

The Intolerance Testing Group



TITLE FIRST NAME LAST NAME
ADDRESS 1
ADDRESS 2
TOWN
POST/ZIP CODE COUNTY
UNITED KINGDOM

Dear FIRST NAME,

18/10/2014

Please find attached your intolerance test results. You will find two headings within this report, the first section which lists all the food intolerances and the second section which lists all the non-food intolerances. Some of the items will have a further explanation next to them to further detail the intolerances. Everything on here has an intolerance level of over 85% as you will see from the percentage levels on the right hand side. This means they are all high intolerances. We only report these as they are the ones likely to be causing you the most symptoms. However, your hair sample has been tested against all 600 items in our system and this is why there may be items on there you don't recognise or haven't eaten. This is because you have been tested against them regardless.

At the back of the results you will find information about the next steps to take. In the meantime if you have any further questions, please don't hesitate to contact us at the following email address:

info@testyourintolerance.com

Kind Regards,

The Intolerance Testing Group

We have established that you have an intolerance for the following Food Items

Avocado A pear shaped fruit, with rough skin and oily edible flesh. Often eaten in salads, dips and cooking.	Percentage:	88
B Lacto-Globulin Milk protein.	Percentage:	96
Bread - Rye Bread made with flour from the rye grain.	Percentage:	85
Cashew Nut Edible kidney shaped nut. Rich in oil and protein.	Percentage:	93
Cauliflower Edible variety of cabbage. Has a large white head and green leaves.	Percentage:	85
Coffee Roasted coffee beans made into a common hot drink.	Percentage:	87
Corn Meal A flour made of ground corn, used in food as a binder.	Percentage:	92
Curry Spices (Coriander, Turmeric, Fenugreek, Cayenne, Fennel, Cumin and Black pepper)	Percentage:	91
Flaxseed Also known as linseed – used in oils and baking.	Percentage:	96
Garlic Pungent bulb used in cooking and medicines.	Percentage:	93
Mango Fruit with edible flesh, often eaten and used in cooking.	Percentage:	88
Ovalbumin Egg white protein	Percentage:	94
Pacific Squid Cephalopod mollusc often eaten.	Percentage:	93
Red Kidney Bean Small bean, deep red in colour.	Percentage:	91
Sallow Thorn A species of willow, the yellow berries are used for making jelly.	Percentage:	90
Squid Celhalopod mollusc. Tentacles often eaten.	Percentage:	86
Strawberry Edible, sweet fruit with red, seed studded skin.	Percentage:	97
Sunflower North American plant with large yellow petals.	Percentage:	93
Tuna Very common and popular fish to eat.	Percentage:	93
Vanilla Substance from vanilla pods, often used as flavouring.	Percentage:	90
Yeast Type of fungus used in making alcohol and baking.	Percentage:	90

We have established that you have an intolerance for the following Non Food Items

Ampicilloyl Used in penicillin based drugs.	Percentage:	85
Bamboo Shoot A young shoot of bamboo. Can be eaten as a vegetable.	Percentage:	86
Cefaclor A form of antibiotic.	Percentage:	90
Chaetomium Globosum Fungus found in soil and plant debris.	Percentage:	93
Common Pigweed A plant of the amaranth family.	Percentage:	88
Grey Alder A tree.	Percentage:	98
Honey Bee Subset of bees which produce honey.	Percentage:	99
Japanese Cedar A tree.	Percentage:	90
London Plane (Sycamore) A tree frequently found in towns.	Percentage:	90
Meadow Grass A common grass used in the UK.	Percentage:	91
Mixed Grass and Weed Pollen - Group 2 Bermuda grass, Rye grass, Bahia grass, Common ragweed, Plantain, Goosefoot	Percentage:	87
Mixed Grass Pollens - Group 2 Sweet vernal, Rye grass, Common Reed, Cultivated Rye, Velvet grass	Percentage:	91
Mixed Grass Pollens - Group 4 Cocksfoot, Meadow fescue, Rye grass, Timothy, Meadow grass	Percentage:	95
Mixed Tree Pollens - Group 7 Grey alder, Hazel, Elm, Willow, Cottonwood	Percentage:	99
Mixed Weed Pollens - Group 3 Common ragweed, Mugwort, Plantain, Ribwort, Goosefoot, Lamb's quarter, Saltwort	Percentage:	95
Mosquito Flyign insect which bites humans and animals.	Percentage:	90
Mugwort Aromatic plant. Occasionally used in food and beer.	Percentage:	94
Oak Large tree. Often used in buildings or for furniture.	Percentage:	86
White Ash Type of tree.	Percentage:	87
White Pine Tall growing pine tree.	Percentage:	98

What do I do now...?

- Don't Panic:

The list you have just read through may seem daunting but don't panic. There may be some items on there that you have never eaten or come into contact with but this is quite normal. On the other hand there are probably quite a few items on the list that you eat or come into contact with on a regular basis. These are the ones you are going to need to focus on removing from your diet and environment.

- What do my test results mean?

All results shown have an intolerance level of 85% or over and so will give you reactions in some way whether small or large. Intolerances can change depending on your diet and environment which means that an item that you have never had problems with before may suddenly be causing you symptoms. This is because when you eat something or come into contact with it, your body tries to assimilate it. If your immune system is low or if you have had too much of it, then your body will struggle to do this and you will then suffer with various symptoms. This is now an intolerance.

- What should I do now?

The foods and items that have shown as intolerances need to be taken out of your diet. We recommend that you eliminate them for at least two weeks, but preferably four to get the most benefit from your report. You should try to eliminate them all at the same time and although we understand that this can be difficult when it is something you eat on a regular basis, the sooner you eliminate them, the sooner you will see results. After the elimination period has finished then you need to try and add the items back into your diet. It is important that you do this one item at a time, because intolerances don't show up immediately so it may be a few hours before you see any symptoms. The best way to do this is to keep a diary, so you know when you have eaten the items. If you do suffer some symptoms then this means that you have a strong intolerance to this item and so will need to avoid it for a further two weeks. We realise that this may seem tedious but can assure you it is the best way of understanding what items you are still intolerant to. Most of the time an intolerance will disappear but there are occasions when your body simply won't want to accept something back into the body and so this will become a lifetime intolerance. Although this may seem difficult to deal with, it is something that you will get used to fairly quickly, especially if you aren't suffering the associated symptoms anymore.

- What about my pets?

If you have pets and have shown an intolerance to dog or cat hair then don't despair. This simply means that you need to be more aware of where your pet goes in your home. Try and limit their access to bedrooms and keep them well groomed to avoid excess hair and dander on your floors and soft furnishings.

- Help, I have a query!

If you have any other questions or would like to tell us about your results through a testimonial then please don't hesitate to contact us at the following email address:

info@testyourintolerance.com

Please note

The information provided in this report should not be used a diagnostic tool, it is a guidance to your intolerances and lacking nutrients from the hair sample you produced on the given date. Any major changes to your diet should be supervised by your G.P.