

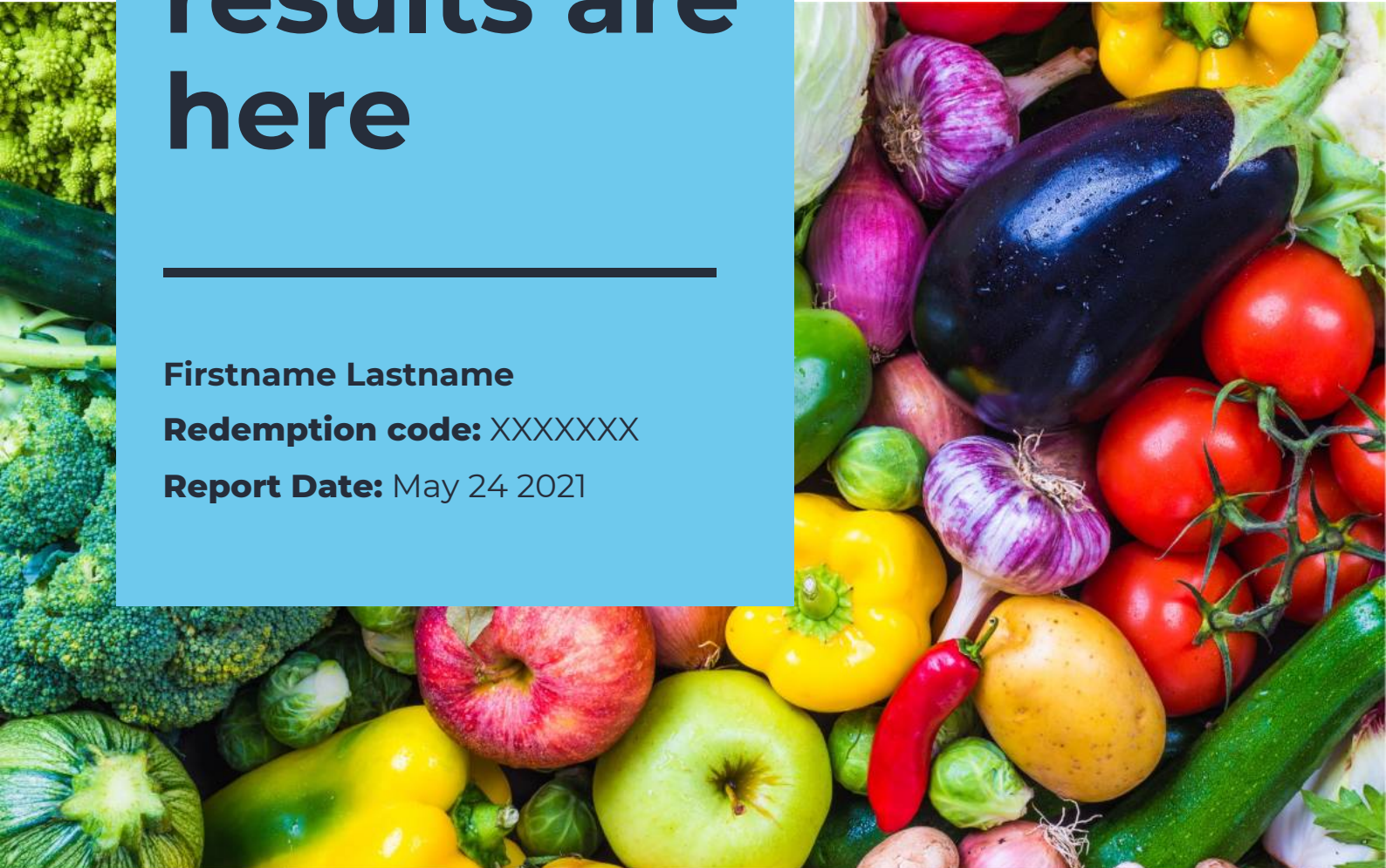


Your Complete Sensitivity results are here

Firstname Lastname

Redemption code: XXXXXXXX

Report Date: May 24 2021





Dear **Firstname Lastname**,

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

Your results have been created by our state of the art bioresonance testing machine and our technician Julie.

Your results

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

Complementary Alternative Medicine (CAMs)

Our food sensitivity tests are carried out using bioresonance therapy and is categorised under Complementary and Alternative Medicines (CAMs) which covers a wide range of therapies that fall outside mainstream medicine. Tests and related information provided do not make a medical diagnosis nor is it intended to be a substitute for professional medical advice, diagnosis or treatment.

Always seek the advice of your doctor or other qualified health provider if you have a medical condition or with any questions you may have regarding a medical condition and/or medical symptoms.

Got a question?



Come and chat to us via **LiveChat** on our website or email info@checkmybodyhealth.com



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TIP!

Throughout your results PDF you can use the top 'Back to Contents' link to jump back to this page.

Disclaimer

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USE AT YOUR OWN RISK: This report is for informational purposes only. Consult a physician before undertaking any nutritional plan or diet program. It is your responsibility to evaluate your own medical and physical condition, or that of your clients, and to independently determine whether to perform, use or adapt any of the information or content on this report or on our website.



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.

Complementary Alternative Medicine (CAMs)

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Always seek the advice of your doctor or other qualified health provider if you have a medical condition or with any questions you may have regarding a medical condition and/or medical symptoms.



Complementary and Alternative Medicine

02.





Complementary and Alternative Medicine



What is Complementary and Alternative Medicine?

Bioresonance therapy and testing is categorised as a complementary and alternative medicine (CAM). This is a diverse group of therapies, practices and products, which fall outside of conventional medicine or healthcare.

A complementary therapy is used alongside conventional medicine or treatment, whilst alternative therapy is used in place of conventional medicine or treatment. Some therapies or practices could be used as either complementary or alternative; it depends on whether it is combined with conventional medicine alongside or not.

Other therapies and practices, which are considered complementary and alternative medicine:

- Aromatherapy
- Acupuncture
- Homeopathy
- Massage therapy
- Naturopathy
- Osteopathy
- Pilates
- Yoga



Finding Complementary and Alternative Medicine Practitioners

When using complementary and alternative medicine it is important that you look for a practitioner who is registered with a regulatory body for their field of expertise.

If you think you have a health condition always seek advice from your GP first.

The NHS and CAMs:

<https://nccih.nih.gov/sites/nccam.nih.gov/files/news/nhsr12.pdf>



Customer testimonials

03.





Customer testimonials

We thought you'd like to hear what some of our customers thought about our service, from the hair submission to understanding the results report and elimination diet implementation. We would love to get your feedback!



Very detailed report with guidance on how to eliminate trigger foods. Great deal would recommend.

Taylor P.



Easy process to submit and super fast turnaround. Results were a lot more detailed than a previous test I'd purchased and on the mark with several foods I struggle with. The elimination plan chart is going to be a great help too. Would highly recommend.

Casey T.



Seriously this test is so worth doing! My coworker and I both purchased it after hearing about it from a patient at our chiropractic office. Now we tell everyone about it! Who wouldn't want to know what is causing their headaches, IBS, and chronic fatigue?! I'm astonished at what has been causing mine. Took about two weeks so receive our results, but SO worth the wait!

Tara F.



This test is fantastic! It took a little for my mom and I to get our results back but it was worth it. We have both modified our diets and feel so much better! We just ordered three more for the rest of our family members. Definitely recommend it if you have a sensitive stomach like we do!

Kelsey W.

Food sensitivities analysis

04.



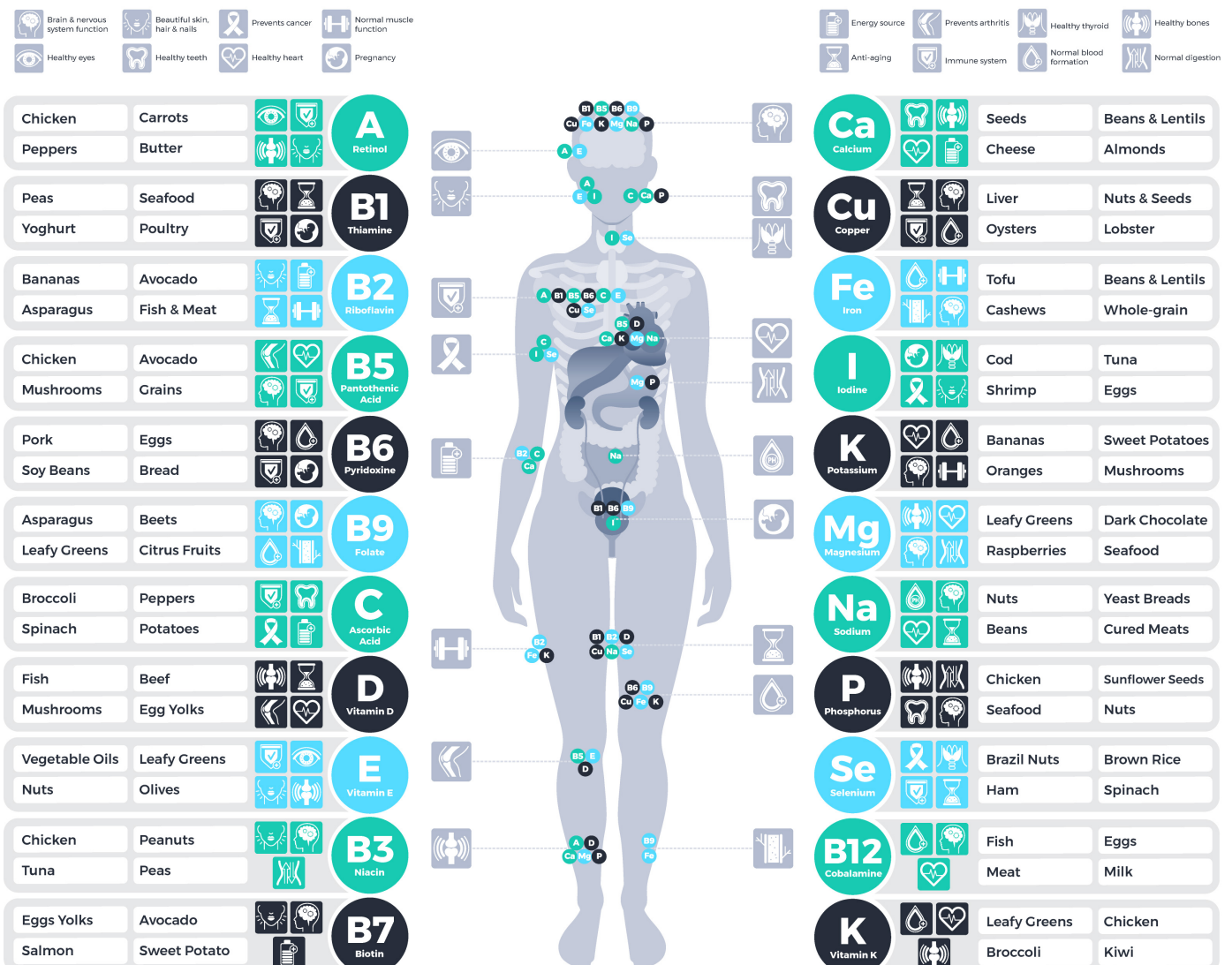


The role of food types

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





Sources of vitamins

Water-soluble vitamins

B Vitamins

Oats, whole wheat, rye, buckwheat, brown rice, Brewer's yeast, peanuts, mushrooms, soybean flour and soybeans, split peas, pecans, sunflower seeds, lentils, cashews, chickpeas, broccoli, hazelnuts, peppers.

B12

Oysters, mussels, scallops, liver, mackerel, tuna, salmon, sardines, crab, beef, eggs, yogurt, Swiss cheese, fortified products.

Vitamin C

Red peppers, guavas, kale, kiwi, broccoli, Brussel sprouts, strawberries, raspberries, blackberries, blueberries, oranges, tomatoes, peas, mange tout, papaya, mango, pineapple, melon.

Fat-soluble vitamins

Vitamin A

(Retinol) Liver, beef, lamb, cod liver oil, mackerel, salmon, tuna, pâté, goat's cheese, eggs, cheddar, cream cheese, butter, goat's cheese.

Beta Carotene

(Precursor to vitamin A)

Sweet potato, carrots, kale, spinach, collards, Swiss chard, pak choi, butternut squash, pumpkin, cos lettuce, romaine lettuce, mango, dried apricots, prunes, peaches, melon, red peppers, tuna fish, mackerel, butter.

Vitamin D

Salmon, trout, swordfish, mackerel, tuna, buttermilk, some yogurt, mushrooms, eggs, fortified products.

Vitamin E

Spinach, kale, broccoli, Swiss chard, turnip greens, collards, avocado, almonds, hazelnuts, pistachios, sunflower seeds, prawn/shrimp, crayfish, salmon, smoked salmon, swordfish, herring, trout, olive oil, sunflower oil, sweet potato, squashes, kiwi, mango, peach, nectarines, apricots, guava, raspberries, blackberries.

Vitamin K

Kale, spinach, mustard greens, spring onions, cress, basil, thyme, coriander, sage, parsley, Brussel sprouts, cabbage, chilli powder, paprika, fennel, leeks.

Minerals

Calcium

Watercress, kale, broccoli, low fat mozzarella, low fat cheddar, yogurt, pak choi, tofu, sugar snap peas, almonds, tinned sardines in oil with bones, tinned pink salmon.

Magnesium

Buckwheat, rye, millet, brown rice, whole wheat, kelp, almonds, cashews, brazil nuts, peanuts, walnuts, tofu, coconut, soya beans, figs, apricots, dates, prawns, corn, avocado, spinach, kale, broccoli swiss chard, turnip greens, collards.

Zinc

Rye, spinach, beef, lamb, pumpkin seeds, sesame seeds, sunflower seeds, cashew nuts, cocoa powder, dark chocolate, pork, chicken, chickpeas, baked beans, mushrooms.

Iron

Rye, whole wheat, pumpkin seeds, sunflower seeds, sesame seeds, chicken liver, oysters, mussels, clams, cashews, pine nuts, hazelnuts, peanuts, almonds, beef, lamb, lentils, white beans, soybeans, kidney beans, chickpeas, lima beans, oatmeal, spinach, Swiss chard, kale, dark chocolate.

Manganese

Rye, oats, brown rice, barley, mussels, hazelnuts, pine nuts, pecans, lima beans, chickpeas, adzuki beans, lentils, pumpkin seeds, sesame seeds, sunflower seeds, pineapple, spinach, kale, tofu, soybeans, sweet potato, blueberries, raspberries, strawberries.

Copper

Rye, oats, sesame seeds, cashews, soybeans, mushrooms, sunflower seeds, tempeh, garbanzo beans, lentils, walnuts, lima beans, liver, spirulina, dark chocolate, collard greens, Swiss chard, spinach, kale.

Phosphorus

Brown rice, oats, rye, whole wheat, chicken, turkey, pork, liver, sardines, scallops, salmon, mackerel, crab, milk, yogurt, cottage cheese, sunflower seeds, pumpkin seeds, Brazil nuts, pine nuts, almonds, pistachios, cashews.

Potassium

Dried apricots, salmon, mackerel, tuna, monkfish, white beans, lentils, kidney beans, avocado, butternut squash, spinach, mushrooms, bananas, potatoes, low fat yogurt.

Selenium

Brazil nuts, brown rice, rye, whole wheat, mushrooms, shrimp, sardines, oysters, tuna, sunflower seeds, liver, eggs, beef, turkey, cottage cheese.



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

- | | | |
|--|-----------------------|--------------|
| • Cheese | Grains | • Vegetables |
| • Dairy and Egg | • Herbs and Spices | |
| • Drinks | • Legumes and Pulses | |
| • Fruit | • Meat | |
| • Gluten-containing Cereals and Grains | • Miscellaneous | |
| • Gluten-free Cereals and | • Nuts and Seeds | |
| | • Oils and Condiments | |

These food categories have been identified as those containing food items which may be causing or contributing to physical symptoms. A detailed analysis of each of the food items can be viewed on the next section of this report.

We would recommend the removal of these items from your daily diet using a structured elimination diet. Please reference back to your results email to access details on how to implement an effective elimination diet.

Moderate Reactivity

- | | |
|--|-----------------------|
| • Drinks | • Legumes and Pulses |
| • Gluten-containing Cereals and Grains | • Meat |
| • Gluten-free Cereals and Grains | • Miscellaneous |
| | • Oils and Condiments |
| | • Vegetables |

These food categories have been identified as those containing food items, which may have the potential to cause or contribute to physical symptoms. A detailed analysis of each of the food items can be viewed on the next section of this report.

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 food items from these categories 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. Please reference back to your results email to access details on how to implement an effective elimination diet.



Food sensitivities detailed analysis

Gluten-containing Cereals and Grains

- Barley
- Bread-brown
- Bread-granary
- Bread-rye
- Bread-white
- Bulgar wheat
- Farro
- Freekeh
- Kamut
- Noodles-wheat
- Oats
- Porridge oats
- Rye
- Spelt
- Wheat

Gluten-free Cereals and Grains

- Almond flour
- Amaranth
- Arrowroot flour
- Buckwheat
- Chickpea flour
- Corn tortilla
- Cornflakes
- Garbanzo flour
- Hops
- Maize/corn flour
- Millet
- Oats-gluten-free
- Quinoa
- Rice-brown
- Rice-white
- Rice-wild
- Sorghum flour
- Soya flour
- Taco shells-corn

- Teff flour

Cheese

- Cheddar
- Cottage cheese
- Edam
- Goat's cheese
- Gouda
- Gruyere
- Halloumi
- Manchego
- Mozzarella
- Parmesan
- Red Leicester
- Soft cheese
- Stilton

Dairy and Egg

- A-lactalbumin
- B-lactoglobulin
- Butter
- Buttermilk
- Condensed milk
- Cream
- Egg
- Evaporated milk
- Ice cream
- Kefir
- Milk from cows
- Milk from goats
- Milk from sheep
- Sour cream
- Yogurt

Drinks

- Ale
- Almond milk
- Apple juice

- Beer
- Brandy
- Cashew milk
- Champagne
- Cider
- Coconut milk
- Coconut water
- Coffee-black
- Cola
- Cranberry juice
- Gin
- Hazelnut milk
- Hemp milk
- Hot chocolate
- Lager
- Lemonade
- Oat milk
- Orange juice

- Pineapple juice
- Pisco
- Pomegranate juice
- Prosecco
- Red wine
- Rice milk
- Rose wine
- Rum
- Sake
- Sambucca
- Shaoxing wine
- Soya milk
- Tea-black
- Tea-chamomile
- Tea-earl grey
- Tea-green
- Tea-jasmine
- Tea-marshmallow
- Tea-oolong
- Tea-rooibos
- Tea-white
- Tea-yerba mate

- Tequila
- Tomato juice
- Vermouth
- Vodka
- Whisky
- White wine

Fruit

- Acai berry
- Apple
- Apples-Braeburn
- Apples-Fuji
- Apples-Gala
- Apples-Golden Delicious
- Apples-Granny Smith
- Apples-Jazz
- Apples-Pink Lady
- Apricot
- Avocado
- Banana
- Bilberry
- Blackberry
- Blueberry
- Cantaloupe melon
- Carambola
- Cherry
- Cranberry
- Currants-red, black
- Date
- Fig
- Galia melon
- Goji berry
- Gooseberry
- Gooseberry-Chinese
- Grapefruit
- Grapes-black
- Grapes-green
- Grapes-red
- Guava
- Honeydew melon



Food sensitivities detailed analysis continued...

- Kiwi
- Lemon
- Lime
- Lychee
- Mango
- Nectarines
- Orange
- Papaya
- Passionfruit
- Peach
- Pear
- Pineapple
- Plum
- Plums-damson
- Pomegranate
- Prune
- Quince
- Raisin
- Raspberry
- Strawberry
- Water melons

Herbs and Spices

- Aniseed
- Aquafaba
- Basil
- Bay leaf
- Caraway
- Cardomom
- Cayenne pepper
- Chinese horse radish
- Cilantro
- Cinnamon
- Clove
- Coriander
- Cumin
- Douban jiang
- Five spice
- Ginger
- Horse radish

- Mint-fresh
- Miso
- Mustard
- Nutmeg
- Oregano
- Paprika
- Pepper-black
- Pepper-green
- Pepper-red
- Pepper-white
- Rosemary
- Sage
- Salt
- Star anise
- Tamarind
- Thyme
- Turmeric

Legumes and Pulses

- Black beans
- Black eyed pea
- Broad bean
- Chickpea
- Edamame bean
- Fermented black bean
- Field pea
- Green bean
- Houmous
- Kidney beans
- Lentil
- Lima bean
- Navy bean
- Pea
- Scarlet runner bean
- Soya bean
- Tofu

Meat

- Bacon

- Beef
- Beef-dried
- Buffalo
- Chicken
- Chicken-capon
- Crocodile
- Duck
- Duck-domestic
- Duck-wild
- Emu
- Goat
- Goose
- Hare
- Horse
- Kangaroo
- Lamb
- Liver-lamb
- Liver-ox
- Liver-pig
- Mutton
- Pork
- Pork sausages
- Rabbit
- Roe-deer
- Sweetbreads
- Turkey-cock
- Turkey-hen
- Veal
- Venison

Miscellaneous

- Apple cider vinegar
- Baobab
- Barleygrass
- Chlorella
- Dark chocolate
- Marmite
- Milk chocolate
- Monosodium glutamate
- Popcorn

- Potato chips
- Spirulina
- Vegemite
- Vinegar-clear
- Vinegar-malt
- Wheatgrass
- Yeast

Nuts and Seeds

- Almond
- Brazil nut
- Cashew nut
- Chestnut
- Chia seed
- Coconut
- Dry roasted peanut
- Flaxseed
- Hazelnut
- Hemp seed
- Macadamia nut
- Peanut
- Pecan nut
- Pine nut
- Pistachio nut
- Poppy seed
- Pumpkin seed
- Sesame seed
- Sunflower seed
- Tahini
- Walnut
- Water chestnut

Oils and Condiments

- Almond oil
- Balsamic vinegar
- Barbecue sauce
- Canola oil
- Coconut oil
- Cod liver oil



Food sensitivities detailed analysis continued...

- Fish sauce
- Olive oil
- Oyster sauce
- Peanut oil
- Peppermint oil
- Rapeseed oil
- Sesame oil
- Soy sauce
- Sunflower oil
- Tomato ketchup
- Vegetable oil

Seafood and Fish

- Anchovy
- Barramundi
- Calamari
- Clams
- Cod
- Crab
- Crayfish
- Eel
- Fish fingers
- Haddock
- Halibut
- Herring
- Herring-red
- John Dory
- Lobster
- Mackerel
- Mussels-general
- Oyster
- Plaice
- Prawn
- Salmon
- Sardine
- Shark
- Shrimp
- Smoked herring - bloater
- Sole
- Trout-brown

- Trout-sea
- Tuna
- Whitefish
- Winkles

Vegetables

- Aji pepper
- Artichoke
- Asparagus
- Aubergine
- Beansprout
- Beets
- Broccoli
- Brussels sprout
- Butter lettuce
- Butternut squash
- Button mushroom
- Cabbage
- Capsicum-green
- Capsicum-red
- Capsicum-yellow
- Carrots
- Cassava
- Cauliflower
- Celery
- Chestnut mushroom
- Chicory lettuce
- Cress
- Cucumber
- Endive
- Escarole lettuce
- Fennel
- Garlic
- Head lettuce
- Iceberg lettuce
- Kale
- Kohl rabi
- Leek
- Maize/corn
- Mushroom

- Mustard-green
- Okra
- Olives-black
- Olives-green
- Onion
- Oyster mushroom
- Pak choi
- Parsley
- Plantain
- Portobello mushroom
- Potato
- Pumpkin
- Radish
- Rocket
- Romaine lettuce
- Shitake mushroom
- Spinach
- Swede
- Sweet Potato
- Tomato
- Turnip
- Watercress
- Yams
- Zucchini

Vegan sensitivities analysis

05.





What is a vegan diet?

A vegan diet is plant-based and contains no animal produce, including meat, fish, eggs and dairy. Some strict vegans do also avoid honey. Reasons for adopting the vegan diet are varied and include environmental awareness and sustainability, cultural or religious beliefs and concern for animal welfare. Whatever the reasoning behind taking to a vegan diet the large demand for vegan produce means that specialist products are now widely available and restaurants/ cafes are offering more and more vegan choices on their menus.

Which foods can I eat on a vegan diet?

A plant-based diet includes pulses and legumes, grains, nuts and seeds, vegetables, salad and fruit. The variety of vegan recipes and cook books is extensive, with many delicious and simple ideas for making vegan meals.

What are the advantages of the vegan diet?

From scientific studies it appears that the vegan diet enhances levels of protective bacteria strains such as *F. prausnitzii* and reduces the levels of pathogenic strains such as enterobacteriaceae. This change in gut bacteria in the vegan diet is thought to have protective health benefits in the form of reducing inflammation. Further health benefits from the vegan diet appear to stem from a marked increase in dietary fibre from pulses, grains and vegetables.





What do I need to be aware of nutritionally if I adopt a vegan diet?

In following a vegan diet the source of certain nutrients in your daily diet does need to be considered. Vitamin B12, vitamin A and D as well as iodine and calcium are most readily available in meat, fish, dairy and eggs however can be consumed in a well-thought out vegan diet.

- Vitamin B12 is only found in meat and dairy products however many products are now fortified with the vitamin, including plant-based milk drinks, nutritional yeast, breakfast cereals and marmite.
- Vitamin A is also found in meat, fish and dairy products, however the body can convert beta carotene to retinol which is the biologically active form of vitamin A. Beta carotene rich foods include green leafy vegetables, orange, red and yellow fruits and vegetables. Considerably more beta carotene is required than vitamin A to convert to retinol.
- Vitamin D is found in oily fish and some dairy products, but is also found in mushrooms, fortified products such as breakfast cereals and of course absorbed through the sun. In the winter it can hard to reach optimum vitamin D levels therefore supplementation may be a consideration.
- Calcium is found in dairy products therefore a diet free of these means calcium needs to come from sources such as tofu, green vegetables like kale, watercress, broccoli, sugar snap peas, pak choi and almonds.
- Iodine is found in dairy products, fish and eggs, but is also found in seaweed, iodized salt, lima beans and prunes. Supplementation may be a consideration for you however if these aren't items you would eat on a day-to-day basis





Vegan 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 vegan food sensitivities overview

High Reactivity

- Vegan

These vegan 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 14.

Moderate Reactivity

- Vegan

These vegan 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 14.



Vegan food sensitivities detailed analysis

Vegan

- Falafel
- Kimchi
- Kombucha
- Natto
- Nutritional yeast
- Polenta
- Sauerkraut
- Seaweed
- Seitan
- Tempeh
- Vegan cheese
- Vegan egg

Non-food sensitivities analysis

06.





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

- Grasses and Herbs
- Miscellaneous
- Shrubs
- Trees

These non-food categories contain items that have been identified as those, which may be causing or contributing to physical symptoms. A detailed analysis of each of the non-food items can be viewed on the next section of this report.

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

Moderate Reactivity

- Flowering plants
- Grasses and Herbs
- Miscellaneous
- Trees

These non-food categories contain items that have been identified as those, which may have the potential to cause or contribute to physical symptoms. A detailed analysis of each of the non-food items can be viewed on the next section of this report.

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 items from these categories 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.



Non-food sensitivities detailed analysis

Flowering plants

- Aster
- Chamomile
- Chrysanthemum
- Clover
- Dahlia
- Fireweed/great willow herb
- Goldenrod
- Hyacinth
- Lupine
- Marguerite
- Mulberry
- Narcissus
- New Belgian aster
- Primrose
- Rape
- Rose
- Scotch heather
- Tulip
- Wallflower

Grasses and Herbs

- Bermuda grass
- Buttercup
- Colonial bent grass
- Crested dog's-tail grass
- Dandelion
- Dead nettle
- Dock
- Herd's grass, timothy
- Hop
- Kentucky bluegrass
- Maize
- Meadow fescue
- Meadow fox tail
- Mugwort
- Orchard grass or cocksfoot grass

- Perennial ryegrass
- Pigweed
- Plantain
- Qack grass or couch grass
- Ragweed
- Red fescue
- Ribwort
- Saltbush
- Stinging nettle
- Sweet vernal grass
- Tall oat grass
- Tansy ragwort
- Thistle
- Velvet grass
- Water reed
- Wild oat
- Wormwood

Insects

- Bee
- Mosquito
- Wasp

Materials

- Cotton
- Leather
- Lycra
- Nylon
- Rubber
- Synthetic materials
- Velvet
- Wool

Miscellaneous

- Ampicilloyl
- Anisakis
- Artemisia fish food

- Aspergillus fumigatus
- Aspergillus niger
- Dust
- Farina secalis cerealis
- Fungus
- Horse bot fly
- House dust mite
- Penicilloyl
- Pigeon droppings
- Storage mite

Organic compounds

- Alpha lipoic acid
- Ascorbic acid
- Docosahexaenoic acid
- Eicosapentaenoic acid
- Ellagic acid
- Flavonoids
- Folate
- Folic acid
- Formic acid
- Gallic acid
- Iso-flavonoids
- 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
- Sulfurphane
- Tannins
- Tartaric acid
- Uric acid
- Zeaxanthin

Shrubs

- Blackberry
- Blueberry
- Currant bush
- Elder
- Hawthorn
- Hazel
- Jasmine
- Juniper
- Lilac
- Mangrove
- Privet
- Strawberry
- Tamarisk
- Tumbleweed
- Willow

Trees

- Alder
- Apple tree
- Ash
- Aspen
- Beech
- Betula verruco
- Birch
- Cherry tree
- Elm
- European beech
- European lime
- False acacia



Non-food sensitivities detailed analysis continued...

- Hornbeam
- Horse chestnut
- Japanese cedar
- Japanese millet
- Laburnum
- Larch
- Linden tree
- Maple
- Misteltoe
- Oak
- Pear tree
- Pine
- Pine-Scottish
- Plane tree
- Poplar
- Spruce
- Walnut

Metal sensitivities analysis

07.





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.

High Reactivity

These are the metals that our testing shows are at a level that could lead to toxicity.

Moderate Reactivity

These are the metals that our testing shows risk being at a level that may lead to toxicity.

No Reactivity

These are the metals that our testing shows are not at a level that could lead to toxicity.



Your metal sensitivities overview

High Reactivity

No metals have been identified as high reactivity according to our testing parameters.

Moderate Reactivity

- | | | |
|------------------|-----------------|------------------|
| • Antimony (Sb) | • Iridium (Ir) | • Zirconium (Zr) |
| • Beryllium (Be) | • Mercury (Hg) | |
| • Boron (Bo) | • Silver (Ag) | |
| • Copper (Cu) | • Tantalum (Ta) | |

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

Metal sensitivities

- 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)
- Fluorine (F)
- Gadolinium (Gd)
- Gallium (Ga)
- Germanium (Ge)
- Gold (Au)
- Hafnium (Hf)
- Holmium (Ho)
- Indium (In)
- Iodine (Ie)
- Iridium (Ir)
- Iron (Ferrous) (Fe)
- Lead (Pb)
- Lithium (Li)
- Lutetium (Lu)
- Magnesium (Mg)
- Manganese (Mn)
- Mercury (Hg)
- Molybdenum (Mo)
- Nickel (Ni)
- Palladium (Pd)
- Phosphorus (P)
- Platinum (Pt)
- Potassium (K)
- Radium (Ra)
- Rhenium (Re)
- Rhodium (Rh)
- Rubidium (Rb)
- Ruthenium (Ru)
- Samarium (Sm)
- 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 and other nutrient analysis

08.





Mineral and other nutrient 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 are phyto nutrients?

Phytonutrients are natural chemicals produced by plants to help them protect themselves from things like insects and the sun. By eating foods which contain phytonutrients we, as humans, can benefit from these natural compounds and use them for health benefits.

Unlike minerals there are no recommended daily amounts to consume. However we do know that the different phytonutrients confer different health benefits in the body such as supporting cardiovascular health, strengthening the immune system, improving eye health, reducing cholesterol and boosting energy. Therefore these nutrients are recommended for optimal health.

What should you do if you have low mineral or phytonutrient 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 or phytonutrient 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. By including such produce in your diet you will also benefit from phytonutrients. 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.

Interpreting your results

Outside Range

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

Within Range

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



Your mineral and other nutrient overview

Outside Range

No minerals/other nutrients have been identified as outside range according to our testing parameters.

These minerals and/or other nutrients 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

- | | | |
|-------------------------|--------------|----------|
| • Allium | • Genistein | • Sodium |
| • Anthocyanidins | • Germanium | • Zinc |
| • Beta-carotene | • Inositol | |
| • Betaine | • Iodine | |
| • Bio-flavonoids | • Iron | |
| • Bromelain | • Magnesium | |
| • Calcium | • Manganese | |
| • Carotenoids | • Molybdenum | |
| • Chromium | • Phosphorus | |
| • Citrus bio-flavonoids | • Potassium | |
| • Copper | • Selenium | |
| • Creatine | • Silica | |

These minerals and/or other nutrients 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 and other nutrient detailed analysis

Minerals

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

Phyto- and other nutrients

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

Vitamin A-K analysis

09.





Vitamins A-K analysis



Low mineral levels

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

Low vitamin 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 vitamin levels?

The daily diet is the first consideration if you have low vitamin levels. It is the most natural and best way of improving intake. Vitamins come from a variety of sources, the richest sources being unrefined choices. For guidance on specific vitamins 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 vitamin deficiency please seek the advice of your physician.

Interpreting your results

Outside Range

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

Within Range

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



Your vitamins A-K overview

Outside Range

- Choline
- Vit. A
- Vit. B12

These vitamins 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, good quality meat, fish, eggs and dairy produce. For more specific guidance on the best sources of each vitamin please see 'The role of food types' in the Food Sensitivity section.

Within Range

- Vit. B1
- Vit. B2
- Vit. B3
- Vit. B5
- Vit. B6
- Vit. B7
- Vit. B9
- Vit. C
- Vit. D
- Vit. E
- Vit. K

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

Additives analysis

10.





Additives analysis



What are additives?

Additives are substances, which are added to food for a specific reason such as; to improve the look or taste of a food, to preserve a food and make it last longer on the shelf, to aid food processing and manufacturing, to stabilise a food and keep it safe to eat.

The main types of additives are colourings, flavour enhancers, sweeteners, antioxidants, emulsifiers, stabilisers and preservatives. They can be natural, man-made but nature identical or artificial.

Interpreting your results

Interpreting your results is of course the important part! To help you with this you will find an overview of your additives 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 additives that our testing shows you have sensitivity to.

Moderate Reactivity

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

No Reactivity

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



Your additives overview

High Reactivity

- | | | |
|---------------------|---------------------------|---------------------------|
| • Colourings | • Miscellaneous additives | • Thickening, Setting and |
| • Emulsifiers | • Preservatives | Moisturising Agents |
| • Flavour enhancers | • Sweeteners | |

These categories of additives have been identified as those, which may be causing or contributing to physical symptoms. A detailed analysis of each of the additives can be viewed on the next section of this report.

We would recommend the removal of these additives from your daily diet as far as possible.

Additives are most likely to be found in processed products, therefore eating a diet that is rich in natural, whole food produce and low in processed foods will enable the removal of many additives from your daily diet.

Moderate Reactivity

- | | | |
|---------------------|---------------------------|---------------------|
| • Antioxidants | • Miscellaneous additives | Moisturising Agents |
| • Colourings | • Preservatives | |
| • Emulsifiers | • Sweeteners | |
| • Flavour enhancers | • Thickening, Setting and | |

These additives have been identified as those, which may have the potential to cause or contribute to physical symptoms. A detailed analysis of each of the additives can be viewed on the next section of this report.

We would always recommend prioritising the removal of the high reactivity items first and then considering the avoidance of moderate reactivity items thereafter. Additives are most likely to be found in processed products, therefore eating a diet that is rich in natural, whole food produce and low in processed foods will enable the removal of many additives from your daily diet.

It is also worth considering that having these items from these categories 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 additives have not been identified as causing or contributing towards physical symptoms and therefore require no action. You can see the full breakdown of additives showing no reaction in the additives detailed analysis section.



If you would like further information on a particular additive we have set out a variety of different sources you can use. In the appendix you will find details of the full name of each additive.

This website gives the names of branded products, which contain a given additive. Search the database using the full name of the additive rather than the number. For example under 'search for a product' put aspartame rather than E951.

This website gives a good level of detail on an extensive list of additives.

E100-E200

E600-E700

E200-E300

E900-E1000

E300-E400

E1000-E1300

E400-E500

E1400-E1500

E500-E600

E1500-E1525



Additives detailed analysis

Antioxidants

- E 300
- E 301
- E 302
- E 304
- E 306
- E 307
- E 308
- E 309
- E 310
- E 311
- E 312
- E 315
- E 316
- E 320
- E 321
- E 322
- E 325
- E 326
- E 327
- E 330
- E 331
- E 332
- E 333
- E 334
- E 335
- E 336
- E 337
- E 338
- E 339
- E 340
- E 341
- E 350
- E 351
- E 352
- E 353
- E 354
- E 355
- E 356
- E 357
- E 363
- E 380

- E 385

Colourings

- E 100
- E 101
- E 102
- E 104
- E 110
- E 120
- E 122
- E 123
- E 124
- E 127
- E 128
- E 129
- E 131
- E 132
- E 133
- E 140
- E 141
- E 142
- E 150 a
- E 150 b
- E 150 c
- E 150 d
- E 151
- E 153
- E 154
- E 155
- E 160 a
- E 160 b
- E 160 c
- E 160 d
- E 160 e
- E 160 f
- E 161 b
- E 161 g
- E 162
- E 163
- E 170
- E 171
- E 172

- E 173
- E 174
- E 175
- E 180

Emulsifiers

- E 432
- E 433
- E 434
- E 435
- E 436
- E 440
- E 442
- E 444
- E 445
- E 450
- E 451
- E 452
- E 460
- E 461
- E 463
- E 464
- E 465
- E 466
- E 470 a
- E 470 b
- E 471
- E 472 a
- E 472 b
- E 472 c
- E 472 d
- E 472 e
- E 472 f
- E 473
- E 474
- E 475
- E 476
- E 477
- E 479
- E 481
- E 482
- E 483

- E 491
- E 492
- E 493
- E 494
- E 495

Flavour enhancers

- E 620
- E 621
- E 622
- E 623
- E 624
- E 625
- E 626
- E 627
- E 628
- E 629
- E 630
- E 631
- E 632
- E 633
- E 634
- E 635
- E 640
- E 900
- E 901
- E 902
- E 903
- E 904
- E 912
- E 914
- E 927
- E 938

Miscellaneous additives

- E 500
- E 501
- E 503
- E 504
- E 507



Additives detailed analysis continued...

● E 508
 ● E 509
 ● E 511
 ● E 512
 ● E 513
 ● E 514
 ● E 515
 ● E 516
 ● E 517
 ● E 520
 ● E 521
 ● E 522
 ● E 523
 ● E 524
 ● E 525
 ● E 526
 ● E 527
 ● E 528
 ● E 529
 ● E 530
 ● E 535
 ● E 536
 ● E 538
 ● E 541
 ● E 551
 ● E 552
 ● E 553 a
 ● E 553 b
 ● E 554
 ● E 555
 ● E 556
 ● E 558
 ● E 559
 ● E 570
 ● E 574
 ● E 575
 ● E 576
 ● E 577
 ● E 578
 ● E 579
 ● E 585

Preservatives

● E 200
 ● E 202
 ● E 203
 ● E 210
 ● E 211
 ● E 212
 ● E 213
 ● E 214
 ● E 215
 ● E 216
 ● E 217
 ● E 218
 ● E 219
 ● E 220
 ● E 221
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 ● E 239
 ● E 242
 ● E 249
 ● E 250
 ● E 251
 ● E 252
 ● E 260
 ● E 261
 ● E 262
 ● E 263
 ● E 270
 ● E 280
 ● E 281
 ● E 282

● E 283
 ● E 284
 ● E 285
 ● E 290
 ● E 296
 ● E 297

Sweeteners

● E 1105
 ● E 1200
 ● E 1201
 ● E 1202
 ● E 1404
 ● E 1410
 ● E 1412
 ● E 1413
 ● E 1414
 ● E 1420
 ● E 1422
 ● E 1440
 ● E 1442
 ● E 1450
 ● E 1505
 ● E 1518
 ● E 939
 ● E 941
 ● E 942
 ● E 948
 ● E 950
 ● E 951
 ● E 952
 ● E 953
 ● E 954
 ● E 957
 ● E 959
 ● E 965
 ● E 966
 ● E 967
 ● E 999
 ● Gelatin
 ● Honey
 ● Maple

● Molasses
 ● Stevia
 ● Sugar
 ● Sweet freedom
 ● Vanilla

Thickening, Setting and Moisturising Agents

● E 400
 ● E 401
 ● E 402
 ● E 403
 ● E 404
 ● E 405
 ● E 406
 ● E 407
 ● E 407 a
 ● E 410
 ● E 412
 ● E 413
 ● E 414
 ● E 415
 ● E 417
 ● E 418
 ● E 420
 ● E 421
 ● E 422

Gut health analysis

11.





Gut health analysis

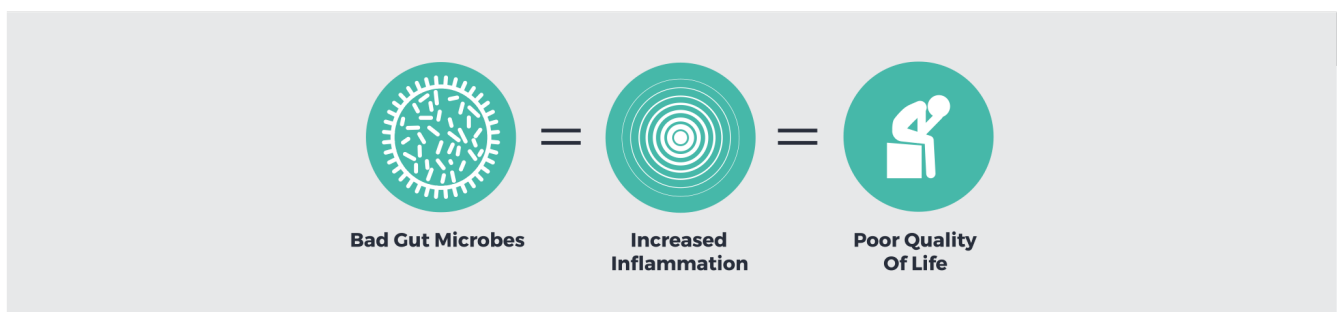
Why is gut health important?

Each person has their own unique combination of bacteria, which is established and develops through their environment but also, and importantly, the food choices made. The presence and balance of bacteria within the gut is now known to be of great importance for our health and wellbeing. Factors such as elevated stress levels, a diet low fibre and/or high in sugar and the usage of antibiotics can greatly affect our levels and balance of bacteria.

Intestinal flora affects your health

The microbes that live inside your intestines influence your health in beneficial and harmful ways

Immunity Providing a physical barrier to invasive microbes, our gut flora enhances the functionality of the immune system.			Obesity In 2009, Dr. Krajmalnic-Brown discovered gut bacteria of obese patients differs significantly from normal individuals.	
Vitamins Bacteria in the gut plays a direct role in the synthesis of vitamins B and K as well as the absorption of calcium and iron.			Inflammation Gut flora likely plays a major role in the development of various inflammatory diseases including IBD and colitis.	
Metabolism Metabolic activity of the gut flora allows our body to utilize food that would otherwise not be digested.			Autism New research by Dr. Krajmalnic-Brown suggests a link between autism and decreased gut bacterial diversity.	



What can be done to improve gut health?

The food choices we make have great impact on the levels of beneficial bacteria in our guts. Probiotic foods are those that contain live microorganisms and can positively affect the levels of bacteria in the gut. Probiotic foods are those such as good quality live yogurt, kefir, sauerkraut, miso, tempeh, kimchi, goat's cheese, olives, good quality dark chocolate and spirulina.

Bacteria need to feed on insoluble fibre foods, known as prebiotic foods, from our diet in order to flourish. Prebiotic foods include onion, garlic, leeks, cabbage, asparagus, chicory, artichoke, banana, apple, wheat bran, flaxseed and root vegetables.



Interpreting your results

Interpreting your results is of course the important part! To help you with this you will find an overview of your gut bacteria results.

High Reactivity

These strains of bacteria have been identified as falling below the normal range according to our testing parameters.

No Reactivity

These strains of bacteria have been identified as falling within the normal range according to our testing parameters.



Your gut health overview

Low

- Bacillus coagulans
- Bifidobacterium bifidum
- Bifidobacterium infantis
- Lactobacillus acidophilus
- Lactobacillus reuteri
- Streptococcus thermo.

These strains of bacteria have been identified as falling below the normal range. Look to increase levels of probiotic and prebiotic foods to boost the levels of these bacteria in your gut.

Normal

No strains of bacteria have been identified as normal according to our testing parameters. Look to increase levels of probiotic and prebiotic foods to boost the levels of these bacteria in your gut. These strains of bacteria have been identified as falling within the normal range. Keep up the great work in providing your gut with lots of high fibre foods to keep the bacteria well nourished.

Digestion analysis

12.





Digestion

Digestive health

In order to benefit from the nutrients and energy in our food we need to break it down and absorb it. The digestive process enables this to happen by releasing enzymes in the mouth, stomach and small intestine. The enzymes we release are able to break down different parts of our food; amylase breaks down carbohydrate, lipase breaks down fat and there are a number of different proteases, which break down proteins.

If levels of a certain digestive enzyme decreases digestion of that particular part of your food becomes less effective. For example a decrease in lipase may mean that fats are not being broken down as effectively and this could lead to malabsorption as well as possible symptoms, such as bloating or flatulence.

Digestive health and the daily diet

Certain foods naturally contain enzymes, which can aid digestion such as pineapple, papaya, kiwi, bananas, mango, kefir, good quality natural yogurt, sauerkraut, kimchi, miso, soy sauce, tempeh and avocado. Adding such items into the diet can help the digestive process. Natural digestive enzyme supplements, based on pineapple and papaya are also available. Please note it is always recommended that any supplementation is taken under the advice and monitoring of a health professional.

Interpreting your results

Interpreting your results is of course the important part! To help you with this you will find an overview of your digestive results.

Low

These digestive enzymes have been identified as falling below the normal range according to our testing parameters.

Normal

These digestive enzymes have been identified as falling within the normal range according to our testing parameters.



Your digestion overview

Low

- Amylase
- Lipase
- Pepsin

These digestive enzymes have been identified as falling below the normal range. Look to include foods, which aid digestion in your daily diet.

Normal

- Enterokinase
- Trypsin & Chymotrypsin

These digestive enzymes have been identified as falling within the normal range.

Your next steps

13.



You can use the notes section below to jot down any key pieces of information from the test results and also your objectives for the elimination diet and beyond.

Elimination diet

14.





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.

1

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.

2

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.

3

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
Mon		
Tue		
Wed		
Thur		
Fri		
Sat		
Sun		



E-number explainer

Colourings

E 100	Curcumin	E 133	Brilliant blue FCF	E 160 d	Lycopene
E 101	Riboflavin (vit. B2), riboflavin – 5' – phosphate	E 140	Chlorophylls and chlorophyllins	E 160 e	Beta - apo - 8' – carotenal, (carotinoid)
E 102	Tartrazine	E 141	Chlorophyllins (Cu complexes)	E 160 f	Ethyl ester of beta - apo - 8' – carotenoic acid
E 104	Quinoline yellow	E 142	Green S	E 161 b	Lutein
E 110	Sunset yellow FCF, orange yellow S	E 150 a	Caramel	E 161 g	Canthaxanthin
E 120	Cochineal, carminic acid, carmines	E 150 b	Caustic sulphite caramel	E 162	Beetroot red (betanin)
E 122	Carmoisine	E 150 c	Ammonia caramel	E 163	Anthocyanins
E 123	Amaranth	E 150 d	Ammonia sulphite caramel	E 170	Calcium carbonate
E 124	Ponceau 4R	E 151	Brilliant black BN, black PN	E 171	Titanium dioxide
E 127	Erythrosine	E 153	Vegetable carbon	E 172	Iron oxides, iron hydroxides
E 128	Red 2 G	E 154	Brown FK	E 173	Aluminium
E 129	Allura red AC	E 155	Brown HT	E 174	Silver
E 131	Patent blue V	E 160 a	Carotene (mixed carotenes, beta-carotenes)	E 175	Gold
E 132	Indigo carmine	E 160 b	Annatto, bixin, norbixin	E 180	Lithol rubine BK
		E 160 c	Capsanthin, capsorubin		

Preservatives

E 200	Sorbic acid	E 222	Sodium hydrogen sulphite (sulphur dioxide)	E 260	Acetic acid
E 202	Potassium sorbate, sorbic acid	E 223	Sodium metabisulphite (sulphur dioxide)	E 261	Potassium acetate, salt of acetic acid
E 203	Calcium sorbate, sorbic acid	E 224	Potassium metabisulphite (sulphur dioxide)	E 262	Sodium acetate, salt of acetic acid
E 210	Benzoic acid	E 226	Calcium sulphite (sulphur dioxide)	E 263	Calcium acetate, salt of acetic acid
E 211	Sodium benzoate, benzoic acid	E 227	alium hydrogen sulphite (sulphur dioxide)	E 270	Lactic acid
E 212	Potassium benzoate, benzoic acid	E 228	Potassium hydrogen sulphite (sulphur dioxide)	E 280	Propionic acid
E 213	Calcium benzoate, benzoic acid	E 230	Biphenyl, diphenyl	E 281	Sodium propionate, propionic acid
E 214	Ethyl-para-hydroxybenzoate (PHB-ester)	E 231	Orthophenylphenol	E 282	Calcium propionate, propionic acid
E 215	Sodium ethyl-para-hydroxy benzoate (PHB-ester)	E 232	Sodium orthophenylphenate, orthophenylphenol	E 283	Potassium propionate, propionic acid
E 216	Propyl-para-hydroxybenzoate (PHB ester)	E 233	Thiabendazole	E 284	Boric acid
E 217	Sodiumpropyl-para-hydroxy benzoate (PHB-ester)	E 234	Nisin	E 285	Sodium tetraborate, boric acid
E 218	Methyl-para-hydroxybenzoate (PHB-ester)	E 235	Natamycine	E 290	Carbon dioxide, carbonic acid
E 219	Sodium methyl-para-hydroxy benzoate (PHB-ester)	E 239	examethylene-tetramine	E 296	Malic acid
E 220	Sulphur dioxide	E 242	Dimethyl dicarbonate	E 297	Fumaric acid
E 221	Sodium sulphite (sulphur dioxide)	E 249	Potassium nitrite		
		E 250	Sodium nitrite		
		E 251	Sodium nitrate		
		E 252	Potassium nitrate		



E-number explainer continued...

Antioxidants

E 300	Ascorbic acid (L-) (vitamin C)	E 325	Sodium lactate (salts from lactic acid)	E 340	Monopotassium phosphate, dipotassium p. tripotassium p.
E 301	Sodium L-ascorbate (ascorbic acid)	E 326	Potassium lactate (salts from lactic acid)	E 341	Monocalcium phosphate, dicalcium p., tricalcium p
E 302	Calcium L-ascorbate (ascorbic acid)	E 327	Calcium lactate (salts from lactic acid)	E 350	Sodium malate, sodium hydrogen malate
E 304	Ascorbyl palmitate/ ascorbyl stearate	E 330	Citric acid	E 351	Potassium malate (salts from malic acid)
E 306	Natural tocopherols (vitamin E)	E 331	Monosodium citrate, disodium c., trisodium c.	E 352	Calcium malate, calcium hydrogen m.
E 307	Synthetic alpha-tocopherol (tocopherol)	E 332	Monopotassium citrate, tripotassium c.	E 353	Metatartaric acid
E 308	Synthetic gamma-tocopherol (tocopherol)	E 333	Monocalcium citrate, dicalcium c., tricalcium c.	E 354	Calcium tartrate (salts from malic acid)
E 309	Synthetic delta-tocopherol (tocopherol)	E 334	Tartaric acid (L+), tartaric acid	E 355	Adipic acid
E 310	Propyl gallate (gallate)	E 335	Monosodium tartrate, disodium tartrate	E 356	Sodium adipate
E 311	Octyl gallate (gallate)	E 336	Monopotassium tartrate, dipotassium tartrate	E 357	Potassium adipate
E 312	Dodecyl gallate (gallate)	E 337	Sodium potassium tartrate (salts from tartaric acid)	E 363	Succinic acid
E 315	Isoascorbic acid	E 338	Orthophosphoric acid, phosphoric acid	E 380	Triammonium citrate (salts from citric acid)
E 316	Sodium isoascorbate	E 339	Monosodium phosphate, disodium p., trisodium p.	E 385	Calcium sodium ethylene diamine tetra-acetate (EDTA)
E 320	Butylated hydroxyanisole (BHA)				
E 321	Butylated hydroxytoluene				
E 322	Lecithins				

Thickening, setting and moisturising agents

E 400	Alginate acid, alginate	E 407	Carrageenan	E 418	Gellane
E 401	Sodium alginate, alginate	E 407 a	Eucheuma algae, treated	E 420	Sorbit, sorbit syrup
E 402	Potassium alginate, alginate	E 410	Locust bean gum, carob gum	E 421	Mannite
E 403	Ammonium alginate, alginate	E 412	Gua gum	E 422	Glycerine
E 404	Calcium alginate, alginate	E 413	Tragacanth		
E 405	Propylene glycol alginate, alginate	E 414	Gum arabic		
E 406	Agar	E 415	Xanthan gum		
		E 417	Tara meal		

Emulsifiers

E 432	Polyoxyethylene-sorbitan-monolaurate (polysorbate 20)	E 452	Polyphosphates	E 472 e	Diacetyl tartaric acid esters of mono and diglycerides
E 433	Polyoxyethylene-sorbitan-monoleate (polysorbate 80)	E 460	Cellulose, microcrystalline cellulose, cellulose powder	E 472 f	Mixed esters of mono and diglycerides
E 434	Polyoxyethylene-sorbitan-monopalmitate (polysorbate 40)	E 461	Methylcellulose	E 473	Sucrose esters of mono and diglycerides
E 435	Polyoxyethylene-sorbitan-monostearate (polysorbate 60)	E 463	Hydroxypropylcellulose	E 474	Sucroglycerides
E 436	Polyoxyethylene-sorbitan-tristearate (polysorbate 65)	E 464	Hydroxypropylmethylcellulose	E 475	Polyglycerol esters of fatty acids
E 440	Pectin, amidated pectin	E 465	Methylethylcellulose	E 476	Polyglycerol polyricinoleate
E 442	Ammonium phosphatides	E 466	Carboxymethylcellulose	E 477	Propylene glycol esters of fatty acids
E 444	Sucrose-acetate-isobutyrate	E 470 a	Sodium-, potassium- and calcium salts	E 479	Thermo-oxidised soya oil
E 445	Glycerol esters of wood resin	E 470 b	Magnesium salts of fatty acids	E 481	Sodium stearyl-2-lactylate
E 450	Potassium and sodium diphosphates	E 471	Mono- and diglycerides	E 482	Calcium stearyl-2-lactylate
E 451	Potassium and sodium triphosphates	E 472 a	Acetic acid esters of mono and diglycerides	E 483	Stearyl tartrate
		E 472 b	Lactic acid esters of mono and diglycerides	E 491	Sorbitan monostearate
		E 472 c	Citric acid esters of mono and diglycerides	E 492	Sorbitan tristearate
		E 472 d	Tartaric acid esters of mono and diglycerides	E 493	Sorbitan monolaurate
				E 494	Sorbitan monooleate
				E 495	Sorbitan monopalmitate



E-number explainer continued...

Miscellaneous additives

E 500	Sodium carbonate, sodium hydrogen carbonate, sodium sesquicarbonate	E 515	Potassium sulphate, potassium hydrogen sulphate	E 541	Sodium aluminium phosphate, acidic
E 501	Potassium carbonate, potassium hydrogen carbonate	E 516	Calcium sulphate	E 551	Silicon dioxide (silica)
E 503	Ammonium carbonate, A.-hydrogen carbonate	E 517	Ammonium sulphate	E 552	Calcium silicate
E 504	Magnesium carbonate, M.-hydrogen carbonate	E 520	Aluminium sulphate	E 553 a	Magnesium silicate, magnesium trisilicate
E 507	Hydrochloric acid	E 521	Aluminium sodium sulphate	E 553 b	Talc
E 508	Potassium chloride	E 522	Aluminium potassium sulphate	E 554	Aluminium sodium silicate
E 509	Calcium chloride	E 523	Aluminium ammonium sulphate	E 555	Aluminium potassium silicate
E 511	Magnesium chloride	E 524	Sodium hydroxide	E 556	Aluminium calcium silicate
E 512	Tin II Chloride	E 525	Potassium hydroxide	E 558	Bentonite
E 513	Sulphuric acid	E 526	Calcium hydroxide	E 559	Aluminium silicate (kaolin)
E 514	Sodium sulphate, sodium, hydrogen sulphate	E 527	Ammonium hydroxide	E 570	Stearic acid (fatty acids)
		E 528	Magnesium hydroxide	E 574	Gluconic acid
		E 529	Calcium oxide	E 575	Glucono-delta-lactone
		E 530	Magnesium oxide	E 576	Sodium gluconate
		E 535	Sodium ferrocyanide	E 577	Potassium gluconate
		E 536	Potassium ferrocyanide	E 578	Calcium gluconate
		E 538	Calcium ferrocyanide	E 579	Iron-II-gluconate
				E 585	Iron-II-lactate

Flavour enhancers

E 620	Glutamic acid	E 626	Guanylic acid, guanylate	E 635	Disodium 5'-ribonucleotide
E 621	Monosodium glutamate, sodium glutamate	E 627	Disodium guanylate, guanylate	E 640	Glycine and its sodium salts
E 622	Monopotassium glutamate, potassium glutamate	E 628	Dipotassium guanylate, guanylate	E 900	Dimethylpolysiloxane
E 623	Calcium diglutamate, calcium glutamate	E 629	Calcium guanylate, guanylate	E 901	Bees wax, white and yellow
E 624	Monoammonium glutamate, ammonium glutamate	E 630	Inosinic acid, ionisate	E 902	Candelilla wax
E 625	Magnesium diglutamate, magnesium glutamate	E 631	Disodium ionisate, ionisate	E 903	Carnauba wax
		E 632	Dipotassium ionisate, ionisate	E 904	Shellac
		E 633	Dicalcium ionisate	E 912	Montanic acid ester
		E 634	Calcium 5'-ribonucleotide	E 914	Polyethylene wax oxidates
				E 927	vCarbanide
				E 938	Argon

Sweeteners

E 939	Helium	E 1105	Lysozyme	E 1422	Acetylated di-starch adipate (modified starch)
E 941	Nitrogen	E 1200	Polydextrose	E 1440	Hydroxypropyl starch (modified starch)
E 942	Nitrous oxide	E 1201	Polyvinylpyrrolidone	E 1442	Hydroxypropyl di-starch phosphate (modified starch)
E 948	Oxygen	E 1202	Polyvinyl polypyrrolidone	E 1450	Starch sodium octenylsuccinate (modified starch)
E 950	Acesulfame K, acesulfame	E 1404	Oxidised starch	E 1505	Triethyl citrate
E 951	Aspartame	E 1410	Monostarch phosphate (modified starch)	E 1518	Glycerine triacetate (triacetin)
E 952	Cyclamate, cyclohexane sulphamide acid	E 1412	Di-starch phosphate (modified starch)		
E 953	Isomalt	E 1413	Phosphatised di-starch phosphate (modified starch)		
E 954	Saccharin	E 1414	Acetylated di-starch phosphate (modified starch)		
E 957	Thaumatococcus	E 1420	Acetylated starch (modified starch)		
E 959	Neohesperidin DC				
E 965	Maltitol, maltitol syrup				
E 966	Lactitol				
E 967	Xylitol				
E 999	Quillaia extract				



Metal potential sources

Aluminium

Can be found in: Cans, foils, kitchen utensils, window frames and beer kegs

Antimony

Can be found in: Batteries, low friction metals and cable sheathing

Argon

Can be found in: Welding and light bulbs

Arsenic

Can be found in: Rat poisons and insecticides

Barium

Can be found in: Paints, fireworks, some medicines and the process of making glass

Beryllium

Can be found in: Springs, electrical contacts and spot-welding electrodes

Bismuth

Can be found in: Usually mixed with other metals

Boron

Can be found in: Clay pots, detergent, glass, flares and fibreglass

Bromine

Can be found in: Flame-retardants, water purification systems and dyes

Cadmium

Can be found in: Re-chargeable batteries

Caesium

Can be found in: Atomic clocks and photoelectric cells

Cerium

Can be found in: Air conditioners, computer and ovens

Chlorine

Can be found in: Bleach, papermaking, swimming pools

Chromium

Can be found in: Stainless steel cutlery, wood preservatives, dyes and pigments

Cobalt

Can be found in: Cutting tools and dyes

Copper

Can be found in: Electrical generators and motors

Dysprosium

Can be found in: Lasers and many alloys

Fluorine

Can be found in: Toothpaste and etched glass

Gadolinium

Can be found in: Many alloys

Gallium

Can be found in: Electronics, alloys and thermometers

Germanium

Can be found in: Glass lenses, fluorescent lights, electronics and many alloys

Gold

Can be found in: Jewellery

Hafnium

Can be found in: Many alloys

Holmium

Can be found in: Lasers

Indium

Can be found in: Electronics and mirrors

Iridium

Can be found in: Alloys and materials that need to withstand high temperatures

Lead

Can be found in: Lead-acid storage batteries

Lithium

Can be found in: Rechargeable non-rechargeable batteries, some medications and alloys

Mercury

Can be found in: Batteries, fluorescent lights, felt production, thermometers and barometers

Molybdenum

Can be found in: Many alloys

Nickel

Can be found in: Stainless steel

Palladium

Can be found in: Car exhaust manufacture, dental fillings and jewellery

Platinum

Can be found in: Jewellery, decoration and dental work

Radium

Can be found in: Some medicines and glowing paints

Rhenium

Can be found in: Many alloys and flash photography

Rhodium

Can be found in: Spark plugs and highly reflective materials

Rubidium

Can be found in: Many alloys and amalgams

Ruthenium

Can be found in: Many alloys and corrosion resistant metals

Samarium

Can be found in: Many alloys and audio equipment

Silicon

Can be found in: Glass, pottery, computer chips and bricks

Silver

Can be found in: Jewellery

Strontium

Can be found in: Firework production, tin cans (food)

Sulphur

Can be found in: Medicines, fertilisers, fireworks and matches

Tantalum

Can be found in: Surgical equipment and camera lenses

Tin

Can be found in: Alloying metal

Titanium

Can be found in: Alloying metal

Vanadium

Can be found in: Alloying metal

Zinc

Can be found in: Many alloys, paint, fluorescent lights and the process of making plastic

Zirconium

Can be found in: Corrosion resistant alloys, magnets and some gem stones

Contact Us

**If you have any questions please
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