

04.04.2020

Standard Intolerance Test Result | Sample



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Allergy, intolerance and sensitivity
testing
New Zealand

Test result

Here is your list of the foods and substances your body has most strongly reacted to. They are in descending order of reaction severity.

Firstly Don't Panic!

This is important information in your journey into wellness and some of these foods you might not even mind giving up for a short time. These foods or substances may be causing inflammation in your body affecting your health and wellbeing.

What should I do?

We recommend that you take these items out of your diet for 8 weeks. If this seems overwhelming make a start date in a week's time. This allows you to get your head around the results, use up items in your fridge or pantry and start planning alternative foods and or products. But the sooner you start the sooner you will see results.

We also recommend you take a broad spectrum probiotic while on your intolerance elimination to support your digestive and immune systems and to help reduce inflammation in your body.

During this initial phase of treatment we recommend that you reduce strong stimulants that may increase reactions such as alcohol, coffee, tea, chocolate and recreational drugs.

If the test is for a baby or child who is being breastfed the mother needs to follow these guidelines as well to avoid the allergens coming through in her breastmilk.

What do I do after 8 weeks?

Reintroduce the food back into your diet one item at a time beginning with a small serving, if no reaction occurs then at a following meal on the same day have a larger serving. Observing any reactions in your body over the next few days. You can keep a food diary to help. If a reaction occurs eliminate it for a further 4 weeks. If you think you are ok we then advise you to only eat these foods once every 3-4 days. Repeat with the other foods or substances in your test result individually.

Retesting every 6-12 months is recommended to keep up with how your body is interacting with your environment and to maximise your health and wellness.

Results of Main Test

Patient Name Sample

Session Name Food intolerances

Session Date

Rate	4/04/20	
05 Diet and Nutrition -> Food additives (E-additives) -> Preservatives -> E 221 Sodium sulphite (Sulphur dioxide)	100	
05 Diet and Nutrition -> Food additives (E-additives) -> Colourings -> E 142 Green S	100	
05 Diet and Nutrition -> Food additives (E-additives) -> Preservatives -> E 200 Sorbic acid	99	
05 Diet and Nutrition -> Foods sensitives -> Cereal or Grain Products -> Quinoa	99	
05 Diet and Nutrition -> Foods sensitives -> Spices -> Cumin	99	
05 Diet and Nutrition -> Foods sensitives -> Fruit (Raw) -> Grapes (red)	98	
05 Diet and Nutrition -> Foods sensitives -> Fruit (Raw) -> Papaya	98	
05 Diet and Nutrition -> Foods sensitives -> Vegetables (cooked) -> Beans (green)	98	
05 Diet and Nutrition -> Foods sensitives -> Vegetables (cooked) -> Courgette	98	
05 Diet and Nutrition -> Foods sensitives -> Vegetables (cooked) -> Spinach	98	
05 Diet and Nutrition -> Food additives (E-additives) -> Thickening, Setting and Moisturising Agents -> E 407 Carrageenan	95	
05 Diet and Nutrition -> Foods sensitives -> Fruit (Raw) -> Plums, damsons	95	
05 Diet and Nutrition -> Foods sensitives -> Meat -> Venison	94	
05 Diet and Nutrition -> Foods sensitives -> Vegetables (cooked) -> Cauliflower	94	
05 Diet and Nutrition -> Foods sensitives -> Spices -> Chilli	94	
05 Diet and Nutrition -> Foods sensitives -> Sweeteners -> High fructose corn syrup	94	
05 Diet and Nutrition -> Foods sensitives -> Drinks -> Vodka	93	
05 Diet and Nutrition -> Foods sensitives -> Cereal or Grain Products -> Rye	92	
05 Diet and Nutrition -> Foods sensitives -> Cereal or Grain Products -> Spelt	92	

The information provided is not designed to diagnose any medical conditions or replace a full consultation with a health practitioner, if you have any questions please consult with your health care provider.

05 Diet and Nutrition -> Foods sensitives -> Fats, general -> Coconut oil	92	
05 Diet and Nutrition -> Foods sensitives -> Nuts -> Coconut	92	
05 Diet and Nutrition -> Foods sensitives -> Drinks -> Tea (black/normal, i.e. not green)	89	
05 Diet and Nutrition -> Foods sensitives -> Sea food/Fish -> Squid	89	
05 Diet and Nutrition -> Food additives (E-additives) -> Colourings -> E 127 Erythrosine	88	
05 Diet and Nutrition -> Foods sensitives -> Meat -> Lamb	88	
05 Diet and Nutrition -> Foods sensitives -> Vegetables (cooked) -> Swede	86	
05 Diet and Nutrition -> Foods sensitives -> Vegetables (cooked) -> Leek	86	
05 Diet and Nutrition -> Foods sensitives -> Fruit (Raw) -> Apples	86	
05 Diet and Nutrition -> Foods sensitives -> Dairy Products -> Cream	86	
05 Diet and Nutrition -> Foods sensitives -> Vegetables (raw) -> Radish	85	
05 Diet and Nutrition -> Foods sensitives -> Vegetables (raw) -> Rocket	85	
05 Diet and Nutrition -> Foods sensitives -> Nuts -> Macadamia	85	
05 Diet and Nutrition -> Food additives (E-additives) -> Colourings -> E 123 Amaranth	84	
05 Diet and Nutrition -> Foods sensitives -> Sea food/Fish -> Mussels, general	84	
05 Diet and Nutrition -> Foods sensitives -> Fruit (Raw) -> Strawberries	83	
05 Diet and Nutrition -> Foods sensitives -> Spices -> Ginger	82	
05 Diet and Nutrition -> Foods sensitives -> Spices -> Mustard	82	
05 Diet and Nutrition -> Foods sensitives -> Fruit (Raw) -> Currants (red, black etc.)	81	
05 Diet and Nutrition -> Foods sensitives -> Vegetables (raw) -> Cauliflower	81	
05 Diet and Nutrition -> Foods sensitives -> Dairy Products -> Raw milk	80	
05 Diet and Nutrition -> Foods sensitives -> Dairy Products -> Sour cream	80	

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Results of Main Test

Patient Name Sample
Session Name pollen, fur, other

Session Date

Rate	4/04/20	
03 Various Resonance Tests -> Allergy test -> Allergies (pollen) -> Grasses/Herbs -> Yorkshire Fog (Holcus)	99	
03 Various Resonance Tests -> Allergy test -> Latex	98	
03 Various Resonance Tests -> Allergy test -> Allergies (pollen) -> Grasses/Herbs -> Timothy (Phleum)	93	
03 Various Resonance Tests -> Allergy test -> Allergies (pollen) -> trees -> Oak (Quercus robur)	92	
03 Various Resonance Tests -> Allergy test -> Allergies (pollen) -> trees -> Mulberry (Morus)	90	
03 Various Resonance Tests -> Allergy test -> Allergies (pollen) -> trees -> Plane tree (Platanus acerifolia)	87	
03 Various Resonance Tests -> Allergy test -> Allergies (pollen) -> trees -> Gorse (Ulex)	83	

Extra support

Please contact us if you have any questions

info@allergytest.co.nz

naturopath@allergytest.co.nz

022 040 6160

If you require further help with these diet and lifestyle changes please contact your health professional or naturopath.

You can have a Skype or phone appointment with our naturopath.

Contact naturopath@allergytest.co.nz for more details.

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