

Healthy Habits Diagnostics

Example Test



Dear Example,

11 March 2019

Please find your **Bioresonance Test Report** within this document. You should read all of this report in order to help you understand the results fully.

Within this report you will find the following:

- **Food Items** - Several common food items, ingredients and preservatives are included in this section of the report. Items listed are those which your sample has indicated a sensitivity to.
- **Non-Food Items** - Non-food items tested include different animals and animal dander, fungus, plant-life and other inedible items.
- **Nutritional Imbalances** - All essential vitamins and minerals are included in this section. If any imbalances are suspected, your results will suggest a few sources for each nutrient.
- **Metal Sensitivities** - Any metals which your sample indicates a sensitivity towards will be listed here, along with common sources of these metals.
- **Gut Biome** - Your gut needs a balance of 'good bacteria' in order to function correctly. This section indicates suspected imbalances of certain strains of 'good bacteria'.
- **Hormonal Imbalances** - Checking for various hormonal imbalances such as oestrogen, testosterone, cortisol, serotonin and prolactin.
- **Digestive Health & Metabolism Analysis** - This section analyses various enzymes which aid in digestion and absorption of nutrients.

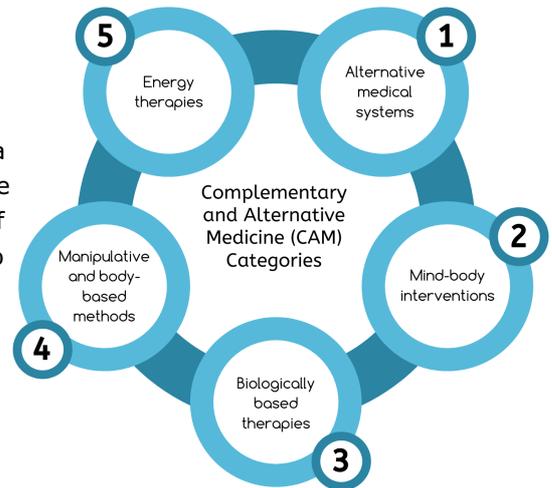
In each section of your report, you will find a summary of what we were testing for in our analysis, which have shown a reaction. All of the items listed will have an explanation of where the items are found or their composition. This ensures that your results are easy to understand, and that your focus is drawn to what matters the most.

If you have no results in any section, it's because the test has shown no anomalies. At the end of your report, we have suggested a full plan of action on removing the food and non-food items from your diet, as well as how you can change the foods you eat to give your body what is needed.

Your results report will help you understand your body, and which items work best in your own individual diet. These results are just the first step in your journey, allowing you to make the changes necessary to improve your health. You can use these results in any way you wish, but we would recommend using them as a diet optimisation resource.

Bioresonance Testing

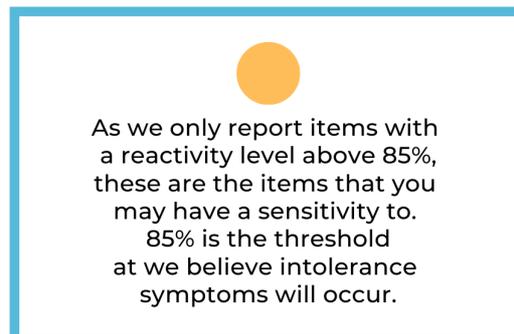
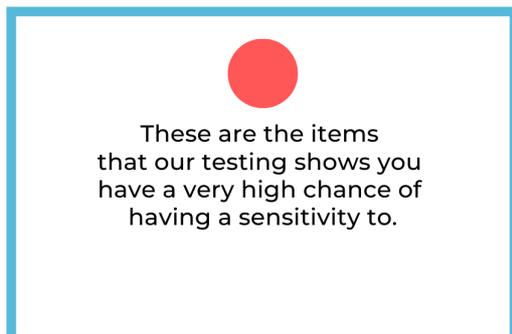
Bioresonance therapy and testing is categorised as a complementary and alternative medicine (CAM). This is a diverse group of therapies, practices and products, which fall outside of conventional medicine or healthcare. The findings in the report do not make a medical diagnosis.



Understanding Your Results

All items have been separated into three sections: High, Moderate and No Reactivity. It is advisable that you avoid contact with or consumption of those items which this report indicates you have a reaction or toxicity to.

For simplicity, our reports only detail those items which your results have indicated a sensitivity or toxicity to, and not items which brought about no reaction.



FAQ's

What do the percentages mean?

The percentages within your report refer to the level of potential sensitivity. However, for best results, we do recommend removing all items from the diet reacting at over 85%.

My results only show 85% and above. Can I have the rest of the results?

The machines we use for testing don't store information for items that react under our 85% threshold. 85% is the point at which you would expect to start seeing a reaction. Therefore, anything under 85% would be negligible.

What is the difference between an Amber and Red circle on the results?

The colours indicate the sensitivity level and potential severity. Amber is a low chance of sensitivity. Red is a high chance of having a sensitivity.

Are the hormones a Low or High reading?

The hormones section indicates a potential imbalance rather than high or low levels of a certain hormone. Lifestyle changes such as weight regulation, regular exercise, and stress reduction can help rebalance these hormones.

My results show Cow's Milk, is this all Dairy items I need to remove from my diet?

A sensitivity to cow's milk will refer to cow's milk and all cow's milk products. While other animal milk should be fine to consume, we recommend removing all dairy from the diet. You may choose to switch to dairy alternatives during the 4 week elimination period.

I have shown a sensitivity to Wheat, Does this mean I am Gluten intolerant?

Gluten is a protein found in wheat, rye, and barley. A sensitivity to any of these grains doesn't indicate a gluten intolerance but rather a sensitivity to these individual grains.

Metals results: Are these levels within my body?

Our metals testing is designed to detect sensitivities to common metals – this is not an indication of exposure or the levels of these metals within the body.

There are foods I don't eat within my report? Yet items I eat daily did not, how can this be?

Sensitivities can occur from the body merely lacking the digestive enzymes to digest foods, meaning food items you do not consume regularly or at all can show on your report. Also, symptoms of a sensitivity can often be very subtle and do not always display as digestive discomforts. Symptoms can also include headaches, irritability, fatigue, mild rashes, etc.

What reactions could sensitivities cause?

The most common symptoms include Heartburn, diarrhoea, nausea, stomach pain/cramps, bloating, constipation, vomiting, fatigue, headaches, mild rashes, skin irritations or itching.

How does the elimination diet work? How long do I have to carry this out for?

We recommend removing the reacting foods from the diet for 4 weeks. After this period, most clients see an improvement in their symptoms.

Kind Regards,

Healthy Habits Diagnostics

Food Items

These are the items which your sample has shown you will potentially have a reaction to, and therefore are showing a sensitivity. To further help you understand these items, each food item will have an explanation next to it to show you where it can be found.

All items tested are listed in your report, those which have a sensitivity level of over 85% are classed as an intolerance. The reason we report items above this threshold is because 85% is the point at which you would expect to start experiencing possible symptoms.

Acai Berry A superfood that can be eaten whole or juiced.	●	9%
A-Lactalbumin A major protein found in milk and obtained from whey. Whey protein and milks should be avoided	●	88%
Ale A type of beer - usually sweeter in taste and brewed without hops.	●	93%
Anchovy A small fish. Preserved in salt and oil.	●	0%
Apple Juice Juice made by squeezing the fruit.	●	44%
Atlantic Salmon Large, usually pink fish. Very popular food.	●	31%
Bacon A meat produced from the pig	●	32%
Barley A major cultivated cereal grain. Often in beer.	●	0%
Basil An aromatic herb from the mint family.	●	96%
Bay Leaf A dried herb that is often used in cooking.	●	0%
Beef The flesh of a cow, bull or ox.	●	26%
Beets (beetroot) - vegetable A dark red, rounded vegetable	●	5%
Blackberries Edible soft fruit. Often purple-black.	●	71%
B-Lactoglobulin A major protein found in cow's milk and sheep's milk	●	65%
Blueberry A small sweet fruit. Often blue or black in colour.	●	0%
Braeburn apple Type of apple	●	17%
Bread - Rye Bread made with flour from the rye grain.	●	0%
Bread, white bread Bread made with white wheat flour.	●	0%
Brown bread A type of bread, made using whole wheat flour.	●	23%
Brussels sprout Small, compact bud of the cabbage family. Eaten as a vegetable.	●	2%

Example Test	Your Test:	11/03/2019	Ref:	122194
Cabbage - Red Variety of cabbage with red or purplish leaves.				● 0%
Cabbage - White Variety of cabbage, white in colour.				● 0%
Camomile Tea An infusion of sweet chamomile and dried flowers. Often used for medicinal purposes. A tea known for reducing stress levels and helping to regulate sleep.				● 48%
Carambola Star fruit.				● 54%
Caraway Seeds from a plant in the parsley family. Used in cooking/oils/seeds.				● 0%
Cardamom Aromatic seeds from the ginger family - used as a spice in cooking.				● 86%
Champagne A sparkling wine made with grapes from the Champagne region of France.				● 48%
Cheddar A relatively hard cheese that can differ in taste and texture.				● 0%
Chestnut Mushroom Similar to the button mushroom, but have a brown top and more flavourful.				● 48%
Chickpea Cultivated legume. High in protein.				● 21%
Clams An edible mollusc				● 98%
Clove Used in Indian and Mexican dishes.				● 21%
Coconut Oil An edible oil extracted from the coconut.				● 94%
Condensed milk Condensed milk is cow's milk from which water has been removed. All animal milk products contain fat, therefore, we would recommend eliminating dairy from the diet.				● 79%
Coriander An aromatic culinary herb.				● 63%
Cornflakes A breakfast cereal made with toasted flakes of corn. This does not include all maize/corn products, it is the cereal only.				● 27%
Crab A crustacean with edible flesh.				● 72%
Cranberry Juice Juice made by squeezing the fruit.				● 98%
Cream Cheese A cheese made with milk and cream - soft in consistency.				● 53%
Cress Fast growing, edible herb				● 80%
Cumin Aromatic seed used as a spice.				● 61%
Dry Roasted Peanuts The popular nut - roasted.				● 22%
E 151 Brilliant black BN, black PN Used in decorations and coatings, desserts, fish paste, flavoured milk drinks, ice cream, mustard, red fruit jams, sauces, savoury snacks, soft drinks, soups and sweets.				● 40%

Example Test	Your Test:	11/03/2019	Ref:	122194
E 160 d Lycopene Dark red food colouring. Used in tomato-based foods such as: soups, sauces, ketchup, jams, jellies and marmalades.				0%
E 270 Lactic acid Found in many different products; fermented milk products such as sour milk, cheese, and buttermilk. Also used in carbonated drinks, jams, jellies, soft margarine, marmalade, infant milks and cereals, pickled red cabbage, salad dressings, sweets, tartare sauce and many tinned products, such as baby foods, mackerel, pears, sardines, strawberries and tomatoes.				50%
E 301 Sodium L-ascorbate (Ascorbic acid) Typical products include bread, fruit drinks, pie fillings, poultry, wine, jams, jelly.				47%
E 352 Calcium malate Used as a thickener and flavouring. Found in Ice cream, fried products, marmalade, etc.				43%
E 403 Ammonium alginate, Alginate Soft drinks, food colours, icings, etc.				78%
E 412 Guar gum Thickening agent in many products. Widely used in bakeries, dairies and the production of processed meat, dressings and sauces. In beverages, it is used as stabiliser for preparing chocolate drinks and juices.				88%
E 440 Pectin, amidated pectin Uses include confectionery, high-sugar jellies, jams, preserves, marmalades and acid milk drinks.				76%
E 441 - Gelatin Gelatin has the E number E441, It is in almost every gummy confectionery and also items like marshmallow, ice cream and even low fat yogurt.				1%
E 460 Cellulose, microcrystalline cellulose, cellulose powder Found in sauces, soups, breads, biscuits and cakes, frozen desserts, margarine, spreads, jams, chocolate, quick-setting deserts and milk shakes.				39%
E 479 Thermo-oxidised soya oil Found in margarine and similar fat emulsions for frying purposes.				77%
E 901 Bees wax, white and yellow Coating, in chewing gum and part of honey flavour.				14%
E 902 Candelilla wax Used in chewing gum, confectionery. It is a glazing agent used to wax fruit and vegetables, confectionery, chocolate, ice cream, snack food,				0%
E 903 Carnauba wax Used in chewing gum, confectionery, coffee, bakery products				41%
E 904 Shellac Used as a confectionery & fruit coating. It is used as glazing agent, chocolate, confectionery, orange fizzy drinks, orange skin.				4%
E 951 Aspartame Artificial sweetener				46%
E 965 Maltite, Maltite syrup Maltitol is a sugar alcohol (a polyol) used as a sugar substitute.				76%
Earl Grey Tea A tea flavoured with oil of bergamot.				20%
Egg yolk The yellow part of an egg.				77%
Endive Edible, bitter plant used in salads.				0%
Escarole Lettuce A type of lettuce.				98%
Evaporated milk Milk that has been dehydrated				78%

Example Test	Your Test:	11/03/2019	Ref:	122194
Fennel Fresh Aromatic flavourful herb often used in cooking.				● 59%
Flaxseed Also known as linseed – used in oils and baking.				● 56%
Fuji Apple Type of Apple.				● 37%
Gala Apple Type of apple.				● 52%
Galia Melon Hybrid melon originating from a cross between the green-flesh melon.				● 11%
Gin Liquor made from the juniper berry.				● 55%
Gluten Gluten. Present in wheat, rye, and barley.				● 65%
Golden Delicious apple Type of apple.				● 80%
Granary Bread A type of bread made with malted wheat flakes - this gives the bread a noticeable texture.				● 66%
Granny Smith Apple Type of apple.				● 8%
Guava A common tropical fruit.				● 0%
Hops A stabilising agent in Beer, also used in some deodorants, used in herbal remedies.				● 63%
Jasmine Tea A tea thought to help boost the immune system.				● 92%
Jazz apple Type of apple.				● 0%
Kale A nutrient dense member of the cabbage family.				● 58%
Lactose This indicates intolerance to lactose found within dairy milk. We suggest lactose-free diet during elimination period of 4-6 weeks.				● 14%
Lager Type of beer usually pale and golden in colour.				● 63%
Lamb Flesh of a young sheep.				● 0%
Lobster Large crustacean, flesh eaten cooked.				● 60%
Macadamia Nuts Edible nut from the macadamia tree.				● 55%
Mackerel Frequently eaten fish. Greenish-blue in colour.				● 25%
Maize flour Maize flour is the entire corn kernel milled into flour				● 0%
Mango Fruit with edible flesh. Often eaten and used in cooking.				● 47%
Maple Syrup Maple syrup is a syrup usually made from the xylem sap of sugar maple, red maple, or black maple trees, although it can also be made from other maple species.				● 93%

Example Test	Your Test:	11/03/2019	Ref:	122194
Marshmallow Tea A tea that is thought to help ease digestive complaints.				● 14%
Milk Dairy Milk is a nutrient-rich, white liquid food produced by the mammary glands of mammals. This does include all items that are made from milk including cheese, yoghurt and butter.				● 74%
Millet Millet can be used as a traditional cereal, and can also be used in porridge, snacks, and other types of bread, as it is very high in starch, like other grains. It is also a very good source of nutrients, vitamins, minerals, and organic compounds.				● 64%
Mint (Fresh) An aromatic plant often used in cooking				● 83%
Molasses Molasses, or black treacle, is a viscous by-product of refining sugarcane or sugar beets into sugar.				● 15%
Oats (porridge) Also known as Oatmeal in the United States. Commonly eaten for breakfast.				● 11%
Olive Oil A liquid fat obtained from olives.				● 67%
Onions Pungent vegetable. Very commonly used in cooking. This intolerance does mean ALL onions should be cut out of your diet.				● 78%
Oolong tea A traditional Chinese tea, known for helping with inflammation.				● 100%
Orange Juice Juice made by squeezing the fruit.				● 30%
Ox liver The liver of the animal. Widely eaten.				● 28%
Oyster Edible mollusc with rough, hard shell.				● 19%
Oyster sauce Usually dark brown, a condiment made from oyster extracts				● 20%
Parsley Plant used as a cooking herb or garnish for food.				● 81%
Passionfruit A fruit that is known to be low in calories and high in nutrients				● 13%
Peppermint oil An essential oil, known for giving a cool feel and calming effect on the body				● 32%
Pine Nut The edible seed from various pine trees.				● 28%
Pineapple Large, juicy fruit with hard skin and edible yellow flesh.				● 0%
Pineapple Juice Juice made by squeezing the fruit.				● 14%
Pink lady apple Type of apple.				● 71%
Plums Oval, fleshy stone fruit. Small and often red or purple in colour.				● 94%
Pomegranate juice Juice made by squeezing the fruit				● 31%
Poppy Seed Small seed from the poppy flower. Often used in cooking and baking.				● 13%

Example Test	Your Test:	11/03/2019	Ref:	122194
Pork Sausages Minced and seasoned pork meat encased in a skin, typically sold raw to be grilled, boiled, or fried before eating.	●	12%		
Prawns A seafood which resembles a large shrimp	●	39%		
Prosecco An Italian sparkling wine.	●	80%		
Pumpkin Large orange fruit. Flesh used for cooking.	●	54%		
Pumpkin Seed The seed of a pumpkin.	●	37%		
Quinoa Cultivated crop with starchy seeds.	●	93%		
Rapeseed Oil A lighter alternative to standard cooking oils. Derived from the Rapeseed plant	●	12%		
Red Kidney Bean Small bean, deep red in colour.	●	33%		
Red Leicester A similar cheese to cheddar, more flavour and more crumbly. Red in appearance.	●	15%		
Red Wine All red wine made with red grapes.	●	82%		
Rocket (Arugula) Salad leaf with a strong, peppery flavour.	●	78%		
Romaine Lettuce A type of lettuce	●	92%		
Rooibos tea A red tea with a mild, aromatic taste.	●	0%		
Rosemary A perennial herb - used for flavouring.	●	3%		
Sambuca Italian in origin, an alcoholic drink with an intense anise flavour.	●	71%		
Sesame Seed Oil-rich seeds from sesame plant.	●	20%		
Sodium Citrate Used in a variety of sweet drinks. It occurs naturally in citrus fruits	●	2%		
Sour Cream Made by fermenting cream. A naturally thick dairy product	●	32%		
Soy sauce A Chinese condiment made with soybeans used in cooking.	●	85%		
Soya Bean Bean of the soya plant. Very high in protein.	●	96%		
Stilton A blue-veined cheese known for its strong smell and taste.	●	54%		
Sugar, white Sugar is the generalized name for sweet, short-chain, soluble carbohydrates, many of which are used in food.	●	64%		
Sunflower oil Oil extracted by pressing the seeds of a sunflower	●	39%		
Sweet Freedom A sweetener made from 100% fruit.	●	33%		

Example Test	Your Test:	11/03/2019	Ref:	122194
Tequila An alcoholic drink made from the blue agave plant.				● 31%
Thyme An aromatic evergreen herb.				● 63%
Turkey - meat Flesh from the bird.				● 98%
Turmeric Aromatic powder used in cooking.				● 50%
Vanilla Substance from vanilla pods, often used as flavouring.				● 62%
Venison Flesh from a deer.				● 60%
Vodka A distilled alcoholic beverage.				● 40%
Watercress A salad leaf.				● 28%
Wheat flour Wheat flour is a powder made from the grinding of wheat				● 84%
White tea A type of tea with anti-oxidant properties.				● 30%
White wine Wine made with white grapes.				● 4%
Yerba mate tea A naturally caffeinated tea.				● 64%

Non-Food/ Environmental Items

These items are classed as Non-Food Items, meaning they are not typically edible. The non-food items could be causing a reaction by being close to your skin via inhalation.

All the items tested are listed below, non-food items you have shown a reaction to will show an intolerance level of 85% or above. Anything under this threshold will NOT be causing issues to your health and therefore no reactions or 'symptoms'.

Ampicilloyl Used in penicillin based drugs.	●	84%
Anisakis A parasitic worm found in fish. Anisakis pose a risk to human health through intestinal infection with worms from the eating of under-processed fish, and through reactions to chemicals left by the worms in fish flesh.	●	38%
Artemisia Salina Fish food	●	28%
Ascaris A round worm parasite This does not indicate that the parasite is in the body - it means that if the body were to come into contact with it more pronounced symptoms would be noticed.	●	11%
Aspergillus Fumigatus Fungus that is widespread in nature, typically found in soil and decaying organic matter such as compost heaps.	●	94%
Aspergillus Niger Black mould that appears on fruit, vegetables and nuts.	●	62%
Barley (Hordeum vulgare) A major cultivated cereal grain. Often in beer.	●	72%
Bee Bees are flying insects closely related to wasps and ants, known for their role in pollination.	●	55%
Birch A thin leaved, hardwood tree	●	45%
Bovines An animal of the cattle group, which also includes buffaloes and bison. We suggest to avoid physical contact with an animal and its fur. You are fine to consume meat of bovines, which is tested separately in food section.	●	70%
Buckwheat This refers to the pollens and spores given from the plant	●	0%
Cats Common house pet	●	90%
Chlorine Typically used as an antiseptic. Used to treat swimming pools.	●	25%
Colonial bent grass (Agrostis tenuis) Grass that grows in moist lands and grasslands.	●	59%
Cotton - plant A soft white fibrous substance which surrounds the seeds of the cotton plant and is made into textile fibre and thread for sewing. This is an intolerance to the cotton plant only; cotton fabric is fine to ear and use.	●	31%
Dandelion (Taraxum duplidens) A weed of the daisy flower. Known for its big, yellow flower.	●	90%
Dock (Rumex acetosa) Common garden weed. Also known as sorrel or rumex.	●	56%
Dog Serum Albumin From contact with the animal.	●	78%

Example Test	Your Test:	11/03/2019	Ref:	122194
Dust Consists of particles from the atmosphere and environment, such as soil.				● 97%
E 216 Propyl-para-hydroxybenzoate (PHB Ester) It is a preservative typically found in many water-based cosmetics, such as creams, lotions, shampoos and bath products.				● 71%
Elm (<i>Ulmus glabra</i>) The most common of the Elm tree family				● 95%
Fireweed/Great willow herb (<i>Epilobium angustifolium</i>) Commonly known in North America as fire-weed, in some parts of Canada as great willow herb, and in Britain as rose-bay willow herb				● 0%
Fox Epithelium Epithelium is skin or cells.				● 35%
Fungus Including moulds, mushrooms, and toadstools.				● 17%
Goose feathers Feathers from this species of bird. Often used in household furniture.				● 31%
Hawthorn (<i>Crataegus spp.</i>) Trees that produce small white-pink flowers and red berries				● 57%
Hornbeam (<i>Carpinus betulus</i>) A hardwood tree				● 83%
Horse Bot Fly Type of fly which very often causes irritation to horses.				● 55%
House dust mite One of the biggest causes of allergies, lives in soft furnishings, mattresses, pillows, carpets etc.				● 23%
Hyacinth (<i>Endymion non scriptus</i>) Hyacinthus is a small genus of bulbous, fragrant flowering plants				● 17%
Japanese Cedar A tree.				● 52%
Japanese Millet A grass.				● 71%
Jasmine (<i>Philadelphus spp.</i>) Plant with white flowers and strong fragrance				● 89%
Juniper bush The plant which produces the juniper berry. Distinctive fragrance unlike most bushes.				● 0%
Kammgras (<i>Cynosurus cristatus</i>) Also known as crested dog's tail - characterised by a seed head that is flat on one side				● 82%
Leather Material made from the skin of an animal by tanning or other similar process.				● 87%
Lilac (<i>Syringa vulgaris</i>) A violet coloured flower				● 0%
Linden Tree Also known as lime tree.				● 24%
Lupine (<i>Lupinus polyphyllus</i>) Lupinus polyphyllus is a species of lupine native to western North America from southern Alaska and British Columbia east to Quebec				● 98%
Lycra A stretchy synthetic fabric.				● 44%
Maize (<i>Zea mays</i>) A plant - known also as corn.				● 62%
Mangrove Tropical shrub or tree				● 0%

Example Test	Your Test:	11/03/2019	Ref:	122194
Marguerite (Leucanthemum vulgare) A type of daisy flower. Also known as the Oxeye daisy.	●	2%		
Mistletoe Common name for the plant which produces small white berries. Traditionally used to decorate the house during the festive period.	●	10%		
Moth Nocturnal insect with large wings.	●	21%		
Mulberry (Morus nigra) Current high sensitivity to tree and its pollen ONLY. A tree which grows wild and under cultivation in many temperate world regions.	●	60%		
Narcissus (Narcissus spp.) A genus of predominantly spring perennial plants.	●	3%		
New Belgian Aster A species of daisy	●	54%		
Nylon A tough, lightweight, elastic synthetic polymer with a protein-like chemical structure	●	22%		
Oak (Quercus robur) Large tree. Native to Europe.	●	57%		
Oats (Avena sativa) The common oat - a cultivated cereal grain, also known as general oats.	●	91%		
Orchard grass (Dactylis glomerata) Also known as cocks foot grass.	●	74%		
Peanut plant Grown underground, a popular nut. The peanut, also known as the groundnut, goober, or monkey nut. An intolerance to this does not mean an intolerance to the nut, simply the pollen from the plant.	●	0%		
Penicillioyl Intolerance to Penicillin. The major allergenic determinant in penicillin allergy.	●	100%		
Pigeon Droppings Faeces and urine from this animal.	●	38%		
Pigeons - animal A small species of bird, known to populate urban areas.	●	17%		
Pigweed (Chenopodium album) A plant of the amaranth family.	●	100%		
Pine, Scottish (Pinus sylvestris) Species of pine tree. also known as Scot's pine	●	84%		
Plane tree (Platanus acerifolia) A tall tree. Actually a hybrid tree.	●	0%		
Plantain (Plantago major) Common plant. Known for its broad, shell shaped leaf.	●	31%		
Rubber A tough elastic polymeric substance made from the latex of a tropical plant or synthetically.	●	87%		
Rye A grass grown extensively as a grain. This intolerance refers to the pollens and spores given from the plant	●	46%		
Spelt A type of wheat, also known as dinkel wheat.	●	54%		
Storage Mite Linked to house dust mite normally found in more agricultural surroundings.	●	88%		
Sweet vernal grass (Anthoxanthum odoratum) Sweet scented grass. Grown in meadows as hay grass.	●	38%		

Example Test	Your Test:	11/03/2019	Ref:	122194
Velvet - fabric A woven fabric known for its distinctive soft feel.				● 19%
Wallflower (Cheiranthus cheiri) A widely cultivated flowering plant.				● 90%
Wheat (Triticum aestivum) A cereal grain, grown in fields. This intolerance refers to the pollen and spores give off from the plant. The grain can still be eaten.				● 60%
Wool The fine, soft curly or wavy hair forming the coat of a sheep, goat, or similar animal, especially when shorn and prepared for use in making cloth or yarn.				● 64%
Wormwood (Artemisia absinthium) A plant and herb. Used in absinthe, also used as a flavouring for some wines and spirits.				● 67%

Nutritional Imbalances

Everything listed on your report as 85% or above, has a nutritional imbalance which means that they could be deficient within your system.

You should simply try and add in one or two of the recommended food items to your diet each day. Although it may be easier to use a vitamin supplement, it is always better to get your nutrients from a food source, as this will enter your body much faster. The nutritional information found next to each nutrient is important, as a well-balanced diet along with a healthy lifestyle can boost the immune system and also reduce your intolerance levels.

Please Note: This report is designed to be used in conjunction with your intolerance report; if you have shown an intolerance to a food item listed as a nutritional source, we do not recommend consuming this item and instead advise you opt for one of the alternatives listed.

You have shown NO anomalies for this section and therefore have no results. The control has passed quality standards to show this is correct.
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Metals Imbalances

The heavy metals showing a level of 85% or above, have shown a sensitivity after being exposed to. The important thing to note is that you do not need to panic, there are a few simple steps to take to manage these results accordingly.

Firstly, look at areas where you could be exposing yourself to these metals. It could be in your work environment, as this is a place that you frequently attend. Secondly, you will also need to look at your diet and see if there are a group of foods that you consume regularly that contain high levels of these particular metals.

If you find that when in close proximity of a particular metal that you begin to experience any symptoms (such as itchiness, swelling, nausea, headaches, etc.), then you will know that it is this particular metal that is causing you to react like this. The more severe the symptoms, the more action you will need to take to reduce your exposure to this metal.

You have shown NO anomalies for this section and therefore have no results. The control has passed quality standards to show this is correct.
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Gut Biome Test

These are the good bacteria found within your gut microbiome. These bacteria can affect your health, minimise illness and the synthesis of vitamins depending on the different levels. Vitamins are not only obtained through foods, they are also produced in the gut by bacteria.

For any items on this list found at 85% or above, it is recommended you increase the levels through consumption of the items listed, much like the nutritional imbalances on the test above.

You have shown NO anomalies for this section and therefore have no results. The control has passed quality standards to show this is correct.
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Hormonal Imbalance

Testing your hair sample can show any hormonal imbalances that are currently present in your body.

These imbalances can be caused by a large number of factors including: stress, overactive/underactive thyroid, poor diet, being overweight, medication, food intolerances, chemotherapy, puberty, menstruation, pregnancy and menopause.

Any items listed here above 85% are showing an imbalance and can be alleviated with natural remedies like: maintaining a healthy body weight, exercise and reducing stress.

You have shown NO anomalies for this section and therefore have no results. The control has passed quality standards to show this is correct.
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Digestive Health and Metabolism Analysis

Our bodies are very good at self-regulating the enzymes used in digestion; However, when we are sick or regularly surrounded by food and non-food intolerances, we can become unbalanced. This can affect our metabolism and our weight by causing us to store higher levels of fat or by storing fewer elements, which causes less absorption of vitamins and minerals.

We have tested your sample against a variety of enzymes and proteins to verify levels in your system. Everything shown below as above 85% is currently unbalanced and will adversely affect your digestive health. Exercise, a healthy diet and living in an environment of reduced stress will help you self-regulate again.

You have shown NO anomalies for this section and therefore have no results. The control has passed quality standards to show this is correct.
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WHAT DO I DO NOW?

Seeing your test results may seem daunting initially, but you should not panic. There may be some items listed above 85% in your report that you have never eaten or come into contact with, but this is quite normal.

There will be items on the list that you often eat or are exposed to on a regular basis. These are the items that you are going to need to focus on when you start your elimination diet. The Bioresonance test results can be used to highlight potential sensitivities to food and non-food items as well as imbalances in the body that could be causing symptoms.

Used as a holistic tool and combined with a functional medicine approach, the test has been used for years as a first step or last resort in the understanding of intolerances and sensitivities.

What is a Food Intolerance?

An intolerance is the body's inability to digest an item properly, whether this is a food intolerance or an environmental factor (a non-food intolerance). Intolerances can occur due to several reasons; the two most common are:

- The body is lacking the necessary digestive enzyme(s) for the certain food and, therefore, cannot digest the item properly or efficiently take the nutrients from it.
- A sensitivity resulting from over-consumption or over-exposure.

Many symptoms are the result of a sensitivity to a particular item. If you are experiencing constant slow/delayed occurring or digestive symptoms, then it is possible that you are suffering from a food intolerance.

What is a Food Allergy?

An allergy is the body's immune system responding to what would normally be considered a harmless substance. The body perceives this substance to be a 'threat' and produces an inappropriate response, with symptoms usually starting within a few minutes but also as long as two hours later. Allergies symptoms can be more acute and serious.

This is not a test for allergies. If your results indicate a high-level reaction, this suggests that you may have a sensitivity. If you already have an allergy, you will have hopefully already removed this item from your diet, and no further action is needed. If it is a known allergy, we would advise against reintroducing this food back into your diet.

This test indicates whether you could be suffering from an intolerance or allergy; though it doesn't differentiate between the two.

Occasionally, results will show no reaction to an item that you know you have an allergy to. This means that you have not shown a sensitivity to that item, but in no way does it question or contradict the fact that you have an allergy to that item. As we have previously stated, this product does not test for allergies.

What is Bioresonance Testing?

This is categorised under Complementary and Alternative Medicines (CAM's). This covers a wide range of therapies, including homoeopathy and acupuncture that fall outside of mainstream medicine.

As a CAM, Bioresonance therapy is recognised as a proven therapy method by practitioners and peers Worldwide. However, conventional medicine does not currently recognise Bioresonance as it has not been subject to sufficient scientific research.

Everyday Foods

It is common for someone that eats the same food every day to develop a sensitivity to that food. It is highly likely that this particular item will be highlighted as a moderate or high reaction item.

This often happens as the body grows sensitive to that item due to the volume of food being consumed. The body is now struggling to process or breakdown particular constituents of that food item. This can cause symptoms such as bloating, headaches, and other stomach issues.

Foods that Cause the Most Sensitivities

Wheat/Gluten



Dairy



Meat



Eggs



Tree Nuts



Symptoms

Your symptoms can change depending on your diet and environment, meaning that an item you have never experienced an issue with before could suddenly be causing your symptoms.

This is because if you are eating or have come into contact with something, your body will usually try to assimilate it. If your immune system is low or you have overindulged on certain food items, then your body will struggle to assimilate the food item, and you will suffer from various symptoms. These symptoms include (but are not limited to) bloating, headaches, and fatigue.

If you are suffering from immediate symptoms upon ingesting certain foods, you may have an allergy. If the symptoms take a while to develop, say, 2 - 72 hours, then it is likely due to a food intolerance.

What comes next?

The foods and items that have shown up as a reaction may need to be taken out of your diet and environment. We recommend that you eliminate these items from your diet for the prescribed period of four weeks to get the most benefit from your report.

You should try and eliminate all of the listed items at the same time, and although this can be challenging, the sooner you remove them, the sooner you may begin to feel better and be able to reintroduce them.

Most of the time, a reaction will disappear following the diet, but there are occasions when your body does not want to accept something back into the system. This means that you have most likely developed a lifetime issue.

Although this may seem difficult to deal with, it is something that you will get used to fairly quickly, especially if you are not suffering from associated symptoms anymore during the diet.

What about my pets?

If you have pets and have shown a sensitivity to dog or cat hair, do not despair. This simply means that you need to be more aware of where your pet goes within your home. Make sure you try and limit their access to bedrooms and keep them well-groomed to avoid excess hair and dander on your floors and soft furnishings.



METAL SENSITIVITIES AND ANALYSIS

So, what is metal toxicity?

Metal toxicity is the build-up of large amounts of heavy metals in the soft tissues of the body. This test can tell you whether you have high exposure to metal toxicity.

You need to look out for significant items, notably arsenic, cadmium, or mercury. These results are important to note because exposure to metals and the toxicity levels are more difficult to avoid. The symptoms vary between all the different types of heavy metals in the air, so it is crucial that you carefully analyse these results.

What if your results report high exposure?

You should look at lowering your day-to-day level of exposure. To do this, you will have to analyse the foods you are eating (you can use your food items results to help you with this), along with water and cleaning products, which tend to produce high levels of toxicity, meaning you are likely to feel ill.

The automatic response from the human body is to continually detoxify itself from the everyday environment. You can help your body's detoxification processes by making sure you are consuming the right foods and drink items for your diet.

Drink plenty of water, eat the right foods for your diet, and make sure you avoid processed foods.

As everyone is different, your metals toxicity report will be different from others, so make sure you know what metals are right for you.

As heavy metals are a part of our everyday life, there are small amounts which are detoxified by the body and will cause no issues. BUT, even if you think you know your body, having a greater understanding of what you may come into contact with will eventually reduce your potential exposure.



Food - Pesticides, insecticides, and herbicides used on crops can lead to contaminated food produce. Contaminated water can also result in fish and seafood containing metals.



Water - Pipework that water runs through is the most likely cause of any heavy metals in drinking water. For this reason, it is always best to filter your water.



Air - Pollution from vehicles such as cars, trains, and aeroplanes contribute to heavy metals, which can be inhaled. Industrial factories and agricultural areas, which use pesticides on crops, are also ways metals get into the air we breathe.



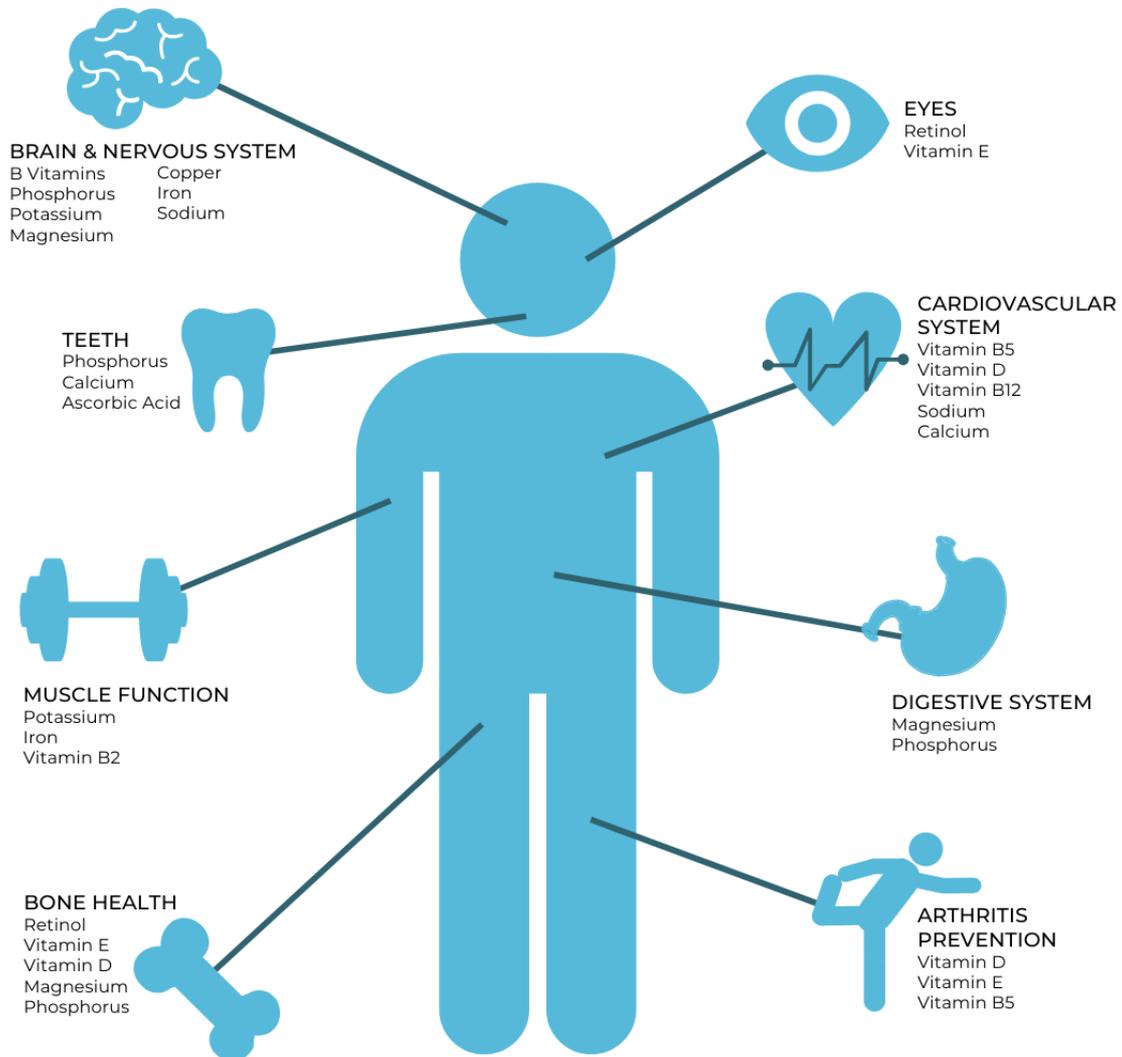
Cosmetics - Lead, arsenic, mercury, aluminium, zinc, and chromium can be found in cosmetics such as lipstick, whitening toothpaste, eyeliner, nail polish, moisturiser, sunscreen, foundation, blusher, concealer, and eye drops. Some metals are added as ingredients while others are contaminants.



Cleaning products - Everyday household cleaning products like polish, all-purpose sprays, and garden products like insecticides and pesticides contain heavy metals.

VITAMINS AND MINERALS

Be sure to replace the foods you eliminate so that you don't lose out on the nutrients in them. Here is some guidance on which functions of the body different nutrients help with.



REPLACING NUTRIENTS

Below we've given some suggested foods you can add to your diet to help you get these nutrients into your diet;

Nutrient	Food Items
Vitamin A (Retinol)	<ul style="list-style-type: none"> • Carrots • Spinach • Sweet Potato • Beef Liver • Broccoli
Vitamin B	<ul style="list-style-type: none"> • Oats • Quinoa • Brown Rice • Red Meat • Eggs & Dairy • Seeds & Nuts • Leafy Vegetables
Vitamin C (Ascorbic Acid)	<ul style="list-style-type: none"> • Oranges • Bell Peppers • Kiwi • Guava • Strawberries
Vitamin D	<ul style="list-style-type: none"> • Egg Yolks • Salmon • Mushrooms
Vitamin E	<ul style="list-style-type: none"> • Peanuts • Sunflower Seeds • Squash • Almonds • Trout
Vitamin K	<ul style="list-style-type: none"> • Chicken • Beef Liver • Pork • Leafy Vegetables
Calcium	<ul style="list-style-type: none"> • Cheese • Yoghurt • Milk • Almonds • Sardines
Iodine	<ul style="list-style-type: none"> • Tuna • Cod • Cheese • Iodised Salt • Seaweed
Iron	<ul style="list-style-type: none"> • Nuts • Meat • Liver • Beans • Dried Fruit
Magnesium	<ul style="list-style-type: none"> • Dark Chocolate (>70% Cocoa Solids) • Spinach • Chickpeas • Cabbage • Mackerel • Kale

GUT BIOME

Your gut biome test analysis can help you with nurturing your digestive tract. Addressing any gut bacteria imbalances to improve gut function can assist you in becoming your healthiest self.

Your gut biome is the bacteria which colonises your gut. These bacteria can affect health both positively and negatively. If any deficiencies are suspected, the gut biome section of your report will suggest food sources to help you increase your levels of each bacteria where deficiency is suspected.

The items listed within the gut biome section of the report are strains of good bacteria which your sample has indicated you may be deficient in. The percentage stated next to each strain details how large the imbalance is. For example, if you are extremely low in a particular strain of good bacteria, the percentage stated in your results may be in the high 90's.

Remember; these results don't indicate a sensitivity to any of the bacteria listed, only a possible imbalance within your gut biome.

HORMONE ANALYSIS

Hormone levels are constantly going up and down as they're affected by a wide range of external factors including stress, diet, medication, pregnancy and many more. This test analyses your hormones for a state of imbalance. Hormone balance can be a good indicator of general health, so peoples balance tends to improve with making traditional health improvements such as exercise and diet.

Items listed in the hormone analysis section are hormones which your sample has shown an imbalance in. The percentage listed indicates the severity of that imbalance.

Some people are surprised to see hormones associated with the opposite sex in their results. However, every healthy person should have both oestrogen and testosterone within their body, so an imbalance in either of these is possible. It's just that healthy women have much higher levels of oestrogen compared to men, and the same goes for testosterone in men compared to women.

These results do not indicate a sensitivity to any hormone, only an imbalance within the body.

DIGESTION & METABOLISM

Enzymes are essential to digestive health as they are what metabolises food within your body, helping you get all the nutrients out of what you eat. This affects fat storage and vitamin absorption. Your test analyses for any possible imbalance in the enzymes tested.

We have tested your sample against the bioresonance of a variety of enzymes and proteins to verify levels in your system. All items listed in your digestive health and metabolism analysis have been identified as possibly unbalanced and could be adversely affecting your digestive health.

Exercise, a healthy diet, and reducing stress will help your body to self-regulate again. The percentage listed indicates how severe the imbalance is, and does not indicate a sensitivity.

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.

Please note

All information provided in reports produced is intended for diet optimisation and to supplement your own investigation into symptoms. We do not claim or attempt to claim to diagnose, cure or treat medical conditions.

Bioresonance (Hair tests) are categorised as Complementary and Alternative Medicines (CAMs) covering therapies that fall outside mainstream medicine. Conventional medicine does not currently recognise Bioresonance as it has not been subject to significant scientific research.

Bioresonance reports and related information do not make a medical diagnosis, nor is it intended to be a substitute for professional medical advice, diagnosis, or treatment.

Always seek the advice of your doctor or other qualified health providers if you have a medical condition and/or medical symptoms. Never disregard professional medical advice or delay in seeking it. All probable or possible information provided in reports should be discussed and confirmed with a nutritional therapist or qualified medical practitioner.