



# Allergenics

# Test Report

Best Health

13 February 2019

Food and Environmental Sensitivity Test

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# 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.
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



Low



Moderate

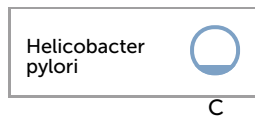


High

A = Acute, short term

C = Chronic, long term

## Bacteria



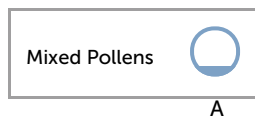
## Beverages



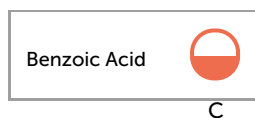
## Dairy Products



## Environmental Compounds



## Food Additives



## Grains



## Legumes



## Nightshade Foods



## Soy



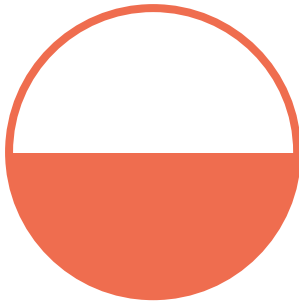
## Vegetables



# Deep dive into your significant results

## Caffeinated Drinks

Your reactivity: **Score 4.5: Moderate** (Acute)



Caffeine sensitivity is becoming more prevalent due to the increased consumption of high-caffeine foods and beverages. Caffeine is present in coffee, tea, commercially available energy drinks and chocolate. Due to the adrenalin effects of caffeine, sensitivity to this substance is not readily detectable. Caffeine may mask many of the normal sensitivity symptoms experienced in a individual due to its marked effect on adrenaline production. Over time, mild caffeine sensitivity may also trigger alterations to neurotransmitter function and contribute to mood and sleep disorders.

**Please note:** If 2 or more caffeinated drinks are recorded as reactive in your test, the result will be recorded collectively under 'Caffeinated Drinks'.

### What This Means

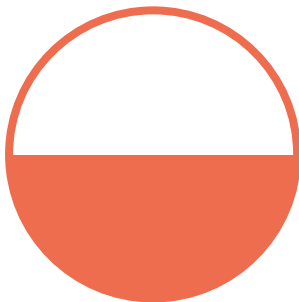
Sensitivity to caffeine may produce symptoms of diarrhoea, nausea and bloating shortly after consuming the substance. Other immediate symptoms include anxiety, agitation, palpitations, sweating, a sensation of a lump in the throat, brain fog and mood changes. Due to the addictive nature of caffeine, the psychological symptoms associated with caffeine intolerance may be quite marked.

### 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.

## Soy Bean

Your reactivity: **Score 4: Moderate** (Acute)



Soy bean belongs to the legume group of foods. Sensitivity to soy bean is quite common. Individuals that are intolerant of pure soy may be able to tolerate fermented soy products such as miso, tempeh, soy sauce, tamari and shoyu as they are more easily digested. The fermented soy products are the foods of choice when reintroducing soy into the diet.

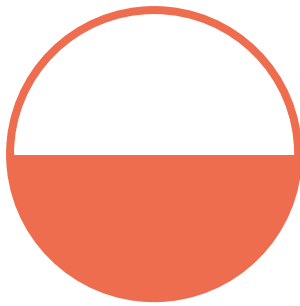
### What This Means

Intolerance to soy may present with digestive symptoms which include bloating, abdominal discomfort and abdominal pain shortly after consuming the food. Soy intolerance may make one intolerant to other legumes and pulses.

### 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.

## Tomato

Your reactivity: **Score 4: Moderate** (Acute)

Tomatoes are part of the Nightshade Family (Solanaceae) of fruit and vegetables. Intolerance to this family of foods is very common. Individuals that are sensitive to tomato may also be reactive to other nightshade foods such as potato, capsicum, eggplant, paprika, and other latex allergen-containing foods.

**Please note:** If you record reactive to only one food in this family, then the result may be reported as the particular food and not collectively as 'nightshade foods'.

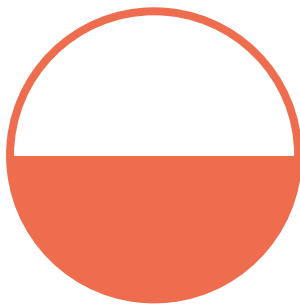
## What This Means

Sensitivity to tomato is characterised by symptoms of nausea, abdominal bloating, flatulence, diarrhoea and sometimes vomiting shortly after consuming the food or its juice. It appears that the more fruit one eats the more severe the reaction. Sensitivity to the solanine component of the fruit may present with skin rashes, muscle and joint pain. Intolerance may also be related to the salicylate content of the fruit. Cooking or processing the fruit may reduce the incidence of intolerance reactions.

## 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

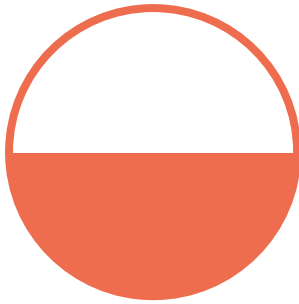
Sensitivity to legumes may present with gastrointestinal symptoms that include intestinal discomfort presenting alone or together with varying amounts of intestinal gas, belching and flatulence. Soaking these legumes for at least 24 hours prior to preparation, then boiling them well and removing their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



## Onion

Your reactivity: **Score 3.5: Moderate** (Acute)

Onion is part of the Allium family which includes leek, garlic and shallots. Onion intolerance is common. Due to the high sulphur content of these vegetables and the presence of nutrient inhibitors, they have the potential to cause severe discomfort and distress in sensitive individuals.

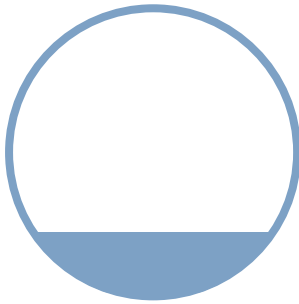
## What This Means

Onion intolerance may present with symptoms of intestinal gas, which may be excessive bloating after eating, belching or flatulence or a combination of these symptoms. Symptoms usually 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.

## Corn - Fresh

Your reactivity: **Score: 3: Low** (Acute)

Corn is a cereal grain and the seed of a plant from the grass family. Although native to Central America, it is now grown in countless varieties throughout the world. Popcorn and sweet corn are commonly eaten varieties, but refined corn products are also widely consumed, frequently as ingredients in foods. Corn may be described on food labels as: cornstarch, cornmeal, corn syrup, dextrose, cereal starch and various starch and glucose formats.

## What This Means

Sensitivity to corn commonly presents with gastrointestinal symptoms which include abdominal bloating and discomfort shortly after consuming the food. Other symptoms such as nausea and diarrhoea may develop but appear to be dependent on how much of the food has been consumed.

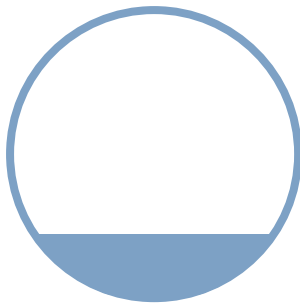
## What To Do Next

**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.

## Chili

Your reactivity: Score: 3: Low

(Acute)



Chili pepper is the fruit of plants belonging to the Capsicum genus, which belong to the nightshade group of fruits and vegetables. Chili spice is intensely hot, mainly due to its capsaicinoid content and the intensity of heat varies between different plant varieties. Individuals have different tolerance levels for chili and can experience side effects due their spiciness.

**Please note:** If you record reactive to only one food in this family, then the result may be reported as the food and not collectively as 'nightshade foods'.

## What This Means

True chili sensitivity is characterised by symptoms of severe heartburn, nausea, abdominal pain, flatulence and discomfort a couple of hours after consuming the spice. A skin rash may accompany the digestive symptoms. Chili can aggravate inflammatory disorders of the gastrointestinal tract, such as gastritis, colitis and Irritable Bowel Syndrome (IBS).

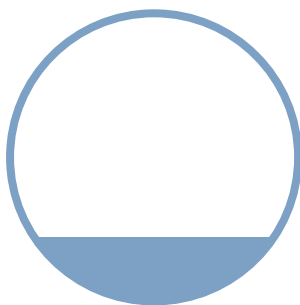
## What To Do Next

**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.

## Mixed Pollens

Your reactivity: Score: 3: Low

(Acute)



Pollen mix refers to a mix of grass, flower and shrub pollens. Sensitivity reactions to pollens are extremely common. The timing of the symptoms will depend on the type of pollen that is present and this varies from region to region. In some individuals, certain foods can heighten sensitivity to pollens. Such cross-reactivity reactions are quite common between pollens and foods. For many individuals pollen avoidance is difficult or not possible, and therefore in such cases desensitisation therapy is recommended.

**Please note:** If 2 or more sources of pollen are recorded as reactive in your test, the result will be recorded collectively under this category, and not under their individual categories.

## What This Means

Pollens mostly cause seasonal allergic rhinitis (hayfever).

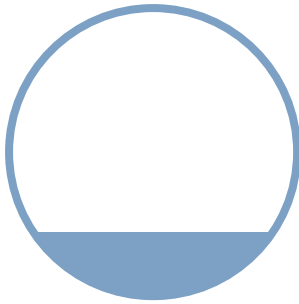
## What To Do Next

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 is also recommended.

## Sheep's Wool

Your reactivity: **Score: 3: Low**

(Acute)



Wool is a fibre-based material obtained from sheep. It is predominantly used for clothing and in fabrics in general. Sheep wool fibres are covered with a layer of wax called lanolin.

### What This Means

Intolerance to sheep's wool is quite rare. When it exists, it is usually due to the lanolin layer on the wool. However, individuals with sensitive skins or pre-existing skin conditions may show increased sensitivity to the wool fibres. Wool may trigger symptoms of itching or scratching. An intolerance to wool material is usually a sign of heightened skin sensitivity in general.

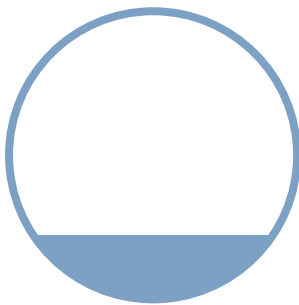
### What To Do Next

**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 material. 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 material and nutritional supplement support may also be recommended.

## Potato

Your reactivity: **Score: 2.5: Low**

(Acute)



Potatoes are part of the nightshade family of foods, belonging to the Solanaceae family of plants. Common to this group are tomatoes, potatoes, eggplants, capsicums, chilli and various herbs. Intolerance to this family of foods is very common despite the fact that they encompass some of the most widely eaten fruits and vegetables in the diet.

**Please note:** If you record reactive to only one food in this family, then the result may be reported as the food and not collectively as 'nightshade foods'.

### What This Means

Sensitivity to potato may present with gastrointestinal symptoms shortly after consuming the food. It appears that the more of the food one eats the more severe the reaction. Sensitivity to the solanine and salicylate components of the food may also present with skin rashes and muscle and joint pain. Cooking or processing the food may reduce sensitivity reactions.

### What To Do Next

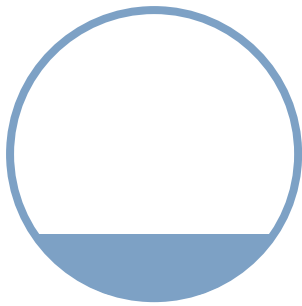
**Acute scores: Low reactivity** (0 - 3.4), symptoms may or may not be present. Consume the food or beverage 1 day in every 2.

**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.

## Garlic

Your reactivity: **Score: 2: Low**

**(Acute)**



Garlic belongs to the Allium family of plants which also includes leeks, onions and shallots. Allergy to garlic is rare. A chemical compound found in fresh garlic called diallyl disulphide, may cause trigger an allergic dermatitis in some individuals especially when cutting or handling raw garlic.

### What This Means

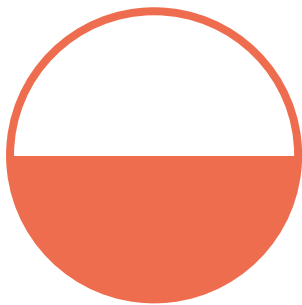
Sensitivity to the Allium family of vegetables in general may cause severe gastrointestinal discomfort and distress in some people, which includes abdominal discomfort, bloating, belching or flatulence. Symptoms lessen once the food leaves the body.

### 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.

## Benzoic Acid

Your reactivity: **Score 3.5: Moderate (Chronic)**



Benzoates (Food Additives: Benzoic acid 210, Sodium benzoate 211) are preservatives are used to stop the growth of yeasts and moulds and also used as an antiseptic and to disguise the taste of poor quality food. Benzoates are found in barbeque sauce, caviar, cheesecake mix fruit pies, margarine, pineapple juice, prawns, preserves, salad dressing, soy sauce, sweets and table olives. They may also be present in milk and meat products, relishes and condiments, baked goods, lollies and soft drinks. Benzoates are also used as preservatives in many oral medications.

### What This Means

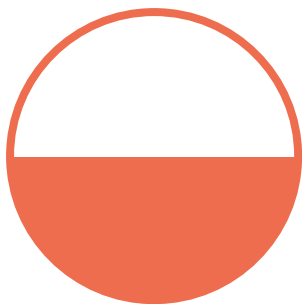
Sensitivity to benzoate preservatives is rare and intolerance to them is more prevalent. Preservatives in general may exacerbate symptoms of hyperactivity and ADHD and may trigger asthma attacks in asthmatics. Symptoms of intolerance include hyperactivity and behavioural problems, asthma and skin reactions.

### 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.

## Caseinates

Your reactivity: **Score 3.5: Moderate (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 its 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

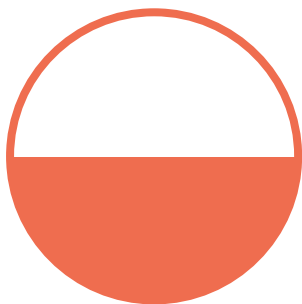
Intolerance to casein is not common and when it occurs, may be due to a lack of enzymes required to digest the A1 beta-casein in dairy. Symptoms associated with this include abdominal discomfort, nausea and bloating shortly after consuming products with casein. Other symptoms include nasal congestion 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.

## Food Colours

Your reactivity: **Score 3.5: Moderate (Chronic)**



This category includes sensitivity to a mixed group of food colouring agents (Tartrazine 102, Amaranth 123, Fast Green 142, Indigotine 132).

### What This Means

There is evidence to suggest that the use of food colouring agents may contribute to and exacerbate ADHD behaviour in children. Excessive amounts may also contribute to food intolerances. Consuming in excess of the recommended daily intake may lead to carcinogenicity and reproductive and developmental toxicity.

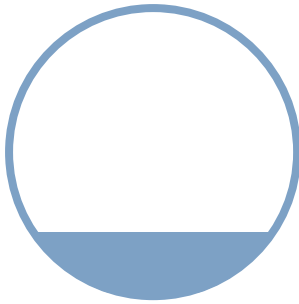
### What To Do Next

**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.

## Helicobacter pylori

Your reactivity: Score: 3: Low

(Chronic)



*Helicobacter pylori* is a pathogenic bacterium that can cause damage to the lining of the stomach, resulting in gastric or peptic ulcers. It is present in more than half of the world's population, but not everyone will develop stomach ulcers from it.

### What This Means

The presence of *Helicobacter pylori* in your test results indicates exposure to this bacterium. Symptoms may or may not be present. If symptoms of a stomach ulcer are present, we recommend that you seek medical advice and further investigation.

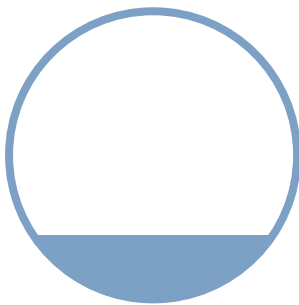
### What To Do Next

**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.

## Ponceau Red

Your reactivity: Score: 2: Low

(Chronic)



Ponceau (Artificial Colour: 124) is a synthetic food colouring agent. It may also be known as Ponceau 4R, Cochineal Red A, C.I. Acid Red 18 and several more. It is a strawberry red azo dye that is used in a number of food products. It is widely used in Europe, Asia and Australasia.

### What This Means

There is evidence to suggest that the use of food colouring agents such as Ponceau, may contribute to and exacerbate ADHD behaviour in children. Excessive amounts may also contribute to food intolerances. Consuming in excess of the recommended daily intake may lead to carcinogenicity and reproductive and developmental toxicity.

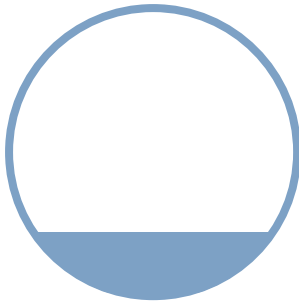
### What To Do Next

**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.

## Feathers

Your reactivity: **Score: 2: Low**

**(Chronic)**



Feathers refer to a mix of feathers from different bird varieties. Sensitivity to bird feathers is extremely rare. An individual is more likely to react to the dust mites and moulds that live on and feed off the feathers.

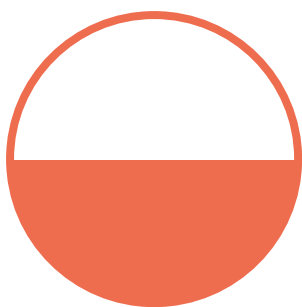
### What This Means

Sensitivity symptoms may initially mimic symptoms of hayfever and rhinitis and may further progress to include itching of the throat, swelling and itching of the eyes, post-nasal drip, excess mucus production, coughing and wheezing. Skin contact with feathers may elicit a sensitivity reaction resulting in an itchy rash.

### 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.

## Wheat (white flour)

Your reactivity : **Score 4: Moderate** (Acute)

Wheat is a common allergen and contains more than 80 different components that may cause sensitivity reactions. An allergy to the gluten contained within the wheat may lead to a condition called Coeliac's disease. In Coeliac's disease, the mucosal lining of the intestine becomes eroded, presenting with symptoms of bloating, flatulence, abdominal pain, diarrhoea and ultimately malnutrition. Other symptoms include irritability, depression, muscle cramps, joint pain, fatigue and menstrual irregularities in women.

Wheat intolerance is becoming increasingly common and may present with similar gastrointestinal symptoms as 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. Wheat restriction or elimination is recommended depending on the level of sensitivity. Avoidance of gluten-containing foods such as wheat, barley, spelt and rye is necessary.

### 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:

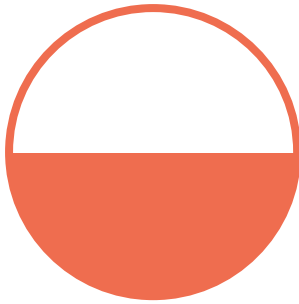
- Bread, pasta, noodles, cereals, crackers and flours made from the following grains or legumes: gluten-free products, oats (wheat-free), corn and cornstarch (wheat-free), soy, millet, buckwheat, quinoa, amaranth, tapioca, chickpea and chia. Rye, spelt and barley may also be consumed if one is not gluten-sensitive.

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 score for this category - Wheat (white flour) - differs to that which is recorded for Wheat (wholemeal), then the results will be recorded separately and not under the general category of Wheat.



## Wheat (wholemeal)

Your reactivity : **Score 3.5: Moderate (Acute)**

Wheat is a common allergen and contains more than 80 different components that may cause sensitivity reactions. An allergy 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 gastrointestinal symptoms similar to those found with wheat allergy. Intolerance may be to any component of wheat and not to the gluten alone. Individuals with an intolerance to plant fibre and dietary fibre in general, exhibit sensitivity to wholegrain wheat due to the presence of the fibre-rich husk.

### 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. Avoidance of gluten-containing foods such as wheat, barley, spelt and rye is necessary.

### 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

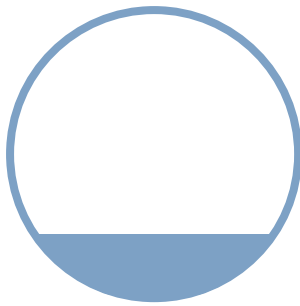
#### Suitable Alternatives to Wheat and Wheat-Based Products:

- 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 score for this category - Wheat (wholemeal) - differs to that which is recorded for Wheat (white flour), then the results will be recorded separately and not under the general category of Wheat.

## Gluten

Your reactivity : **Score: 2.5: Low****(Acute)**

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.

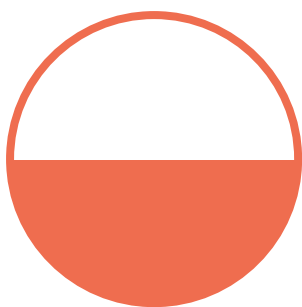
### Additional Information

**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.

## All Dairy

Your reactivity : **Score 4: Moderate** (Chronic)

This category refers to dairy and its products from cow, goat and sheep origins. Intolerance to dairy can take several forms and the reaction may be immediate or delayed depending on how much of the milk has been consumed. The intolerance reaction can be to either the lactose component or to one of the proteins, usually whey and casein, present in milk. Intolerance to the lactose component of dairy is known as lactose intolerance. This usually occurs due to the absence of the enzyme lactase which helps to break down lactose, the sugar found in milk. Dairy products in which the lactose has been partially fermented, such as cheeses and yoghurt, may be better tolerated by many lactose-intolerant individuals. Please note that eggs are *not* a dairy product.

### What This Means

Sensitivity to milk protein is characterised by delayed reactions, and can include vomiting, diarrhoea and the worsening of the symptoms of asthma and eczema. Intolerance to lactose component produces symptoms of 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 Dairy and Dairy 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
- Lactose-free milk (only if lactose intolerant)
- Soy Infant Formulas
- Hydrolysed and Amino Acid-Based Infant Formulas

Note: If following a dairy-free regime, please ensure that your calcium intake from other dietary sources is adequate and meets the recommended daily intake level for your age group. 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.