

Test Results

Dear Client,

21 January 2020

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

SAMPLE REPORT

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.

Almond An edible nut, oval in shape with a woody shell. Often used in cooking / baking		97%
Apples A fruit - numerous different species. Colours are usually green and red.		64%
Apricots A stone fruit, usually orange in colour. A great source of Vitamin A		54%
Artichoke A variety of thistle, cultivated for eating		46%
Asparagus The young shoots of an Eurasian plant. Eaten as a vegetable.		86%
Aubergine Purple egg shaped fruit (Also known as an Eggplant). Often eaten as a vegetable.		42%
Avocado A pear shaped fruit, with rough skin and oily edible flesh. Often eaten in salads, dips and cooking.		50%
Banana A long, curved fruit with edible flesh and yellow skin.		90%
Barley A major cultivated cereal grain. Often in beer.		0%
Basil An aromatic herb from the mint family.		48%
Bay Leaf A dried herb that is often used in cooking.		0%
Beans (broad) Small, flat beans. Green in colour, also called fava beans		38%
Beans (green) Long, thin green in colour.		89%
Beets (beetroot) - vegetable A dark red, rounded vegetable		26%
Blackberries Edible soft fruit. Often purple-black.		41%
Blueberries Blueberry is a small, sweet berry that in grows in clusters.		20%
Brazil nut A large, three-sided South American nut		30%
Bread, white bread Bread made with white wheat flour.		58%
Broad bean Large, flat edible green bean. Eaten without the pod.		25%
Buckwheat Derived from the seeds of a flowering plant.		75%

Cabbage - Red Variety of cabbage with red or purplish leaves.	●	22%
Cabbage - White Variety of cabbage, white in colour.	●	76%
Carrot Orange coloured, tapering root vegetable	●	6%
Cashew nut Edible kidney shaped nut. Rich in oil and protein	●	89%
Celery Vegetable used in salads/cooking.	●	50%
Cherries A small stone fruit, usually red in colour.	●	2%
Chestnut Edible, hard, brown nut. Often eaten roasted.	●	53%
Chickpea Cultivated legume. High in protein.	●	0%
Cinnamon Aromatic spice. Used in cooking/baking	●	43%
Coconut Large seed with edible flesh. Used in cooking/ juices/ flavourings.	●	41%
Coffee Popular hot beverage made from ground coffee beans.	●	33%
Coriander An aromatic culinary herb.	●	92%
Cucumber Cucumber is a long fruit with watery flesh and green skin. It is commonly found in salads.	●	88%
Cumin Aromatic seed used as a spice.	●	63%
Dates A small round edible fruit.	●	3%
Fig Fresh or dried - soft, sweet dark fruit.	●	0%
Flaxseed Also known as linseed – used in oils and baking.	●	6%
Garlic Pungent bulb, used in cooking and medicines.	●	56%
Ginger Hot, fragrant spice. Used as a flavouring mainly but can be found chopped, powdered, preserved or candied.	●	57%
Gluten Gluten. Present in wheat, rye, and barley.	●	81%
Grapes (Red) This includes items made with grapes - i.e. wine.	●	24%
Grapes (White) This includes items made with grapes - i.e. wine.	●	29%
Hazelnuts Current high sensitivity to Hazelnuts in particular. You are fine to have any other nuts, unless your report shows otherwise. The sweet-tasting, cream-coloured kernel is small and round, with a pointed tip. Its thin, dark brown skin is faintly bitter, so some people like to remove this before eating.	●	14%

Honeydew Melon Popular variety of melon with yellow skin and edible, white flesh.	●	54%
Iceberg Lettuce A type of lettuce.	●	75%
Kale A nutrient dense member of the cabbage family.	●	68%
Kiwis Edible fruit with hairy skin and green flesh.	●	42%
Leek Edible plant, eaten as a vegetable.	●	0%
Lemons Yellow citrus fruit with fragrant acidic juice. Edible flesh.	●	73%
Lentils High protein pulse.	●	3%
Macadamia Nuts Edible nut from the macadamia tree.	●	53%
Maize Also known as corn. A cereal grain	●	19%
Mango Fruit with edible flesh. Often eaten and used in cooking.	●	87%
Maple Syrup Maple syrup is a syrup usually made from the xylem sap of sugar maple, red maple, or black maple trees, although it can also be made from other maple species.	●	62%
Millet Millet can be used as a traditional cereal, and can also be used in porridge, snacks, and other types of bread, as it is very high in starch, like other grains. It is also a very good source of nutrients, vitamins, minerals, and organic compounds.	●	72%
Mint (Fresh) An aromatic plant often used in cooking	●	88%
Molasses Molasses, or black treacle, is a viscous by-product of refining sugarcane or sugar beets into sugar.	●	60%
Mushrooms Your current high sensitivity to ALL mushrooms in general. We recommend avoiding consumption during elimination period. A fungi frequently used in cooking.	●	30%
Nutmeg A very common spice, related to mace.	●	85%
Nutritional Yeast (Nooch) Nutritional yeast is a de-activated yeast which is heat treated so that it cannot ferment. Known for its cheesy, nutty taste, it makes a great addition to vegan dishes.	●	0%
Olives (Black) Small, edible fruit. Used for oils and in cooking.	●	89%
Olives (Green) Small, edible fruit. Used for oils and in cooking.	●	95%
Oranges - fruit A citrus fruit. Round with orange skin and edible flesh.	●	78%
Paprika Red powdered spice used in cooking.	●	5%
Passionfruit A fruit that is known to be low in calories and high in nutrients	●	63%
Peaches Round stone fruit with juicy flesh - this is the fruit cooked.	●	46%

Peanuts Grown underground, a popular nut.	●	0%
Pears A sweet fruit.	●	94%
Peas Small, round and green seed. Eaten as a vegetable.	●	0%
Pecan nuts Edible, smooth brown nut from the pecan tree.	●	81%
Pepper (Black) Dried fruit from the pepper vine family of Piperaceae. Used whole as peppercorns or ground and used in cooking for spice / flavour.	●	82%
Pine Nut The edible seed from various pine trees.	●	4%
Pineapple Large, juicy fruit with hard skin and edible yellow flesh.	●	77%
Plums, damsons Dark blue skin, with a sour taste. In the plum family.	●	50%
Pomegranates A medium size fruit that contains many small red seeds that can be eaten.	●	66%
Poppy Seed Small seed from the poppy flower. Often used in cooking and baking.	●	32%
Potatoes Starchy plant. Very common food.	●	69%
Pumpkin Large orange fruit. Flesh used for cooking.	●	90%
Pumpkin Seed The seed of a pumpkin.	●	77%
Quinoa Cultivated crop with starchy seeds.	●	7%
Raspberries An edible soft fruit related to the blackberry, consisting of a cluster of reddish-pink drupelets.	●	53%
Red Kidney Bean Small bean, deep red in colour.	●	4%
Rice - Brown Small brown grains	●	58%
Rocket (Arugula) Salad leaf with a strong, peppery flavour.	●	79%
Rye A grass grown extensively as a grain, foods containing rye, include bread and crackers	●	0%
Sesame Seed Oil-rich seeds from sesame plant.	●	44%
Soya Includes all products made with the soya bean.	●	100%
Spelt A type of wheat, also known as dinkel wheat.	●	97%
Spinach A dark green leafy vegetable that'll make you stronger!	●	7%
Strawberries - fruit Edible, sweet fruit. Red with seed studded skin.	●	40%

Sugar Granulated sugar.	●	100%
Tea (Black) Black tea made from the tea leaf	●	16%
Tea (Green) Green tea is a type of tea that is made from <i>Camellia sinensis</i> leaves that have not undergone the same withering and oxidation process used to make oolong and black tea.	●	16%
Tomato Red fruit. Eaten as a vegetable in salads and used in cooking.	●	90%
Turmeric Aromatic powder used in cooking.	●	76%
Vanilla Substance from vanilla pods, often used as flavouring.	●	46%
Walnuts Edible seed eaten raw or used in cooking / baking.	●	2%
Watermelon Edible variety of melon with green skin and red flesh.	●	40%
Wheat A cereal grain.	●	0%
Yeast Type of fungus used in making alcohol and baking.	●	86%

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 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.