

Health starts
at home.

Body
Intolerance
Test

Home-to-lab



Hair sample test

SAMPLE



Check my body health

FirstName SecondName

Unique reference code: CMBHUKXXXXXXXXXX

Report date: 01/01/2001

High reactivity / out of range items

Food & Drink (high reactivity)

- Banana
- Field pea
- Natto
- Soy sauce
- Tempeh
- Tomato ketchup
- Barbecue sauce
- Hare
- Peanut
- Soya bean
- Tofu
- Vegan cheese
- Dry roasted peanut
- Marmite
- Peanut oil
- Soya flour
- Tomato
- Edamame bean
- Miso
- Sake
- Soya milk
- Tomato juice

Botanicals (high reactivity)

- Aspergillus tamarii
- Cocksfoot grass
- Beauveria bassiana
- Curvularia geniculata
- Beech
- Distichlis spicata (Seasaw saltgrass)
- Blue Oats grass
- Hornbeam

Additives (high reactivity)

- E262 Sodium acetate
- E385 Calcium disodium ethylene diamine tetra-acetate; calcium disodium EDTA
- E474 Sucroglycerides
- E477 Propane-1,2-diol esters of fatty acids
- E575 Glucono delta-lactone

Gut Health (out of range)

- Acidophilus Bifidus
- Lactobacillus acidophilus
- Streptomyces
- Bacillus Coagulans
- Lactobacillus reuteri
- Bifidobacterium Bifidum
- Streptococcus Faecium
- Escherichia Coli
- Streptococcus Thermophilus

Anti-Aging (out of range)

- Hyaluronic Acid

WE TEST FOR SENSITIVITIES, **NOT** ALLERGIES.

High Reactivity / Outside Range

These are the food items that our testing shows you are most likely to have a sensitivity to or that fall outside of range. We would recommend the removal of these items from your daily diet for 6-8 weeks, using a structured elimination diet, followed by a gradual reintroduction.



If you have a known allergy to any particular item you have been tested for, please avoid from consuming this item entirely.



If you suspect you have an allergic reaction, we highly recommend you speak with an allergy specialist immediately.

Moderate reactivity items

Food & Drink

- Apple cider vinegar
- Apples-Gala
- Apples-Pink Lady
- Coconut milk
- Rice-brown
- Apple juice
- Apples-Golden Delicious
- Chestnut
- Coconut oil
- Rice-white
- Apples-Braeburn
- Apples-Granny Smith
- Cider
- Coconut water
- Apples-Fuji
- Apples-Jazz
- Coconut
- Rice milk

Non-Food

- Canary feathers

Botanicals

- Brome grass
- Linden tree
- Chrysosporium see
- Memnoniella echinata
- Dandelion
- Poplar
- Lambsquarters weed

Metals

- Silver (Ag)

Additives

- E100 Curcumin
- E1440 Hydroxyl propyl starch
- E155 Brown HT
- E297 Fumaric acid
- E494 Sorbitan monooleate
- E553a Magnesium silicate
- E901 Beeswax, white and yellow

Skin Health

- Butylparaben
- Cinnamaldehyde
- Fungicide (captan)
- Vaseline

WE TEST FOR SENSITIVITIES, NOT ALLERGIES.

Moderate Reactivity

These are the food items that our testing shows you may have a sensitivity to. We would recommend the removal of these items from your daily diet for 4-6 weeks using a structured elimination diet.



If you have a known allergy to any particular item you have been tested for, please avoid from consuming this item entirely.



If you suspect you have an allergic reaction, we highly recommend you speak with an allergy specialist immediately.

No reactivity / within range items

Food & Drink (no reactivity)

- | | | | |
|--------------------|------------------------|-------------------|---------------------|
| ● Abalone | ● Acacia Pennata | ● Acai berry | ● Aflatoxin |
| ● Aji pepper | ● Ale | ● Allspice | ● Almond |
| ● Almond flour | ● Almond milk | ● Almond oil | ● Amaranth |
| ● Anchovy | ● Aniseed | ● Apricot | ● Aquafaba |
| ● Arrow root | ● Arrowroot flour | ● Artichoke | ● Asparagus |
| ● Aubergine | ● Avocado | ● Bacon | ● Balsamic vinegar |
| ● Bamboo shoots | ● Banana blossom | ● Baobab | ● Barley |
| ● Barramundi | ● Basil | ● Bay leaf | ● Beansprout |
| ● Beef | ● Beef-dried | ● Beer | ● Beets |
| ● Bilberry | ● Black beans | ● Black eyed pea | ● Blackberry |
| ● Blueberry | ● Bortolli bean | ● Brandy | ● Brazil nut |
| ● Bread-brown | ● Bread-granary | ● Bread-rye | ● Bread-white |
| ● Broad bean | ● Broccoli | ● Brussels sprout | ● Buckwheat |
| ● Buffalo | ● Bulgar wheat | ● Butter | ● Butter lettuce |
| ● Buttermilk | ● Butternut squash | ● Button mushroom | ● Cabbage |
| ● Cajun spice | ● Calamari | ● Cannellini bean | ● Canola oil |
| ● Cantaloupe melon | ● Capsicum-green | ● Capsicum-red | ● Capsicum-yellow |
| ● Carambola | ● Caraway | ● Cardamom | ● Carrots |
| ● Cashew milk | ● Cashew nut | ● Cassava | ● Catfish |
| ● Cauliflower | ● Cayenne pepper | ● Celery | ● Champagne |
| ● Cheddar | ● Cherry | ● Chervil | ● Chestnut mushroom |
| ● Chia seed | ● Chicken | ● Chicken heart | ● Chicken liver |
| ● Chicken-capon | ● Chickpea | ● Chickpea flour | ● Chicory |
| ● Chicory lettuce | ● Chinese horse radish | ● Chlorella | ● Cilantro |
| ● Cinnamon | ● Clams | ● Clove | ● Coconut flour |

WE TEST FOR SENSITIVITIES, NOT ALLERGIES.

No Reactivity / Within Range

These are the items that our testing shows you do not have sensitivity to or are within optimal range.



If you have a known allergy to any particular item you have been tested for, please avoid from consuming this item entirely.



If you suspect you have an allergic reaction, we highly recommend you speak with an allergy specialist immediately.



**Download
here**

Your sensitivity results guide

We firmly believe that your report, coupled with this guide, marks the beginning of a journey towards improved health and well-being.

This guide is designed to empower you, offering valuable insights for positive changes in your daily dietary choices and living environment.

Within this results guide, you will discover crucial guidance on what steps to take next. It outlines how to effectively utilise the elimination diet guide and provides a convenient food diary template to record the foods you eliminate from your diet and the corresponding symptoms you observe.

Furthermore, this guide offers comprehensive explanations about the various food types, providing a deeper understanding and analysis.

We encourage you to read this booklet in its entirety for a thorough understanding of your results and the actionable steps ahead.

Download here

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Step 4

Gut health

The digestive system is a vitally important organ in the body, not only is it needed for digesting and absorbing food but it is home to the gut microbiome.

Research into the gut microbiome has exploded recently with a healthy gut linked to digestive function, mood and mental health, immune system and weight management.

Your gut microbiome is completely unique and the composition of your gut microbiome is influenced by your birth, diet, environment, lifestyle and any medications you may take. The gut microbiome is found in the large and small intestine and is made up of trillions of microorganisms (bacteria, fungi and viruses etc.) The microbiome helps breakdown food and toxins, absorbs

nutrients, makes vitamins and supports our immune system and regulates your metabolism. Nourishing the gut microbiome is incredibly important for a healthy, resilient gut so you should eat lots of prebiotic and probiotic foods. Many of these foods are high in non-digestible fibre (fruits and vegetables) which are broken down by gut bacteria to produce Short Chain Fatty Acids (SCFA), a major source of energy for colon cells.

Foods to improve your microbiome

- **Foods high in fibre:** wholegrains, legumes, fruit and vegetables
- **Prebiotic foods:** artichoke, onions, garlic, leeks, cabbage, asparagus, bananas, pulses, root vegetables, apples and oats
- **Probiotic and fermented foods:** good quality live yogurt, kefir or coconut kefir, sauerkraut, miso, tempeh, kimchi, goat's cheese, olives, quality dark chocolate and spirulina
- **Take a good quality probiotic supplement**
- **Eat less sugar** and fewer refined foods
- **Aim to eat 30g of fibre** from colourful vegetables (peppers, pumpkin, carrots, apples, cherries, cabbage, sweetcorn, tomatoes, citrus fruits, spinach, kale, purple sprouting broccoli, blueberries)
- **Eat raw or steamed vegetables** rather than boiled

The microbiome benefits the immune system, mental health and mood. The gut microbiome contains 70% of the body's immune system cells and is one of your body's first lines of defence against harmful bacteria, viruses and parasites. A healthy, diverse gut can lead to good overall health and fewer cases of the cold or flu. If your gut microbiome is unbalanced, there may be lower levels of beneficial bacteria, less diversity and an overgrowth of pathogens which can affect your overall health and lead to digestive issues.

The Gut Brain Axis explores the idea that gut health can have a positive and negative effect on your mood and mental health. 90% of the 'happy' hormone Serotonin is made in the gut and some studies have found that several species of bacteria were missing from the gut microbiome of people with anxiety and depression.

The variety in your diet will increase the diversity in your gut microbiome which will benefit your overall health!

