Allergy Test 2021

Roman Protoliuk

Dear Roman, 26 July 2021

Please find enclosed your **Bioresonance Test Report**. You should read all of this report to help you understand the results fully.

Within this report, you will find the following:

- **Food Items** - Several everyday food items, ingredients and preservatives are included in this section of the report. Items listed are those to which your sample has indicated a sensitivity to.
- **Non-Food Items** - Non-food items tested include different animals and animal dander, fungus, plant life and other inedible items.
- **Nutritional Imbalances** - All essential vitamins and minerals are included in this section. If any imbalances are suspected, your results will suggest a few sources for each nutrient.
- **Metal Sensitivities** - Any metals which your sample indicates a sensitivity towards will be listed here, along with common sources of these metals.
- **Gut Biome** - Your gut needs a balance of good bacteria to function correctly. This section indicates suspected imbalances of certain strains of good bacteria.
- **Hormonal Imbalances** - Checking for various hormonal imbalances such as oestrogen, testosterone, cortisol, serotonin and prolactin.
- **Digestive Health & Metabolism Analysis** - This section analyses various enzymes which aid digestion and absorption of nutrients.

In each section of your report, you will find a summary of what we were testing for in our analysis, which has shown a reaction. All of the items listed will have an explanation of where the items are found or their composition. This ensures that your results are easy to understand and that your focus is drawn to what matters the most.

If you have no results in any section, it's because the test has shown no anomalies. At the end of your report, we have suggested a full plan of action on removing the food and non-food items from your diet, as well as how you can change the foods you eat to give your body what is needed.

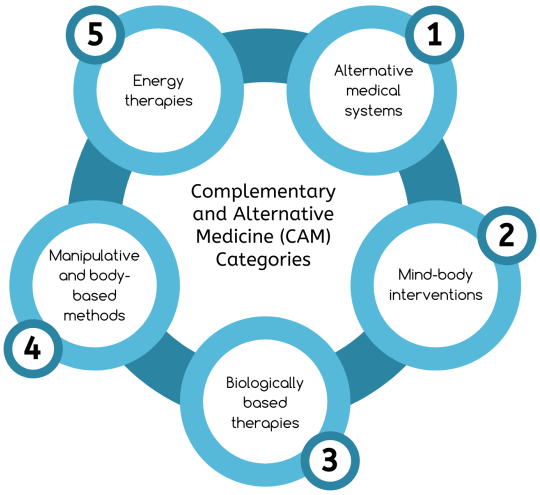
Your results report will help you understand your body and which items work best in your own individual diet. These results are just the first step in your journey, allowing you to make the changes necessary to improve your health. You can use these results in any way you wish, but we would recommend using them as a diet optimisation resource.

Continued over the page.

Bioresonance Testing

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

The findings in the report do not make a medical diagnosis but are intended to assist in a functional medicine approach to digestive and general health issues.



Understanding Your Results

All items have been separated into three sections: High, Moderate and No Reactivity. It is advisable that you avoid contact with or consumption of those items to which this report indicates you have a reaction or toxicity.

For simplicity, our reports only detail those items to which your results have indicated a high or borderline sensitivity, toxicity or imbalance, and not items that brought about no reaction.

These are items that in testing have returned a high response.

These are items that in testing have returned a borderline response.

85% **Important:** reports display response rates of 85% and over. This is the point at which a reaction may be present.

FAQ's

What do the percentages mean?
The percentages within your report refer to the level of potential sensitivity. However, for best results, we do recommend removing all items from the diet reacting at over 85%.

My results only show 85% and above. Can I have the rest of the results?
The equipment we use for testing doesn't store information for items that react under our 85% threshold. 85% is the point at which you would expect to start seeing a reaction. Therefore, anything under 85% would be negligible.

What is the difference between an Amber and Red circle on the results?
The colours indicate the sensitivity level and potential severity. Amber is a low chance of sensitivity. Red is a high chance of having sensitivity.

Are the hormones a Low or High reading?
The hormones section indicates a potential imbalance rather than high or low levels of a certain hormone. Lifestyle changes such as weight regulation, regular exercise, and stress reduction can help rebalance these hormones.

Continued over the page.

My results show Cow's Milk. Does this mean all Dairy items need to be removed from my diet?
Sensitivity to cow's milk will refer to cow's milk and all cow's milk products. While other animal milk should be fine to consume, we recommend removing all dairy from the diet. You may choose to switch to dairy alternatives during the 4 week elimination period.

I have shown a sensitivity to wheat. Does this mean I am Gluten intolerant?
Gluten is a protein found in wheat, rye, and barley. Sensitivity to any of these grains doesn't indicate a gluten intolerance but rather a sensitivity to these individual grains.

Metals results: Are these levels within my body?
Our metals testing is designed to detect sensitivities to common metals – this is not an indication of exposure or the levels of these metals within the body.

There are foods I don't eat within my report? Yet items I eat daily did not; how can this be?
Sensitivities can occur from the body merely lacking the digestive enzymes to digest foods, meaning food items you do not consume regularly or at all can show on your report. Also, symptoms of sensitivity can often be very subtle and do not always display as digestive discomforts. Symptoms can also include headaches, irritability, fatigue, mild rashes, etc.

What reactions could sensitivities cause?
The most common symptoms include Heartburn, diarrhoea, nausea, stomach pain/cramps, bloating, constipation, vomiting, fatigue, headaches, mild rashes, skin irritations or itching.

How does the elimination diet work? How long do I have to carry this out?
We recommend removing the reacting foods from the diet for 4 weeks. After this period, most clients see an improvement in their symptoms.

Your results and supporting health information will be displayed on the following pages. Testing is performed in accordance with our laboratory standard operating procedures and quality checked by the lab shift manager before release. Our labs and all laboratory technicians follow good laboratory practice.

Kind Regards,

Allergy Test 2021

Roman Protoliuk	Your Test:	26/07/2021	Ref:	10750

Food Items

These are the items which your sample has shown you will potentially have a reaction to, and therefore are showing a sensitivity. 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 tested are listed in your report, those which have a sensitivity level of over 85% are classed as an intolerance. The reason we report items above this threshold is because 85% is the point at which you would expect to start experiencing possible symptoms.

Anchovy A small fish. Preserved in salt and oil.	●	94%
B-Lactoglobulin A major protein found in cow's milk and sheep's milk	●	85%
Button Mushroom The most common type of mushroom used in cooking.	●	95%
Coriander An aromatic culinary herb.	●	90%
E 270 Lactic acid Found in many different products; fermented milk products such as sour milk, cheese, and buttermilk. Also used in carbonated drinks, jams, jellies, soft margarine, marmalade, infant milks and cereals, pickled red cabbage, salad dressings, sweets, tartare sauce and many tinned products, such as baby foods, mackerel, pears, sardines, strawberries and tomatoes.	●	93%
E 300 Ascorbic Acid If you read the ingredients list for fruit juices and drinks, cereals, fruit-flavored candies, cured meats, cereals and frozen fruits, you may see ascorbic acid listed. Manufacturers sometimes include it in foods as a preservative, antioxidant or color stabilizer, or it can be used to boost a food's vitamin C content.	●	88%
E 441 - Gelatin Gelatin has the E number E441, It is in almost every gummy confectionery and also items like marshmallow, ice cream and even low fat yogurt.	●	85%
Fennel Fresh Aromatic flavourful herb often used in cooking.	●	93%
Lamb's liver The liver of the animal. Widely eaten.	●	93%
Lobster Large crustacean, flesh eaten cooked.	●	98%
Marshmallow Tea A tea that is thought to help ease digestive complaints.	●	91%
Molasses Molasses, or black treacle, is a viscous by-product of refining sugarcane or sugar beets into sugar.	●	92%
Olive Oil A liquid fat obtained from olives.	●	94%
Pecan nuts Edible, smooth brown nut from the pecan tree.	●	85%
Prawns A seafood which resembles a large shrimp	●	100%
Red Kidney Bean Small bean, deep red in colour.	●	88%
Red Wine All red wine made with red grapes.	●	100%
Romaine Lettuce A type of lettuce	●	95%

Roman Protoliuk	Your Test:	26/07/2021	Ref:	10750
Rosemary A perennial herb - used for flavouring.				88%
Soy sauce A Chinese condiment made with soybeans used in cooking.				94%
Soya Bean Bean of the soya plant. Very high in protein.				91%
Veal Flesh of a baby calf.				95%
Wheat A cereal grain.				96%
Whitefish Common name for several species of fish - including cod, haddock, hake and pollock.				89%
Yerba mate tea A naturally caffeinated tea.				85%

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Non-Food/ Environmental Items

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 or via inhalation.

All the items tested are listed below, non-food items you have shown a reaction to will show an intolerance level of 85% or above. Anything under this threshold will NOT be causing issues to your health and therefore no reactions or 'symptoms'.

Aspergillus Fumigatus Fungus that is widespread in nature, typically found in soil and decaying organic matter such as compost heaps.	●	100%
Clover (Triofolium spp.) A flower usually found in fields and dry pastures	●	92%
Goldenrod (Solidago virgaurea) Solidago virgaurea is an herbaceous perennial plant of the family Asteraceae	●	97%
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.	●	99%
Pine, Scottish (Pinus sylvestris) Species of pine tree. also known as Scot's pine	●	93%
Rats Rodent, commonly known as a pest in urban environments.	●	100%
Rose (Rosa spp.) A rose is a woody perennial flowering plant of the genus Rosa	●	94%
Storage Mite Linked to house dust mite normally found in more agricultural surroundings.	●	100%

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Nutritional Imbalances

Everything listed on your report as 85% or above, has a nutritional imbalance which means that they could be deficient within your system.

You should 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 food source, as this will enter your body much faster. The nutritional information found next to each nutrient is important, as a well-balanced diet along with a healthy lifestyle can boost the immune system and also reduce your intolerance levels.

Please Note: This report is designed to be used in conjunction with your intolerance report; if you have shown an intolerance to a food item listed as a nutritional source, we do not recommend consuming this item and instead advise you opt for one of the alternatives listed.

Acidophillus Sources - Miso, Tempeh, Yogurt, Kefir, Wheatgrass, Onion, Tomato, Banana, Garlic. Signs of deficiency - IBS, bad breath, flatulence, candida	🔴	96%
Beta-Carotene Supports the immune system and eyes. Good sources include asparagus, broccoli, carrots and sweet potato.	🟠	94%
Creatine Can help with high cholesterol. Sources include tuna and salmon.	🟠	91%
Folic acid Supports numerous areas of the body including bones, teeth, cardiovascular system and the heart. Sources include Avocado, beans, beef, cauliflower, dates, lentils, raspberries and wheat	🔴	96%
Iodine Food Sources - Yoghurt, Kelp, Kombu, Navy beans, Strawberries and Potatoes. While your body only needs a small amount of iodine, not getting enough can lead to impaired physical and mental development in children, and poor thyroid development	🟠	85%
Iron (Nutrition) Sources - Dark leafy greens, beans, olives, navy beans, kidney beans, black beans, pinto beans, tofu, pumpkin. Signs of deficiency - General fatigue, Weakness, Pale skin, Shortness of breath, Dizziness. Haemoglobin represents about two-thirds of the body's iron. If you don't have enough iron, your body can't make enough healthy oxygen-carrying red blood cells.	🔴	99%
Vitamin B12 Helps maintain energy levels. Sources; eggs, cows milk., almond milk, coconut milk, fish and meat. Symptoms - pale skin, tiredness, lethargy	🔴	97%
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	🔴	98%
Vitamin B3 Sources - Tuna, chicken, turkey, salmon, lamb, beef, asparagus, tomato, bell peppers, sardines, shrimp, brown rice, sweet potato, sunflower seeds, barley, green peas Signs of deficiency - Blotchy skin, Indigestion, Fatigue, Vomiting, Depression	🔴	98%
Vitamin B6 The richest sources of vitamin B6 include fish, beef liver and other organ meats, potatoes and other starchy vegetables, and fruit (other than citrus) Plays an important role in converting food into energy and helping the body metabolise fats and proteins	🔴	98%
Vitamin K Sources - Kale, spinach, parsley, broccoli, Brussel sprouts, romaine lettuce, asparagus, basil, cabbage, celery, kiwi, leeks, coriander, sage, green beans, cauliflower, cucumber Signs of deficiency - Tooth decay, Weakened bones, Bleeding and bruising easiliy	🔴	98%

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Metals Imbalances

The heavy metals showing a level of 85% or above, have shown a sensitivity after being exposed to. The important thing to note is that you do not need to panic, 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 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.

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.

Manganese (Mn) Used in drinks cans		98%

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Gut Biome Test

These are the good bacteria found within your gut microbiome. These bacteria can affect your health, minimise illness and the synthesis of vitamins depending on the different levels. Vitamins are not only obtained through foods, they are also produced in the gut by bacteria.

For any items on this list found at 85% or above, it is recommended you increase the levels through consumption of the items listed, much like the nutritional imbalances on the test above.

Lactobacillus Reuteri
Strengthens the intestines and helps to fight inflammation. Sources: Milk products like yoghurt and cheese.

100%

Streptococcus Thermophilus
Helps to prevent diarrhoea by maintaining the health of the digestive system. Sources: Dairy products like yoghurt.

100%

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Hormonal Imbalance

Testing your hair sample can show any hormonal imbalances that are currently present in your body.

These imbalances can be caused by a large number of factors including: stress, overactive/underactive thyroid, poor diet, being overweight, medication, food intolerances, chemotherapy, puberty, menstruation, pregnancy and menopause.

Any items listed here above 85% are showing an imbalance and can be alleviated with natural remedies like: maintaining a healthy body weight, exercise and reducing stress.

Oestradiol
This is a steroid hormone made from cholesterol and is the strongest of the three naturally produced oestrogens. It is involved in the regulation of the oestrous and menstrual female reproductive cycles

98%

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Digestive Health and Metabolism Analysis

Our bodies are very good at self-regulating the enzymes used in digestion; However, when we are sick or regularly surrounded by food and non-food intolerances, we can become unbalanced. This can affect our metabolism and our weight by causing us to store higher levels of fat or by storing fewer elements, which causes less absorption of vitamins and minerals.

We have tested your sample against a variety of enzymes and proteins to verify levels in your system. Everything shown below as above 85% is currently unbalanced and will adversely affect your digestive health. Exercise, a healthy diet and living in an environment of reduced stress will help you self-regulate again.

Amylase
Amylase breaks down carbohydrates (starches) into simpler sugars. Irregular levels can affect the pancreas.

97%

WHAT DO I DO NOW?

Seeing your test results may seem daunting initially, but you should not panic. There may be some items listed above 85% in your report that you have never eaten or come into contact with, but this is quite normal.

There will be items on the list that you often eat or are exposed to on a regular basis. These are the items that you are going to need to focus on when you start your elimination diet. The Bioresonance test results can be used to highlight potential sensitivities to food and non-food items as well as imbalances in the body that could be causing symptoms.

Used as a holistic tool and combined with a functional medicine approach, the test has been used for years as a first step or last resort in the understanding of intolerances and sensitivities.

Take time to carefully review the information provided and plan an elimination diet that works for you and ultimately gets results. Intolerances and sensitivities can change over time and with adjustments to lifestyle and diet, so any changes that you make could very soon provide positive health and wellness improvements.

What is food intolerance?

An 'intolerance' is the inability to digest an item properly, whether this is a food intolerance/sensitivity or an environmental factor (a non-food intolerance). Intolerances can occur due to several reasons; the two most common are:

- The body is lacking the necessary digestive enzyme(s) for certain food and, therefore, cannot digest the item properly or efficiently take the nutrients from it.
- A sensitivity resulting from overconsumption or over-exposure.

Common intolerance symptoms:


Nausea


Fatigue


Stomach complaints


Brain fog

Many symptoms are the result of a sensitivity to a particular item. If you are experiencing constant slow/delayed occurring or digestive symptoms, then it is possible that you are suffering from food intolerance.

What is a food allergy?

An allergy is an immune response to what would normally be considered a harmless substance. The immune system perceives this substance to be a 'threat' and produces an inappropriate response, with symptoms usually starting within a few minutes but also as long as two hours later. Allergy symptoms can be more acute and serious.

Common allergy symptoms:


Rashes


Respiratory complaints


Anaphylaxis


Sore eyes


Swelling

IMPORTANT NOTE: This is not a test for allergies. If results indicate a high-level reaction, this suggests that there may be a sensitivity.

Although allergies, intolerances and sensitivities can share some similar symptoms and triggers, they are not the same.

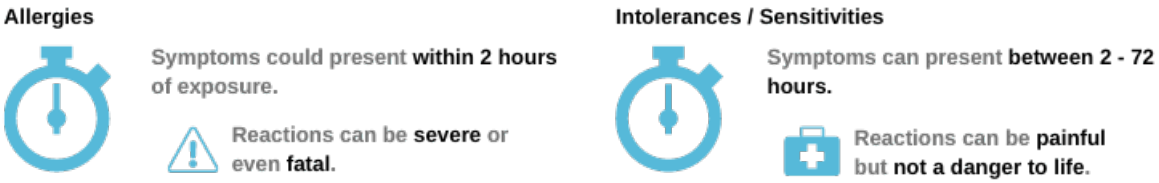
Occasionally, results will show no reaction to an item that you know you have an allergy to. This means that you have not shown sensitivity to that item, but in no way does it question or contradict a previous or existing allergy diagnosis.

How to identify symptoms

The identifiable symptoms can change depending on the diet and environment, meaning that an item you may have never experienced an issue with before could suddenly be causing symptoms.

This is because if you are eating or have come into contact with something, the body will usually try to assimilate it. If your immune system is low or may you have overindulged on certain food items, then the body will struggle to assimilate the item and will suffer from various symptoms.

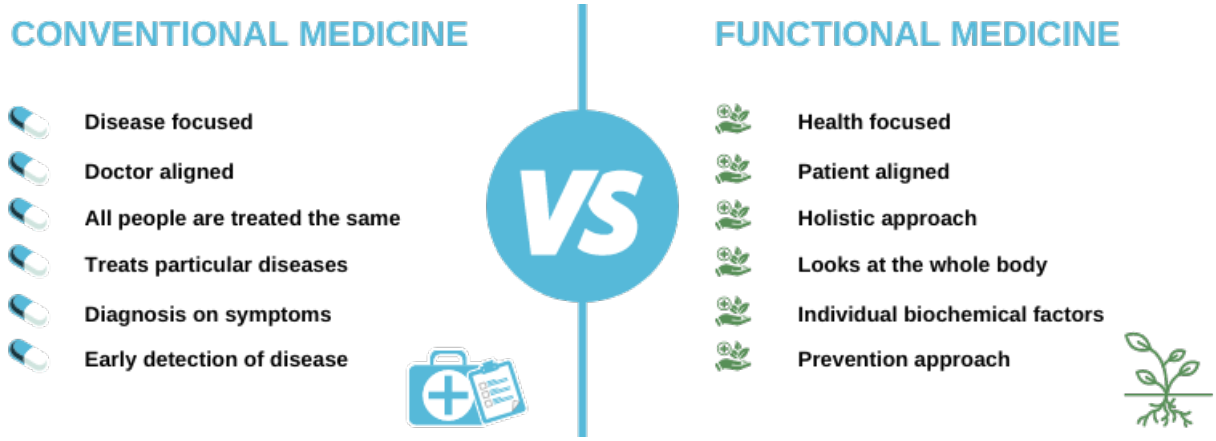
If you suffer from immediate symptoms upon ingesting certain foods, you may have an allergy. If the symptoms take a while to develop, between 2 - 72 hours, then it is likely due to food intolerance.



What is bioresonance testing?

Bioresonance is categorised under Complementary and Alternative Medicines (CAM's). This covers a wide range of therapies, including homoeopathy and acupuncture that fall outside of mainstream medicine but fit within a functional medicine approach to health and wellness.

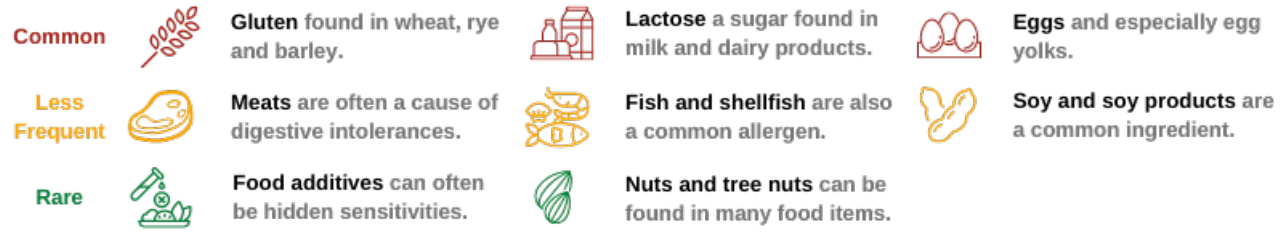
As a CAM, hair sample testing using Bioresonance is recognised as a proven therapy method by practitioners and peers Worldwide. However, conventional medicine does not currently recognise Bioresonance as it has not been subject to sufficient scientific research. **It is important to reiterate that this test is NOT for allergies or allergic reactions. This test detects sensitivities and imbalances, which, although they can share similar symptoms and triggers, are not the same.**



Foods that cause the most sensitivities

Food sensitivities or intolerances arise if the body is unable to digest certain foods or drinks. This impairment may be due to a lack of digestive enzymes or a sensitivity to certain chemicals within a food item.

Most elimination diets start with the food items that cause the most trouble for animals in general. If you're sensitive or intolerant to a food type, you don't necessarily have to remove it completely from your diet. The key is to identify the offending food and figure out how much, if any, of it you can consume without suffering from symptoms or reactions.



Everyday foods

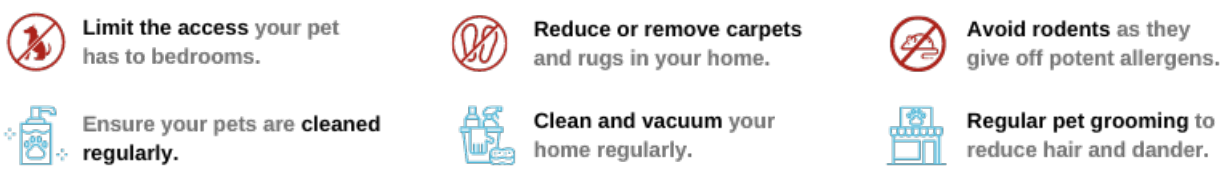
It is common for someone that eats the same food every day to develop a sensitivity to that food over time. This particular item or food group could be highlighted as a moderate or high reaction item due to overconsumption or exposure.

This often happens as the body grows sensitive to that item due to the volume of food being consumed. The body could be struggling to process or break down particular constituents of that food item. This can cause symptoms such as bloating, headaches, and other stomach issues.

Elimination of a food item during a period of time can allow the body and gut time to return to a normal state. After this period, it may be possible to reintroduce certain foods without reaction or symptoms at a more moderate level.

What about my pets?

If you have pets and have shown a sensitivity to dog or cat hair, do not despair. This simply means that you need to be more aware of where your pet goes within your home. Make sure you try and limit their access to bedrooms and keep them well-groomed to avoid excess hair and dander on your floors and soft furnishings.



METAL SENSITIVITIES AND ANALYSIS

What is metal toxicity?

Metal toxicity is the build-up of large amounts of heavy metals in the soft tissues of the body. This test can tell you whether you have high exposure to metal toxicity.

You need to look out for significant items, notably arsenic, cadmium, or mercury. These results are important to note because exposure to metals and toxicity levels are more difficult to avoid. The symptoms vary between all the different types of heavy metals in the air, so it is crucial that you carefully analyse these results.

What if your results report high exposure?

You should look at lowering your day-to-day level of exposure. To do this, you will have to analyse the foods you are eating (you can use your food items results to help you with this), along with water and cleaning products, which tend to produce high levels of toxicity, meaning you are likely to feel ill.

The automatic response from the human body is to continually detoxify itself from the everyday environment. You can help your body's detoxification processes by making sure you are consuming the right foods and drink items for your diet.

Drink plenty of water, eat the right foods for your diet, and make sure you avoid processed foods. As everyone is different, your metals toxicity report will be different from others, so make sure you know what metals are right for you.

Heavy metals are a part of our everyday life; there are small amounts that are detoxified by the body and will cause no issues. But, even if you think you know your body, having a greater understanding of what you may come into contact with will eventually reduce your potential exposure.

Common sources of heavy metals:

Food - Pesticides, insecticides, and herbicides used on crops can lead to contaminated food produce. Contaminated water can also result in fish and seafood containing metals.

Water – The 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 contribute 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 cosmetics such as lipstick, whitening toothpaste, eyeliner, nail polish, moisturiser, sunscreen, foundation, blusher, concealer, and eye drops. Some metals are added as ingredients, while others are contaminants.

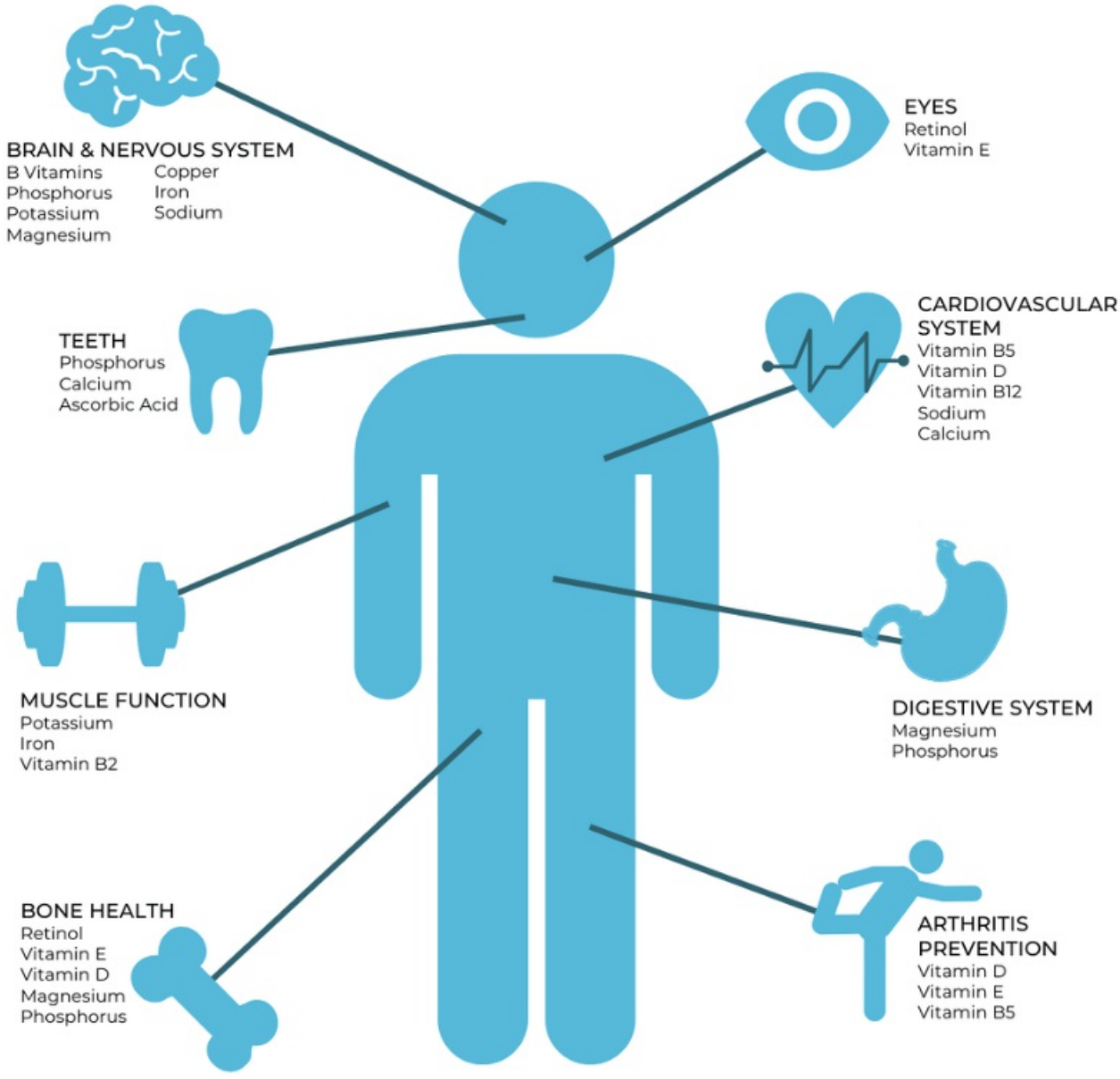
Cleaning products – Everyday household cleaning products like polish, all-purpose sprays, and garden products like insecticides and pesticides contain heavy metals.

VITAMINS AND MINERALS

Vitamins and minerals are essential nutrients as they perform many important roles in the body. There is a fine line between getting enough of these nutrients and being healthy and getting too many, which can be harmful.

Eating a healthy diet remains the best way to get sufficient levels of the vitamins and minerals you need. Be sure to replace the foods you eliminate so that you do not lose essential nutrients.

Vitamins and minerals are often called micronutrients because your body needs only tiny amounts of them. Failing to get even those small quantities can lead to becoming ill or an increased risk of disease. Here is some guidance on which functions of the body different nutrients help with.



FAT-SOLUBLE VITAMINS

Fat-soluble vitamins enter the blood via lymph channels in the intestinal wall. Many fat-soluble vitamins travel through the body escorted by proteins that act as carriers.

Fatty foods and oils are reservoirs for the four fat-soluble vitamins. Fat tissues and the liver hold these vitamins

and release them as needed. These can be considered time-release micronutrients. It is possible to consume them in doses weeks or months apart rather than daily.

Fat-soluble vitamins:

Important for: growth, development, maintenance of the immune system and for good vision.

Vitamin A is a group that includes retinol, retinal, and several provitamin A carotenoids.

Found in: cheese, eggs, oily fish, liver

Important for: maintaining healthy skin, eyes, the body's defence against illness and infection.

Vitamin E is a group of eight fat soluble compounds including four tocopherols and four tocotrienols.

Found in: vegetable oils, nuts, seeds, green leafy vegetables

Important for: intestinal absorption of calcium, magnesium, phosphate and bone health.

Vitamin D is a group of vitamins including D3 (cholecalciferol) and vitamin D2 (ergocalciferol).

Found in: red meat, egg yolk, oily fish, liver, sunlight

Important for: blood clotting, bone metabolism, and regulating blood calcium levels.

Vitamin K is a group that includes phylloquinone (K1) and a series of menaquinones (K2).

Found in: vegetable oils, green leafy vegetables, grains

WATER-SOLUBLE VITAMINS

Water-soluble vitamins are contained in the watery portions of the foods. They can be absorbed directly into the bloodstream as the food is broken down during digestion or as a supplement dissolves. Because much of your body consists of water, many of the water-soluble vitamins circulate easily in your body.

Water-soluble vitamins:

Important for: cell metabolism, converting food to energy and synthesis of red blood cells.

Vitamin B thiamin (B1), iboflavin (B2), niacin (B3), pantothenic acid, vitamin B6, biotin (B7), vitamin B12

Found in: meat, eggs, bananas, potatoes, legumes

Important for: unborn child development, memory and synthesis of red blood cells.

Folic acid is the man-made version of the vitamin folate (also known as vitamin B9).

Found in: supplements, bananas, green leafy vegetables

Important for: healthy skin, blood vessels, bones, repairing wounds, immune and cell support.

Vitamin C is an essential vitamin also known as ascorbic acid and ascorbate.

Found in: citrus fruit, potatoes, green leafy vegetables

MINERALS

Major minerals

Major minerals are found in greater volume than trace minerals and travel through the body in various ways. For example, potassium is absorbed and circulates into the bloodstream is excreted by the kidneys, similar to a water-soluble vitamin. However, calcium is like a fat-soluble vitamin as it requires a carrier for absorption and transport.

Major Minerals have many key tasks in the body. One is to maintain the correct balance of water. Sodium, chloride and potassium are key components in doing this. Calcium, phosphorus, and magnesium ensure continued bone health and sulfur assists protein structures that makeup hair, skin, and nails.

Too much of one of these major minerals can result in a deficiency of another. These types of imbalances are usually caused by overconsumption of supplements rather than natural food sources. A common example of this is an excess of sodium through consuming too much table salt, or processed foods can deplete calcium levels in the body. This is because calcium is used to bind with sodium in order to excrete it from the body

Common major minerals:

Calcium is important for bones, teeth and blood clotting.

Chloride is used for fluid retention, pH, blood volume and pressure.

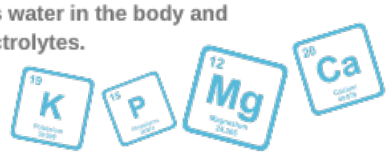
Magnesium is important for nerves, muscles, blood sugar and pressure.

Sulfur is important for DNA, skin, tendons and ligaments.

Phosphorus is used for cell growth repair and conversion of fats and carbohydrates.

Potassium regulates fluid balance, muscle contractions and nerve signals.

Sodium keeps water in the body and balances electrolytes.



Trace minerals

Trace minerals or macrominerals still minerals; however they are found in significantly smaller quantities in the body. They contribute to many critical functions of the body, including bone strength, oxygen distribution, blood clotting and immune response.

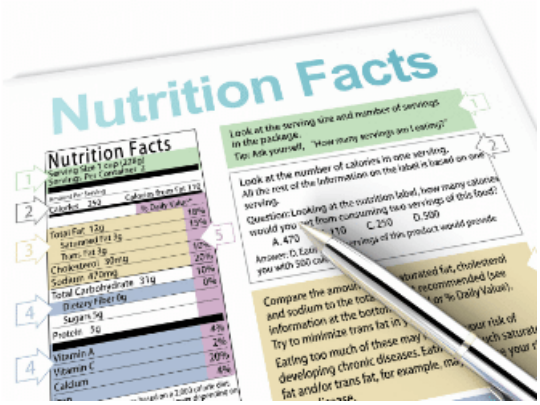
Common trace minerals:

Iron is best known for distributing oxygen throughout the body in your blood.

Fluoride strengthens your bones and helps to prevent tooth decay.

Zinc helps blood clotting, aids immune response and is essential for taste and smell.

Copper forms several enzymes, including iron metabolising and hemoglobin creating ones used to carry oxygen in the blood.



REPLACING NUTRIENTS

Below we've given some suggested foods you can add to your diet to help you get these nutrients into your diet:

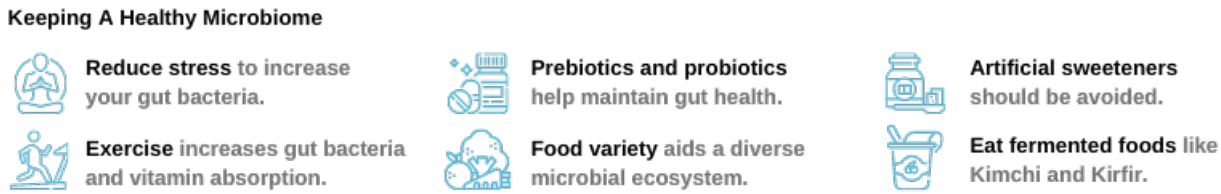
Nutrient	Food Items
Vitamin A (Retinol)	• Carrots • Spinach • Sweet Potato • Beef Liver • Broccoli
Vitamin B	• Oats • Quinoa • Brown Rice • Red Meat • Eggs & Dairy • Seeds & Nuts • Leafy Vegetables
Vitamin C (Ascorbic Acid)	• Oranges • Bell Peppers • Kiwi • Guava • Strawberries
Vitamin D	• Egg Yolks • Salmon • Mushrooms
Vitamin E	• Peanuts • Sunflower Seeds • Squash • Almonds • Trout
Vitamin K	• Chicken • Beef Liver • Pork • Leafy Vegetables
Calcium	• Cheese • Yoghurt • Milk • Almonds • Sardines
Iodine	• Tuna • Cod • Cheese • Iodised Salt • Seaweed
Iron	• Nuts • Meat • Liver • Beans • Dried Fruit
Magnesium	• Dark Chocolate (>70% Cocoa Solids) • Spinach • Chickpeas • Cabbage • Mackerel • Kale

GUT BIOME

Your gut biome test analysis can help you with nurturing your digestive tract. Addressing any gut bacteria imbalances to improve gut function can assist you in becoming your healthiest self.

Your gut biome is the bacteria that colonise your gut. These bacteria can affect health both positively and negatively. If any deficiencies are suspected, the gut biome section of your report will suggest food sources to help you increase your levels of each bacteria where deficiency is suspected.

The items listed within the gut biome section of the report are strains of good bacteria which your sample has indicated you may be deficient in. The percentage stated next to each strain details how large the imbalance is. For example, if you are extremely low in a particular strain of good bacteria, the percentage stated in your results may be in the high 90's.



Remember, these results don't indicate a sensitivity to any of the bacteria listed, only a possible imbalance within your gut biome.

HORMONE ANALYSIS

Hormone levels are constantly going up and down as they're affected by a wide range of external factors, including stress, diet, medication, pregnancy and more. Hormone balance can be a good indicator of general health as peoples balance tends to improve with traditional health improvements such as exercise and diet.

Items listed in the hormone analysis section are hormones that your sample has shown a possible imbalance with the percentage indicating the level of imbalance. Some people are surprised to see hormones associated with the opposite sex in their results. However, every healthy person should have both oestrogen and testosterone within their body; an imbalance in either of these is possible. It's just that healthy women have much higher levels of oestrogen compared to men, and the same goes for testosterone in men compared to women.

DIGESTION & METABOLISM

Enzymes are essential to digestive health as they are what metabolises food within your body, helping you get all the nutrients out of what you eat. This affects fat storage and vitamin absorption. Your test analyses for any possible imbalance in the enzymes tested.

We have tested your sample against the bioresonance of a variety of enzymes and proteins to verify levels in your system. All items listed in your digestive health and metabolism analysis have been identified as possibly unbalanced and could be adversely affecting your digestive health.

Amylase helps break down carbohydrates and starches into sugar.

Pepsin is a stomach enzyme that serves to digest proteins found in ingested food.

Hydrochloric acid breaks down the food and digestive enzymes split up proteins.

Trypsin & chymotrypsin, secreted by the pancreas, assist in the digestion of proteins.

Bile salts help the digestion of fats and absorption of fat-soluble vitamins.

Lipase enzymes break down fat into fatty acids and glycerol.

Enterokinase (enteropeptidase) is a key enzyme for intestinal digestion of proteins.

Exercise, a healthy diet, and reducing stress will help your body to self-regulate. The percentage listed in your report indicates how severe the imbalance detected is and does not indicate a sensitivity.

SAFE ELIMINATION DIETS

What is an elimination diet?

An elimination diet involves removing foods from your diet that you suspect may be triggers to symptoms. The items are later reintroduced, one at a time, while you look for any return of symptoms.

If you are suffering from a dietary intolerance, an accurate dietary history should be taken prior to trying an elimination diet. You can use this to align with the results produced in this report. This is often a difficult process as many processed foods include a wide variety of ingredients. A diary of your foods and any symptoms that occur should be kept during the process of elimination and reintroduction to help you review which items are the causes of symptoms and the level of severity.

Make sure you eat other foods that provide the same nutrients as the food you need to avoid. For example, if you're supposed to eliminate dairy products temporarily, you'll want to look for foods that are fortified with calcium. It is recommended that a person on an elimination diet is given a novel (food or ingredient not eaten previously) protein or carbohydrate source if possible.

Eliminating food types or ingredients for 4-6 weeks then reintroducing one at a time, keeping a diary of any returning symptoms between reintroduction will help you understand the trigger items better. Some exclusions of foods can take up to 12 weeks to fully eliminate the effects of cross-reactivity or 'hidden' ingredients in commercial food products.

YOUR NEXT STEPS TO WELLNESS

Now you have read through your report and have understood how all of the different sections could be affecting your health; the key is not to panic. It can be very daunting to see your health and diet laid out in a report, but it's vital that you now take the time to make a plan to change your lifestyle carefully.

Your health is in your hands, so follow the 'Safe Elimination Diet' guidelines above or take further advice from a nutritional therapist or nutritionist, and do seek medical advice before any large changes to your diet. We thank you for choosing us for this process, and we wish you the best of luck in seeing a healthier, happier you.

NEED HELP OR ASSISTANCE?

If you have any questions or would like to tell us about your results through a testimonial, then please don't hesitate to contact us.

Become an Allergy Test Partner

Here at Allergy Test, we welcome new partners and affiliates to our worldwide network. If our testing has helped you, we would love for you to register as an official partner and help us to help people like yourself. You can contact us at info@healthystuff.com.