



Intolerance Test Results

The attached report is the findings from intolerance tests carried out on food and non food items. It also includes the results of a nutrition test carried out.

Sample

Date of birth: 01/01/2001

Date of report: 01/01/2001

Address: Testyourintolerance.com

Food items	Food items found to show an intolerance
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Almond

Barley

Black pepper

Cabbage - Green

Casein	Biggest protein in cow's milk and cheese, similar to gluten
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Chamomile tea

Chufas	Tiger Nuts, or Earth Almonds
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Cultivated wheat

Dandelion

Elk and moose meat

Endives

Garlic

Lettuce - Butter

Macadamia nuts

Mint

Mustard

Papaya

Pineapple

Plaice

Plum

Quinoa

Red Beet

Rye flour	
Sesame seed	
Walnut	
Non food items	Non food items found to show an intolerance
Alpha Amylase	It is an enzyme present in seeds which reserves are made of starch, or in fungi (baking yeast for instance).
Bromelain	
Horse Bot fly	
Horse serum proteins	Actual contact with the animal
Lysozyme	This is an enzyme found in egg white
Lovage	A spice commonly used in South European cuisine
Methyltetrahydrophthalic anhydride	Is used in the production and reconditioning of electrical items
Mixed weeds (w1,2,3)	Common Ragweed, Western Ragweed, Giant Ragweed
Moth	
Mountain juniper	
Mulberry	
Pigeon droppings	
Pine (Pinus radiata)	A tree known as montaray pine in the UK
Protamine	Used in medications – please check ingredients before taking any medication
Scale	A plant not commonly found in the UK

Storage Mite	Linked to house dust mite normally found in more agricultural surroundings
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Velvet Grass

Nutrition	See attached report for details on where to find these nutrients, and what illness and body areas they are associated with. The information is given just as a guideline not as a diagnosis.
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Carnitine

Alpha Lipoic Acid

Chromium

CoQ10

Folic Acid

Vitamin A

Vitamin B12

What should I do next?

Firstly don't panic !

You may see items on the list you have never eaten or come in contact with. Everything found in the test is always included as we obviously do not know what you come in contact with on a regular basis. One of our clients was intolerant to fish food and worked in an aquarium.

If you have had tests previously you may find the results different. Our bodies will produce different results on different days and this also changes over time. The items shown are the current items your body is struggling to assimilate. There is also disagreement amongst scientists that some items if not currently included in your diet, they will not show up in an intolerance test such as Gluten, it is not known what items this may effect.

Your body can also have too much of something, so if something is showing that you have had a few days before the test your body may have had too much and showing as an intolerance. This can include intolerance to medicines etc.

When you eat something or come in contact with something your body tries to assimilate it and absorb it. If your immune system is low or you are out of balance this can become difficult and you become intolerant to that item. This is why your intolerances can change and one day an item can affect you and another day cause no problems. The list of nutritional items is important as a good balanced diet along with a healthy lifestyle can boost the immune system and reduce your intolerance levels.

The foods and items that have been shown as a problem, work over the next 14 days to remove them from your diet or reduce your exposure to them.

Firstly by taking them out of your diet you should notice a difference. Once you have done this, especially with food items, have 14 days totally clear of the items listed and then slowly, one item at a time and in small amounts start to add the items back into your diet.

By adding the items back into your diet one item at a time and in small measured amounts you will be able to notice any differences. If you have a reaction to a specific food item that you are re-introducing this means that you have a full intolerance to the item and you should avoid it. Or it will make you aware of that item and the consequences of having it in your diet if you choose to.

Remembered that intolerances cause many different symptoms so notice how your overall health improves, including sleep patterns and mood swings.

The nutrients that have shown as lacking in your system can easily be improved. Look down the list of food items that contain these nutrients and add them to your diet. Again this can be done as small amounts at a time so you can monitor how you feel at each stage.

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.

Reducing and eliminating Intolerances

It is possible to reduce and sometimes totally eliminate intolerances for both food and non-food items. As mentioned previously the correct diet and nutritional balance will assist but you can boost this further with totally safe methods.

We use a process called bio-resonance where we introduce to the body a resonance of the problem item. This is a totally safe process and it breaks down the bodies resistance and allows the person to start introducing it to their diet or being around or using the problem item. This method is also extremely successful for hay fever sufferers. We introduce the type of pollen they are allergic to in a resonance form.

We treat people all over the UK in this way; the resonance is sent to the client in a metal capsule that they carry around with them. The resonance in the capsule lasts for approximately 4 weeks and can be topped up if required. Some people don't need a top up as they discover their intolerance has reduced or gone in the first 4 weeks

If you would like an alternative method to reduce and even remove intolerances we offer E-Capsules. This is a totally non-invasive but effective method against all intolerances including specific pet intolerances. For more information please visit www.testyourintolerance.com/ECapsule.html

If you have any queries you can email your questions to our Nutritionist on Info@testyourintolerance.com and titling the email 'Nutritionist Questions'.

Thank you again for your custom.

Kind regards,

www.testyourintolerance.com