



# YOUR TEST

RESULTS GUIDE

# INTRODUCTION

Great News! You're on your journey to a healthier you!

We are pleased to welcome you to your first step on the road to enjoying a life free from the debilitating effects of your body's reaction to substances that it doesn't cope well with.

When you receive your report, you should read through and find foods grouped into sections and the severity of your intolerance next to them, colour-coded for ease of understanding.

It's important not to panic if you see anything in your results that you're not familiar with or that you weren't expecting. This is completely normal and our friendly team are always on hand to help answer any questions you might have.

This guide is to help you make effective use of the information contained within your results and to help you generally on your health journey...

# FAQS

**So, you've got your results. What next?**

You'll see a range of foods and substances that you may recognise as being part of your regular diet and some that are not so familiar to you.

This is entirely normal, so there's no need to panic.

The next part of your journey is to put measures into place to allow you to actively avoid these elements and free yourself from their effects.



**What's the difference between an allergy and an intolerance?**

What you will find is that an allergy is more severe than an intolerance and the reaction is usually felt immediately.

Allergies also tend to be with you for life. Conversely, intolerances are typically less severe in nature and can change over time.

Additionally, the symptoms of an intolerance are not immediate, manifesting anywhere from 10 minutes to 48 hours after the food has been consumed.

## How accurate is the test?

As the test results are subjective (down to the customer's positive results), the accuracy of our tests is equated from the feedback we receive. Currently, we conduct more than 5,000 tests per week and we are running at a positivity rating in excess of 99.5%, which is highly accurate in anyone's book.

The most accurate tests we do tend to be the hair test, which are not affected by the contents of your last meal. Unlike blood and urine testing, which can be affected by recent food intake and stress (amongst other things), hair testing is able to assess your data concerning your health that covers a much longer period of time and is unaffected by your most recent activity. This is why it is particularly effective for offering a broad view of your intolerance issues.

Also, bioresonance testing is used as a complementary therapy, which is widely regarded as an effective and proven treatment. Unfortunately, conventional medicine does not yet recognise its efficacy, as it has to date not scientifically researched the therapy.



## What do my results actually mean?

The items on the list that display a colour (rather than a blank space) indicate a minimum intolerance level of 85% and are graded as low, medium or high within these parameters.

It is quite common for something that has never caused you an issue to start doing so, depending on your diet, your habits and your environment.

If, for reasons of poor immune system levels or poor diet, you have too much of one particular element in your system, your body will have trouble dealing with these increased levels.

The side effects this imbalance causes is known as an intolerance.

So, you can see that it's as much to do with your habits as your biology.



## What items have I been tested for?

The total number of foods and substances that you have been screened for will depend on the particular test you opted for.

Everything you need to know will be listed in your detailed results report.



**I've found out that I'm intolerant to wheat. Does that mean I'm gluten intolerant too?**

That is a good question and it is one we get asked a lot.

The answer, is no. Whilst gluten can be found in wheat, it may not be the thing you have an intolerance to.

We test for gluten separately as a standard procedure, so if you have been found to be intolerant to wheat, but not to gluten, this means that you don't have to cut it out of your diet, as your body doesn't have a problem with it.



**What does the term 'cow's milk' actually cover?**

When you have been found to be intolerant to cow's milk, the products you are intolerant to extend further than just plain cow's milk.

It will mean that you are also intolerant to products made from cow's milk, like cheese, yoghurt, butter, cream, ice cream, milk powder etc. This shouldn't however be confused with a lactose intolerance, rather an intolerance to anything made with cow's milk.



**I've discovered that I am gluten intolerant. Does this indicate Coeliac Disease?**

A diagnosis of gluten intolerance is in no way an indication of Coeliac Disease, as it is neither an allergy nor an intolerance.

Those with Coeliac Disease suffer from an autoimmune condition that should not be confused with gluten intolerance.

## How does the metals test work?

Rather than being an indicator of how much of any given metal is present in your body, our metals test is to determine your sensitivity to the metals included on the test.

A sensitivity to a particular metal will cause a reaction when direct or indirect contact is made, which doesn't necessarily mean that you have to actually touch it. It could mean that it's a metal that is present somewhere in your daily surroundings and you are exposed to it.

Common sources include machinery operated at work and metals used in air conditioning systems.

## WHAT SHOULD MY NEXT STEPS BE?

The foods and substances indicated on your report will need to be removed from your diet and surroundings as effectively as possible.

It is recommended that you remove these items from your life for a minimum of 4 weeks to achieve a base level and whilst we understand that eradicating some things that you might have loved for years, you'll continue to suffer the effects unless you do.

Once the offending items have cleared your system, it is then a case of adding items back into your diet slowly, whilst keeping track of any symptoms you feel as a result.

Even though you have physically managed to get them out of your system, you may still be intolerant to them and keeping a food diary is the safest and most effective way to achieve this.

Keep reading below for a structured guide to help you eliminate foods from your diet.



## IMPORTANT:

READ THE REPORT AND AVOID CERTAIN ITEMS THAT YOU ARE SHOWN TO BE INTOLERANT TO.



# ELIMINATION DIET GUIDE

## Introduction

The aim of this guide is to support you through your elimination diet. It will help you to implement your elimination diet, find alternative foods, understand further steps to everyday wellness and keep a record of any symptoms you may experience.

## 1. Taking Action

The Elimination Diet  
Keys to Success

## 2. Building A Daily Diet

Substitute Foods  
Vitamins and Minerals  
A Word on Supplementation

## 3. Living Well Every Day

Digestive Health  
Hydration  
Sleep  
Movement

## 4. Keeping A Record

4-Week Food/Symptom Diary



IDENTIFYING PROBLEM  
FOODS AND ELIMINATING  
THEM FROM YOUR DIET IS  
THE FIRST STEP TO  
BECOMING A HAPPIER AND  
HEALTHIER YOU!

# TAKING ACTION

## The Elimination Diet

1. Refer to your test results and take a written or mental note of your intolerant foods
2. Refer to the section on 'Substitute Foods' to understand which foods you can use in place of the foods you are removing from your diet
3. Ensure you have been shopping and are fully prepared for the removal of the identified foods. Please note that initially it is important to remove all the foods identified as intolerant in the 'CRITICAL' section
4. Write the starting date in your food/ symptom diary
5. Start your food/ symptom diary – list all your meals, snacks and drinks and any symptoms your experience
6. During the elimination phase of the elimination diet it is recommended that you use a gut 'soother' such as l-glutamine, aloe vera or DGL liquorice root extract to soothe the intestinal lining. See the 'Digestive Health' section for more detail



7. After 4 weeks you can start to assess how you feel, consider your energy levels, sleep, mood, digestion, bowel habits and physical symptoms

8. If there are foods which you would like to try reintroducing\* to understand whether they bring about physical symptoms you need to do so one at a time

9. After reintroducing a food (day 1), take note of any changes over the two following days (day 2 and 3), this is because food intolerance reactions can take a period of time to come about. You are looking for the following symptoms:

- Insomnia
- Fatigue
- Joint pain and/or inflammation
- Skin breakouts or rashes
- Headaches
- Bowel changes or GI pain
- Bloating
- Brain fog
- Sinus or other respiratory issues
- Changes in energy levels

10. You can repeat the process with another food on day 4 should you like





## KEYS TO SUCCESS

**Support** - Enlist the help of those around you, family and friends, they can make it much more achievable and may even join you in eliminating foods to support you.

**Preparation** - Make sure you are fully prepared. Check the foods/ recipes you regularly use to see where you need to make changes and stock up on alternative foods.

**Keep Note** - Keeping track of how you feel and what changes you're experiencing can be very useful. It can be enlightening and provide a point of reference and affirmation if you find yourself questioning your reasons behind eliminating certain foods.

**Removal** - The best way to ensure that you don't succumb to temptation is, either to hide, give away or throw away the foods you are eliminating. This way if you do have a moment of weakness you can't go to the kitchen cupboard to find that food.

REMEMBER:

PREPARE BOTH MENTALLY  
AND PHYSICALLY WHEN  
DEALING WITH AN  
INTOLERANCE!



SPREAD THE WORD OF YOUR  
INTOLERANCE, IT COULD BE  
A LIFE-CHANGER



## Gluten

Breads - Buckwheat, rice, millet, gluten-free mix

Flour - Buckwheat, chickpea, gluten-free mix, coconut

Pastas - Red lentil, green lentil, chickpea, buckwheat, rice

## Wheat

Breads - Spelt, rye, buckwheat, rice

Flour - Spelt, rye, buckwheat, corn, chickpea, coconut

Pastas - Red lentil, green lentil, chickpea, buckwheat, spelt, rice



## Cow's Milk

Milk - Goat's milk, almond, soya, rice, oat, coconut, hazelnut, cashew, hemp

Cheese - Halloumi (sheep) Buffalo mozzarella (buffalo) Hard goat's cheese (similar consistency to cheddar) Greek feta (sheep) (check it is not made with cow's milk)

Yogurt - Soya, coconut, goat's milk

## Eggs

For Baking – Applesauce, banana, flaxseed, vegetable oil, water, oil and baking powder

## Meat

Quorn products, tofu, plant-based diet

# BUILDING A DAILY DIET TO ALTERNATIVE FOODS

We have listed substitute foods for the main food groups below.

This is to give you some ideas when eliminating foods from your daily diet.



# FOODS CONTAINING VITAMINS AND MINERALS

## Vitamin A - Retinol

Liver, beef, lamb, cod liver oil, mackerel, salmon, tuna, paté, goat's cheese, cheddar, cream cheese, butter, eggs

## Beta Carotene

Sweet potato, carrots, kale, spinach, collards, swiss chard, pak choi, butternut squash, pumpkin, cos lettuce, romaine lettuce, dried apricots, prunes, peaches, melon, red peppers, tuna fish, mackerel, mango, eggs, butter



## Vitamin C

Red peppers, guavas, kale, kiwi, broccoli, brussel sprouts, strawberries, raspberries, blackberries, blueberries, oranges, tomatoes, peas, mange tout, papaya, mango, pineapple, melon

## Vitamin D

Salmon, trout, swordfish, mackerel, tuna, mushrooms, buttermilk, some yogurt, sunlight, fortified products

## Vitamin E

Dark leafy greens – cooked spinach, swiss chard, turnip greens, collards, kale, nuts – almonds, hazelnuts, pistachios, sunflowers seeds, avocado, shellfish – shrimp, crayfish, fish – rainbow trout, swordfish, herring, smoked salmon, salmon, plant oil – olive oil, sunflower oil, grapeseed oil, canola oil, broccoli, butter squash and sweet potato, blackberries, kiwi fruit, mango, peaches, nectarines, apricots, guavas, raspberries



## B Vitamins

Oats, whole wheat, nuts, rye, buckwheat, brown rice, Brewer's yeast, peanuts, mushrooms, soybean flour, split peas, pecans, soybeans, oatmeal, buckwheat flour, sunflower seeds, lentils, rye flour, cashews, chickpeas, broccoli, hazelnuts, brown rice, whole wheat flour, peppers

## B12

Oysters, mussels, scallops, liver, mackerel, tuna, salmon, sardines, crab, beef, milk, yogurt, eggs, swiss cheese, fortified products





### **Vitamin K**

Dried herbs – basil, thyme, coriander, sage, parsley, green leafy vegetables – kale, spinach, mustard greens, spring onions, cress, brussel sprouts, cabbage, chilli powder, paprika, fennel, leeks, soy beans, olive oil

### **Calcium**

Watercress, kale, low fat mozzarella, low fat cheddar, yogurt, pak choi, tofu, broccoli, sugar snap peas, almonds, tinned sardines in oil with bones, tinned pink salmon

### **Potassium**

Dried apricot, salmon, mackerel, tuna, monkfish, white beans, lentils, kidney beans, avocado, potatoes, butternut squash, spinach, low fat yogurt, mushrooms, bananas

### **Magnesium**

Kelp, wheat bran, almonds, cashews, buckwheat, brazil nuts, peanuts, millet, pecans, rye, walnuts, tofu, coconut meat, soya beans, brown rice, figs, apricots, dates, collard greens, prawns, corn, avocado, leafy green veg

### **Zinc**

Spinach, beef, lamb, pumpkin seeds, sesame seeds, sunflower seeds, cashew nuts, cocoa powder, dark chocolate, pork, chicken, chickpeas, baked beans, mushrooms

### **Iron**

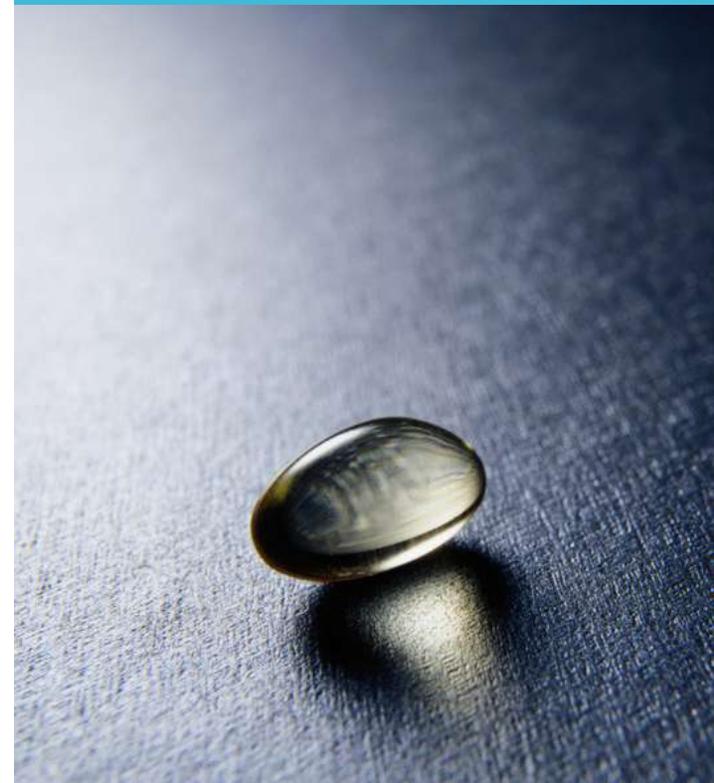
Pumpkin seeds, sunflower seeds, sesame seeds, chicken liver, oysters, mussels, clams, cashews, pine nuts, hazelnuts, peanuts, almonds, beef, lamb, lentils, white beans, soybeans, kidney beans, chickpeas, lima beans, oatmeal, spinach, swiss chard, kale, dark chocolate

Minerals come from the soil in plants, therefore the richest sources are fruits, vegetables, grains, pulses, nuts and seeds.

### **A Word On Supplementation**

Supplementation is entirely individual and should be considered on a case-by-case basis. In an ideal world an individual should be able to get all vitamins and minerals from their food. However this is not always possible due to higher than average requirements.

This could be as a result of a deficiency, medical condition, the individual's level of physical activity, a high level of stress or the quality of food produce available.



# LIVING WELL EVERY DAY

## DIGESTIVE HEALTH

The digestive system has such great importance in our everyday wellbeing.

Maintaining the integrity of the intestinal tract, ensuring it is nourished and your gut bacteria is able to flourish in order to optimise nutrient absorption.

In addition, the digestive system contains 70% of the body's immune system cells, protecting the body against bacteria, viruses and parasites on a daily basis.

When you embark upon an elimination diet it is the perfect time to give your digestive system some TLC.

Over time things like stress, sugar, alcohol, smoking and processed foods can result in the integrity of the digestive tract being compromised and undernourished.

There are some excellent gut 'soothers' available such as l-glutamine, aloe vera or DGL liquorice root extract which can help to restore a healthier, happier intestinal tract.

Cutting down on culprits such as sugar, alcohol, smoking and processed foods is also recommended.

A further step, which you can take towards better digestive health is maintaining a good level of beneficial gut bacteria.

This can be through probiotic foods, such as good quality plain yoghurt, goat's cheese, kefir, sauerkraut, good quality dark chocolate, microalgae (spirulina, chlorella, blue-green algae), miso soup, pickles, tempuh.

Keeping the gut bacteria well-nourished through consuming prebiotic foods is also important.

Prebiotic foods are high fibre foods, which are used by the bacteria in the large intestine to feed on, such as artichoke, onion, garlic, leeks, cabbage, asparagus, banana, pulses, root vegetables, apples, oats and whole wheat.



## HELPFUL TIP

If you don't eat the probiotic foods listed above consider taking a good quality probiotic on a daily basis.



## HELPFUL TIP

Try chopping fruit or herbs and putting into a jug of water to enhance the flavour naturally.

Try lemon, lime, melon, cucumber, mint, strawberries or do some experimenting of your own!

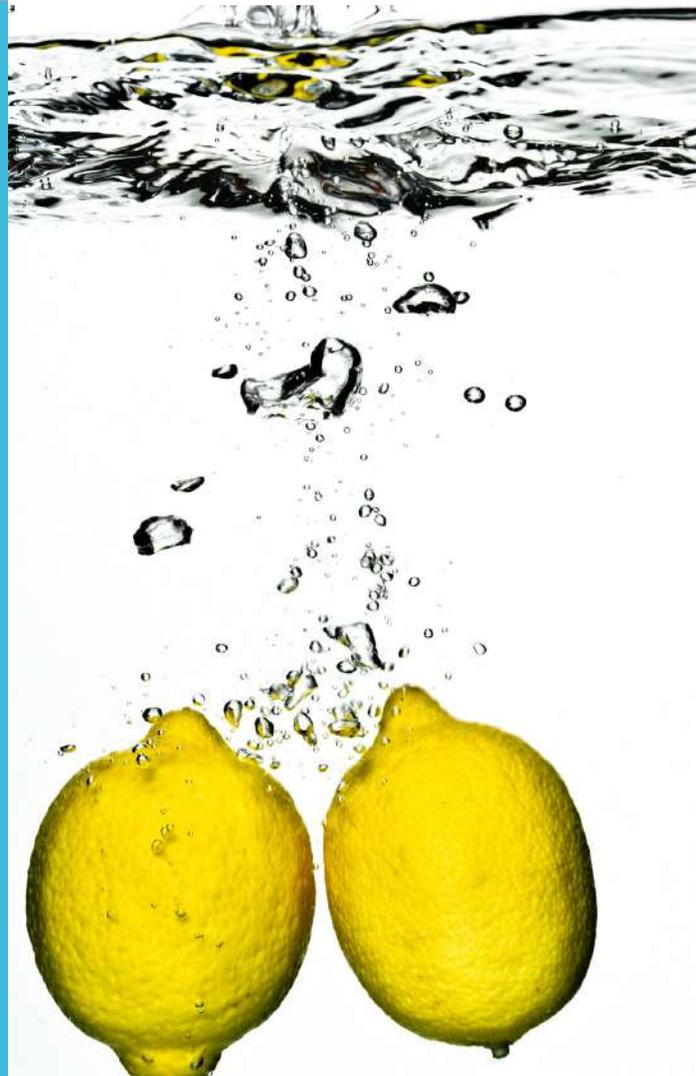


## HYDRATION

Fluid requirements are highly individual and can vary greatly, even on a day-to-day basis. The need for fluid intake depends upon factors such as age, gender, body mass, physical activity and climate.

One thing is for certain; water is an essential nutrient for life and wellness. The regular intake of water is essential for maintaining water balance in the body, does wonders for your detoxification processes, benefits the skin and aids digestive function.

The European Food Safety Authority (EFSA) recommends 2.5 litres of water for men and 2.0 litres of water for women per day. This is consumed via food and drink of which 70-80% should come from drinks and 20-30% from food.



## SLEEP

Sleep is essential for health and wellbeing.

It allows recovery from both mental and physical exertion.

Again, the amount each person requires is individual, however what everybody does need is good quality sleep.

There are a few tips which can help improve sleep quality; block out light, maintain a comfortable temperature (18° is recommended) in your bedroom, stick to a consistent bedtime if possible, avoid heavy alcohol or meals before bed, make exercise or movement a part of your lifestyle and turn off devices with electromagnetic fields (such as phones and tablets) or remove from your bedroom altogether.

## MOVEMENT

Physical activity has an important place in maintaining wellbeing.

It strengthens the cardiovascular system, helps maintain a healthy body weight and composition, builds and maintains muscular strength, is an excellent stress reliever and has huge benefits for mental health.

The UK recommendation for physical activity is 150 minutes per week, which broken down equates to 5 lots of 30 minutes per week.

If you enjoy going to the gym, fitness classes, running or a sport, fantastic! But if structured exercise isn't something you enjoy, find something movement based, which fits for you.

### Some ideas:

- Try walking with a friend
- Get stuck into some gardening
- Take your children to play a ball game and make sure you run for every ball
- Walk the stairs instead of taking the lift (up and down).



# FREE RECIPES FOR GREAT ALTERNATIVES TO THE FOODS YOU LOVE

As we mentioned earlier, giving up certain foods can be tough, especially if they've been a comfort to you all your life.

What it shouldn't mean however, is that you have to give up enjoying food and feeling satisfied, so with this in mind, read on for some great free recipes for alternatives to those foods that make us feel content and sated and that come packed with vitamins!



## Ingredients

2 eggs  
1/2 cup melted coconut oil or olive oil  
1/3 cup honey or maple syrup  
1/4 cup milk or Greek yogurt  
1 tsp. vanilla extract  
1 cup mashed ripe bananas about 2-3 medium bananas  
1 3/4 cups whole wheat flour/ spelt flour/ gluten free flour  
1/2 tsp. ground cinnamon  
1 tsp. baking soda 1/2 tsp. salt  
1/2 cup chopped walnuts (optional)

## Instructions

Pre-heat oven to 325 F. Grease a 9x5 inch loaf pan and set aside

In a bowl mix the flour, cinnamon, baking soda and salt. Set aside In another bowl, beat eggs, oil, honey, milk and vanilla for 2 minutes. Stir in the bananas, flour mixture and chopped walnuts

Pour batter into greased pan, sprinkle with some more cinnamon or banana slices (optional)

Bake for 50-55 minutes or until a toothpick inserted comes out clean.

Cool for 10 minutes, slice and enjoy!

## Recipe One - Yummy Banana Bread

Bananas are an excellent source of vitamin B6 and vitamin C, as well as potassium, magnesium and manganese.

Add chopped walnuts to this recipe to increase the B vitamin, manganese and potassium value as well as getting iron, phosphorus, copper and zinc.

This Banana Bread is both delicious and high in all of these vitamins and minerals.





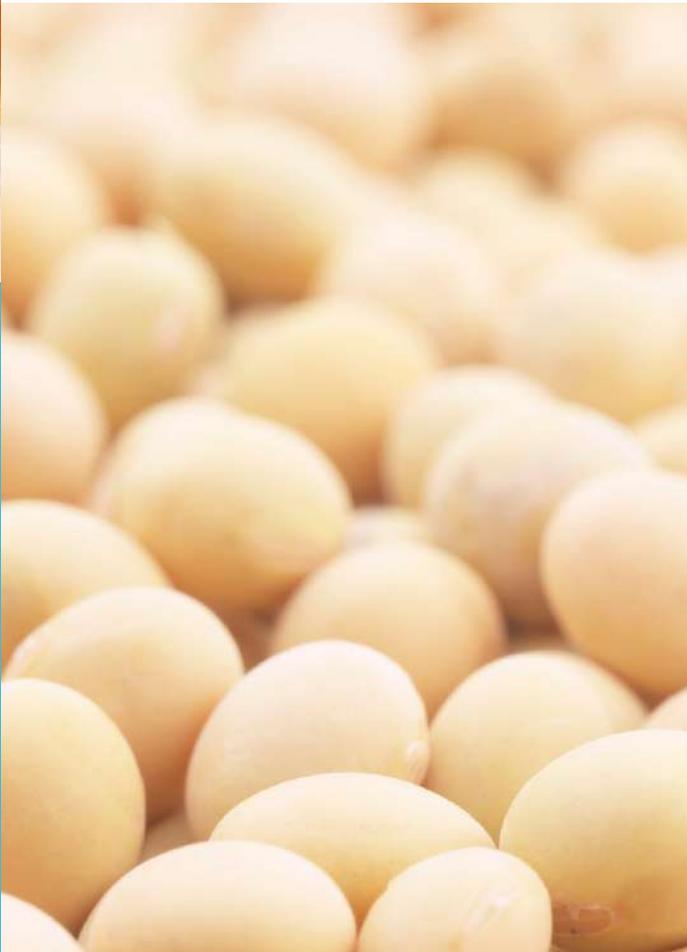
## Recipe Two - Warming Butternut Squash and Chickpea Casserole

This recipe is high in vitamin A in the form of beta carotene and vitamin C from the butternut squash and sweet potato.

Quinoa and chickpeas add B vitamins, magnesium, copper, manganese, phosphorus, zinc and iron. In addition this, it is warming, packed with taste and extremely satisfying.

## Ingredients

- 1x diced onion
- 1x red pepper
- 2x cloves of chopped/crushed garlic
- 400g tin of chickpeas
- 400g tin of chopped tomatoes
- 1x medium sweet potato
- 1x butternut squash (about 500g) peeled and chopped
- 300ml vegetable stock 200ml red wine
- 1 tsp. ground cumin
- 1 tbsp. paprika 75g quinoa



## Instructions

Sauté onion and garlic in a little oil - Add cumin and paprika, cook for further 2 minutes. Add in chopped sweet potato, red pepper and butternut squash. Add tomatoes, red wine, vegetable stock, quinoa and chickpeas.

Simmer for approximately 30 minutes or until the vegetables have softened and the quinoa has cooked.

Serve topped with grated cheese or as an accompaniment to meat/ fish.

## Recipe Three - Delicious Salmon and Goji Berry Curry

This recipe is rich in vitamin D from the salmon.

Goji berries are a good source of vitamins A and C as well as iron, copper and selenium. Tomatoes are another good source of vitamin C.

By adding wholegrain rice or quinoa as an accompaniment you will add B vitamins, magnesium and iron.

It's a perfect antidote for those with intolerances, but with a penchant for spice!



## Instructions

Toast nigella and mustard seeds in 1x tsp. oil. Take off the heat when they begin to pop.

Add chopped garlic, cook for 3 minutes. Add cumin, coriander, ginger and turmeric, cook for 30 seconds.

Pour tomato passata over mixture, add chilli powder, salmon and goji berries, mix well, cover and simmer for 15 minutes.

Stir in chopped coriander, serve with rice or quinoa.



## Ingredients

1 tbsp. nigella seeds (black onion seeds)  
1 tbsp. ground cumin  
1 tsp. ground coriander  
1 tsp. mustard seeds  
1 tsp. ground turmeric Chilli powder to taste  
Handful of goji berries  
3 cloves of chopped/crushed garlic  
1 tbsp. ground ginger 500ml tomato passata  
500g salmon (approximately 4x salmon pieces)





## Ingredients

1x sweet potato  
100g red lentils  
1x stock cube  
500ml of boiling water  
1x onion diced  
2 tbsps. tomato puree  
1/2 tsp. ground turmeric  
1 tsp. ground coriander  
1 tsp. ground cumin  
2x handfuls of fresh spinach



## Recipe Four - Mouthwatering Red Lentil and Sweet Potato Dahl

This recipe is rich in vitamin A in the form of beta carotene, from the sweet potato and spinach.

It is also a good source of vitamin C, vitamin B, iron, calcium and magnesium from a combination of the red lentils, sweet potato and spinach.

This dish offers a wonderful taste of the East whilst allowing you to avoid those foods that are on your bad list!



## Instructions

Chop onion and peel and chop sweet potato. Add to a pan with remaining ingredients.

Bring mixture to the boil, reduce and simmer for approximately 30 minutes.

Serve with rice or have as an accompaniment to chicken or salmon.

We hope you enjoy these tasty recipes and all that remains for us to say is Bon Appetit!

## YOUR JOURNEY GOING FORWARDS

So, there you have it. Your journey towards a healthier life has begun. The best advice we can give you over the coming weeks is to keep an close eye on your symptoms and adjust your daily diet accordingly. By enjoying a healthier life yourself, you're much better equipped to help your family and those around you do the same.

### **You're NOT on your own!**

If, at any stage during the process you're worried, unsure or just plain curious about certain aspects of your intolerances, we are always available to talk to on our website via live web chat.

This report is just the beginning for your new life and we're happy to help in any way we can.

In order to stay healthy, we'd recommend getting yourself retested in 6 months time, as your body can change over time and you need to make sure that you stay ahead of what you know your body is intolerant to.

All that's left to say is Good Luck!  
We wish you the best of health!



### **Disclaimer**

The results displayed in your report are not meant to imply and kind of medical diagnosis, treatment or remedy for any specific illnesses or conditions. Whilst many ailments can be associated with deficiencies in nutrition and toxins present in the body, their existence isn't necessarily an indication of an illness in itself. If you have any misgivings concerning your health, you should consult with your GP or another qualified healthcare professional.