Good Health

28 November 2018

Food and Environmental Sensitivity 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

Food and Environmental Sensitivity Test

Thank you for choosing our testing service for your Food and Environmental Sensitivity Test. Before you continue reading through this report, we would like to share some important information with you regarding the differences between 'allergic reactions' and 'sensitivity- and intolerance reactions'. This will help you to better understand your results and the explanations in the report that follows.

When we consume anything that makes us feel unwell, or are exposed to anything in our environment that causes distress to our body, we automatically assume that we have an allergy to it. These reactions are however not always due to allergy. Allergy is a specific immune-based reaction to anything that we are exposed to, which our body cannot tolerate. The reaction is usually immediate (within 30 minutes) and involves a special subset of immune antibodies called IgE. These antibodies trigger the release of histamine, giving all the classic symptoms of allergy i.e. swelling of the lips, mouth and throat, skin rash, itching, hives and respiratory symptoms. These symptoms can vary in intensity and in extreme cases may lead to anaphylaxis, which could be fatal.

Some allergic reactions are more delayed and occur up to 48 hours after exposure to the substance. These reactions may be immune-based, or a non-immune physiological reaction. The immune-based delayed reactions usually involve subsets of antibodies called IgG or IgM, with varying symptoms including skin reactions, headaches, fatigue and gastrointestinal symptoms such as bloating, flatulence and constipation and/or diarrhoea.

Non-immune responses involve one or more physiological reactions that are not yet fully understood. Currently there are no conventional testing methods that are able to detect the causes of these sensitivity reactions and they go largely undiagnosed.

The Allergenics testing method uses a unique energy measurement technology that can detect disruptions to normal energy patterns in the body. Each substance that we eat or that we are exposed to in the environment, has a particular energy pattern that can be measured. If a particular substance causes a stress to the body, its energy pattern changes and these changes can be detected and recorded. This allows us to ascertain which substances are causing distress to our bodies and whether or not the stress is an acute (short-term) phenomenon, or chronic (long-term) phenomenon.

Please note:

The Food and Environmental Sensitivity Assessment is not a medical test. It does not provide information on classic immune-based allergic reactions. It is a test that utilises energy technology to provide information on food and environmental sensitivities and intolerances. Foods that one has been avoiding in their diet prior to doing this test may not show up as reactive, or may show up at a lower reactivity level.

What we test for

Animal Proteins	Beef, Chicken, Egg - Whole, Egg Yolk, Fish, Shellfish.
Bacteria	Bacillus cereus, Escherichia coli, Helicobacter pylori, Mixed SIBO, Moraxella catarrhalis, Staphylococcal Bacteria, Streptococcal Bacteria.
Beverages	Alcohol, Beer, Caffeinated Drinks, Coffee, Tea, Wine.
Dairy Products	All Dairy, Caseinates, Cow's Milk, Whey (FS).
Environmental Compounds	Acrylamide, Chlorine, Detergents (ES), Diesel Fuel (ES), Dustmites, Fabric Softeners, Feathers, Flower Pollen, Grass Pollen, House Dust, Mixed Pollens, Moulds, Natural Gas (ES), Paint Mix, Perfume/Aftershave, Petrol - Leaded, Petrol - Unleaded, Pine Pollen, Sheep's Wool, Tea Tree, Tobacco Smoke.
Finished Foods	Chutney, Gherkins (Pickled), Hummus, Jam (Mixed Fruit), Mayonnaise, Noodles Instant GF, Noodles Instant Regular, Pastry (Filo), Pastry (Pie), Pastry (Shortcrust), Potato Chips (Salted), Sauce (Pasta Tomato), Sauce (Pizza).
Food Additives	Amaranth, Benzoic Acid, Erythrosine, Food Colours, MSG, Phosphoric Acid (NAET), Ponceau Red, Salicylates, Sodium Nitrate (FS), Sodium Nitrate/Nitrite, Sodium Sulphate, Sodium Sulphite, Tartrazine.
Fruits	Apple, Apricot, Banana, Citrus Fruit, Grapefruit, Grapes, Kiwi, Lemon, Mango, Mixed Berries, Nectarine, Orange, Peach, Pear, Pineapple, Plum, Strawberry.
Grains	Barley, Corn - Processed, Gluten, Oats, Rice, Rye, Spelt, Wheat (white flour), Wheat (wholemeal), Wheat.
Legumes	Legumes, Peanut.
Miscellaneous Foods	Black Pepper, Mushroom, Salt, Soy Sauce.
Nightshade Foods	Capsicum, Chili, Nightshade Foods, Paprika, Potato, Tomato.
Non-Nutritive Sweeteners	Aspartame, Saccharin.
Nuts	Mixed Nuts.
Seeds	Cocoa, Coconut, Sesame Seed, Sunflower Seed.
Soy	Soy Bean.
Sugars	Fructose, Honey, Lactose, Sucrose (Table Sugar).
Vegetables	Avocado, Carrot, Celery, Corn - Fresh, Courgette, Cruciferous Vegetables, Egg Plant, Garlic, Green Bean, Onion, Pea, Pumpkin, Sweet Potato.
Viruses	Epstein Barr virus, cytomegalovirus group.
Yeast and Fungi	Candida Albicans, Mixed Candida.
Yeast and Yeast-based Products	Baker's Yeast, Yeast.

Your Test Results

This section provides you with the results of your test. It will tell you which foods and environmental compounds you have reacted to and their respective levels of reactivity.

Reactive scale

A = Acute, short term
C = Chronic, long term

Animal Proteins

Beef	Chicken	Egg - Whole
A	A	C

Bacteria

Bacillus cereus
C

Dairy Products

Cow's Milk	Caseinates
C	C

Environmental Compounds

Dustmites	Paint Mix
A	C

Finished Foods

Jam (Mixed Fruit)	Pastry (Filo)
A	C

Food Additives

Erythrosine
C

Fruits

Lemon  A	Kiwi  C

Grains

Wheat  C	Gluten  C

Legumes

Legumes  A

Miscellaneous Foods

Salt  C	Black Pepper  C

Sugars

Sucrose (Table Sugar)  A	Lactose  C

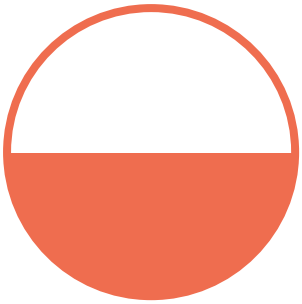
Vegetables

Green Bean  A

Deep dive into your significant results

Green Bean

Your reactivity: Score 5: Moderate (Acute)



Green bean belong to the legume group of foods. Bean intolerance is more common due to the high levels of nutrient inhibitors found in these legume foods. Reactions to dried beans may be more common than fresh beans. These nutrient inhibitors prevent the legume from being properly digested.

What This Means

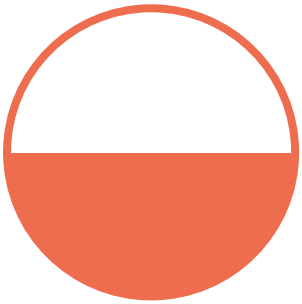
Sensitivity to beans and legumes in general may present with symptoms that include belching, abdominal bloating and discomfort and flatulence shortly after exposure to the food. The symptoms lessen as the food leaves the body.

What To Do Next

Acute scores: Low reactivity (0 - 3.4), symptoms may or may not be present. Consume the food or beverage 1 day in every 2. **Medium reactivity** (3.5 - 6.4) symptoms may be present. Consume the food or beverage 1 day in every 4.Try not to consume reactive foods on the same day. **High reactivity** (6.5 +) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended. **Chronic scores** (0 - 10) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended.

Jam (Mixed Fruit)

Your reactivity: Score 4: Moderate (Acute)



A generic product containing ingredients and food additives commonly found in this or similar food products. Ingredients include sugar, plum, apricot, orange, berries, food acid (citric acid), gelling agent (pectin),

What This Means

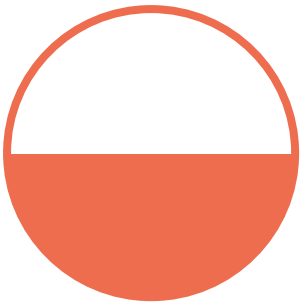
Sensitivity to jam may result from sensitivity to any one of the ingredients or to a combination of ingredients in this food. Jam is high in sugar (both refined and natural fruits sugars) and so individuals with sugar intolerance will also react to jam. A diverse array of symptoms may be present including digestive and immune symptoms. Sugar may trigger hyperactivity in sensitive individuals. Symptoms may improve once the food leaves the body.

What To Do Next

Acute scores: Low reactivity (0 - 3.4), symptoms may or may not be present. Consume the food or beverage 1 day in every 2. **Medium reactivity** (3.5 - 6.4) symptoms may be present. Consume the food or beverage 1 day in every 4.Try not to consume reactive foods on the same day. **High reactivity** (6.5 +) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended. **Chronic scores** (0 - 10) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended.

Legumes

Your reactivity: Score 3.5: Moderate (Acute)



The legume family includes peanuts, beans, peas, lentils and soy. Intolerance to this food group is quite common due to the presence of nutrient inhibitors found in the skins of these legumes. Legume intolerance may cause a severe amount of discomfort and distress to highly sensitive individuals.

What This Means

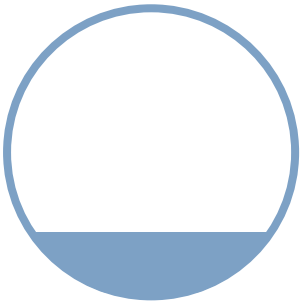
Sensitivity to legumes may present with gastrointestinal symptoms that include intestinal discomfort presenting alone or together with varying amounts of intestinal gas, belching and flatulence. Soaking these legumes for at least 24 hours prior to preparation, then boiling them well and removing their outer skins may greatly reduce reactivity in certain individuals.

What To Do Next

Acute scores: Low reactivity (0 - 3.4), symptoms may or may not be present. Consume the food or beverage 1 day in every 2. **Medium reactivity** (3.5 - 6.4) symptoms may be present. Consume the food or beverage 1 day in every 4.Try not to consume reactive foods on the same day. **High reactivity** (6.5 +) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended. **Chronic scores** (0 - 10) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended.

Dustmites

Your reactivity: Score: 3: Low (Acute)



Dust mites are are small, sightless insects that feed on the dead skin cells we all shed. Most people who are sensitive to dust mites are actually reacting to the dust mite faeces, which release allergens very rapidly. They tend to live in humid places that 'store' moisture, including carpets, sofas, mattresses and clothing.

What This Means

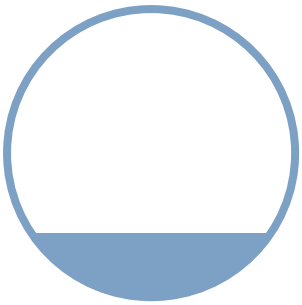
Sensitivity to dust mites is very common. Sensitivity symptoms are associated with those of allergic rhinitis and asthma and include sneezing, wheezing and runny nose. Maintaining a clean and dry environment will help to eliminate dust mites but even in very dry conditions, it may take months for dust mites to die and for their allergens to dissipate.

What To Do Next

Acute and Chronic Scores: For low reactivity scores (0 - 3.4), symptoms may or may not be present. We recommend avoiding all possible sources of this insect. For medium and high reactivity scores (3.5 - 6.4 and 6.5 +) symptoms may be present. We recommend avoiding all possible sources of this insect and nutritional supplement support is also recommended.

Beef

Your reactivity: Score: 3: Low (Acute)



Beef is a red meat that rarely causes sensitivity reactions, however, sensitivity to proteins found in beef is on the increase. It is most common amongst dairy-sensitive individuals and particularly children with atopic dermatitis or eczema.

What This Means

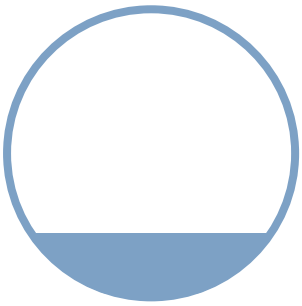
Sensitivity to beef proteins may trigger an allergic reaction. Intolerance to beef is mostly uncommon but if present, may be due to the presence of substances called purines in the meat. In some individuals, purine metabolism is defective and this leads to a build-up of uric acid in the body resulting in symptoms of gout and kidney stone formation.

What To Do Next

Acute scores: Low reactivity (0 - 3.4), symptoms may or may not be present. Consume the food or beverage 1 day in every 2. **Medium reactivity** (3.5 - 6.4) symptoms may be present. Consume the food or beverage 1 day in every 4.Try not to consume reactive foods on the same day. **High reactivity** (6.5 +) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended. **Chronic scores** (0 - 10) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended.

Lemon

Your reactivity: Score: 2.5: Low (Acute)



Lemons are part of the citrus family along with oranges, limes, grapefruit, mandarin and tangelo. Sensitivity to the citrus fruits are quite common and may be due to the ascorbic acid or salicylate content of the fruit.

Please note: If you record reactive to only one fruit in this family, then the result may be reported as the fruit itself and not collectively as 'citrus fruit'.

What This Means

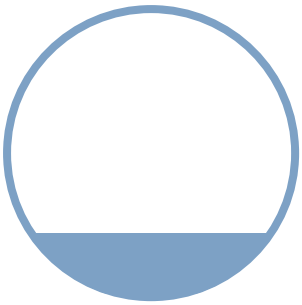
Sensitivity to the salicylate content in lemon may present with symptoms of urticaria, eczema, asthma, sinusitis and digestive upsets. Sensitivity to ascorbic acid may present with mild to severe nausea, diarrhoea and vomiting shortly after consuming ascorbic-acid containing foods.

What To Do Next

Acute scores: Low reactivity (0 - 3.4), symptoms may or may not be present. Consume the food or beverage 1 day in every 2. **Medium reactivity** (3.5 - 6.4) symptoms may be present. Consume the food or beverage 1 day in every 4.Try not to consume reactive foods on the same day. **High reactivity** (6.5 +) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended. **Chronic scores** (0 - 10) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended.

Chicken

Your reactivity: Score: 1.5: Low (Acute)



Chicken is a poultry meat that rarely triggers sensitivity reactions. Chicken intolerance is also rare and if present, may be due to the presence of substances called purines in the meat. Purines are compounds found in animal protein and some vegetables. Chicken intolerance may also be the result of a prior exposure to spoiled chicken.

What This Means

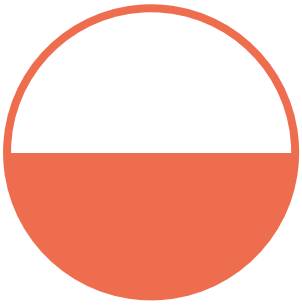
Intolerance to chicken resulting from a purine intolerance may trigger symptoms of gout and kidney stone formation. Intolerance to chicken may also present with gastrointestinal disturbances such as nausea, vomiting, pain, diarrhoea and bloating. This may be exacerbated by a disturbance to the beneficial intestinal bacterial flora, resulting from a possible previous intestinal infection.

What To Do Next

Acute scores: Low reactivity (0 - 3.4), symptoms may or may not be present. Consume the food or beverage 1 day in every 2. **Medium reactivity** (3.5 - 6.4) symptoms may be present. Consume the food or beverage 1 day in every 4.Try not to consume reactive foods on the same day. **High reactivity** (6.5 +) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended. **Chronic scores** (0 - 10) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended.

Egg - Whole

Your reactivity: Score 3.5: Moderate (Chronic)



Sensitivity and intolerance to egg is common, especially in babies. Sensitivity can be to either the yolk, the egg white or both. Egg contains a number of different proteins that can trigger both sensitivity and intolerance reactions.

What This Means

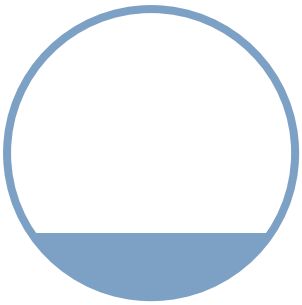
Sensitivity to egg may manifest with digestive symptoms, headaches, joint pain and general discomfort. These symptoms may take time to manifest and differ to those of classic egg yolk allergy. Check food labels carefully and look out for egg-containing foods.

What To Do Next

Acute scores: Low reactivity (0 - 3.4), symptoms may or may not be present. Consume the food or beverage 1 day in every 2. **Medium reactivity** (3.5 - 6.4) symptoms may be present. Consume the food or beverage 1 day in every 4.Try not to consume reactive foods on the same day. **High reactivity** (6.5 +) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended. **Chronic scores** (0 - 10) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended.

Paint Mix

Your reactivity: Score: 3: Low (Chronic)



Paint mix refers to a category containing both oil-based and water-based paints. Paints are used mainly as decorative paints for the inside and outside of building in both private dwellings and industrial buildings. They form a protective coat for the underlying material. Intolerance to paint can be due to one or several of its compounds.

What This Means

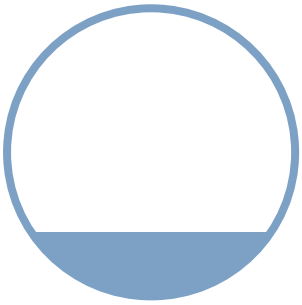
Sensitivity to paints can be due to one or several of its compounds. They contain pigments (azo-dyes, titanium dioxide, iron oxides), resins, extenders and additives including dispersants, silicones, anti-settling agents, thixotropic agents, driers and possibly anti-microbial agents. Sensitivity may present with topical skin symptoms such as a rash or dermatitis and may trigger respiratory symptoms in sensitive individuals.

What To Do Next

Acute and Chronic Scores: For low reactivity scores (0 - 3.4), symptoms may or may not be present. We recommend avoiding all possible sources of this compound . For medium and high reactivity scores (3.5 - 6.4 and 6.5 +) symptoms may be present. We recommend avoiding all possible sources of this compound and nutritional supplement support may also be recommended.

Salt

Your reactivity: Score: 3: Low (Chronic)



Salt or sodium chloride is essential for life and saltiness is one of the basic human tastes. Salt is one of the oldest and most ubiquitous food seasonings, and salting is an important method of food preservation. Edible salt is sold in forms such as sea salt and table salt which usually contains an anti-caking agent and may be iodised to prevent iodine deficiency. As well as its use in cooking and at the table, salt is present in many processed foods.

What This Means

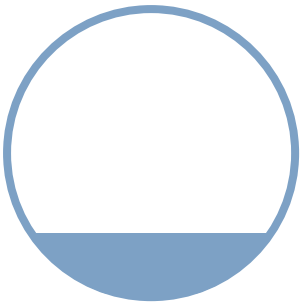
Salt (sodium chloride) sensitivity may be common in those individuals with elevated blood pressure. Sodium may cause an elevation in blood pressure which may or may not present with any other symptoms besides hypertension. If one has hypertension and has tested reactive to salt (sodium chloride) then one needs to consider restricting or eliminating salt from their diet, or select low-salt or no-salt alternative.

What To Do Next

Acute and Chronic Scores: For foods with low reactivity (0 - 3.4), symptoms may or may not be present. We recommend consuming the food or beverage 1 day in every 2. For medium reactivity (3.5 - 6.4) symptoms may be present. We recommend consuming the food or beverage 1 day in every 4.Try not to consume reactive foods on the same day. For high reactivity scores (6.5 +) we recommend eliminating the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended.

Bacillus cereus

Your reactivity: Score: 2: Low (Chronic)



Bacillus cereus is a bacterium that is commonly associated with food poisoning. It produces 'spores' which enables it to be carried into many different environments including soils, dust and plants. It is also frequently present in food production environments where it is able to spread to all kinds of food because of its spores. These bacteria may cause two type of food poisoning due to its ability to produce toxins.

What This Means

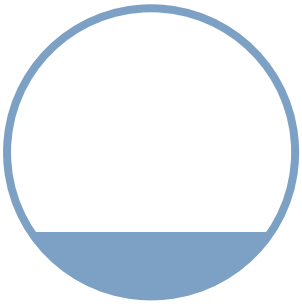
The presence of *Bacillus cereus* in your test indicates current or past exposure to these bacteria. Symptoms may or may not be present, but if present may include fever, nausea, vomiting and diarrhoea.

What To Do Next

Acute and Chronic Scores: For low reactivity scores (0 - 3.4), symptoms may or may not be present. We recommend avoiding all possible sources of this micro-organism . For medium and high reactivity scores (3.5 - 6.4 and 6.5 +) symptoms may be present. We recommend avoiding all possible sources of this micro-organism and nutritional supplement support may also be recommended.

Pastry (Filo)

Your reactivity: Score: 2: Low (Chronic)



A generic product containing ingredients and food additives commonly found in this or similar food products. Ingredients include wheat (white flour), water, maize starch, water, salt, vegetable oil (sunflower oil), antioxidant (306 - tocopherol concentrate), anticaking agent (341 - calcium phosphate), preservative (202 - potassium sorbate).

What This Means

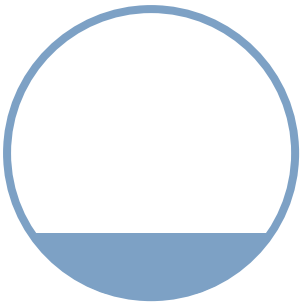
Sensitivity to filo pastry may result from sensitivity to any one of the ingredients or to a combination of ingredients in this food. It may present with gastrointestinal symptoms such as heartburn, flatulence, abdominal discomfort and diarrhoea. Symptoms may improve once the food leaves the body.

What To Do Next

Acute scores: Low reactivity (0 - 3.4), symptoms may or may not be present. Consume the food or beverage 1 day in every 2. **Medium reactivity** (3.5 - 6.4) symptoms may be present. Consume the food or beverage 1 day in every 4.Try not to consume reactive foods on the same day. **High reactivity** (6.5 +) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended. **Chronic scores** (0 - 10) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended.

Kiwi

Your reactivity: Score: 2: Low (Chronic)



Kiwi fruit are small enzyme-rich fruit that have a host of heath benefits. Sensitivity to kiwi fruit is not common but when it occurs, it could be due to the presence of the protein-digesting enzymes particularly the enzyme actinidin.

What This Means

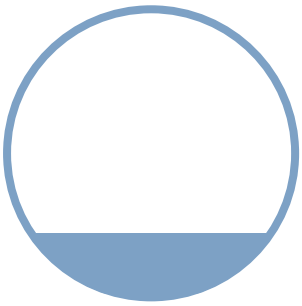
Sensitivity to kiwi presents with gastrointestinal symptoms which include indigestion, heartburn, belching, abdominal pain and diarrhoea shortly after consuming the fruit. Common immune symptoms include a skin rash around the mouth or face shortly after consuming the fruit. Symptoms may also be delayed making it difficult to identify the cause.

What To Do Next

Acute scores: Low reactivity (0 - 3.4), symptoms may or may not be present. Consume the food or beverage 1 day in every 2. **Medium reactivity** (3.5 - 6.4) symptoms may be present. Consume the food or beverage 1 day in every 4.Try not to consume reactive foods on the same day. **High reactivity** (6.5 +) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended. **Chronic scores** (0 - 10) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended.

Caseinates

Your reactivity: Score: 2: Low (Chronic)



Casein, or caseinates, are a group of proteins found in mammalian milk. They are the main proteins found in cow's, sheep and goat's milk, A1-beta-casein being the most predominant. Besides it's presence in dairy, caseins are used in many other food and non-food products as a binder. Intolerance to casein is not common and when it occurs, may be due to a lack of enzymes required to digest the A1 beta-casein in dairy.

What This Means

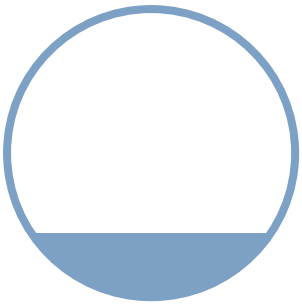
Intolerance to casein is not common and when it occurs, may be due to a lack of enzymes required to digest the A1 beta-casein in dairy. Symptoms associated with this include abdominal discomfort, nausea and bloating shortly after consuming products with casein. Other symptoms include nasal congestion and increased mucus production. Chronic symptoms may also include skin rashes, eczema and urticaria. In some cases, A2 beta-casein containing dairy products (A2 milk) can be used as a substitute.

What To Do Next

Acute scores: Low reactivity (0 - 3.4), symptoms may or may not be present. Consume the food or beverage 1 day in every 2. **Medium reactivity** (3.5 - 6.4) symptoms may be present. Consume the food or beverage 1 day in every 4.Try not to consume reactive foods on the same day. **High reactivity** (6.5 +) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended. **Chronic scores** (0 - 10) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended.

Erythrosine

Your reactivity: Score: 2: Low (Chronic)



Erythrosine (Artificial Colour: 127) (also known as Red No. 3) is a cherry-pink synthetic coal tar dye used to colour a number of foods including cocktail glazed and tinned cherries, canned fruit, custard mix sweets, bakery, snack foods, biscuits, chocolate, dressed crab, garlic sausage, luncheon meat, salmon spread, pate, scotch eggs, stuffed olives and packet trifle mix.

What This Means

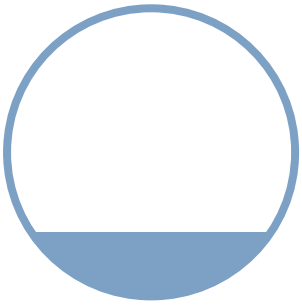
Erythrosine contains several iodine molecules and has been shown to increase thyroid hormone levels, causing hyperthyroidism. It may also potentially cause thyroid cancer. Being a synthetic colouring agent, it has been associated with intolerance reaction which includes skin reactions, hypersensitivity in children, asthma and gastrointestinal symptoms.

What To Do Next

Acute and Chronic Scores: For low reactivity scores (0 - 3.4), symptoms may or may not be present. We recommend avoiding all possible sources of this compound . For medium and high reactivity scores (3.5 - 6.4 and 6.5 +) symptoms may be present. We recommend avoiding all possible sources of this compound and nutritional supplement support may also be recommended.

Black Pepper

Your reactivity: Score: 0.5: Low (Chronic)



Black pepper is a flowering vine cultivated for its fruit, which is usually dried and used as a spice and seasoning. When dried, the fruit is known as a peppercorn. The spiciness of black pepper is due to the chemical piperine and is different to chili peppers. Intolerance to black pepper is common and individuals who react to celery and mixed pollens may also be more reactive to black pepper.

What This Means

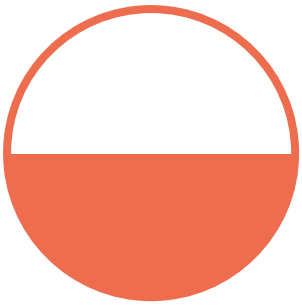
Black pepper is known to irritate the mucosal lining of the nose and mouth leading to sneezing and a sensation of burning, which is due the piperine constituent of the pepper. Black pepper intolerance is characterised by gastrointestinal symptoms which include abdominal pain, burning and discomfort which may pass as the seed moves out of the body.

What To Do Next

Acute and Chronic Scores: For foods with low reactivity (0 - 3.4), symptoms may or may not be present. We recommend consuming 1 day in every 2. For medium reactivity (3.5 - 6.4) symptoms may be present. We recommend consuming 1 day in every 4.Try not to consume reactive foods on the same day. For high reactivity scores (6.5 +) we recommend eliminating the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended.

Sucrose (Table Sugar)

Your reactivity : Score 4.5: Moderate (Acute)



Sugar (sucrose) refers to all forms of commercially available table sugars or baking/cooking sugars. This includes white, brown and raw sugar. All these sugars contain high levels of sucrose and their nutritional values are almost identical. The only difference is in how they have been processed. The most processed is white sugar and the least processed is raw sugar. Cane and beet sugars are the most commonly available forms of sucrose (table) sugar. Sugar sensitivity is quite common. This adverse reaction to sugar can cause many symptoms depending how much is consumed. Moderate to excessive consumption of sugar could lead to sugar intolerance and addiction.

What This Means

In children, symptoms of sugar intolerance may include rapid weight gain, resistance to insulin, loss of control over child's appetite, fatigue, joint pains, muscle cramps, forgetfulness, confusion, irritability and hyperactivity. Sugar may interfere with a child's thinking process by depleting neurotransmitters. In adults, sugar intolerance can lead to similar symptoms as well as sugar storage syndromes.

What To Do Next

Acute scores: Low reactivity (0 - 3.4), symptoms may or may not be present. Consume the food or beverage 1 day in every 2. **Medium reactivity** (3.5 - 6.4) symptoms may be present. Consume the food or beverage 1 day in every 4.Try not to consume reactive foods on the same day. **High reactivity** (6.5 +) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended. **Chronic scores** (0 - 10) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended.

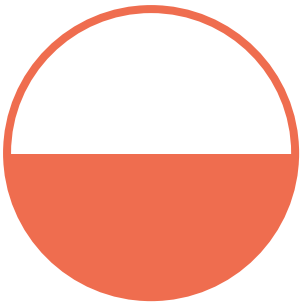
Additional Information

Read labels carefully and avoid all sugars as much as possible. Sugars can be labelled as any of the following: Dextrose, Maltose, Fructose, Lactose, syrup, concentrated fruit juice, honey, molasses, corn sweeteners and any variation of these names.

- Suitable alternatives to table sugars include Agave syrup, honey, maple syrup, xylitol, erythritol and Stevia.

Cow's Milk

Your reactivity : Score 5: Moderate (Chronic)



Cow's milk is commonly consumed for dietary purposes. This includes cow's milk cheeses and various other products from this dairy source. Individuals with a sensitivity to cow's milk may also show sensitivity to milk from other animals. Sensitivity may be due to the milk proteins, usually caseins and whey, or lactose, the sugar found in milk.

What This Means

Sensitivity to cow's milk protein is characterised by delayed reactions, and can include vomiting, diarrhoea and the worsening of the symptoms of asthma and eczema.
Sensitivity to the lactose component of cow's milk is known as lactose intolerance. Symptoms include diarrhoea, vomiting, stomach pain and flatulence shortly after consuming the dairy product. These symptoms may resemble a dairy allergy but the skin and respiratory symptoms are usually absent.

What To Do Next

Acute scores: Low reactivity (0 - 3.4), symptoms may or may not be present. Consume the food or beverage 1 day in every 2. **Medium reactivity** (3.5 - 6.4) symptoms may be present. Consume the food or beverage 1 day in every 4.Try not to consume reactive foods on the same day. **High reactivity** (6.5 +) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended. **Chronic scores** (0 - 10) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended.

Additional Information

Suitable Alternatives to Cow's Milk Products include:

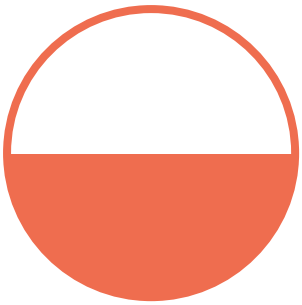
- Soy Milk (including soy butter, soy yoghurt and soy cheese)
- Rice Milk (including calcium- and protein-enriched forms)
- Oat Milk
- Almond Milk
- Coconut milk

Note: If following a dairy-free regime, please ensure that your calcium intake from other dietary sources is adequate and meets the minimum recommended daily intake level for your age. Alternatively, calcium supplementation needs to be considered.

Please note: If your reactivity scores for the categories All Dairy and Cow's Milk are the same, then the collective result will be recorded under the general category All Dairy.

Wheat

Your reactivity : Score 4.5: Moderate (Chronic)



Wheat is a common allergen and contains more than 80 different components that may cause sensitivity reactions. An allergy to to the gluten contained within the wheat may lead to a condition called Coeliac's disease. Wheat intolerance is becoming increasingly common and may present with similar gastrointestinal symptoms to those found with wheat allergy. Intolerance may be to any component of wheat and not to the gluten alone.

What This Means

A wheat sensitivity can be due to any of its components. Skin rash is a common which appears shortly after consuming the food. Other symptoms include bloating, flatulence, abdominal pain. More delayed subtle-onset reactions such as post-nasal drip, sinus congestion, brain fog or joint aches may also occur one to three days after eating wheat. More long-term symptoms include fatigue, irritability and mood changes during the regular consumption of wheat or wheat-containing foods.

What To Do Next

Acute scores: Low reactivity (0 - 3.4), symptoms may or may not be present. Consume the food or beverage 1 day in every 2. **Medium reactivity** (3.5 - 6.4) symptoms may be present. Consume the food or beverage 1 day in every 4.Try not to consume reactive foods on the same day. **High reactivity** (6.5 +) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended. **Chronic scores** (0 - 10) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended.

Additional Information

Suitable Alternatives to Wheat and Wheat-Based Products:

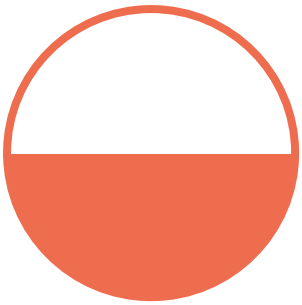
- Bread, pasta, noodles, cereals, crackers and flours made from the following grains or legumes: gluten-free products, oats (wheat-free), corn and cornstarch (wheat-free), soy, millet, buckwheat, quinoa, amaranth, tapioca, chickpea and chia. Rye, spelt and barley may also be consumed if one is not gluten-sensitive.

Please note that you will also need to restrict or eliminate any of the above grains or legumes if you have tested reactive to them.

Please note: If your reactivity scores for the categories Wheat (white flour) and Wheat (wholemeal) are the same, then the result will be recorded collectively under the general category of Wheat.

Lactose

Your reactivity : Score 3.5: Moderate (Chronic)



Lactose is a sugar found in all milk of animal origin. Lactose intolerance is the inability to metabolise lactose due to a complete absence of the required enzyme, lactase, or a lack of this enzyme in the digestive tract. Inflammation in the intestinal mucosa will decrease the availability of lactase; other factors include age, ethnicity, auto-immune conditions, chronic inflammation, digestive disorders such as Crohn's disease, colitis and irritable bowel syndrome (IBS).

What This Means

A sensitivity to or an intolerance of lactose presents with varying degrees of gastrointestinal symptoms including abdominal bloating, cramps, flatulence, diarrhoea, nausea and vomiting half-an-hour to four hours after consuming dairy products. Many lactose intolerant individual may be able to tolerate lactose-free milk, yoghurt and cheeses.

What To Do Next

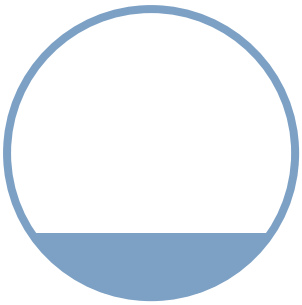
Acute scores: Low reactivity (0 - 3.4), symptoms may or may not be present. Consume the food or beverage 1 day in every 2. **Medium reactivity** (3.5 - 6.4) symptoms may be present. Consume the food or beverage 1 day in every 4.Try not to consume reactive foods on the same day. **High reactivity** (6.5 +) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended. **Chronic scores** (0 - 10) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended.

Additional Information

Please Note:If following a dairy-free regime, please ensure that your calcium intake from other dietary sources is adequate. Alternatively, a calcium supplement needs to be considered.

Gluten

Your reactivity : Score: 2.5: Low (Chronic)



Gluten is a protein composite consisting of gliadin and glutenin. It is found naturally occurring in wheat (also durum, spelt, kamut, semolina) and related grains such as rye, barley and triticale. All foods containing processed forms of these grains will also contain gluten. Allergy to gluten can lead to a disease called coeliac disease. It is characterised by an immune reaction to the partially-digested gliadin component of gluten and leads to disease of the intestinal mucosa.

Note: Wheat intolerance may not always be the same as gluten intolerance. In many cases, individuals intolerant of wheat may tolerate other forms of wheat such as spelt and kamut and may not react to rye and barley. The sensitivity is to another protein in wheat and not gluten.

What This Means

Symptoms associated with gluten sensitivity include diarrhoea, abdominal pain and bloating, weight loss, abdominal distension, malabsorption syndrome and mouth ulcers. Gluten intolerance may present with similar symptoms but the autoimmune reaction is absent. Symptoms may include bloating, abdominal discomfort, pain, diarrhoea, headache, migraine, lethargy, joint pain and muscle discomfort after consuming foods containing gluten.

What To Do Next

Acute scores: Low reactivity (0 - 3.4), symptoms may or may not be present. Consume the food or beverage 1 day in every 2. **Medium reactivity** (3.5 - 6.4) symptoms may be present. Consume the food or beverage 1 day in every 4.Try not to consume reactive foods on the same day. **High reactivity** (6.5 +) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended. **Chronic scores** (0 - 10) eliminate the food for a period of 1 - 3 months, after which either retesting or a food challenge is recommended.

Additional Information

Suitable Alternatives to Gluten Products include:

Bread, pasta, cereal, noodles, crackers and flours made from the following grains and legumes: Gluten-free flour and its products, rice (brown and white), millet, buckwheat, soy, corn and cornstarch (gluten-free only), oats (gluten-free only), quinoa, amaranth, tapioca and chick pea.

- Please note that you will need to avoid any of the above ingredients if you have tested reactive to them in your test.

Your Supplement Prescription

Name: Good Health

Date: 28 November 2018

Dear Good,

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

BioMedica — ProFlora X 60 caps

BioMedica ProFlora X is a high-potency multi-strain probiotic supplement.

Dosage: Take 1 capsule daily.

Price: $75.50

BioPractica — Matrix Phase Detox 200g

BioPractica Matrix Phase Detox is an advanced and comprehensive blend of phyto-nutrients, superfoods and natural ingredients designed to supply nutritional support during detoxification diets or programs, or to be taken daily as an ideal source of plant based nutrients.The complex contains a 'Green Matrix Blend' including organic Broccoli sprouts, organic Barley grass, organic Chlorella (cracked), Coriander and Spirulina.

Dosage: Daily use: Take 1/2 to 1 heaped teaspoon mixed with a glass of water daily, or as directed by your healthcare pracitioner. During Detoxification: when used suring a cleansing or detoxification program, take as directed by your healthcare practitioner

Price: $73.60

BioPractica — Immune Pro Plus

BioPractica Immune Pro Plus is a herbal formulation designed to provide overall immune support and maintenance of healthy immune function.

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

Price: $56.00

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.