

# Test Results

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Dear Ben,

11/03/2018

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.

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

# Test Results

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Dear Ben,

11/03/2018

Please find attached the results of your heavy metals test.

With regards to your metals test results, these are simply a guide to what heavy metals you have shown toxicity to and they are shown as either '**LOW**', '**MEDIUM**' or '**HIGH**' level.

Ideally, the items listed should be towards the green '**LOW**' zone. Those items which are listed in the yellow '**MEDIUM**' zones are ones to look out for, but the values in the red '**HIGH**' zone are the heavy metals we have found to be causing the most problems with your health at this moment in time.

The important thing to note is that you do not need to panic when reading these results even if you see a lot of '**HIGH**' results. There are a few simple steps to take to manage these results accordingly.

Firstly, look at areas where you could be exposing yourself to these metals. It could be that you are exposed to these items in your work environment, as this is a place that you frequently attend. Secondly, you will also need to look at your diet and see if there are a group of foods that you consume regularly that contain high levels of these particular metals. You will need to research these foods and try to reduce them to help lower these sensitivity levels back down.

If you find that when in close proximity of a particular metal that you begin to experience any symptoms (such as **itchiness, swelling, nausea, headaches, etc.**), then you will know that it is this particular metal that is causing you to react like this. The more severe the symptoms, the more action you will need to take to reduce your exposure to this metal.

Kind Regards,

**Test Results**

Ben	Your Test:	11/03/2018	Ref:	121200
<b>Aluminium (Al)</b> A light silvery metal used for cans, foils, kitchen utensils, window frames, beer kegs				●
<b>Antimony</b> An alloy used for batteries, low friction metals, type metal and cable sheathing				●
<b>Arsenic (As)</b> A well known compound used for rat poisons and insecticides				●
<b>Beryllium (Be)</b> An alloy used for springs, electrical contacts, spot-welding electrodes				●
<b>Bismuth (Bi)</b> A brittle metal, usually mixed with other metals				●
<b>Cadmium (Cd)</b> A poisonous metal, can be used in re-chargeable batteries				●
<b>Chromium (Cr)</b> It is a steely-grey, lustrous, hard and brittle metal which takes a high polish, resists tarnishing, and has a high melting point.				●
<b>Cobalt (Co)</b> Cobalt are used to make high-speed and high temperature cutting tools and dyes - it is an alloy				●
<b>Copper (Cu)</b> Because it is such a good conductor of electricity, copper is mostly used in electrical generators and motors				●
<b>Gold (Au)</b> In its purest form, it is a bright, slightly reddish yellow, dense, soft, malleable, and ductile metal. Commonly found in jewellery				●
<b>Lead (Pb)</b> Most important commercial use of lead is in the manufacture of lead-acid storage batteries and to line roofs				●
<b>Magnesium (Mg)</b> It is added to cattle feed and fertilisers. Magnesium hydroxide (milk of magnesia), sulfate (Epsom salts), chloride and citrate are all used in medicine. Magnesium is an essential element in both plant and animal life.				●
<b>Manganese (Mn)</b> Used in drinks cans				●
<b>Mercury (Hg)</b> It is commonly used in batteries, fluorescent lights, felt production, thermometers and barometers				●
<b>Nickel (Ni)</b> An alloy, used for producing stainless steel.				●
<b>Palladium (Pd)</b> Mainly used in car exhaust manufacture, but can be found in dental fillings and jewellery.				●
<b>Platinum (Pt)</b> Platinum is used in jewellery, decoration and dental work				●
<b>Silver (Ag)</b> Used for jewellery and traditional silverware				●
<b>Strontium (Sr)</b> Used in firework production				●
<b>Tin (Sn) (from canned food)</b> Usually combined with steel or aluminium to create storage for food				●
<b>Titanium (Ti)</b> Titanium is as strong as steel but much less dense. Used as an alloying metal.				●
<b>Vanadium (V)</b> Used as an alloying metal and in manufacturing tools and engines				●
<b>Zinc (Zn)</b> Used in alloys such as brass, nickel or silver. Zinc oxide is widely used in products such as paints, rubber, cosmetics, pharmaceuticals, plastics and soaps.				●

You will need to look at your diet and see where you could be eating too much of particular foods that are high in each of these minerals, along with non-food exposure to these metals also, how you could be absorbing these minerals other than from your diet.

In general, you will need to look at the following:

**Food:** Where is your food grown; any crops grown near highways, factories, industrial estates, etc. will be prone to having exhaust fumes and chemical waste fumes having been sprayed on them. Also any farmers that use pesticides and sprays will automatically contaminate crops too. One notable source of metals is shellfish.

**Drinking water:** Any water that is fed through piping will be contaminated. This is the most prolific way to have metals toxicity as the water just sits in the pipes ready to be used when you switch the tap on. It is very important that you filter water to reduce these contaminants from minerals such as aluminium (Al), copper (Cu), chlorine (Cl), arsenic (As), cadmium (Cd) and lead (Pb).

**Airborne sources:** You can induce metals toxicity from the air, such as inhaling fumes from exhausts of cars, buses, motorcycles, trucks, trains, aircraft, etc. Fumes from industrial factories and incinerators will also play a part in toxicity via the airwaves.

**Medication:** Some minerals are used to lace tablets and pills.

**Cosmetics and toiletries:** Many minerals are used in these products that we use on a daily basis, such as body lotions, creams, hair dye, lipstick, shower gels, soaps, with the biggest one being aerosols such as antiperspirants and deodorants and hairsprays. Dentals amalgams of filling (consisting mainly of Mercury (Hg) and Copper (Cu) amongst other metals) can also be a cause along with dental bridges, prostheses and even pins holding previously broken bones together. **Household chemicals:** Everyday cleaning products such as polish, all purpose sprays, etc., garden chemicals, sprays, insecticides, pesticides, etc. will all have metals in them to aid its purpose.

**Occupational hazard:** Depending on your job, you can have different levels of exposure to metals, in occupations such as those in any building trades, electricians, iron workers, mechanics, plumbers, printers and even office workers.

#### Removing Metals From The Body: The Natural Way

Encouraging the body's natural detoxification pathways is something everyone would benefit from. Heavy metals can enter our body through the foods we eat, the water we drink, the cleaning products we use in our homes, the personal care products we use on our skin, and through just breathing the air itself. Heavy metals such as lead, cadmium, nickel, mercury, aluminium and arsenic, can accumulate in our body and interact with other minerals. This interaction can promote the action of some minerals, and inhibit others, leading to imbalances. For example lead inhibits calcium, iron and potassium, nutrients which are vital for our bone health, muscle function and energy levels. One molecule of mercury can affect the action of up to one thousand zinc molecules; a mineral needed for hundreds of enzyme reactions within our body. Five foods that naturally act as heavy metal detox agents are: 1) Apple and pear pectin - a type of fibre found in the skins of apples and pears, pectin binds to heavy metals in the colon and helps to excrete them from the body. Make sure you are buying organic apples and pears and eating them raw. Specifically it can help detox aluminium, arsenic, mercury, lead and nickel. 2. Garlic - this amazing sulphurous herb not only stimulates and protects the immune system, it assists in the detoxification and excretion of aluminium, cadmium, arsenic, mercury, lead and nickel. It must be eaten raw and fresh! Cut or bottled garlic has lost most if not all of its detoxifying effects. Stir it last through served meals or cut it into small pieces and swallow 2-3 cloves like pills. 3. Sea Vegetables - seaweeds like kelp, dulse and wakame have a balanced mineral content and help to remove unwanted metal deposits from the body. They supply the body with necessary minerals and iodine to aid in the removal of toxic metals such as nickel and mercury. 4. Coriander - (or cilantro) this lovely plant absorbs toxic metals in the body such as lead and mercury. Add it fresh to meals or salads, or juice a whole bunch in a beautiful green alkalizing juice with silver beet, cucumber, apple and lemon. 5. Insoluble Fibre and Water- psyllium, chia seeds, slippery elm, and rice bran all help the body eliminate wastes by acting as an internal broom. Toxins are swept up and moved through the colon at frequent, regular intervals (at least one or two bowel motions a day). Two litres of water per day is necessary to facilitate this action. We are exposed to heavy metals on a daily basis, so supporting our body by consuming these natural foods, boosts our ability to safely move them out!

# Test Results

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Dear Ben,

11/03/2018

Please find attached your nutritional deficiencies results. The items on this list have indicated a deficiency and needs replenishing in your system. We only report these as they are the ones likely to be causing you the most symptoms. However, your hair sample has been tested against all 80 nutrients.

The nutritional information found next to each nutrient is important, as a good balanced diet along with a healthy lifestyle can boost the immune system and reduce your intolerance levels. The nutrients that have shown as deficient in your system can easily be improved. Simply try and add in one or two of the recommended food items to your diet each day. Although it may be easier to use a vitamin supplement, it is always better to get your nutrients from a fresh source, as this will enter your body much faster.

Kind Regards,

**Test Results**



**Biotin**

Sources - Almonds, Artichoke, Avocado, Banana, Black eyed peas, Brazil nuts, Onion, Peanuts, Pecans, Raspberries, Soy, Strawberries, Sweet potato  
Symptoms - Hair loss, Dry scaly skin, Cracking in corner of the mouth, Fatigue and Depression

**Chromium**

Sources - Bread, Brown rice, Meat, Broccoli, Mushrooms, Green beans  
Signs of deficiency - Anxiety, low energy levels, chronic fatigue, muscle weakness, mood swings.  
Body use - It is an essential part of metabolic processes that regulate blood sugar and helps insulin transport glucose into cells, where it can be used for energy

**Lithium**

Lithium deficiency can cause muscle fatigue, nausea and sickness  
Sources - Shrimp, Lobster, Oyster and Scallops.

**Melatonin**

Melatonin deficiency could lead to fatigue and lethargy. Sources - Red Meat, Grains, Root Vegetables.

**Molybdenum**

Sources - Lentils, dried peas, kidney beans, soy beans, pinto beans, black beans, oats, tomato, romaine lettuce, cucumber, celery, barley, eggs, carrot, bell peppers.  
Signs of deficiency - Headaches, Night blindness. Protects cells and creates energy to help vital organs get rid of waste products

**Silica**

Sources - Whole grain, pasta, brown rice, banana, mango, green beans, spinach, strawberries.  
A healthy level of Silica can improve collagen formations and skin elasticity. It can also improve the health of hair and nails.  
Signs of deficiency - Dry skin, Brittle hair and finger nails, Weak teeth and gums

**Vitamin B12**

Helps maintain energy levels. Sources; eggs, cows milk., almond milk, coconut milk, fish and meat. Symptoms - pale skin, tiredness, lethargy

**Vitamin B2**

Sources - Spinach, crimini mushrooms, asparagus, sea vegetables, eggs, cows milk, broccoli, swiss chard, green beans, kale, bell peppers, soy beans  
Signs of deficiency - Slow metabolism, Mouth or lip sores, Skin inflammation, Sore throat

