

Test Results

Ben Marshall
United Kingdom

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Dear Ben,

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Please find attached your intolerance test results. You will find two headings within this report, the first section which lists all the food intolerances and the second section which lists all the non-food intolerances. Some of the items will have a further explanation next to them to further detail the intolerances. Everything on here has an intolerance level of over 85% as you will see from the percentage levels on the right hand side. The reason we report only above this threshold is because 85% is the point at which you would expect to start experiencing symptoms from an intolerance.

At the back of the results you will find information about the next steps to take. In the meantime if you have any further questions, please don't hesitate to contact us.

Kind Regards,

Test Results

Food Intolerances

These are the items which your sample has shown you will potentially have a reaction to, and therefore are a food intolerance. To further help you understand these items, each food item will have an explanation next to it to show you where it can be found.

All items which are listed in your report have an intolerance level of over 85% as you will see from the percentage levels listed on the right-hand side. The reason we only report items above this threshold is because 85% is the point at which you would expect to start experiencing symptoms of an intolerance.

Ale A type of beer - usually sweeter in taste and brewed without hops.	●	85%
Avocado A pear shaped fruit, with rough skin and oily edible flesh. Often eaten in salads, dips and cooking.	●	91%
Brown bread A type of bread, made using whole wheat flour.	●	99%
Butter lettuce A type of lettuce	●	91%
Capsicum (yellow) Yellow pepper - often used to flavour cooking.	●	100%
Coconut Oil An edible oil extracted from the coconut.	●	93%
E 202 Potassium sorbate, sorbic acid It can be found in candied peel, cheese, cider, concentrated fruit juice, dessert sauces, dried apricots, fillings and toppings, fermented milks, frozen pizzas.	●	92%
E 951 Aspartame Artificial sweetener	●	99%
Gin Liquor made from the juniper berry.	●	92%
Golden Delicious apple Type of apple.	●	88%
Lager Type of beer usually pale and golden in colour.	●	91%
Pink lady apple Type of apple.	●	86%
Red Wine Wine made with red grapes.	●	86%
Rooibos tea A red tea with a mild, aromatic taste.	●	93%
Wheat flour Wheat flour is a powder made from the grinding of wheat	●	86%
Yerba mate tea A naturally caffeinated tea.	●	91%

Non-Food Intolerances

These items are classed as Non-Food Items, meaning they are not typically edible. The non-food items could be causing a reaction by being close to your skin via inhalation.

All the items listed below are non-food items you have shown a reaction to which is classed as 85%. Anything under this threshold will NOT be causing issues to your health and therefore no reactions or 'symptoms'.

Aspergillus Niger

Black mould that appears on fruit, vegetables and nuts.

● 86%

Clover (Trifolium spp.)

A flower usually found in fields and dry pastures

● 93%

Dust

Consists of particles from the atmosphere and environment, such as soil.

● 91%

Fungus

Including moulds, mushrooms, and toadstools.

● 89%

Goats

Domesticated animal

● 90%

Goose feathers

Feathers from this species of bird. Often used in household furniture.

● 87%

Peanut plant

Grown underground, a popular nut. The peanut, also known as the groundnut, goober, or monkey nut. An Intolerance to this does not mean an intolerance to the nut, simply the pollen from the plant.

● 86%

Rubber

A tough elastic polymeric substance made from the latex of a tropical plant or synthetically.

● 96%

What do I do now...?

- Don't Panic:

The list you have just read through may seem daunting but don't panic. There may be some items on there that you have never eaten or come into contact with but this is quite normal. On the other hand there are probably quite a few items on the list that you eat or come into contact with on a regular basis. These are the ones you are going to need to focus on removing from your diet and environment.

- What do my test results mean?

All results shown have an intolerance level of 85% or over and so will give you reactions in some way whether small or large. Intolerances can change depending on your diet and environment which means that an item that you have never had problems with before may suddenly be causing you symptoms. This is because when you eat something or come into contact with it, your body tries to assimilate it. If your immune system is low or if you have had too much of it, then your body will struggle to do this and you will then suffer with various symptoms. This is now an intolerance.

- What should I do now?

The foods and items that have shown as intolerances need to be taken out of your diet. We recommend that you eliminate them for at least two weeks, but preferably four to get the most benefit from your report. You should try to eliminate them all at the same time and although we understand that this can be difficult when it is something you eat on a regular basis, the sooner you eliminate them, the sooner you will see results.

After the elimination period has finished then you need to try and add the items back into your diet. It is important that you do this one item at a time, because intolerances don't show up immediately so it may be a few hours before you see any symptoms. The best way to do this is to keep a diary, so you know when you have eaten the items. If you do suffer some symptoms then this means that you have a strong intolerance to this item and so will need to avoid it for a further two weeks. We realise that this may seem tedious but can assure you it is the best way of understanding what items you are still intolerant to. Most of the time an intolerance will disappear but there are occasions when your body simply won't want to accept something back into the body and so this will become a lifetime intolerance. Although this may seem difficult to deal with, it is something that you will get used to fairly quickly, especially if you aren't suffering the associated symptoms anymore.

- What about my pets?

If you have pets and have shown an intolerance to dog or cat hair then don't despair. This simply means that you need to be more aware of where your pet goes in your home. Try and limit their access to bedrooms and keep them well groomed to avoid excess hair and dander on your floors and soft furnishings.

*** Please note ***

The information provided in this report should not be used as a diagnostic tool, it is a guidance to your intolerances and lacking nutrients from the hair sample you produced on the given date. Any major changes to your diet should be supervised by your G.P.