and pesticides contain heavy metals.

## Interpreting your results

To help you interpret your results you will find an overview of your metal sensitivities. This overview summarises the items to focus on along with the relevant actions to take. All items tested are rated as either high, moderate or no reactivity, in the overview section you will see only those items, which tested as high or moderate. The no reactivity items can be found in the detailed analysis section.

Ideally the metals will show no reactivity in testing. If however there are metals identified as moderate or high reactivity do not panic. Through lowering daily exposure and helping your body with detoxification processes your body can reduce its own toxicity levels.

# Your metal sensitivities overview

## Moderate Reactivity

- Bismuth (Bi)
- Cadmium (Cd)
- Indium (In)
- Iron (Ferrous) (Fe)
- Potassium (K)
- Sodium (Na)

These metals have been identified as ones to which you should monitor your exposure.

It is also recommended that you aid your body's natural detoxification processes by ensuring you drink plenty of filtered water, eat a diet that is rich in wholefoods (particularly fruits and vegetables), avoid processed foods, reduce caffeine and/or alcohol intake, lower nicotine usage and exercise regularly.

## No Reactivity

These metals have been identified as being at a low or no reactivity level. Your body can detoxify and rid itself of these. You can see the full breakdown of metals tested in the metal sensitivities detailed analysis section.

# Metal sensitivities detailed analysis

- Aluminium (Al)
- Antimony (Sb)
- Argon (A)
- Arsenic (As)
- Barium (Ba)
- Beryllium (Be)
- Bismuth (Bi)
- Boron (Bo)
- Bromine (Br)
- Cadmium (Cd)
- Caesium (Cs)
- Calcium (C)
- Cerium (Ce)
- Chlorine (Cl)
- Chromium (Cr)
- Cobalt (Co)
- Copper (Cu)
- Dysprosium (Dy)
- Erbium (Er)
- Europium (Eu)
- Fluorine (F)
- Gadolinium (Gd)
- Gallium (Ga)
- Germanium (Ge)
- Gold (Au)
- Hafnium (Hf)
- Helium (He)
- Holmium (Ho)
- Illinium (Il)
- Indium (In)
- Iodine (Ie)
- Iridium (Ir)
- Iron (Ferrous) (Fe)
- Lead (Pb)
- Lithium (Li)
- Lutetium (Lu)
- Magnesium (Mg)
- Manganese (Mn)
- Mercury (Hg)
- Molybdenum (Mo)
- Neon (Ne)
- Nickel (Ni)
- Nitrogen (N)
- Palladium (Pd)
- Phosphorus (P)
- Platinum (Pt)
- Polonium (Po)
- Potassium (K)
- Protactinium (Pa)
- Radium (Ra)
- Radon (Rn)
- Rhenium (Re)
- Rhodium (Rh)
- Rubidium (Rb)
- Ruthenium (Ru)
- Samarium (Sm)
- Scandium (Sc)
- Selenium (Se)
- Silicon (Si)
- Silver (Ag)
- Sodium (Na)
- Strontium (Sr)
- Sulphur (S)
- Tantalum (Ta)
- Tin (Sn)
- Titanium (Ti)
- Vanadium (V)
- Zinc (Zn)
- Zirconium (Zr)

# Mineral analysis

# Mineral analysis

## Low mineral levels

There are recommended daily amounts of each mineral that should be consumed on a daily basis. However mineral requirements do vary from person to person depending upon life stage, activity level, stress level, health conditions and medications.

Low mineral levels occur when the dietary intake is lower than required or when the body is struggling to effectively absorb minerals from the food.

## What should you do if you have low mineral levels?

The daily diet is the first consideration if you have low mineral levels. It is the most natural and best way of improving mineral intake. Minerals come from the soil, and the greater the quality and richness of the soil, the greater the mineral density of a plant. The best sources of minerals are fruits, vegetables, grains, pulses, nuts and seeds. For guidance on specific minerals and the foods where they are found see 'The role of food types' in the Food Sensitivity section.

Ideally nutrients should all be consumed through the diet, however if this is not possible due to dietary restrictions or dislikes supplementation is an option. Please note it is always recommended that any supplementation is taken under the advice and monitoring of a health professional.

Should you suspect that you could have a mineral deficiency please seek the advice of your physician.

### Outside Range

The level of the mineral in your body falls below the normal range according to our testing parameters.

### Within Range

The level of the mineral in your body falls within the normal range according to our testing parameters.

# Your mineral overview

## Outside Range

- Copper
- Beta - Carotene

These minerals have been identified as falling below the normal range. Look to increase the nutrient density of your daily diet through fruits, vegetables, grains, pulses, nuts and seeds. For more specific guidance on where to find each mineral please see 'The role of food types' in the Food Sensitivity section.

## Within Range

- Phosphorus
- Calcium
- Chromium
- Iron
- Iodine
- Magnesium
- Manganese
- Molybdenum
- Potassium
- Selenium
- Silicae
- Sodium
- Zinc
- Allium
- Anthocyanidins
- Betaine
- Bio-flavonoids
- Bromelain
- Carotenoids
- Citrus bio-flavonoids
- Creatine
- Genistein
- Germanium
- Inositol

These minerals have been identified as falling within the normal range. Keep up the good work, maintaining a nutrient-rich daily diet to ensure your mineral levels remain consistent.

# Mineral detailed analysis

## Minerals

- Phosphorus
- Calcium
- Chromium
- Copper
- Iodine
- Iron
- Magnesium
- Manganese
- Molybdenum
- Potassium
- Selenium
- Silicae
- Sodium
- Zinc

## Phyto- and other nutrients

- Allium
- Anthocyanidins
- Beta - Carotene
- Betaine
- Bio-flavonoids
- Bromelain
- Carotenoids
- Citrus bio-flavonoids
- Creatine
- Genistein
- Germanium
- Inositol

# Your next steps



# Elimination diet

# Elimination diet

## What is an elimination diet?

An elimination diet is the removal of intolerant or problematic foods and drinks from your daily diet. It is conducted over a short period of time, normally around four weeks. In certain cases a person may be recommended to conduct a longer elimination diet, however generally around four weeks is sufficient time to get good results. At the end of this period you can reintroduce items one by one at the same time as monitoring your symptoms and general wellbeing.

## How does it work?

In the removal and then reintroduction of items you get a clear understanding of those foods which make you feel good, allow you to think with clarity and leave you feeling energised and those which make you feel lethargic, sluggish, sap your energy levels and provoke symptoms like bloating or headaches.

## Elimination phase

All high and medium reactive foods are removed from the diet, along with any known allergy or intolerant foods. You can eat freely from those foods in the no reactivity category. You should aim for this phase to last four weeks.

## Reintroduction phase

During the reintroduction phase you should bring one item in at a time and then monitor symptoms for the next two days.

You will find a reintroduction diary at the end of this section where you can note the food and drinks that you consume along with any symptoms you experience.

## What can't you eat on an elimination diet?

Each person will be different in the foods they should eliminate during the elimination phase. The priority items to remove are those, which are shown in the high reactivity category. If eliminating these items alone seems like a big undertaking stick with the removal of only these items. However if you feel you can also achieve the removal of those foods in the medium reactivity category during the elimination phase also do so.

You must also respect any known allergies or intolerances. For example if you know you are allergic to wheat or lactose intolerant and it comes up in the no reactivity section, do not bring it back into your diet.

## **What can you eat on an elimination diet?**

You can eat any items, which are shown as having no reactivity, except any to which you have known allergies or intolerances.

## **What's important during an elimination diet?**

In removing items from your diet you are also removing nutrients. Whilst it is only for a short period of time it remains important that you maintain a good daily intake of vitamins and minerals through your diet. Please consult 'the role of food types' page to ensure that in the removal of items you are still getting the given nutrient through other sources.

## **What happens after an elimination diet?**

Following an elimination diet you should have good clarity on which foods work well for you and which provoke symptoms or make you feel less than your best. If you do find there are items or food groups, which provoke symptoms, it is worth considering the reduction or removal of these items from your diet.

Should you choose to greatly reduce or eliminate an item or food group from your diet ensure you replace the nutrients you would have got from the item or food group with alternative sources.

To get the best from your diet and to support your health and wellbeing ensure that, in the most part, your food comes from non-processed, natural sources and contains a breadth of vitamins and minerals.

# Reintroduction diary

Date: \_\_/\_\_/\_\_

	LIST FOOD & DRINKS (NOTE TIMES)	NOTE SYMPTOMS
<b>Mon</b>		
<b>Tue</b>		
<b>Wed</b>		
<b>Thur</b>		
<b>Fri</b>		
<b>Sat</b>		
<b>Sun</b>		



## Contact us

**If you have any questions please get in touch  
with the Check My Body Health team on:**

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