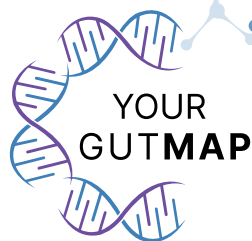


# Food Sensitivity





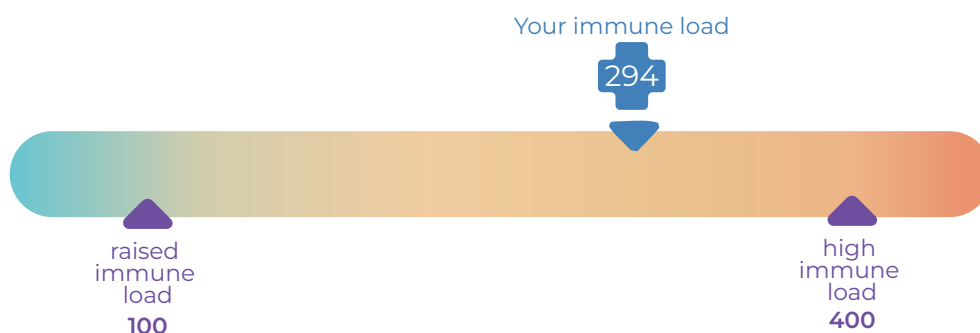
Patient Name: **Christine Harris**

Sample ID: **3309239185524**

Sample Date: **16/10/2023**

### Total IgG Immune Load

Your total IgG reactivity shows the current immune load your body is experiencing with your current diet. Research shows by following your IgG guided dietary changes, total immune load can be reduced.



Your food specific IgG antibody diet guide shows IgG reactions and cross reactions to foods and drinks.

This information can be used by a qualified healthcare practitioner to adjust your diet. Any changes in diet including the removal of foods should be overseen by a qualified professional, to prevent nutrient deficiencies.

Please note: a food specific IgG antibody test does not analyse classical allergies, where IgE antibodies are involved. Food specific IgG antibody testing cannot diagnose conditions such as Coeliac Disease, or Lactose Intolerance. Any pre existing allergies or negative reactions to foods should be discussed with your health practitioner.

YourGutMap defines Food Sensitivity as a food specific IgG antibody reaction. This is not a diagnostic test.



# Christine Harris

## YourGutMap IgG Food Sensitivity Screen

Elevated < 10 IgG AU/ml

Borderline 5 - 9 IgG AU/ml

Normal > 5 IgG AU/ml

### Grains & Staples containing Gluten

1

Barley

0

Gluten

0

Rye

0

Wheat

### Grains & Staples non Gluten

2

Brown Rice

0

Buckwheat

1

Oat

0

Spelt

2

White Rice

0

Quinoa

### Fruits

1

Banana

3

Blackberry

1

Blueberry

2

Black Olive

0

Cantaloupe  
Melon

1

Cherry

2

Cranberry

2

Date

1

Fig

0

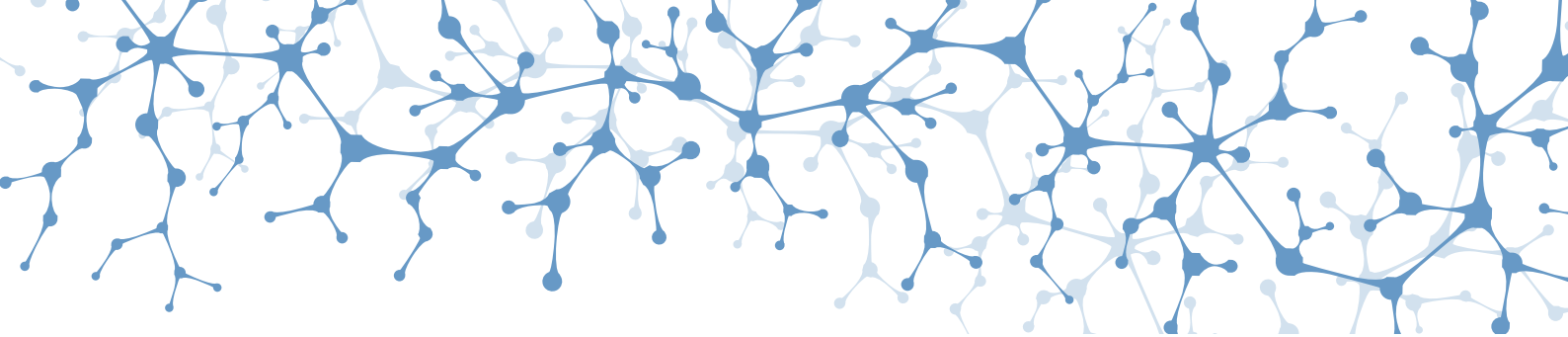
Grape Red

0

Grape White

0

Grapefruit

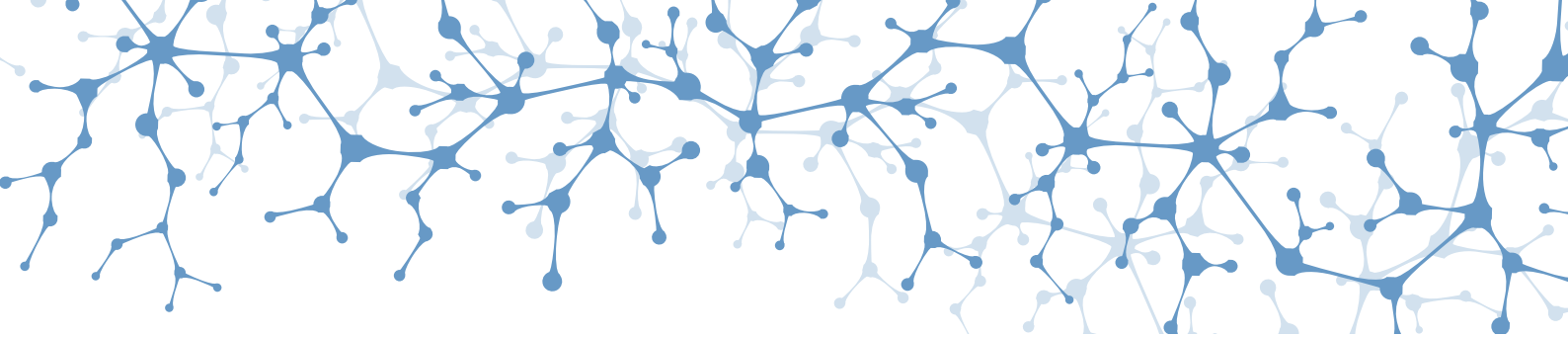


0	Honeydew Melon	0	Lemon	0	Lime	0	Lychee
2	Mango	0	Nectarine	2	Green Olive	0	Orange
0	Peach	1	Pear	0	Persian Melon	1	Pineapple
0	Raisins	1	Pomegranate	0	Raspberry	0	Strawberry
1	Sultana	0	Tangerine	0	Watermelon	0	Apple
2	Apricot						

## Vegetables

1	Asparagus	0	Broccoli	0	Beetroot	2	Bok Choy
0	Broccoli	2	Brussel Sprouts	1	Carrot	1	Cassava
0	Cauliflower	0	Celery	10	Chick Pea	1	Cow Pea





0	Cucumber	0	Field Mushroom	1	Garden Pea	1	Green Pepper
0	Green Cabbage	0	Iceberg Lettuce	4	Kale	5	Maize
0	Oyster Mushroom	1	Parsnip	0	Portebello Mushroom	0	Pumpkin
0	Radish	0	Red Cabbage	0	Red Onion	1	Red Pepper
2	Rocket	0	Shiitake Mushroom	0	Spinach	0	Spring Onion
12	Sugar Snap Peas	1	Swedish Turnip / Swede	1	Sweetcorn	1	Sweet Potato
1	Tomato	1	Turnip	0	White Cabbage	0	White Onion
1	White Potato	0	Yellow Pepper	0	Avocado		






## Nuts, Seeds & Beans

0	Cashew Nut	0	Chestnut	0	Chia Seeds	4	Cocoa Bean
0	Coconut	1	Flax Seed	2	Green Bean	1	Hazlenut
4	Haricot Bean	2	Kidney Bean	3	Mung Bean	0	Peanut
0	Pistachio	1	Pumpkin Seed	0	Sesame Seed	2	Soybean
3	Sunflower Seed	2	Vanilla Bean	2	Walnut	3	Almond
2	Brazil Nut						

## Dairy & Eggs

4	Cheddar Cheese	4	Cottage Cheese	5	Egg White	2	Egg Yolk
2	Feta Cheese	1	Goat Cheese	2	Goat Milk	2	Mozzarella Cheese
3	Sheep Milk	9	Whey (cow)	6	Whole Egg	7	Whole Milk (cow)
5	Casein (cow)						





## Herbs, Spices & Oils

0	Peppercorn	1	Cayenne Pepper	0	Cinnamon	0	Chives
0	Coconut Oil	1	Corn Oil	0	Flaxseed Oil	0	Garlic
3	Ginger	0	Leek	2	Lemon Grass	0	Mint
0	Oregano	2	Olive Oil	0	Paprika	0	Parsley
0	Peanut Oil	0	Sage	0	Sesame Seed Oil	2	Sunflower Oil
2	Turmeric	0	White Pepper				

## Drinks

3	Cacao	0	Cashew Milk	0	Coconut Milk	2	Coffee
2	Green Tea	0	Hazlenut Milk	1	Hemp Milk	1	Oat Milk
1	Rice Milk	2	Soya Milk	2	White Tea	2	Almond Milk
4	Black Tea						





## Meat & Fish

1

Beef

0

Chicken

1

Duck

0

Goat

1

Lamb

3

Pork

1

Mutton

3

Turkey

0

Pheasant

1

Veal

1

Venison

1

Anchovy

0

Cod

1

Crab

2

Crayfish

0

Haddock

3

Lobster

1

Mackerel

2

Prawn

0

Salmon

1

Sardine

1

Shrimp

1

Squid

2

Tiger Prawn

0

Trout

0

Tuna








## Others

7	Baker's Yeast	1	Barley Flower	1	Balsamic Vinegar	2	Brown Lentils
5	Brewer's Yeast	0	Citric Acid	2	Corn Flour	2	Hemp
5	Hops	2	Green Lentils	0	Horseradish	0	Malt Vinegar
3	Mustard	1	Oat Flour	2	Rice Flour	2	Sugar Cane
3	Vanilla Essence	3	Wasabi	2	Wheatgrass	0	Wheat Flour

## Supplements

2	Beef Protein Isolate	4	Casein Protein Isolate	1	Hemp Protein Isolate	1	Collagen (Bovine)
0	Marine Collagen	1	Pea Protein Isolate	1	Rice Protein Isolate	2	Soy Protein Isolate
0	Spirulina	7	Whey Protein Isolate				





# Your Reactive Foods & Drinks

Elevated < 10 IgG AU/ml

12

Suger Snap  
Peas

10

Chick Pea

Borderline 5 - 9 IgG AU/ml

9

Whey (cow)

7

Whole Milk  
(cow)

7

Whey Protien  
Isolate

7

Baker's yeast

6

Whole Egg

5

Maize

5

Egg White

5

Casein(cow)

5

Brewer's yeast

5

Hops

