Test your food sensitivity

Your Ultimate Health Results

Bob Smith

Redemption code: TYFSUK7498724ECB

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SAMPLE

Dear Bob Smith,
We are delighted to present you with your test results report!

Your results have been created by our state of the art bioresonance testing machine and our technician Rebecca.

Your results

Your results are divided into sections by the type of items tested. Within each section you'll find an overview page, this is to ensure your results are as clear and concise as possible and your attention is drawn to the information that is of greatest value to you.

You can see the full list of items tested in the detailed analysis page. Your results report is designed to provide the utmost clarity on your results and the actions we would recommend.

We believe that in providing you with your test results and relevant information in each section, your results can form the beginning of a journey, enabling you to make positive changes to your daily diet and environment.

In doing so we want you to be able to take steps towards eating a diet, which is nutritious and enjoyable and living a life, which is healthful and happy.

If you have any further questions please do not hesitate to get in touch with us.

Sincerely,
Test Your Food Sensitivity

Understanding your results'

Interpreting your results is of course the important part! To help you with this you will find an overview of your sensitivity results. This overview summarises the items to focus on, along with the relevant actions to take. All items tested are rated as either high, moderate or no reactivity, in the overview section you will see only those items, which tested as high or moderate. The no reactivity items can be found in the detailed analysis section.

Ratings for food, non-food, metals, additives

High Reactivity
These are the food items that our testing shows you have sensitivity to.

Moderate Reactivity
These are the food items that our testing shows you could potentially have sensitivity to.

No Reactivity
These are the food items that our testing shows you do not have sensitivity to.

Ratings for vitamins, minerals and gut health

Outside Range
The level of the vitamin in your body falls below the normal range according to our testing parameters.

Within Range
The level of the vitamin in your body falls within the normal range according to our testing parameters.

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Food sensitivities analysis

Food Sensitivity

Food sensitivity happens when the body has difficulty digesting a particular food. Having food sensitivity can cause symptoms such as bloating, bowel movement changes, headaches and fatigue. It can also contribute towards symptoms experienced by those with chronic conditions such as irritable bowel syndrome, chronic fatigue, arthritis, autism and ADD/ADHD.

Food sensitivities overview

High Reactivity

- Drinks
- Fruit
- Meat
- Miscellaneous
- Nuts and Seeds
- Oils and Condiments

These food categories have been identified as those containing food items which may be causing or contributing to physical symptoms. A detailed analysis of each of the food items can be viewed on the next section of this report.

We would recommend the removal of these items from your daily diet using a structured elimination diet. Please reference back to your results email to access details on how to implement an effective elimination diet.

Moderate Reactivity

- Cheese
- Dairy and Egg
- Drinks
- Gluten-free Cereals and Grains
- Legumes and Pulses
- Meat
- Miscellaneous
- Nuts and Seeds
- Oils and Condiments
- Vegan
- Vegetables

These food categories have been identified as those containing food items, which may have the potential to cause or contribute to physical symptoms. A detailed analysis of each of the food items can be viewed on the next section of this report.

We would always recommend prioritising the removal of the high reactivity items first and then considering the removal of moderate reactivity items thereafter.

It is also worth considering that having food items from these categories in isolation may not cause symptoms, however having a number of moderate reactivity items in the same meal or day may lead to symptoms due to an accumulative effect. Please reference back to your results email to access details on how to implement an effective elimination diet.

Food sensitivities detailed analysis

Gluten-containing Cereals and Grains

- Barley
- Bread-brown
- Bread-granary
- Bread-rye
- Bread-white
- Bulgar wheat
- Farro
- Freekeh
- Kamut
- Noodles-wheat
- Oats
- Porridge oats
- Rye
- Spelt
- Wheat

Gluten-free Cereals and Grains

- Almond flour
- Amaranth
- Arrowroot flour
- Buckwheat
- Chickpea flour
- Coconut flour
- Corn tortilla
- Cornflakes
- Garbanzo flour
- Hops
- Maize/corn flour
- Millet
- Oats-gluten-free
- Potato flour
- Quinoa
- Rice-brown
- Rice-white
- Rice-wild
- Sorghum flour
- Soya flour
- Taco shells (corn)
- Teff flour

Cheese

- Cheddar
- Cottage cheese
- Edam
- Goat's cheese
- Gouda
- Gruyere
- Halloumi
- Manchego
- Mozzarella
- Parmesan
- Red Leicester
- Soft cheese
- Stilton

Dairy and Egg

- A-lactalbumin
- B-lactoglobulin
- Butter
- Buttermilk
- Condensed milk
- Cream
- Egg
- Evaporated milk
- Ice cream
- Kefir
- Milk from cows
- Milk from goats
- Milk from sheep
- Sour cream
- Yogurt

Drinks

- Ale
- Almond milk
- Apple juice
- Beer
- Brandy
- Cashew milk
- Champagne
- Cider
- Coconut milk
- Coconut water
- Coffee-black
- Cola
- Cranberry juice
- Gin
- Hazelnut milk
- Hemp milk
- Hot chocolate
- Lager
- Lemonade
- Oat milk
- Orange juice
- Pineapple juice
- Pisco
- Pomegranate juice
- Prosecco
- Red wine
- Rice milk
- Rose wine
- Rum
- Sake
- Sambucca
- Shaoxing wine
- Soya milk
- Tea-black
- Tea-chamomile
- Tea-earl grey
- Tea-green
- Tea-jasmine
- Tea-marshmallow
- Tea-oolong
- Tea-rooibos
- Tea-white
- Tea-yerba mate
- Tequila
- Tomato juice
- Vermouth
- Vodka
- Whisky
- White wine

Fruit

- Acai berry
- Apple
- Apples-Braeburn
- Apples-Fuji
- Apples-Gala
- Apples-Golden Delicious
- Apples-Granny Smith
- Apples-Jazz
- Apples-Pink Lady
- Apricot
- Avocado
- Banana
- Bilberry
- Blackberry
- Blueberry
- Cantaloupe melon
- Carambola
- Cherry
- Cranberry
- Currants-red, black
- Date
- Fig
- Galia melon
- Goji berry
- Gooseberry
- Gooseberry-Chinese

Food sensitivities detailed analysis continued...

- Grapefruit
- Grapes-black
- Grapes-green
- Grapes-red
- Guava
- Honeydew melon
- Kiwi
- Lemon
- Lime
- Lychee
- Mango
- Nectarines
- Orange
- Papaya
- Passionfruit
- Peach
- Pear
- Pineapple
- Plum
- Plums-damson
- Pomegranate
- Prune
- Quince
- Raisin
- Raspberry
- Strawberry
- Water melon

Herbs and Spices

- Allspice
- Aniseed
- Aquafaba
- Arrow root
- Basil
- Bay leaf
- Caraway
- Cardomom
- Cayenne pepper
- Chervil
- Chicory
- Chinese horse radish
- Cilantro
- Cinnamon
- Clove
- Coriander
- Cumin
- Dill
- Douban jiang
- Fenugreek
- Five spice
- Ginger
- Horse radish
- Kaffir lime leaves
- Lemongrass
- Lovage seed
- Mace
- Marjoram
- Mint-fresh
- Miso
- Mustard
- Nutmeg
- Oregano
- Paprika
- Pepper-black
- Pepper-green
- Pepper-red
- Pepper-white
- Rosemary
- Saffron
- Sage
- Salt
- Star anise
- Sumac
- Tamarind
- Tarragon
- Thyme
- Turmeric

Legumes and Pulses

- Black beans
- Black eyed pea
- Bortolli bean
- Broad bean
- Cannellini bean
- Chickpea
- Edamame bean
- Fermented black bean
- Field pea
- Flageolet bean
- Green bean
- Houmous
- Kidney beans
- Lentil
- Lentil - beluga
- Lentil - brown
- Lentil - green
- Lentil - puy
- Lentil - red
- Lentil - yellow
- Lima bean
- Navy bean
- Pea
- Pinto bean
- Scarlet runner bean
- Soya bean
- Tofu

Meat

- Bacon
- Beef
- Beef-dried
- Buffalo
- Chicken
- Chicken-capon
- Croccodile
- Duck
- Duck-domestic
- Duck-wild
- Emu
- Goat
- Goose
- Hare
- Horse
- Kangaroo
- Lamb
- Liver-lamb
- Liver-ox
- Liver-pig
- Mutton
- Pork
- Pork sausages
- Rabbit
- Roe-deer
- Sweetbreads
- Turkey-cock
- Turkey-hen
- Veal
- Venison

Miscellaneous

- Apple cider vinegar
- Baobab
- Barleygrass
- Chlorella
- Dark chocolate
- Marmite
- Milk chocolate
- Monosodium glutamate
- Popcorn
- Potato chips
- Spirulina
- Vegemite
- Vinegar-clear
- Vinegar-malt
- Wheatgrass

Food sensitivities detailed analysis continued...

- Yeast

Nuts and Seeds

- Almond
- Brazil nut
- Cashew nut
- Chestnut
- Chia seed
- Coconut
- Dry roasted peanut
- Flaxseed
- Hazelnut
- Hemp seed
- Macadamia nut
- Peanut
- Pecan nut
- Pine nut
- Pistachio nut
- Poppy seed
- Pumpkin seed
- Sesame seed
- Sunflower seed
- Tahini
- Walnut
- Water chestnut

Oils and Condiments

- Almond oil
- Balsamic vinegar
- Barbecue sauce
- Canola oil
- Coconut oil
- Cod liver oil
- Fish sauce
- Olive oil
- Oyster sauce
- Peanut oil
- Peppermint oil
- Rapeseed oil
- Sesame oil
- Soy sauce
- Sunflower oil
- Tomato ketchup
- Vegetable oil

Seafood and Fish

- Anchovy
- Barramundi
- Calamari
- Clams
- Cod
- Crab
- Crayfish
- Eel
- Fish fingers
- Haddock
- Halibut
- Herring
- Herring-red
- John Dory
- Lobster
- Mackerel
- Mussels-general
- Oyster
- Plaice
- Prawn
- Salmon
- Sardine
- Shark
- Shrimp
- Smoked herring - bloater
- Sole
- Trout-brown
- Trout-sea
- Tuna
- Whitefish
- Winkles

Vegan

- Falafel
- Kimchi
- Kombucha
- Natto
- Nutritional yeast
- Polenta
- Sauerkraut
- Seaweed
- Seitan
- Tempeh
- Vegan cheese
- Vegan egg

Vegetables

- Aji pepper
- Artichoke
- Asparagus
- Aubergine
- Beansprout
- Beets
- Broccoli
- Brussels sprout
- Butter lettuce
- Butternut squash
- Button mushroom
- Cabbage
- Capsicum-green
- Capsicum-red
- Capsicum-yellow
- Carrots
- Cassava
- Cauliflower
- Celery
- Chestnut mushroom
- Chicory lettuce
- Cress
- Cucumber
- Endive
- Escarole lettuce
- Fennel
- Garlic
- Head lettuce
- Iceberg lettuce
- Kale
- Kohl rabi
- Leek
- Maize/corn
- Mushroom
- Mustard-green
- Okra
- Olives-black
- Olives-green
- Onion
- Oyster mushroom
- Pak choi
- Parsley
- Parsnips
- Plantain
- Portobello mushroom
- Potato
- Pumpkin
- Radish
- Rocket
- Romaine lettuce
- Shitake mushroom
- Spinach
- Swede
- Sweet Potato
- Tomato
- Turnip
- Watercress
- Yams
- Zucchini

Non-food sensitivities analysis

What is a non-food sensitivity?

Non-food items can, just like food items, cause the body to react, which leads to the production of symptoms such as headaches and fatigue. If you suspect you have an allergy please see your physician. It is important to note that this is not an allergy test. Any known pollen, dust mite or mould allergies you know you have may or may not come up in this test.

Your non-food sensitivities overview

High Reactivity

- Flowering plants
- Grasses and Herbs

These non-food categories contain items that have been identified as those, which may be causing or contributing to physical symptoms. A detailed analysis of each of the non-food items can be viewed on the next section of this report.

We would recommend the avoidance of these items in your daily life, as far as possible.

Moderate Reactivity

- Grasses and Herbs
- Shrubs
- Trees

These non-food categories contain items that have been identified as those, which may have the potential to cause or contribute to physical symptoms. A detailed analysis of each of the non-food items can be viewed on the next section of this report.

We would always recommend prioritising the removal of the high reactivity items first and then considering the avoidance of moderate reactivity items thereafter.

It is also worth considering that contact with items from these categories in isolation may not cause symptoms, however having contact with a number of moderate reactivity items in the same day may lead to symptoms due to an accumulative effect.

Non-food sensitivities detailed analysis

Flowering plants

- Aster
- Chamomile
- Chrysanthemum
- Clover
- Dahlia
- Fireweed/great willow herb
- Goldenrod
- Hyacinth
- Lupine
- Marguerite
- Mulberry
- Narcissus
- New Belgian aster
- Primrose
- Rape
- Rose
- Scotch heather
- Tulip
- Wallflower

Grasses and Herbs

- Bermuda grass
- Buttercup
- Colonial bent grass
- Crested dog's-tail grass
- Dandelion
- Dead nettle
- Dock
- Herd's grass, timothy
- Hop
- Kentucky bluegrass
- Maize
- Meadow fescue
- Meadow fox tail
- Mugwort
- Orchard grass or cocksfoot grass
- Perennial ryegrass
- Pigweed
- Plantain
- Qack grass or couch grass
- Ragweed
- Red fescue
- Ribwort
- Saltbush
- Stinging nettle
- Sweet vernal grass
- Tall oat grass
- Tansy ragwort
- Thistle
- Velvet grass
- Water reed
- Wild oat
- Wormwood

Insects

- Bee
- Mosquito
- Wasp

Materials

- Cotton
- Leather
- Lycra
- Nylon
- Rubber
- Synthetic materials
- Velvet
- Wool

Miscellaneous

- Ampicilloyl
- Anisakis
- Artemisia fish food
- Aspergillus fumigatus
- Aspergillus niger
- Dust
- Farina secalis cerealis
- Fungus
- Horse bot fly
- House dust mite
- Penicilloyl
- Pigeon droppings
- Storage mite

Organic compounds

- Alpha lipoic acid
- Ascorbic acid
- Docosahexaenoic acid
- Eicosapentaenoic acid
- Ellagic acid
- Flavonoids
- Folate
- Folic acid
- Formic acid
- Gallic acid
- Iso-flavonoids
- L-Carnitine
- Lignans
- Lutein
- Lycopene
- Mallic acid
- Nicotinic acid
- Nucleic acid
- Omega 3
- Omega 6
- Oxalic acid
- Pantothenic acids
- Para Aminobenzoic acid
- Phytosterols
- Polyphenols
- Pro-anthocyanidins
- Pyridoxine
- Salicylic acid
- Saponins
- Sulforphane
- Tannins
- Tartaric acid
- Uric acid
- Zeaxanthin

Shrubs

- Blackberry
- Blueberry
- Currant bush
- Elder
- Hawthorn
- Hazel
- Jasmine
- Juniper
- Lilac
- Mangrove
- Privet
- Strawberry
- Tamarisk
- Tumbleweed
- Willow

Trees

- Alder
- Apple tree
- Ash
- Aspen
- Beech
- Betula verrico
- Birch
- Cherry tree
- Elm

Non-food sensitivities detailed analysis continued...

- European beech
- European lime
- False acacia
- Hornbeam
- Horse chestnut
- Japanese cedar
- Japanese millet
- Laburnum
- Larch
- Linden tree
- Maple
- Misteltoe
- Oak
- Pear tree
- Pine
- Pine-Scottish
- Plane tree
- Poplar
- Spruce
- Walnut

Metal sensitivities analysis

What is metal toxicity?

Metal toxicity is the build-up of large amounts of heavy metals in the soft tissues of the body. The heavy metals most commonly associated with toxicity are lead, mercury, arsenic and cadmium. Exposure usually occurs through industrial exposure, pollution, food, medication, improperly coated food containers or the ingestion of lead based paints. Symptoms vary between the different types of heavy metals.

It is important to look at lowering your day-to-day level of exposure. Consider your environment, the foods you eat, water, cosmetics and cleaning products. The body is constantly detoxifying things from your everyday environment such as chemicals in foods, cosmetics and cleaning products, caffeine, alcohol, medications and even your own hormones. You can help your body with detoxification processes by ensuring you; drink plenty of filtered water, eat a diet that is as wholefood as possible, avoid processed foods, reduce caffeine and/or alcohol consumption, lower nicotine usage and exercise regularly.

Your metal sensitivities overview

High Reactivity

No metals have been identified as high reactivity according to our testing parameters.

Moderate Reactivity

- Arsenic (As)
- Dysprosium (Dy)
- Holmium (Ho)
- Radium (Ra)
- Rhodium (Rh)

These metals have been identified as ones to which you should monitor your exposure.

It is also recommended that you aid your body's natural detoxification processes by ensuring you drink plenty of filtered water, eat a diet that is rich in wholefoods (particularly fruits and vegetables), avoid processed foods, reduce caffeine and/or alcohol intake, lower nicotine usage and exercise regularly.

No Reactivity

These metals have been identified as being at a low or no reactivity level. Your body can detoxify and rid itself of these. You can see the full breakdown of metals tested in the metal sensitivities detailed analysis section.

Metal sensitivities detailed analysis

Metal sensitivities

- Aluminium (Al)
- Antimony (Sb)
- Argon (A)
- Arsenic (As)
- Barium (Ba)
- Beryllium (Be)
- Bismuth (Bi)
- Boron (Bo)
- Bromine (Br)
- Cadmium (Cd)
- Caesium (Cs)
- Calcium (C)
- Cerium (Ce)
- Chlorine (Cl)
- Chromium (Cr)
- Cobalt (Co)
- Copper (Cu)
- Dysprosium (Dy)
- Fluorine (F)
- Gadolinium (Gd)
- Gallium (Ga)
- Germanium (Ge)
- Gold (Au)
- Hafnium (Hf)
- Holmium (Ho)
- Indium (In)
- Iodine (Ie)
- Iridium (Ir)
- Iron (Ferrous) (Fe)
- Lead (Pb)
- Lithium (Li)
- Lutetium (Lu)
- Magnesium (Mg)
- Manganese (Mn)
- Mercury (Hg)
- Molybdenum (Mo)
- Nickel (Ni)
- Palladium (Pd)
- Phosphorus (P)
- Platinum (Pt)
- Potassium (K)
- Radium (Ra)
- Rhenium (Re)
- Rhodium (Rh)
- Rubidium (Rb)
- Ruthenium (Ru)
- Samarium (Sm)
- Selenium (Se)
- Silicon (Si)
- Silver (Ag)
- Sodium (Na)
- Strontium (Sr)
- Sulphur (S)
- Tantalum (Ta)
- Tin (Sn)
- Titanium (Ti)
- Vanadium (V)
- Zinc (Zn)
- Zirconium (Zr)

Metal potential sources

Aluminium
Can be found in: Cans, foils, kitchen utensils, window frames and beer kegs

Antimony
Can be found in: Batteries, low friction metals and cable sheathing

Argon
Can be found in: Welding and light bulbs

Arsenic
Can be found in: Rat poisons and insecticides

Barium
Can be found in: Paints, fireworks, some medicines and the process of making glass

Beryllium
Can be found in: Springs, electrical contacts and spot-welding electrodes

Bismuth
Can be found in: Usually mixed with other metals

Boron
Can be found in: Clay pots, detergent, glass, flares and fibreglass

Bromine
Can be found in: Flame-retardants, water purification systems and dyes

Cadmium
Can be found in: Re-chargeable batteries

Caesium
Can be found in: Atomic clocks and photoelectric cells

Cerium
Can be found in: Air conditioners, computer and ovens

Chlorine
Can be found in: Bleach, papermaking, swimming pools

Chromium
Can be found in: Stainless steel cutlery, wood preservatives, dyes and pigments

Cobalt
Can be found in: Cutting tools and dyes

Copper
Can be found in: Electrical generators and motors

Dysprosium
Can be found in: Lasers and many alloys

Fluorine
Can be found in: Toothpaste and etched glass

Gadolinium
Can be found in: Many alloys

Gallium
Can be found in: Electronics, alloys and thermometers

Germanium
Can be found in: Glass lenses, fluorescent lights, electronics and many alloys

Gold
Can be found in: Jewellery

Hafnium
Can be found in: Many alloys

Holmium
Can be found in: Lasers

Indium
Can be found in: Electronics and mirrors

Iridium
Can be found in: Alloys and materials that need to withstand high temperatures

Lead
Can be found in: Lead-acid storage batteries

Lithium
Can be found in: Rechargeable non-rechargeable batteries, some medications and alloys

Mercury
Can be found in: Batteries, fluorescent lights, felt production, thermometers and barometers

Molybdenum
Can be found in: Many alloys

Nickel
Can be found in: Stainless steel

Palladium
Can be found in: Car exhaust manufacture, dental fillings and jewellery

Platinum
Can be found in: Jewellery, decoration and dental work

Radium
Can be found in: Some medicines and glowing paints

Rhenium
Can be found in: Many alloys and flash photography

Rhodium
Can be found in: Spark plugs and highly reflective materials

Rubidium
Can be found in: Many alloys and amalgams

Ruthenium
Can be found in: Many alloys and corrosion resistant metals

Samarium
Can be found in: Many alloys and audio equipment

Silicon
Can be found in: Glass, pottery, computer chips and bricks

Silver
Can be found in: Jewellery

Strontium
Can be found in: Firework production, tin cans (food)

Sulphur
Can be found in: Medicines, fertilisers, fireworks and matches

Tantalum
Can be found in: Surgical equipment and camera lenses

Tin
Can be found in: Alloying metal

Titanium
Can be found in: Alloying metal

Vanadium
Can be found in: Alloying metal

Zinc
Can be found in: Many alloys, paint, fluorescent lights and the process of making plastic

Zirconium
Can be found in: Corrosion resistant alloys, magnets and some gem stones

Metal potential sources

Potential sources in your environment

Heavy metals are a part of our everyday life and at low levels are detoxified by the body causing no issue. However it is beneficial to have a greater awareness of where you may come into contact with metals and therefore help you reduce your potential exposure.

Food

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

Water

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 contributes 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 many cosmetics such as lipstick, whitening toothpaste, eyeliner, nail polish, moisturiser, sunscreen, foundation, blusher, concealer and eye drops. Some metals are added as ingredients whilst others are contaminants.

Cleaning products

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

Vitamin A-K analysis

Vitamin levels

There are recommended daily amounts of each vitamin that should be consumed on a daily basis.However vitamin requirements do vary from person to person depending upon life stage, activitylevel, stress level, health conditions and medications. Low vitamin levels occur when the dietaryintake is lower than required or when the body is struggling to effectively absorb minerals from thefood.

The daily diet is the first consideration if you have low vitamin levels. It is the most natural andbest way of improving intake. Vitamins come from a variety of sources, the richest sources beingunrefined choices. For guidance on specific vitamins and the foods where they are found see‘The role of food types’ in the Food Sensitivity section.

Ideally nutrients should all be consumed through the diet, however if this is not possible due todietary restrictions or dislikes supplementation is an option. Please note it is always recommendedthat any supplementation is taken under the advice and monitoring of a health professional.

Should you suspect that you could have a vitamin deficiency please seek the advice of your physician.

Your vitamins A-K overview

Outside Range

- Vit. B7

These vitamins have been identified as falling below the normal range. Look to increase the nutrient density of your daily diet through fruits, vegetables, grains, pulses, nuts and seeds, good quality meat, fish, eggs and dairy produce. For more specific guidance on the best sources of each vitamin please see 'The role of food types' in the Food Sensitivity section.

Within Range

- Choline
- Vit. A
- Vit. B1
- Vit. B12
- Vit. B2
- Vit. B3
- Vit. B5
- Vit. B6
- Vit. C
- Vit. D
- Vit. E
- Vit. K
- Vitamin B9

These vitamins have been identified as falling within the normal range. Keep up the good work, ensuring a nutrient-rich daily diet to ensure your vitamin levels remain consistent.

Vitamins sources

Fat-soluable vitamins

Vitamin A
(Retinol)
Liver, beef, lamb, cod liver oil, mackerel, salmon, tuna, paté, goat's cheese, eggs, cheddar, cream cheese, butter, goat's cheese.

Beta Carotene
(Precursor to vitamin A)
Sweet potato, carrots, kale, spinach, collards, Swiss chard, pak choi, butternut squash, pumpkin, cos lettuce, romaine lettuce, mango, dried apricots, prunes, peaches, melon, red peppers, tuna ish, mackerel, butter.

Vitamin D
Salmon, trout, swordish, mackerel, tuna, buttermilk, some yogurt, mushrooms, eggs, fortiied products.

Vitamin E
Spinach, kale, broccoli, Swiss chard, turnip greens, collards, avocado, almonds, hazelnuts, pistachios, sunlowers seeds, prawn/shrimp, crayish, salmon, smoked salmon, swordish, herring, trout, olive oil, sunlower oil, sweet potato, squashes, kiwi, mango, peach, nectarines, apricots, guava, raspberries, blackberries.

Vitamin K
Kale, spinach, mustard greens, spring onions, cress, basil, thyme, coriander, sage, parsley, Brussel sprouts, cabbage, chilli powder, paprika, fennel, leeks.

Water-soluble vitamins

B Vitamins
Oats, whole wheat, rye, buckwheat, brown rice, Brewer's yeast, peanuts, mushrooms, soybean lour and soybeans, split peas, pecans, sunflower seeds, lentils, cashews, chickpeas, broccoli, hazelnuts, peppers.

B12
Oysters, mussels, scallops, liver, mackerel, tuna, salmon, sardines, crab, beef, eggs, yogurt, Swiss cheese, fortiied products.

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

Mineral and other nutrient analysis

Mineral levels

There are recommended daily amounts of each mineral that should be consumed on a daily basis. However mineral requirements do vary from person to person depending upon life stage, activity level, stress level, health conditions and medications. Low mineral levels occur when the dietary intake is lower than required or when the body is struggling to effectively absorb minerals from the food.

Phytonutrients are natural chemicals produced by plants to help them protect themselves from things like insects and the sun. By eating foods which contain phytonutrients we, as humans, can benefit from these natural compounds and use them for health benefits.

Unlike minerals there are no recommended daily amounts to consume. However we do know that the different phytonutrients confer different health benefits in the body such as supporting cardiovascular health, strengthening the immune system, improving eye health, reducing cholesterol and boosting energy. Therefore these nutrients are recommended for optimal health.

The daily diet is the first consideration if you have low mineral levels. It is the most natural and best way of improving mineral or phytonutrient intake. Minerals come from the soil, and the greater the quality and richness of the soil, the greater the mineral density of a plant. The best sources of minerals are fruits, vegetables, grains, pulses, nuts and seeds. By including such produce in your diet you will also benefit from phytonutrients. For guidance on specific minerals and the foods where they are found see ‘The role of food types’ in the Food Sensitivity section.

Ideally nutrients should all be consumed through the diet, however if this is not possible due to dietary restrictions or dislikes supplementation is an option. Please note it is always recommended that any supplementation is taken under the advice and monitoring of a health professional. Should you suspect that you could have a mineral deficiency please seek the advice of your physician.

Your mineral and other nutrient overview

Outside Range

- Chromium

These minerals and/or other nutrients have been identified as falling below the normal range. Look to increase the nutrient density of your daily diet through fruits, vegetables, grains, pulses, nuts and seeds. For more specific guidance on where to find each mineral please see 'The role of food types' in the Food Sensitivity section.

Within Range

- Allium
- Anthocyanidins
- Beta-carotene
- Betaine
- Bio-flavonoids
- Bromelain
- Calcium
- Carotenoids
- Citrus bio-flavonoids
- Copper
- Creatine
- Genistein
- Germanium
- Inositol
- Iodine
- Iron
- Magnesium
- Manganese
- Molybdenum
- Phosphorus
- Potassium
- Selenium
- Silica
- Sodium
- Zinc

These minerals and/or other nutrients have been identified as falling within the normal range. Keep up the good work, maintaining a nutrient-rich daily diet to ensure your mineral levels remain consistent.

Mineral and other nutrient detailed analysis

Minerals

- Calcium
- Chromium
- Copper
- Iodine
- Iron
- Magnesium
- Manganese
- Molybdenum
- Phosphorus
- Potassium
- Selenium
- Silica
- Sodium
- Zinc

Phyto- and other nutrients

- Allium
- Anthocyanidins
- Beta-carotene
- Betaine
- Bio-flavonoids
- Bromelain
- Carotenoids
- Citrus bio-flavonoids
- Creatine
- Genistein
- Germanium
- Inositol

Mineral sources

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

Magnesium
Buckwheat, rye, millet, brown rice, whole wheat, kelp, almonds, cashews, brazil nuts, peanuts, walnuts, tofu, coconut, soya beans, figs, apricots, dates, prawns, corn, avocado, spinach, kale, broccoli swiss chard, turnip greens, collards.

Zinc
Rye, spinach, beef, lamb, pumpkin seeds, sesame seeds, sunflower seeds, cashew nuts, cocoa powder, dark chocolate, pork, chicken, chickpeas, baked beans, mushrooms.

Iron
Rye, whole wheat, 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.

Manganese
Rye, oats, brown rice, barley, mussels, hazelnuts, pine nuts, pecans, lima beans, chickpeas, aduki beans, lentils, pumpkin seeds, sesame seeds, sunflower seeds, pineapple, spinach, kale, tofu, soybeans, sweet potato, blueberries, raspberries, strawberries.

Copper
Rye, oats, sesame seeds, cashews, soybeans, mushrooms, sunflower seeds, tempeh, garbanzo beans, lentils, walnuts, lima beans, liver, spirulina, dark chocolate, collard greens, Swiss chard, spinach, kale.

Phosphorus
Brown rice, oats, rye, whole wheat, chicken, turkey, pork, liver, sardines, scallops, salmon, mackerel, crab, milk, yogurt, cottage cheese, sunflower seeds, pumpkin seeds, Brazil nuts, pine nuts, almonds, pistachios, cashews.

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

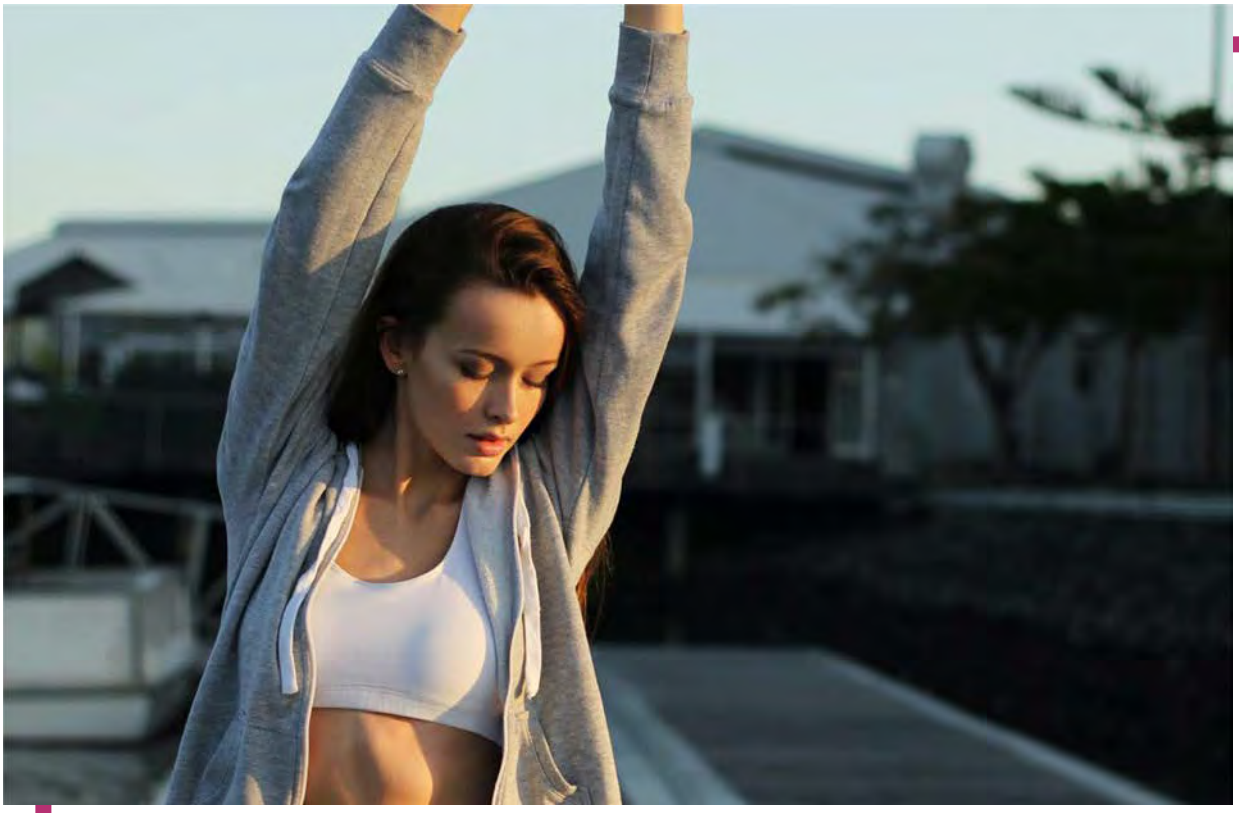
Selenium
Brazil nuts, brown rice, rye, whole wheat, mushrooms, shrimp, sardines, oysters, tuna, sunflower seeds, liver, eggs, beef, turkey, cottage cheese.

Gut health analysis

Why gut health is important?

Each person has their own unique combination of bacteria, which is established and develops through their environment but also, and importantly, the food choices made. The presence and balance of bacteria within the gut is now known to be of great importance for our health and wellbeing. Factors such as elevated stress levels, a diet low fibre and/or high in sugar and the usage of antibiotics can greatly affect our levels and balance of bacteria.

The food choices we make have great impact on the levels of beneficial bacteria in our guts. Probiotic foods are those that contain live microorganisms and can positively affect the levels of bacteria in the gut. Probiotic foods are those such as good quality live yogurt, kefir, sauerkraut, miso, tempeh, kimchi, goat's cheese, olives, good quality dark chocolate and spirulina. Bacteria need to feed on insoluble fibre foods, known as prebiotic foods, from our diet in order to flourish. Prebiotic foods include onion, garlic, leeks, cabbage, asparagus, chicory, artichoke, banana, apple, wheat bran, flaxseed and root vegetables.



Your gut health overview

Low

- Bacillus coagulans
- Bifidobacterium bifidum
- Bifidobacterium infantis
- Lactobacillus acidophilus
- Lactobacillus reuteri
- Streptococcus thermo.

These strains of bacteria have been identified as falling below the normal range. Look to increase levels of probiotic and prebiotic foods to boost the levels of these bacteria in your gut.

Normal

No strains of bacteria have been identified as normal according to our testing parameters. Look to increase levels of probiotic and prebiotic foods to boost the levels of these bacteria in your gut.

These strains of bacteria have been identified as falling within the normal range. Keep up the great work in providing your gut with lots of high fibre foods to keep the bacteria well nourished.

Additives analysis

What are additives?

Additives are substances, which are added to food for a specific reason such as; to improve the look or taste of a food, to preserve a food and make it last longer on the shelf, to aid food processing and manufacturing, to stabilise a food and keep it safe to eat.

The main types of additives are colourings, flavour enhancers, sweeteners, antioxidants, emulsifiers, stabilisers and preservatives. They can be natural, man-made but nature identical or artificial.

Your additives overview

High Reactivity

- Colourings
- Emulsifiers
- Flavour enhancers
- Miscellaneous additives
- Sweetners

These categories of additives have been identified as those, which may be causing or contributing to physical symptoms. A detailed analysis of each of the additives can be viewed on the next section of this report.

We would recommend the removal of these additives from your daily diet as far as possible.

Additives are most likely to be found in processed products, therefore eating a diet that is rich in natural, whole food produce and low in processed foods will enable the removal of many additives from your daily diet.

Moderate Reactivity

- Antioxidants
- Colourings
- Emulsifiers
- Flavour enhancers
- Miscellaneous additives
- Preservatives
- Sweetners

These additives have been identified as those, which may have the potential to cause or contribute to physical symptoms. A detailed analysis of each of the additives can be viewed on the next section of this report.

We would always recommend prioritising the removal of the high reactivity items first and then considering the avoidance of moderate reactivity items thereafter. Additives are most likely to be found in processed products, therefore eating a diet that is rich in natural, whole food produce and low in processed foods will enable the removal of many additives from your daily diet.

It is also worth considering that having these items from these categories in isolation may not cause symptoms, however having contact with a number of moderate reactivity items in the same day may lead to symptoms due to an accumulative effect.

No Reactivity

These additives have not been identified as causing or contributing towards physical symptoms and therefore require no action. You can see the full breakdown of additives showing no reaction in the additives detailed analysis section.

Additives detailed analysis

Antioxidants

- E 300
- E 301
- E 302
- E 304
- E 306
- E 307
- E 308
- E 309
- E 310
- E 311
- E 312
- E 315
- E 316
- E 320
- E 321
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- E 332
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- E 350
- E 351
- E 352
- E 353
- E 354
- E 355
- E 356
- E 357
- E 363
- E 380
- E 385

Colourings

- E 100
- E 101
- E 102
- E 104
- E 110
- E 120
- E 122
- E 123
- E 124
- E 127
- E 128
- E 129
- E 131
- E 132
- E 133
- E 140
- E 141
- E 142
- E 150 a
- E 150 b
- E 150 c
- E 150 d
- E 151
- E 153
- E 154
- E 155
- E 160 a
- E 160 b
- E 160 c
- E 160 d
- E 160 e
- E 160 f
- E 161 b
- E 161 g
- E 162
- E 163
- E 170
- E 171
- E 172
- E 173
- E 174
- E 175
- E 180

Emulsifiers

- E 432
- E 433
- E 434
- E 435
- E 436
- E 440
- E 442
- E 444
- E 445
- E 450
- E 451
- E 452
- E 460
- E 461
- E 463
- E 464
- E 465
- E 466
- E 470 a
- E 470 b
- E 471
- E 472 a
- E 472 b
- E 472 c
- E 472 d
- E 472 e
- E 472 f
- E 473
- E 474
- E 475
- E 476
- E 477
- E 479
- E 481
- E 482
- E 483
- E 491
- E 492
- E 493
- E 494
- E 495

Flavour enhancers

- E 620
- E 621
- E 622
- E 623
- E 624
- E 625
- E 626
- E 627
- E 628
- E 629
- E 630
- E 631
- E 632
- E 633
- E 634
- E 635
- E 640
- E 900
- E 901
- E 902
- E 903
- E 904

Additives detailed analysis continued...

- E 912
- E 914
- E 927
- E 938

Miscellaneous additives

- E 500
- E 501
- E 503
- E 504
- E 507
- E 508
- E 509
- E 511
- E 512
- E 513
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- E 515
- E 516
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- E 558
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- E 578
- E 579
- E 585

Preservatives

- E 200
- E 202
- E 203
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- E 290
- E 296
- E 297

Sweetners

- E 1105
- E 1200
- E 1201
- E 1202
- E 1404
- E 1410
- E 1412
- E 1413
- E 1414
- E 1420
- E 1422
- E 1440
- E 1442
- E 1450
- E 1505
- E 1518
- E 939
- E 941
- E 942
- E 948
- E 950
- E 951
- E 952
- E 953
- E 954
- E 957
- E 959
- E 965
- E 966
- E 967
- E 999
- Gelatin
- Honey
- Maple
- Molasses
- Stevia
- Sugar
- Sweet freedom
- Vanilla

Thickening, Setting and Moisturising Agents

- E 400
- E 401
- E 402
- E 403
- E 404
- E 405
- E 406
- E 407

Additives detailed analysis continued...

- E 407 a
- E 410
- E 412
- E 413
- E 414
- E 415
- E 417
- E 418
- E 420
- E 421
- E 422

E-numbers explainer

If you would like further information on a particular additive we have set out a variety of different sources you can use. In the appendix you will find details of the full name of each additive.

This website gives the names of branded products, which contain a given additive. Search the database using the full name of the additive rather than the number. For example under 'search for a product' put aspartame rather than E951.

This website gives a good level of detail on an extensive list of additives.

E100-E200

E200-E300

E300-E400

E400-E500

E500-E600

E600-E700

E900-E1000

E1000-E1300

E1400-E1500

E1500-E1525

Interpreting your results – explainer

Sensitivity NOT Allergy

It is important to reiterate that this test is NOT for allergy. It is easy to confuse allergy and sensitivity or intolerance as the different terms are often used interchangeably, which leads to misinterpretation. Allergy and sensitivity are not the same. Of course if someone is allergic to a food item it could be described as being 'sensitive' however as a health condition allergy is different from sensitivity or intolerance.

There are a couple of fundamental differences between allergy and sensitivity; having food sensitivity may be uncomfortable and cause symptoms that, whilst annoying, embarrassing or even debilitating, do not have the potential to be life-threatening like those caused by food allergy; food sensitivity can also change over time, it can often be overcome through implementation of a food elimination diet and/or improving gut health, however food allergy tends to be lifelong.

The physiological process, which takes place in the body during an allergic reaction, is also entirely different to that of sensitivity. An allergic reaction involves the immune system and cells called antibodies, whereas this is not involved in sensitivity. Hair testing does not test antibody levels therefore this is why it cannot be used to test for allergy.

Known Allergy

You may have a known allergy; so let's help you to interpret sensitivity results to this item.

Scenario 1
The item you are allergic to shows as a moderate or high reactivity item.

This means that as well as a food allergy you have food sensitivity. If you have already removed this item from your diet you do not need to take any action. If you have not removed it previously, it is worth considering doing so, however we would not recommend reintroduction following the elimination diet.

Scenario 2
The item you are allergic to shows as a no reactivity item.

This means that you do not have food sensitivity to this item however the result does not question or contradict the presence of your food allergy to the item. It does NOT mean you should reintroduce the item to your diet, you should respect the symptoms or test results you have had previously with regards to allergy. Remember this test does not test for allergy.

Everyday Foods

It is common for a food item consumed in the daily diet or very frequently, to test as a moderate or high sensitivity item. This can happen with food sensitivity and may be due to the body suddenly struggling to process or breakdown particular constituents of the food. This could be caused by overconsumption of a food group or could be down to an imbalance in gut bacteria or the presence of low-level inflammation in the gut.

Whatever the cause do not despair. We are talking about food sensitivity and NOT allergy; therefore completing a food elimination diet with subsequent reintroduction can help. This may mean you need to eliminate a favourite food or staple in your diet for a period of weeks but you will be able to reintroduce the item. Eliminating food items for a period of time can allow the gut time to 'rest' from trigger foods and the reintroduction of items can allow you to assess how a food or food group makes you feel.

Gut Nourishment

In most cases carrying out an elimination diet is enough to improve symptoms and allow for a greater understanding of any foods, which aren't agreeing with the body. It is also worth considering the nourishment of the digestive tract and addressing any gut bacteria imbalances to further improve gut function and reduce digestive symptoms.

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Next steps

This is where your journey to a healthier life begins

You have read through all of your results, so what now? As we said at the beginning of the report we believe that these test results can be the start of your journey towards a healthier life.

The next step we would recommend is the completion of an elimination diet. This entails the removal of all reactive foods for a period of time followed by reintroduction. The elimination diet is a powerful tool, which provides much clarity for individuals on which foods work for them and which do not.

Aims and objectives

Before you embark upon any new project, venture or undertaking, in this case making positive dietary changes, it is always good to write down your aims and objectives. You can refer back to these notes in times of doubt or to reflect on whether you achieved your objectives. You can use the notes section below to jot down any key pieces of information from the test results and also your objectives for the elimination diet and beyond.

Test your food sensitivity

Contact Us

If you have any questions please get in touch with the Test Your Food Sensitivity team on:
support@testyourfoodsensitivity.com

Have you enjoyed your experience?

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