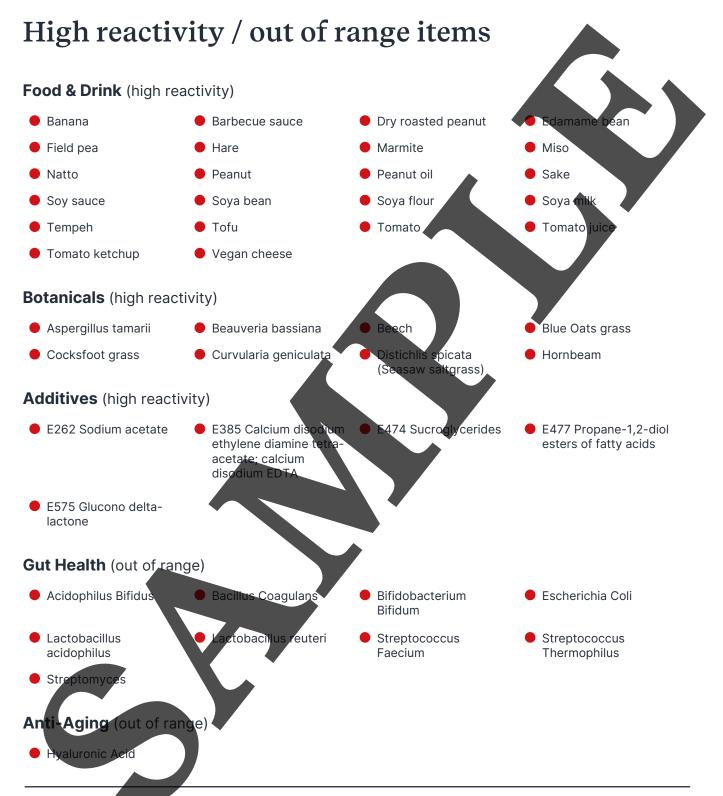
Health starts at home.

Body Intolerance Test Home-to-lab

Hair sample test



Reglis Dalipi Unique reference code: CMBHUKWP09C9D7BD Report date: 12/07/24



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.

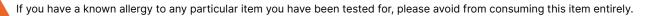
If you suspect you have an allergic reaction, we highly recommend you speak with an allergy specialist immediately.

Moderate reactivity items **Food & Drink** Apple cider vinegar Apple juice Apples-Braeburn Apples-Gala Apples-Golden Apples-Granny Smith Apples-Jazz Delicious Chestnut Cider Apples-Pink Lady Coconut Coconut milk Coconut oil 🛑 Coconut water Rice mi 🛑 Rice-brown **Rice-white** Non-Food Canary feathers **Botanicals** Dandelion Brome grass Chrysosporium Lambsquarters weed Linden tree Memnoniella echinata Poplar **Metals** Silver (Ag) **Additives** E100 Curcumin E1440 Hydroxyl propy E155 Brown HT E297 Fumaric acid starch E553a Magnesiun 🛑 E494 Sorbitan E901 Beeswax, white monooleate and yellow Skin Health Cinnamaldehyde ylparaben Fungicide (captan) Vaseline

WE TEST FOR SENSITIVITIES, <u>NOT</u> 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 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 Aji pepper Ale Allspice Almond Almond flour Almond milk Almond oil Amaranth Anchovy Aniseed Apricot Aquafaba Arrow root Arrowroot flour Artichok Asparagus Aubergine Avocado Bacon Balsamic vinegar 🔵 Baobab Barle Bamboo shoots Banana blossom 🔵 Barramundi Basil Bay leaf eansprout Beef **Beef-dried** Bee Beets Black eyed pea Bilberry Black beans Blackberry Blueberry Bortolli bean Brandy Brazil nut Bread-brown Bread-granary Bread-rye Bread-white Broad bean Broccoli Brussels sprout Buckwheat Buffalo Butter Butter lettuce **Bulgar wheat Buttermilk** Butternut squash Button mushroom Cabbage Cajun spice Calaman Çannellini bean Canola oil Cantaloupe melon Capsicum-green Capsicum-red Capsicum-yellow Carambola Caraway Cardamom Carrots Cashew milk Cashew nut Cassava Catfish Cauliflower Cayenne pepp Celery Champagne Cheddar herry Chervil Chestnut mushroom Chia seed hicken Chicken heart Chicken liver ricken-čapon Chickpea Chickpea flour Chicory icory 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.



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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NUTRITION, DIETS, DIAPETES CALORIES, MENT HEALTH, SLENY, STRYSS, GUT HEALTH, VECAN, FAMLY.

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YOUR PASSPORT TO A REJUVENATED, RESILIENT, AND MORE FULFILLING EXISTENCE.

Join us on this journey and embrace the secrets of longevity, one bite at a time.

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

Foods to improve your microbiome

Foods high in tibre: wholegrains, legumes, fruit and vegetables

Prebiotic foods: artichoke, onions, garlic, leeks, cabbage, asparagus, bananas, pulses, root vegetables, apples and oats

Probletic 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

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.

The microbiome benefits the immune system, mental health and mood. The gut nicrobiome 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!