Allergenics

Test Report

Good Health

28 November 2018

Comprehensive Women's Health Test

Contact us

Allergenics Health Assessment Services
PO BOX 60 156, Titirangi
Auckland 0642, New Zealand
Phone 0800 004 898
Email team@allergenics.co.nz

Contents

Comprehensive Women's Health Test

Thank you for choosing our testing service for your Comprehensive Women's Health Test. Before you continue reading through this report, we would like to share some important information with you regarding the body and its function. This will help you to better understand your results and the explanations in the report that follows.

Your body is made up of an extremely complex and diverse array of structures that work together to facilitate all the necessary physiological functions that it needs to perform on a daily basis. These physiological functions strive to keep the body in a state of balance or 'homeostasis'. Your body is programmed to carry out all of these necessary functions, and there is an increasing amount of research to indicate that your major organs and body systems do not function in isolation, but rather are constantly communicating with each other through chemical compounds, nutrients, hormones and neurotransmitters. So understanding the health of your body involves viewing its function holistically rather than as separate entities. Some factors impacting on this 'homeostasis' include the following:

- poor nutrition
- stress
- environmental toxin exposure
- genetic factors
- certain medications
- ageing process

An imbalance in one organ or body system may certainly affect the function of one or several other body systems. The affected organ or body system may slow down in function (known as hypofunction) or show an abnormal increase in function (known as hyperfunction). In both cases, the dysfunction creates a stress on the body which can impact on one's health.

The Allergenics testing method uses a unique energy measurement technology that can detect disruptions to normal energy patterns in the body. Each part of the body has a particular unique energy pattern that can be measured. Changes to these energy patterns can be identified and recorded and this can give you a rapid insight into the overall health of your body. It allows you to see areas of deficiency and to target those organs and systems which might require support, be it in the short-term or long-term. The results of the Comprehensive Women's Health Test may be used to assess the current state of functioning of your body as a fully integrated system.

If you have any additional questions relating to the results of your test or the explanation provided, please discuss these with a qualified natural health practitioner or with one of our healthcare consultants.

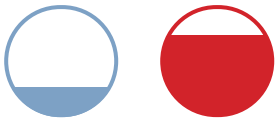
What we test for

Hormones	Adrenocorticotropic, Androstenedione, Cortisol, DHEA, FSH, Human Growth Hormone (HGH), Insulin, Luteinizing Hormone, Oestradiol, Oestriol, Oestrone, Pregnenalone (A.E.B.I.M.), Progesterone, Prolactin, RT3, T-3, TSH, Testosterone, Thyroxine.
Organs and Body Systems	Adrenal Glands, Bladder, Body Fluids (NAET), Cardiovascular System, Central Nervous System (CNS), Gallbladder, Heart, Hypothalamus, Immune System, Kidneys, Large Intestine, Liver, Lungs, Lymphatic System, Mammary Glands, Ovary, Pancreas, Parasympathetic Nervous System, Parathyroid Glands, Pituitary Gland, Skin, Small Intestine, Spleen, Stomach, Sympathetic Nervous System, Thyroid Gland, Uterus.
Specialised Nutrients	Carnitine, Coenzyme Q10, Glutathione, Ubiquinol.

Your Test Results

This section provides you with the results of your test. It will tell you which hormones, body systems and specialised nutrients are in a state of imbalance, thus causing a stress to your body.

Reactive scale



Low High

Hormones

Cortisol	Luteinizing Hormone	FSH	Adrenocorticotropic	DHEA
Thyroxine	Oestradiol	Oestrone	T-3	

Organs and Body Systems

Immune System	Central Nervous System (CNS)	Lungs	Parasympathetic Nervous System	Small Intestine
Spleen	Ovary	Thyroid Gland	Large Intestine	Liver
Adrenal Glands				

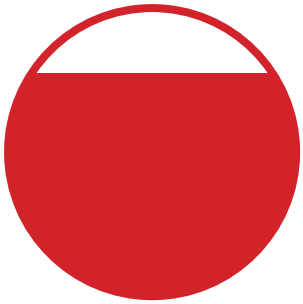
Specialised Nutrients

Glutathione

Deep dive into your significant results

Immune System

Your reactivity: Score 3.5: High



The immune system is a network of cells, tissues, and organs that work together to defend the body against attacks by "foreign" invaders. These are primarily microbes - tiny organisms such as bacteria, parasites, and fungi that can cause infections. Viruses also cause infections, but are too primitive to be classified as living organisms. The human body provides an ideal environment for many microbes. It is the immune system's job to keep them out or, failing that, to seek out and destroy them.

In some cases, the immune system attacks , however, in some cases, the immune system can attack the body leading to an array of disorders, including allergic diseases, arthritis, type 1 diabetes and other autoimmune diseases.

What This Means

Low Reading: A low score is indicative of chronic stress on immune function. This may present as chronic recurrent infections (bacterial, fungal or viral), autoimmune disorders, or general overall lowered immunity.

High Reading: A high score is indicative of acute stress on immune function. This can be due to an acute or recent infection arising anywhere in the body. It is commonly associated with viral infections such as hepatitis or glandular fever.

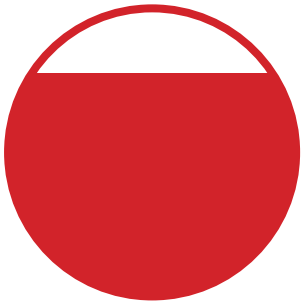
What To Do Next

Low Score (-0.5 to -10): scores within this range indicate chronic stress of a particular nutrient, organ or hormone in the body. This may be indicative of a chronic dysfunction or imbalance of a nutrient, organ system or hormone. Nutritional support to restore normal function may be required.

High Score (0.5 to 10): scores within this range indicate acute stress of a particular nutrient, organ or hormone in the body. This may be indicative of an acute imbalance of a nutrient, organ system or hormone. Nutritional support for to restore normal function may be required.

Cortisol

Your reactivity: Score 3: High



Cortisol is a steroid hormone produced by the adrenal glands. It is released in response to stress and low blood-glucose concentrations. It functions mainly to increase blood sugar levels, suppress the immune system, aid in metabolism of carbohydrate, protein and fats, and it decreases bone density. Cortisol rhythms in humans are tightly controlled, cortisol levels peak in the morning and slowly decline as the day progresses. They are at their lowest at night. Cortisol production is extremely sensitive to both emotional and physiological stressors.

What This Means

Low Cortisol: A low cortisol level is usually associated with disorders of either pituitary or adrenal gland function. Low cortisol may lead to fatigue, digestive problems and low blood pressure. Low cortisol may also be a sign of a condition called Addison's disease.

High Cortisol: A high cortisol level is usually associated with chronic stress. Chronically elevated levels of cortisol may contribute to digestive problems, obesity, sleep problems and depression. Elevated cortisol may also be a sign of a condition called Cushing's syndrome or the use of steroid medication.

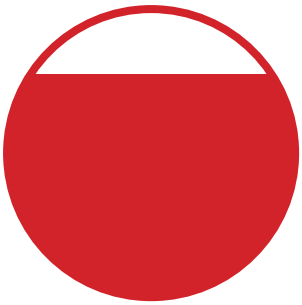
What To Do Next

Low Score (-0.5 to -10): Scores within this range indicate chronic stress of a particular nutrient, neurotransmitter, hormone or organ in the body. This may negatively impact on to energy, sleep and mood function in the long-term. Nutritional supplementation may be required.

High Score (0.5 to 10): Scores within this range indicate acute stress of a particular nutrient, neurotransmitter, hormone or organ in the body. This may negatively impact on to energy, sleep and mood function in the short term. Nutritional supplementation may be required.

Luteinizing Hormone

Your reactivity: Score 2.5: High



Luteinizing hormone (LH) is a hormone produced and released by the pituitary gland. It is crucial in regulating the function of the testes in men and ovaries in women. In men, LH stimulates cells in the testes to produce testosterone, which acts locally to support sperm production. In women, it carries out different roles in the two halves of the menstrual cycle. It stimulates the ovarian follicles in the ovary to produce the female hormone, oestradiol, and triggers ovulation. For the remainder of the cycle (weeks three to four), the remnants of the ovarian follicle form a corpus luteum. LH stimulates the corpus luteum to produce progesterone, which is required to support the early stages of pregnancy, if fertilisation occurs.

What This Means

Low Luteinizing Hormone: Low LH is commonly associated with infertility in both men and women. It is also associated with reduced pituitary gland function. In women it may result in amenorrhoea or absence of the menstrual cycle.

High Luteinizing Hormone: High LH is also associated with infertility in both men and women. High LH also associated with menopause in women and polycystic ovarian disease.

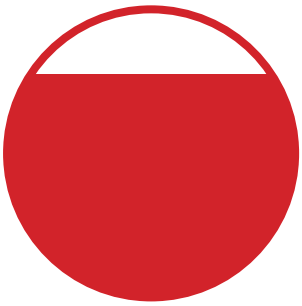
What To Do Next

Low Score (-0.5 to -10): scores within this range indicate chronic stress of a particular nutrient, organ or hormone in the body. This may be indicative of a chronic dysfunction or imbalance of a nutrient, organ system or hormone. Nutritional support to restore normal function may be required.

High Score (0.5 to 10): scores within this range indicate acute stress of a particular nutrient, organ or hormone in the body. This may be indicative of an acute imbalance of a nutrient, organ system or hormone. Nutritional support for to restore normal function may be required.

FSH

Your reactivity: Score 2.5: High



Follicle stimulating hormone (FSH) is one of the gonadotrophic hormones, the other being luteinizing hormone (LH). Both are released by the pituitary gland into the bloodstream. FSH is one of the hormones essential to pubertal development and the function of women's ovaries and men's testes. In women, this hormone stimulates the growth of ovarian follicles in the ovary before the release of an egg from one follicle at ovulation. It also increases oestradiol production. In men, follicle stimulating hormone acts on the Sertoli cells of the testes to stimulate sperm production (spermatogenesis).

In women, FSH levels also start to rise naturally around the menopausal period, reflecting a reduction in function of the ovaries and decline of oestrogen and progesterone production.

What This Means

Low FSH: A low FSH reading is rare. In women it may be associated with poor ovarian function in women or lack of sperm production in men. Infertility may be a feature. A low reading is indicative of a general reduction in hormone output by the pituitary gland.

High FSH: A high FSH reading is associated with menopause or ovarian failure in women, and testicular failure in men.

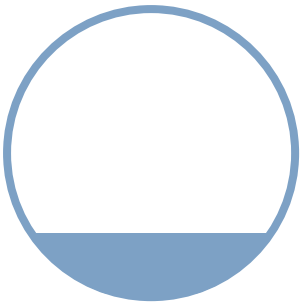
What To Do Next

Low Score (-0.5 to -10): scores within this range indicate chronic stress of a particular nutrient, organ or hormone in the body. This may be indicative of a chronic dysfunction or imbalance of a nutrient, organ system or hormone. Nutritional support to restore normal function may be required.

High Score (0.5 to 10): scores within this range indicate acute stress of a particular nutrient, organ or hormone in the body. This may be indicative of an acute imbalance of a nutrient, organ system or hormone. Nutritional support for to restore normal function may be required.

Central Nervous System (CNS)

Your reactivity: Score -2.5: Low



The central nervous system (CNS) is made up of the brain, the spinal cord, and the optic nerves. The central nervous system controls thought processes, guides movement, and registers sensations throughout the body. The spinal cord is a single continuous structure that goes from the brain through the base of the skull and down the spinal column. Individual paired spinal nerves continue down to the tailbone. The optic nerves are at the back of the eye and carry visual information from the eye to the brain. Injuries or diseases that affect the central nervous system can sometimes cause permanent loss of function and disability.

The CNS is sensitive to a wide range of substances including medications, alcohol, stimulants and recreational drugs.

What This Means

Low Reading: A low score indicates chronic CNS depression or slowed CNS function. A common cause of this is the use of alcohol, anxiolytic or sedative medications. Symptoms include a sensation of relaxation, mild disturbances in co-ordination and drowsiness.

High Reading: A high score indicates acute stimulation of the CNS. This may be due to excessive exposure to stimulant compounds, such as caffeine, or to medications such as amphetamines. Symptoms associated with this include increased alertness, increased blood pressure and heart rate and increased energy.

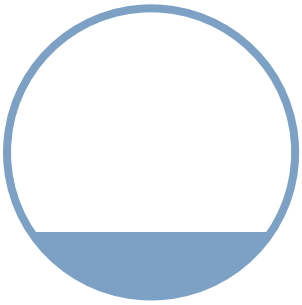
What To Do Next

Low Score (-0.5 to -10): scores within this range indicate chronic stress of a particular nutrient, organ or hormone in the body. This may be indicative of a chronic dysfunction or imbalance of a nutrient, organ system or hormone. Nutritional support to restore normal function may be required.

High Score (0.5 to 10): scores within this range indicate acute stress of a particular nutrient, organ or hormone in the body. This may be indicative of an acute imbalance of a nutrient, organ system or hormone. Nutritional support for to restore normal function may be required.

Lungs

Your reactivity: Score -2.5: Low



The lungs are the main organs of respiration. The respiratory system supplies the oxygen needed by the cells of the body and removes the waste product carbon dioxide. The lungs fulfil the vital function of gaseous exchange using the air that we breathe in through our nose and mouth. Because of this, anything that can compromise their function can reduce the amount of oxygen entering the body.

What This Means

Low Reading: Indicates chronic stress on the lungs. This may be due to postural problems, incorrect breathing techniques, history of abdominal or spinal trauma, long-term smoking, chronic degenerative lung disorders such as COPD and emphysema.

High Reading: Indicates acute stress on the lungs. This can be due to an acute respiratory infections, asthma, smoking, occupational exposure to pollutants, environmental pollutants and dietary allergies or intolerances.

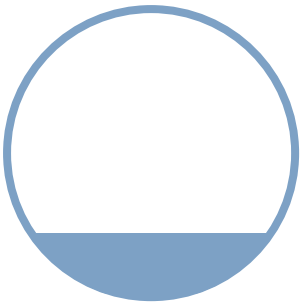
What To Do Next

Low Score (-0.5 to -10): scores within this range indicate chronic stress of a particular nutrient, organ or hormone in the body. This may be indicative of a chronic dysfunction or imbalance of a nutrient, organ system or hormone. Nutritional support to restore normal function may be required.

High Score (0.5 to 10): scores within this range indicate acute stress of a particular nutrient, organ or hormone in the body. This may be indicative of an acute imbalance of a nutrient, organ system or hormone. Nutritional support for to restore normal function may be required.

Parasympathetic Nervous System

Your reactivity: Score -2.5: Low



The parasympathetic nervous system (PSNS) is one of the two main parts of the autonomic nervous system, the other being the sympathetic nervous system. The autonomic nervous system is a control system that acts largely unconsciously and regulates bodily functions such as the heart rate, digestion, respiratory rate, pupil response, urination, and sexual arousal. The PSNS is responsible for stimulation of "rest-and-digest" activities that occur when the body is at rest, especially after eating, including sexual arousal, salivation, tears production, urination, digestion and defecation. Its action is described as being complementary to that of the sympathetic nervous system, which is responsible for stimulating activities associated with the fight-or-flight response.

What This Means

Low Reading: Indicates chronic stress on the parasympathetic nervous system.

High Reading: Indicates acute stress on the parasympathetic nervous system.

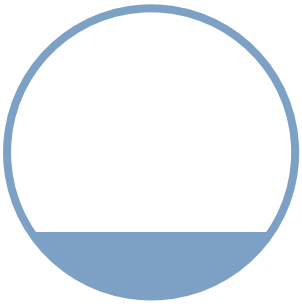
What To Do Next

Low Score (-0.5 to -10): scores within this range indicate chronic stress of a particular nutrient, organ or hormone in the body. This may be indicative of a chronic dysfunction or imbalance of a nutrient, organ system or hormone. Nutritional support to restore normal function may be required.

High Score (0.5 to 10): scores within this range indicate acute stress of a particular nutrient, organ or hormone in the body. This may be indicative of an acute imbalance of a nutrient, organ system or hormone. Nutritional support for to restore normal function may be required.

Adrenocorticotropic

Your reactivity: Score -2.5: Low



Adrenocorticotropic hormone (ACTH) is made in the pituitary gland. It is secreted in several intermittent pulses during the day into the bloodstream and transported around the body. Like cortisol, levels of ACTH are generally high in the morning when we wake up and fall throughout the day. This is called a diurnal rhythm. Once ACTH reaches the adrenal glands, it binds on to receptors causing the adrenal glands to secrete more cortisol, resulting in higher levels of cortisol in the blood. It also increases production of other hormones such as adrenaline and noradrenaline.

What This Means

Low ACTH (-0.5 to 10) : A low ACTH reading is indicative of chronic stress on this hormone and its production. This may be triggered by long-term steroid medication use and disorders of pituitary gland function. This can lead to adrenal gland insufficiency.

High ACTH (0.5 to 10): A high ACTH reading is indicative of acute stress on the body by this hormone. This may lead to higher than normal cortisol levels in the body and manifest with symptoms associated with elevated cortisol.

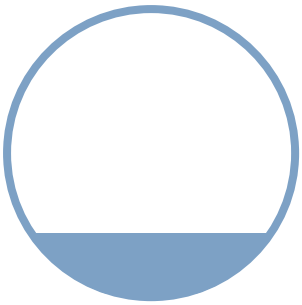
What To Do Next

Low Score: scores within this range indicate chronic stress of a particular nutrient, organ or hormone in the body. This may be indicative of a chronic dysfunction or imbalance of a nutrient, organ system or hormone. Nutritional support to restore normal function may be required.

High Score: scores within this range indicate acute stress of a particular nutrient, organ or hormone in the body. This may be indicative of an acute imbalance of a nutrient, organ system or hormone. Nutritional support for to restore normal function may be required.

DHEA

Your reactivity: Score -3: Low



Dehydroepiandrosterone, or DHEA, is a precursor hormone, which has powerful effects when converted into other hormones such as testosterone and oestradiol. It is produced from cholesterol mainly by the adrenal glands, although it is also made by the testes and ovaries in small amounts. It circulates in the blood, mainly attached to sulphur as dehydroepiandrosterone sulphate, which prevents the hormone being broken down. Production increases from around nine or ten years of age, peaks during the 20s and gradually decreases in old age. It is also produced in small amounts by the brain. In women, DHEA is an important source of oestrogens in the body – it provides about 75% of oestrogens before the menopause, and 100% of oestrogens in the body after menopause.

What This Means

Low DHEA: A low DHEA reading is indicative of chronic stress on the production or function of this hormone. In women, inadequate levels are associated with low libido, reduced bone mineral density and osteoporosis.

High DHEA: A high DHEA reading is indicative of acute stress on the body by this hormone. Elevated DHEA may result from supplementation with this hormone and is also seen in women with polycystic ovary disease (PCOD) and hirsutism.

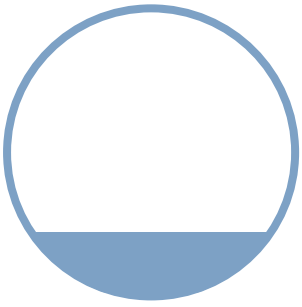
What To Do Next

Low Score (-0.5 to -10): scores within this range indicate chronic stress of a particular nutrient, organ or hormone in the body. This may be indicative of a chronic dysfunction or imbalance of a nutrient, organ system or hormone. Nutritional support to restore normal function may be required.

High Score (0.5 to 10): scores within this range indicate acute stress of a particular nutrient, organ or hormone in the body. This may be indicative of an acute imbalance of a nutrient, organ system or hormone. Nutritional support for to restore normal function may be required.

Thyroxine

Your reactivity: Score -3: Low



Thyroxine (T4) is the main hormone secreted into the bloodstream by the thyroid gland. It is the inactive form and most of it is converted to an active form called triiodothyronine (T3) by organs such as the liver and kidneys. Thyroid hormones play vital roles in regulating the body's metabolic rate, heart and digestive functions, muscle control, brain development and maintenance of bones. The production and release of T4 and T3, is controlled by a feedback loop system that involves the hypothalamus in the brain and the pituitary and thyroid glands.

What This Means

Low Thyroxine (T4): Low levels of T4 is indicative of low thyroid gland function or hypothyroidism. It may be caused by autoimmune diseases or poor iodine intake. Sometimes, the cause is unknown. Hypothyroidism in adults causes a decreased metabolic rate. Symptoms include fatigue, intolerance of cold temperatures, low heart rate, weight gain, reduced appetite, poor memory, depression, stiffness of the muscles and infertility.

High Thyroxine (T4): High levels of T4 is indicative of overactivity of the thyroid gland or hyperthyroidism. Symptoms include intolerance to heat, weight loss, increased appetite, increased bowel movements, irregular menstrual cycle, rapid or irregular heartbeat, palpitations, tiredness, irritability, tremor, hair loss and retraction of the eyelids resulting in a 'staring' appearance.

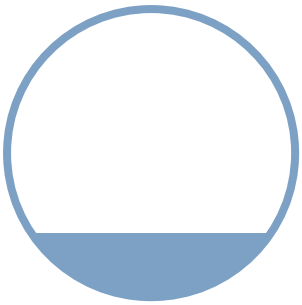
What To Do Next

Low Score (-0.5 to -10): scores within this range indicate chronic stress of a particular nutrient, organ or hormone in the body. This may be indicative of a chronic dysfunction or imbalance of a nutrient, organ system or hormone. Nutritional support to restore normal function may be required.

High Score (0.5 to 10): scores within this range indicate acute stress of a particular nutrient, organ or hormone in the body. This may be indicative of an acute imbalance of a nutrient, organ system or hormone. Nutritional support for to restore normal function may be required.

Small Intestine

Your reactivity: Score -3: Low



The small intestine is part of the digestive system that lies between the stomach and large intestine. It consists of the duodenum, ileum and jejunum, and is the major site for food digestion and the absorption of nutrients such as vitamins and minerals. The duodenum is under hormonal control and regulates the rate at which food empties from the stomach. It indirectly influences the liver and gall bladder to release bile, which aids digestion. The ileum and jejunum are the major sites for absorption bile salts, vitamins and minerals and is also the final site for the digestion and absorption of dietary protein, carbohydrate and fats. Problems with the small intestine may arise due to incorrect diet, gastric insufficiency, pancreatic insufficiency, infection and inflammation.

What This Means

Low Reading: Indicates chronic stress on small intestine function. This may be due to a chronic malabsorption problems, food sensitivity and intolerance or insufficient digestive enzyme production. It may present with symptoms of bloating, a sensation of fullness, abdominal discomfort and poor nutrient absorption. Poor dietary selections may also contribute to this.

High Reading: Indicates acute stress on the small intestine. This may be due to recent infection, inflammation, poor dietary practises, duodenal ulcer or food sensitivity and intolerance. It may present with symptoms of pain, burning, bloating, abdominal discomfort and flatulence.

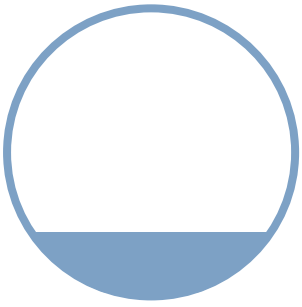
What To Do Next

Low Score (-0.5 to -10): scores within this range indicate chronic stress of a particular nutrient, organ or hormone in the body. This may be indicative of a chronic dysfunction or imbalance of a nutrient, organ system or hormone. Nutritional support to restore normal function may be required.

High Score (0.5 to 10): scores within this range indicate acute stress of a particular nutrient, organ or hormone in the body. This may be indicative of an acute imbalance of a nutrient, organ system or hormone. Nutritional support for to restore normal function may be required.

Spleen

Your reactivity: Score -3: Low



The spleen is an organ whose main function is to filter and remove old red blood cells from the body. It holds a reserve of fresh red blood cells, metabolises haemogloblin and recycles iron released from old red blood cells. The spleen also plays an important role in the immune system's response to infection. It is able to produce lymphocytes and monocytes which are white blood cells involved in fighting infection. Problems with the spleen, although rare, are associated with reduced immunity and red blood cell filtering.

What This Means

Low Reading: Indicates chronic stress on spleen function. This may contribute to a lowered immunity and an increased risk of infection.

High Reading: Indicates acute stress on the spleen. This can be due to an acute viral or bacterial infection arising anywhere in the body. It is commonly associated with viral infections such as hepatitis or glandular fever.

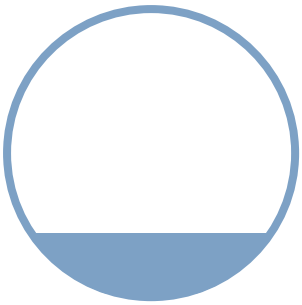
What To Do Next

Low Score (-0.5 to -10): scores within this range indicate chronic stress of a particular nutrient, organ or hormone in the body. This may be indicative of a chronic dysfunction or imbalance of a nutrient, organ system or hormone. Nutritional support to restore normal function may be required.

High Score (0.5 to 10): scores within this range indicate acute stress of a particular nutrient, organ or hormone in the body. This may be indicative of an acute imbalance of a nutrient, organ system or hormone. Nutritional support for to restore normal function may be required.

Oestradiol

Your reactivity: Score -3: Low



Oestradiol is a steroid hormone is the strongest of the three naturally produced oestrogens. It is the main oestrogen found in women and has many functions, although it mainly acts to mature and maintain the female reproductive system. It also promotes development of breast tissue and increases bone and cartilage thickness. In premenopausal women, oestradiol is mostly made by the ovaries. Levels vary throughout the monthly menstrual cycle, being highest at ovulation and lowest at menstruation. Levels in women reduce slowly with age, with a large decrease occurring at the menopause when the ovaries switch off.

Men also produce oestradiol. It is made in the same pathway as testosterone. However, levels are much lower than in women. In both sexes, oestradiol is also made in much smaller amounts by fat tissue, the brain and the walls of blood vessels.

What This Means

Low Oestradiol: A low ostradiol reading may be associated with chronically low levels of this hormone. In pre-menopausal women it may cause menstrual irregularities and mood changes while in menopausal women it is causes menopausal symptoms and may contribute to osteoporosis.

High Oestradiol: A high oestradiol reading is associated with acute elevated levels or supplementation with this hormone. Some mild effects in women include acne, constipation, loss of libido and depression. In men, too much oestradiol can also cause sexual dysfunction, loss of muscle tone, increased body fat and development of female characteristics, such as breast tissue.

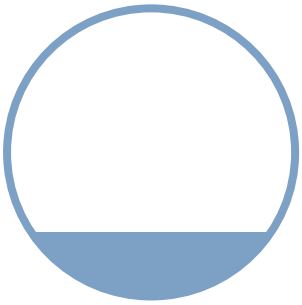
What To Do Next

Low Score (-0.5 to -10): scores within this range indicate chronic stress of a particular nutrient, organ or hormone in the body. This may be indicative of a chronic dysfunction or imbalance of a nutrient, organ system or hormone. Nutritional support to restore normal function may be required.

High Score (0.5 to 10): scores within this range indicate acute stress of a particular nutrient, organ or hormone in the body. This may be indicative of an acute imbalance of a nutrient, organ system or hormone. Nutritional support for to restore normal function may be required.

Oestrone

Your reactivity: Score -3: Low



Oestrone is one of three types of oestrogen made by the body. Oestrone is primarily produced by the ovaries in premenopausal women, as well as by adipose tissue and the adrenal glands. It has a much weaker biological activity than oestradiol and is the major type of oestrogen hormone produced in any quantities in postmenopausal women. In men, children and postmenopausal women, it is produced by adipose tissue and the adrenal glands. Because oestrone is less active than oestradiol, it is thought that it may act as a reservoir that can be converted into oestradiol as needed. Oestrone may affect health in both positive and negative ways, but the full extent of this is currently not known.

What This Means

Low Oestrone: A low oestrone level is most commonly associated with menopause in women. As oestrone is the main oestrogen in postmenopausal women, it is thought that low levels may worsen menopausal symptoms and contribute to osteoporosis.

High Oestrone: A high oestrone level is usually associated with overweight or obesity where fat tissue produces excess amounts of this hormone. Overproduction of oestrone may be associated with the development of breast and endometrial cancer in women.

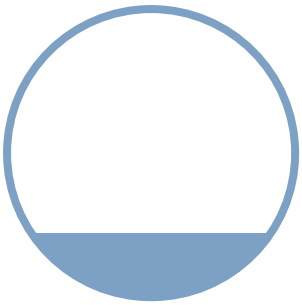
What To Do Next

Low Score (-0.5 to -10): scores within this range indicate chronic stress of a particular nutrient, organ or hormone in the body. This may be indicative of a chronic dysfunction or imbalance of a nutrient, organ system or hormone. Nutritional support to restore normal function may be required.

High Score (0.5 to 10): scores within this range indicate acute stress of a particular nutrient, organ or hormone in the body. This may be indicative of an acute imbalance of a nutrient, organ system or hormone. Nutritional support for to restore normal function may be required.

Ovary

Your reactivity: Score -3: Low



The ovary is an organ of the female reproductive system. Besides its role in ovulation, it is also an endocrine gland responsible for the production of the important female hormones oestrogen and progesterone. Problems with the ovary may be both functional and hormonal interfering with fertility and other hormonal functions. Ovarian function decreases with age and usually ceases naturally after the menopause.

What This Means

Low Reading: Indicates chronic stress on ovarian function. This may be due to genetic factors, medical therapy (chemotherapy), autoimmune disease, chronic inflammation or the aging process. It may present with symptoms of hot flushes, mood swings, vaginal dryness, night sweats and fertility problems.

High Reading: Indicates acute stress on ovarian function. This may be due to a low-grade bacterial infection, problems with ovulation, blood stagnation during menstruation and ovarian cysts. It may or may not present with symptoms of pain and discomfort in the pelvic area.

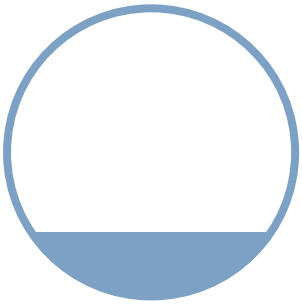
What To Do Next

Low Score (-0.5 to -10): scores within this range indicate chronic stress of a particular nutrient, organ or hormone in the body. This may be indicative of a chronic dysfunction or imbalance of a nutrient, organ system or hormone. Nutritional support to restore normal function may be required.

High Score (0.5 to 10): scores within this range indicate acute stress of a particular nutrient, organ or hormone in the body. This may be indicative of an acute imbalance of a nutrient, organ system or hormone. Nutritional support for to restore normal function may be required.

T-3

Your reactivity: Score -3: Low



Triiodothyronine (T3) is the active form of the thyroid hormone, thyroxine (T4). Approximately 20% of triiodothyronine is secreted into the bloodstream directly by the thyroid gland. The remaining 80% is produced from conversion of thyroxine by organs such as the liver and kidneys. Thyroid hormones play vital roles in regulating the body's metabolic rate, heart and digestive functions, muscle control, brain development and the maintenance of bones. The production and release of T4 and T3, is controlled by a feedback loop system that involves the hypothalamus in the brain and the pituitary and thyroid glands.

What This Means

Low Triiodothyronine (T3): A low level of T3 is indicative of low thyroid gland function or hypothyroidism. It may be caused by autoimmune diseases or poor iodine intake. Sometimes, the cause is unknown. Hypothyroidism in adults causes a decreased metabolic rate. Symptoms include fatigue, intolerance of cold temperatures, low heart rate, weight gain, reduced appetite, poor memory, depression, stiffness of the muscles and infertility.

High Triiodothyronine (T3): A high level of T3 is indicative of overactivity of the thyroid gland or hyperthyroidism. Symptoms include intolerance to heat, weight loss, increased appetite, increased bowel movements, irregular menstrual cycle, rapid or irregular heartbeat, palpitations, tiredness, irritability, tremor, hair loss and retraction of the eyelids resulting in a 'staring' appearance.

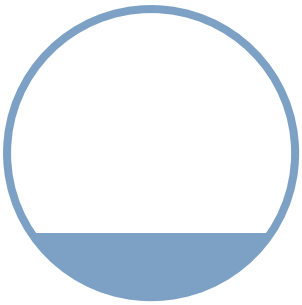
What To Do Next

Low Score (-0.5 to -10): scores within this range indicate chronic stress of a particular nutrient, organ or hormone in the body. This may be indicative of a chronic dysfunction or imbalance of a nutrient, organ system or hormone. Nutritional support to restore normal function may be required.

High Score (0.5 to 10): scores within this range indicate acute stress of a particular nutrient, organ or hormone in the body. This may be indicative of an acute imbalance of a nutrient, organ system or hormone. Nutritional support for to restore normal function may be required.

Thyroid Gland

Your reactivity: Score -3.5: Low



The thyroid is an important endocrine gland that is located in the neck. Its main function is to produce thyroid hormones from dietary iodine. These thyroid hormones serve several very important functions including regulating cellular metabolism, controlling the way in which the body uses energy and regulating the rate of function of other systems in the body. Problems with thyroid function are common and can be caused by genetic factors, iodine deficiency and autoimmune disease.

What This Means

Low Reading: Indicates chronic stress on thyroid function. This may be due to genetic factors, a deficiency in dietary iodine or autoimmune disease. It may present with symptoms of fatigue, weight gain, mood changes, changes in the quality of hair, skin and nails, hair loss, changes in blood lipid profiles and cold intolerance.

High Reading: Indicates acute stress on the thyroid gland. The most common cause of this is infection of the thyroid gland but it can also be indicative of thyroid hormone supplementation. It may present with symptoms of sudden weight loss, shaking, palpitations and hair loss.

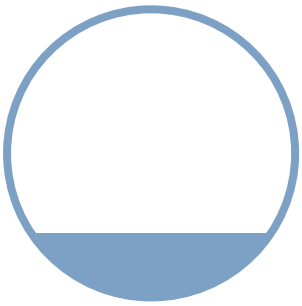
What To Do Next

Low Score (-0.5 to -10): scores within this range indicate chronic stress of a particular nutrient, organ or hormone in the body. This may be indicative of a chronic dysfunction or imbalance of a nutrient, organ system or hormone. Nutritional support to restore normal function may be required.

High Score (0.5 to 10): scores within this range indicate acute stress of a particular nutrient, organ or hormone in the body. This may be indicative of an acute imbalance of a nutrient, organ system or hormone. Nutritional support for to restore normal function may be required.

Large Intestine

Your reactivity: Score -3.5: Low



The colon is an organ of the digestive system and forms the major part of the large intestine. Its main functions are to store wastes, extract salt and water from solid wastes before they are eliminated, absorb some vitamins such as Vitamin K and facilitate the fermentation of unabsorbed wastes by beneficial bacteria resident in the colon. Problems with the colon may occur as a result of incorrect diet, infections, autoimmune disease and stress.

What This Means

Low Reading: Indicates chronic stress on colon function. This may present with an inability to eliminate wastes effectively, chronic infrequent bowel elimination and/or sensations of fullness and abdominal bloating, chronic irritable bowel syndrome (IBS) and diverticulosis. It may be caused by poor dietary selections, an imbalance in healthy intestinal flora, low fibre intake and chronic stress.

High Reading: Indicates acute stress on the colon. The causes of this are more recent and may be due to food allergy or intolerance, infection, stress, compromised gastric and duodenal digestive activity, deficiency of beneficial bacterial flora and overuse of laxative medication. Irritation may lead symptoms of bloating, flatulence, mild pain or discomfort, altered bowel movements and “irritable bowel syndrome”.

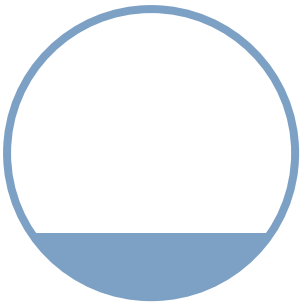
What To Do Next

Low Score (-0.5 to -10): scores within this range indicate chronic stress of a particular nutrient, organ or hormone in the body. This may be indicative of a chronic dysfunction or imbalance of a nutrient, organ system or hormone. Nutritional support to restore normal function may be required.

High Score (0.5 to 10): scores within this range indicate acute stress of a particular nutrient, organ or hormone in the body. This may be indicative of an acute imbalance of a nutrient, organ system or hormone. Nutritional support for to restore normal function may be required.

Glutathione

Your reactivity: Score -4: Low



Glutathione is a small molecule composed of three dietary amino acids L-glutamate L-cysteine and glycine. This compound is known as an antioxidant due to the system that it belongs to (the glutathione system) where it controls the amount of oxidation and free radical formation in the cells. Part of its antioxidant function is to bind unwanted compounds in the body and prepare them for elimination, which has been interpreted as a detoxification role. Glutathione is also important in recycling Vitamin C, E and alpha lipoic acid. Glutathione is found in the diet in fruits and vegetables but absorption in the digestive system is minimal.

What This Means

Low Glutathione: A low glutathione level is indicative of insufficient amounts of this antioxidant possibly due to increased internal requirement for this nutrient i.e. increased requirement for antioxidant activity, and due to exposure to external factors such as environmental toxins, food additives and certain medications. Low levels indicate a low antioxidant status and low detoxification capacity.

High Glutathione: A high glutathione level is usually associated with supplementation with this nutrient or with its precursor nutrients glutamate, cysteine and glycine.

What To Do Next

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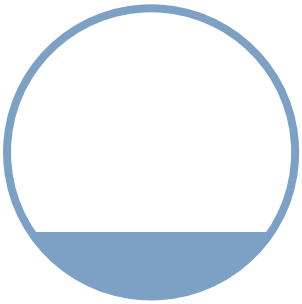
Liver

Your reactivity: Score -4: Low



The liver is one of the body's most important organs. It serves a wide range of functions including detoxification, protein synthesis, cholesterol production, production of digestive compounds, metabolism and hormone production. Maintaining the health of this organ is vital to overall health and well-being.

What This Means

Low Reading: Indicates chronic stress on the liver. Common causes of this include poor diet, imbalance in healthy intestinal flora, chronic alcohol consumption and chronic medication use. Symptoms associated with this include: chronic weakened immunity, low energy levels, fatigue, elevated cholesterol levels, blood sugar imbalances, mood swings, poor concentration, bad breath and/or body odour, white coating on the tongue, inability to lose weight, poor hair, skin and nail quality. It may also affect the way in which hormones are conjugated resulting in hormone imbalances in both males and females.

High Reading: Indicates acute stress on the liver. This can be due to excessive alcohol consumption, the recent use of certain medications, recent infection, gall bladder dysfunction, digestive problems and fatty liver disease.

What To Do Next

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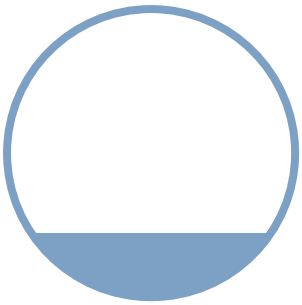
Adrenal Glands

Your reactivity: Score -4: Low



The adrenal glands are small triangular-shaped glands located at the top of the kidneys. The hormones they produce are vital to the body's metabolism and physiology. The outer part of the gland (cortex) produces the steroid hormones cortisol, testosterone and aldosterone while the inner part (medulla) produces the fright-or-flight stress hormone adrenalin and noradrenalin. While serious diseases of the adrenal gland are uncommon hormone output by these glands can very quickly become compromised, leading to a hormonal imbalance. Notable causes of this include acute and chronic stress, lifestyle factors, dietary habits, ageing and imbalances in brain neurotransmitters.

What This Means

Low Reading: Indicates chronic stress on the adrenal glands. Some causes include chronic stress and anxiety, chronic illness, recreational drug use, chemical and toxin exposure, genetic factors and poor dietary habits. Symptoms associated with this include fatigue, exhaustion, weight gain, carbohydrate intolerance, reduced thyroid activity, brain fog, libido changes, mood changes, chronic allergy and recurrent infections.

High Reading: Indicates acute stress on the adrenal glands. This can be due to recent stress or trauma, the use of certain medications and dietary factors. Symptoms associated with this include low-grade inflammation in the body, immune system imbalances, over-active immune response, allergies, increased anxiety and sometimes weight loss or weight gain.

What To Do Next

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Your Supplement Prescription

Name: Good Health

Date: 28 November 2018

Dear Good,

Upon reviewing your test results we recommend the following supplements program.

BioMedica — Enterocare

BioMedica EnteroCare is a powdered nutritional complex designed to provide support for health gastrointestinal function. It provides probiotic bacteria, soluble fibre and gut-soothing herbal extracts and may be used to alleviate symptoms associated with gastrointestinal dysbiosis and irritable bowel syndrome. It may also be recommended to be used after a general detoxification program.

Dosage: Take 1 level measure twice daily in a full glass of water. Note: Please take at least 2 hours away from any prescription drugs/medications.

Price: $65.00

BioMedica — UltraLiv

BioMedica UltraLiv contains high dose St Mary's Thistle, Dandelion Root, amino acids and selected nutrients to support phase II liver detoxification, assist in the growth and regeneration of liver cells, and to support healthy digestive and gall bladder function. It is a comprehensive all-in-one formula for protecting, regenerating and detoxifying the liver.

Dosage: Take 1 capsule daily, or as directed by a healthcare practitioner.

Price: $40.50

BioPractica — Thyro-HPA Forte 60 tab

BioPractica Thyro-HPA Forte provides combination of Withania and Rhodiola for maximum adaptogenic support during times of stress and fatigue.It contains high strength selenium and iodine for healthy thyroid function and thyroid hormone production, which increases basal metabolic rate and cellular metabolism.

Dosage: Take 1-2 capsules daily, with food, or as directed by a healthcare practitioner.

Price: $51.50

To order your prescription please contact Natasha on info@qhealth.co.nz who will take care of this process for you. If you would like assistance with interpreting your results or additional dietary advice, please feel free to contact us to make an appointment at team@allergenics.co.nz

What To Do Next

1. Order Your Prescription

You may have received a nutritional supplement prescription with your test report. The recommended prescription may assist in bringing your body back into balance, together with all other recommendations in your report. Please order your prescription by contacting Natasha on info@qhealth.co.nz

2. Consult With A Healthcare Practitioner

If you would like to further discuss your test results with a qualified healthcare professional, please contact us for a list of practitioners in your area.

3. Retesting

We recommend retesting at least 6 months after first implementing any dietary or nutritional changes. Please contact us if you require any further information on retesting.