Allergenics

Test Report

Best Health

09 April 2018

Comprehensive Men's Health Test

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Contents

Comprehensive Men's Health Test

Thank you for choosing our testing service for your Comprehensive Men'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.

Many factors can interfere with the way in which the body maintains a healthy balance and while it is usually able to buffer the negative influences, if allowed to continue, the body enters into a state of imbalance. 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 Men'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.

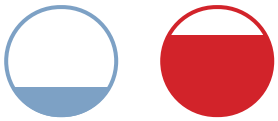
What we test for

Hormones	ACTH, Androstenedione, Cortisol, DHEA, Human Growth Hormone (HGH), Insulin, Melatonin, Oestradiol, Pregnenolone, Progesterone, Prolactin, RT3, TSH, Testosterone, Thyroxine (T4), Triiodothyronine (T3).
Organs and Body Systems	Adrenal Glands, Bladder, Body Fluid mix (NAET), Cardiovascular System, Central Nervous System, Gallbladder, Heart, Hypothalamus, Immune System, Kidneys, Large Intestine, Liver, Lung, Lymphatic System, MTHFR Gene Expression, Pancreas, Parasympathetic Nervous System, Parathyroid Glands, Pineal Gland, Pituitary Gland, Prostate Gland, Skin, Small Intestine, Spleen, Stomach, Sympathetic Nervous System, Thyroid Gland.
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

Oestradiol	Cortisol	DHEA	Melatonin	Testosterone

Organs and Body Systems

Cardiovascular System	Skin	Prostate Gland	Adrenal Glands	Gallbladder
Lymphatic System	Large Intestine	Lung	Immune System	Liver
Thyroid Gland	Stomach			

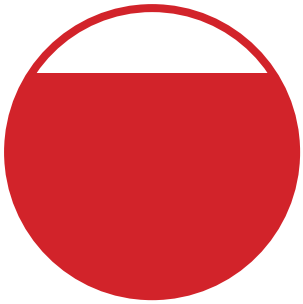
Specialised Nutrients

Carnitine	Coenzyme Q10

Deep dive into your significant results

Cardiovascular System

Your reactivity: Score 4: High



The cardiovascular system or blood circulation system, delivers nutrients and oxygen to all cells and tissues in the body. It consists of the heart and the blood vessels running throughout the entire body. The arteries carry blood away from the heart while the veins carry it back to the heart. The system of blood vessels resembles a tree: The main artery or aorta, branches into large arteries, which lead to smaller and smaller vessels. The smallest arteries end in a network of tiny vessels called the capillary network. There are two circulatory systems in the body which are connected. The systemic circulation and pulmonary circulation.

What This Means

Low Score: Indicates chronic stress on cardiovascular function. This may be due to genetic factors, a pre-existing cardiovascular condition, arteriosclerosis, atherosclerosis, hypertension, prolonged smoking or the ageing process. Symptoms may be absent or if present, may include elevated blood pressure, breathlessness and leg swelling.

High Score: Indicates acute stress on heart function. This could be due elevated cholesterol levels, cardiovascular disease resulting from dietary or genetic factors, and chronic respiratory illnesses. Symptoms may or may not be present.

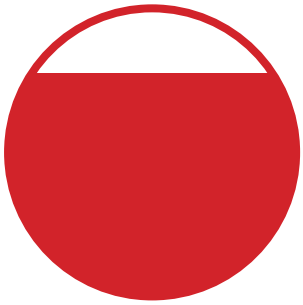
What To Do Next

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.

Skin

Your reactivity: Score 3.5: High



The skin is the outer covering of the body and the largest organ of the human body. It is an important barrier to pathogens and is involved is processes such as insulation, temperature regulation, sensation, Vitamin D synthesis, control of evaporation, excretion and absorption. Problems with the skin are numerous and involve damage or injury, infection and inflammation.

What This Means

Low Score: Indicates chronic stress on the skin. This may be due to chronic infection, chronic inflammation (infection or allergy), chronic hormonal problems and chronic liver function problems. It may also be indicative of chronic problems with skin structure.

High Score: Indicates acute stress on the skin. This may be due to an acute infection, acute inflammation (infection or allergy) and acute hormonal problems. It may also be indicative of acute problems with skin structure.

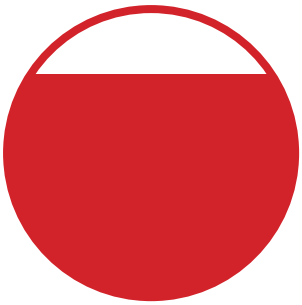
What To Do Next

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.

Prostate Gland

Your reactivity: Score 3: High



The prostate gland is an important gland of the male reproductive system. Its main function is to produce a zinc-rich alkaline fluid secretion, to carry the sperm produced in the testes. Problems with prostate function are common amongst males 45+ and the risk increases with age. Symptoms include an increased urge to urinate, reduced urine flow, increased frequency of urination, burning on urination and libido problems.

What This Means

Low Score: Indicates chronic stress on prostate gland function. This may be due to genetic factors, dietary factors or lifestyle factors, chronic infection and inflammation of the prostate gland. One of the main causes of this is an enlargement of the prostate or benign prostatic hyperplasia (BPH). Symptoms include an increased urge to urinate, reduced urine flow, increased frequency of urination, burning on urination and libido problems.

High Score: Indicates acute stress on the prostate gland. The most common cause of this is acute infection or low-grade benign prostatic hyperplasia (BPH). Symptoms may be absent, but if present can include an increased urge to urinate, reduced urine flow, increased frequency of urination, burning on urination and libido problems.

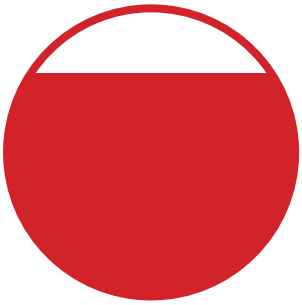
What To Do Next

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.

Oestradiol

Your reactivity: Score 3: High



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. In men, oestradiol 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, however in men, this reading is not significant.

High Oestradiol: A high oestradiol reading is associated with acute elevated levels or supplementation with this hormone. 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.

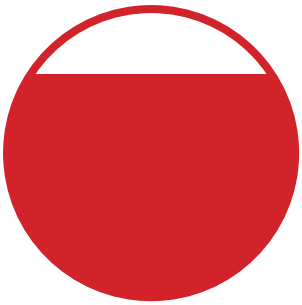
What To Do Next

Low Score: 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.

Adrenal Glands

Your reactivity: Score 2.5: High



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 Score: 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 Score: 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.

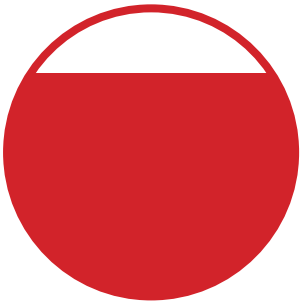
What To Do Next

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.

Cortisol

Your reactivity: Score 2.5: 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

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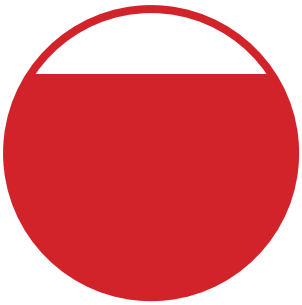
High Score: scores within this range indicate acute stress of a particular nutrient, organ or hormone in the body. This may be indicative of an acute imbalance of a nutrient, organ system or hormone. Nutritional support for to restore normal function may be required.

Gallbladder

Your reactivity: Score 2.5: High



The gall bladder is a small organ that lies adjacent to the liver and pancreas. Its main function is to store and concentrate bile which is produced by the liver. The main function of bile is to aid in fat digestion and absorption in the small intestine. Problems with the gallbladder may arise due to genetic predisposition, being overweight and incorrect dietary practises.

What This Means

Low Score: Indicates chronic stress on gall bladder function. This may be due to a chronic inadequate production of bile by the liver, sluggish liver function or the inability of the gall bladder to release bile. It may also be indicative of the presence of gallstones or gravel. It may present with a reduced tolerance for dietary fats and chronic low-grade pain or discomfort.

High Score: Indicates acute stress on the gall bladder. The most common cause of this is gallstones and it may present with symptoms of nausea, especially after eating, mild to moderate pain or discomfort and intolerance of dietary fats.

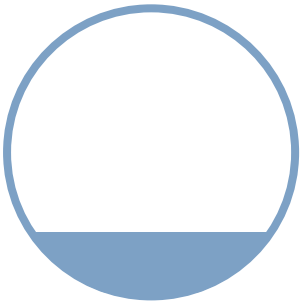
What To Do Next

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 -2.5: 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 by the adrenal glands, although it is also made by the testes and ovaries in small amounts. It circulates in the blood 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.

What This Means

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

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.

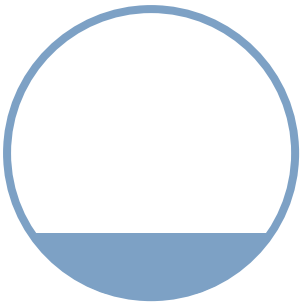
What To Do Next

Low Score: 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.

Lymphatic System

Your reactivity: Score -2.5: Low



The lymphatic system is a network of tissues and organs that help the body eliminate toxins and waste products. The lymphatic system consists of a fluid call lymph, which transports infection-fighting white blood cells around the body. Lymphatic vessels, lymph nodes, thymus gland, adenoids, tonsils and spleen are all part of this system. Problems with the lymphatic system are common and may be due to illness or physical damage to the system.

What This Means

Low Score: Indicates chronic stress on the lymphatic system. This may be due to chronic infection or inflammation, or due to chronic lymphatic drainage issues involving certain areas of the body. Long-term damage to a particular part of the body may affect lymphatic drainage in that area.

High Score: Indicates acute stress on the lymphatic system. This may be due to an acute infection or injury. Injury may involve the lymphatic system itself or an area of the body served by lymphatic vessels.

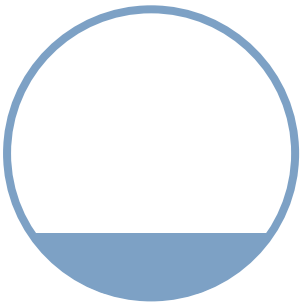
What To Do Next

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.

Carnitine

Your reactivity: Score -2.5: Low



Carnitine is a vitamin-like compound that can be synthesised by the body. It is found in highest concentrations in the muscles and heart - where the needs of cellular metabolism are highest. It functions in the oxidation of fatty acids, stabilises precursors involved in cell metabolism. Main food sources include red meat, pork and tempeh. It is found in lower amounts in chicken, fish, fruits and vegetables.

Vegans, vegetarians and individuals on fad diets may have a higher requirement for this nutrient. Valproic acid may reduce carnitine levels in the body.

What This Means

Low Carnitine: A low reading is indicative of insufficient dietary intake of nutrients required for its synthesis. Symptoms are usually associated with a reduction in cellular energy production particularly in skeletal and heart muscle. Low levels may also lead to hypoglycaemia.

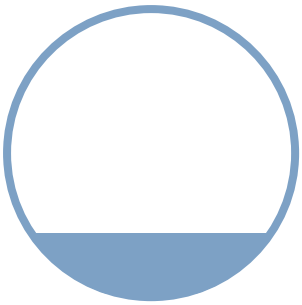
High Carnitine: A high reading is indicative of supplementation with this nutrient or increased dietary intake of carnitine-rich foods. Excess intake may lead to increased production of an atherosclerosis-promoting compound by certain intestinal flora. In the absence of increased dietary or supplemental intake, a high carnitine reading may be indicative of cardiovascular disease.

What To Do Next

Low score indicates the need for supplementation with this nutrient. A high score indicates the need to reduce exposure to oral and environmental forms of this nutrient.

Melatonin

Your reactivity: Score -2.5: Low



Melatonin is a neurohormone produced by the pineal gland in the brain. Its production involves pathways using mainly the amino acid tryptophan and the neurotransmitter serotonin. It is partly responsible for maintaining the body's sleep-wake cycle or circadian rhythm. It is produced in response to darkness and inactivated by exposure to both natural and artificial light.Melatonin is affected by imbalances in cortisol where higher than normal levels of cortisol at night can affect its production and activity.

What This Means

Low Melatonin: The main cause of melatonin deficiency is a lack of sleep or any conditions that disrupt sleep e.g. shift work, late nights, jet lag, alcohol consumption at night, caffeine consumption at night, stress, exposure to light, changes in blood sugar levels and electromagnetic radiation. Melatonin is strongly affected by elevated cortisol levels (due to stress) and its production decreases significantly with age. Symptoms of melatonin deficiency include sleep problems and mood changes.

High Melatonin: The main cause of high melatonin is excessive supplementation with this hormone. Symptoms include seasonal affective disorder (SAD), daytime sleepiness, impaired mental and physical performance, hypothermia and high levels of prolactin.

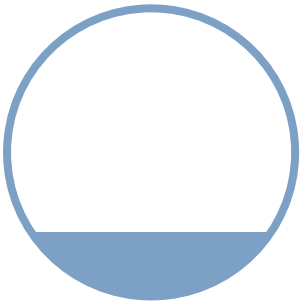
What To Do Next

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.

Large Intestine

Your reactivity: Score -2.5: 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 Score: 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 Score: 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”.

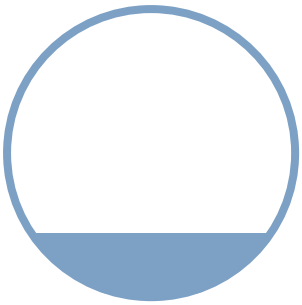
What To Do Next

Low Score: 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.

Coenzyme Q10

Your reactivity: Score -3: Low



Coenzyme Q10 (CoQ10) is an antioxidant compound found naturally occurring in the cells of the body. It is the oxidised form of ubiquinol and functions as both antioxidant and a cofactor in cellular energy production (formation of ATP). The body is able to synthesise CoQ10 and therefore it is not considered to be an essential nutrient. Animal proteins are the main dietary source of CoQ10. Its role in the cell cycle of energy production is critical to the healthy function of cells, particularly metabolically active cells such as cells of the heart, liver and skeletal muscle.

What This Means

Low CoQ10: A low CoQ10 reading is indicative of insufficient cellular stores of this nutrient. Causes include the use of statin medication for cholesterol-lowering or any other factors that impact on cellular energy production. Symptoms include physical and mental fatigue, an increase in pain-related disorders such as headaches, migraine, muscle and joint pain, neurological symptoms, weakened immunity and increased risk of heart disease and obesity.

High CoQ10: A high Co Q10 reading is indicative of supplementation with CoQ10 or ubiquinol.

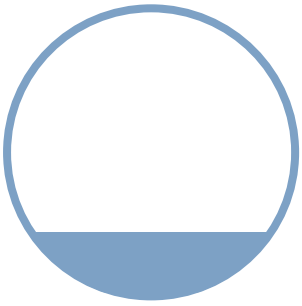
What To Do Next

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

High Score: Scores within this range indicate acute stress of a particular nutrient. This may be indicative of an acute imbalance or elevated level of the nutrient. Nutritional support to restore normal function may be required.

Lung

Your reactivity: Score -3: 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 Score: 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 Score: 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.

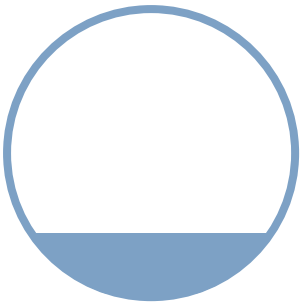
What To Do Next

Low Score: 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.

Testosterone

Your reactivity: Score -3.5: Low



Testosterone is the primary male hormone that is produced in the testes. Small quantities are also produced by the adrenal glands. It initiates the development of the male internal and external reproductive organs during foetal development and is essential for the production of sperm in adult life. This hormone also signals the body to make new blood cells, ensures that muscles and bones stay strong during and after puberty and enhances libido. Testosterone is linked to many of the changes seen in boys during puberty. It also regulates the secretion of luteinising hormone and follicle stimulating hormone. To effect these changes, testosterone is often converted into another androgen called dihydrotestosterone (DHT).

What This Means

Low Testosterone: A low testosterone level in men is linked to a reduction in muscle bulk, loss of body hair and a wrinkled 'parchment-like' appearance of the skin. Levels decline naturally as men age. Low levels can cause mood disturbances, increased body fat, loss of muscle tone, inadequate erections and poor sexual performance, osteoporosis, difficulty with concentration, memory loss and sleep difficulties.

High Testosterone: A high testosterone level in men is rare and may be indicative of supplementation with this hormone or the use of anabolic steroids.

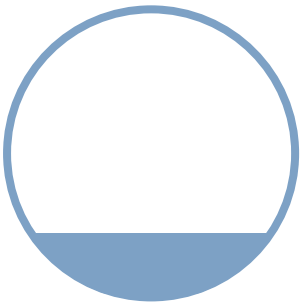
What To Do Next

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.

Immune System

Your reactivity: Score -3.5: Low



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.

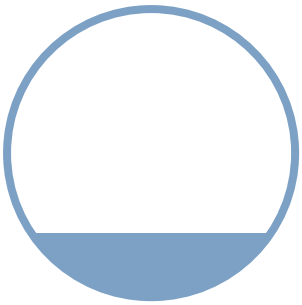
What To Do Next

Low Score: 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.

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 Score: 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 Score: 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.

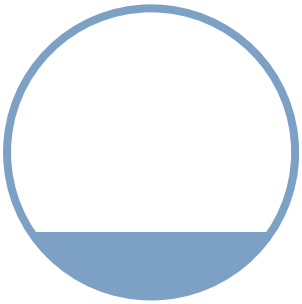
What To Do Next

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.

Thyroid Gland

Your reactivity: Score -4: Low



The thyroid gland 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.

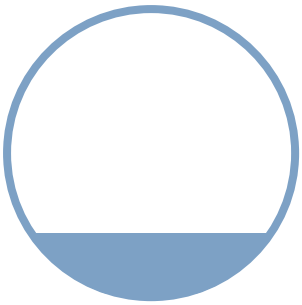
What To Do Next

Low Score: 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.

Stomach

Your reactivity: Score -4.5: Low



The stomach is an important muscular organ of the digestive tract. Its main functions are to secrete protein-digesting enzymes and strong acids to aid in food digestion. Problems with the stomach (gastric function) may arise due to incorrect dietary practises, infection, inflammation and stress.

What This Means

Low Score: Indicates chronic stress on stomach function. This may be due to long-term insufficient production of hydrochloric acid (hypochlorhydria) and protein-digesting enzymes. It may be associated with symptoms such dietary-induced heartburn and reflux, indigestion, delayed emptying of the stomach and bloating. Hypochlorhydria may also lead to inadequate mineral absorption.

High Score: Indicates acute stress on the stomach. This may be due to infection with Helicobacter pylori, gastric ulceration or poor dietary practises (for example: spicy foods, acidic foods, fried fatty foods), high alcohol consumption, high or low stomach acid, stress and anxiety. It may be associated with symptoms such as heartburn, reflux, nausea and indigestion.

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.