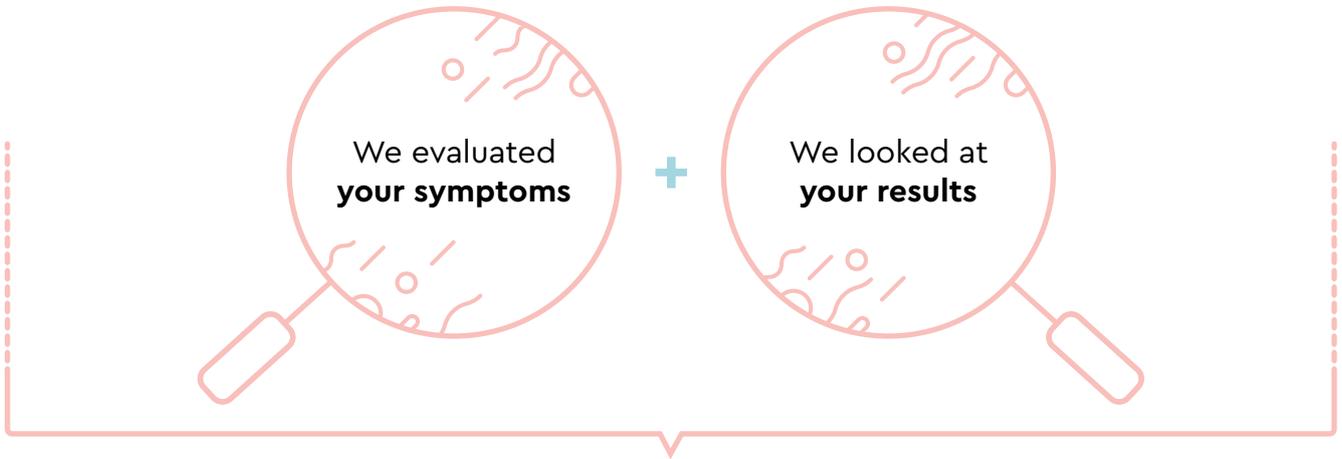


# FOOD SENSITIVITY

## PROCESS OVERVIEW



## WHAT YOU GET FROM US



Your bespoke supplement package



The Healthpath plate



The Healthpath fundamentals of health programme



Sleep



Activity



Stress



Diet

# FOOD SENSITIVITY

## TEST REPORT

*Thank you for taking the Food Sensitivity Test—we're delighted to provide your personalised report.*

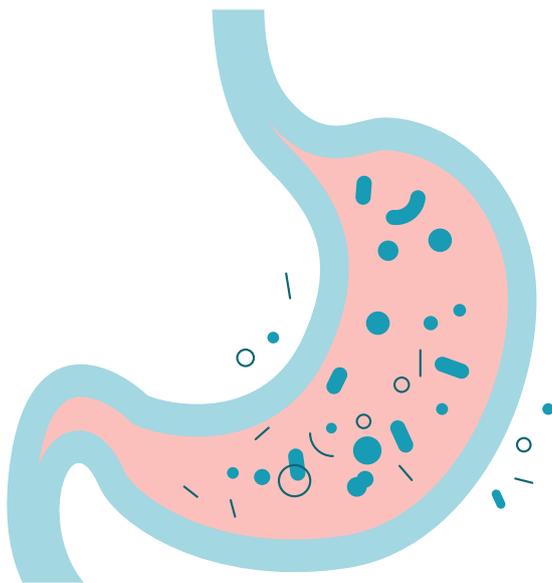
The report is divided into three sections:

I. **Scientific overview**  
The first section gives a brief overview of food sensitivity testing. This can help you to better understand your results.

II. **Your results**  
The second section contains your personal results, along with guidance on how to interpret them.

III. **Recommendations**  
The third and final section contains diet and lifestyle recommendations that enable you to make the most of these test results.

### I. SCIENTIFIC OVERVIEW



The purpose of digestion is to break food down into its smallest possible components e.g. proteins are broken down into amino acids. These small components pass through the gut wall into the bloodstream, and are then delivered to where they're needed in the body.

However, sometimes small fragments of partially digested or undigested food are able to pass through the gut wall. Your immune system recognises these as 'foreign' and responds by making IgG antibodies to them.

During a food sensitivity test, a sample of your blood is dispensed onto pads that contain food extracts. If IgG antibodies to that food are present in the blood, they bind to the food extract and create an antigen-antibody complex. These complexes can then be measured by a special high-resolution scanner.

## II. YOUR RESULTS

What's key to understand is that this test does not diagnose food allergies. Food allergies involve another branch of your immune system (namely IgE antibodies) and generally necessitate life-long avoidance of the food in question. Food sensitivities are different. We're much more likely to become sensitive to a food if:



a) we eat it regularly

and



b) our digestive function is impaired in some way

Food sensitivities don't necessarily mean you need to avoid a food forever. For more advice on how to respond to these results, see the 'Your Recommendations' section below.

## III. RECOMMENDATIONS

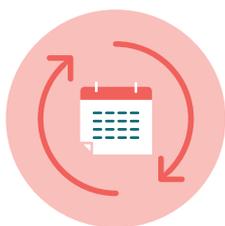
It's important to understand that you can have high level of IgG antibodies without experiencing any symptoms. This may be because the immune system is efficient at clearing away the antigen-antibody complexes before they cause any problems. It's also important to appreciate that we're more likely to have high levels of IgG antibodies if our digestion is impaired in some way. If we're not breaking down food properly, or if we have leaky gut, it's more likely that larger fragments of food will reach the bloodstream.

With that in mind, it's essential to interpret these results in the context of your lifestyle and symptoms. These results are most useful when you use them as a springboard for further investigation. Let's look at two scenarios:



### You have lots of foods in the red

As mentioned, we're more likely to be reactive to foods if our digestion isn't working properly. If you have lots of foods that have flagged up red or amber, it's most beneficial to pay attention to your gut health. Focus on the Healthpath Fundamentals of Health and eat according to the Healthpath Plate, monitoring your symptoms as you go. This will be more worthwhile (and more enjoyable) than simply eliminating lots of foods. If your symptoms haven't changed after 2-3 months of following the above, you may wish to do some further investigation. The Healthpath Gut Health MOT Test or Healthpath Leaky Gut Test are both good options.



### You have surprising foods in the red

Remember, these results are only valuable when considered in the context of your life. If you've flagged up red for foods that you suspected were a problem, it's worth eliminating these foods entirely while you focus on supporting your gut health. Eat according to the Healthpath Plate, and consider trying the Healthpath Gut Restore supplement bundle. If you've flagged up red for a certain food but are certain that it doesn't contribute to your symptoms, then it's probably not worth eliminating it. Remember, not all IgG antibodies cause symptoms. However, if you're at all unsure, you can regard this as a valuable prompt for investigation. Eliminate that food entirely for three weeks, then follow the reintroduction process outlined below. It will become clear if that food is problematic for you.

## REINTRODUCING FOODS

After three weeks, reintroduce one food at a time. Eat that food (e.g. eggs) two or three times in one day. Wait 48 hours to see if you have a reaction, recording anything you observe in the symptom diary below. If there's no reaction, you can once again include that food in your diet. You can then repeat this process with any other foods you have eliminated. If there is a reaction, you may wish to consider eliminating that food for a longer period while you focus on supporting your gut health.

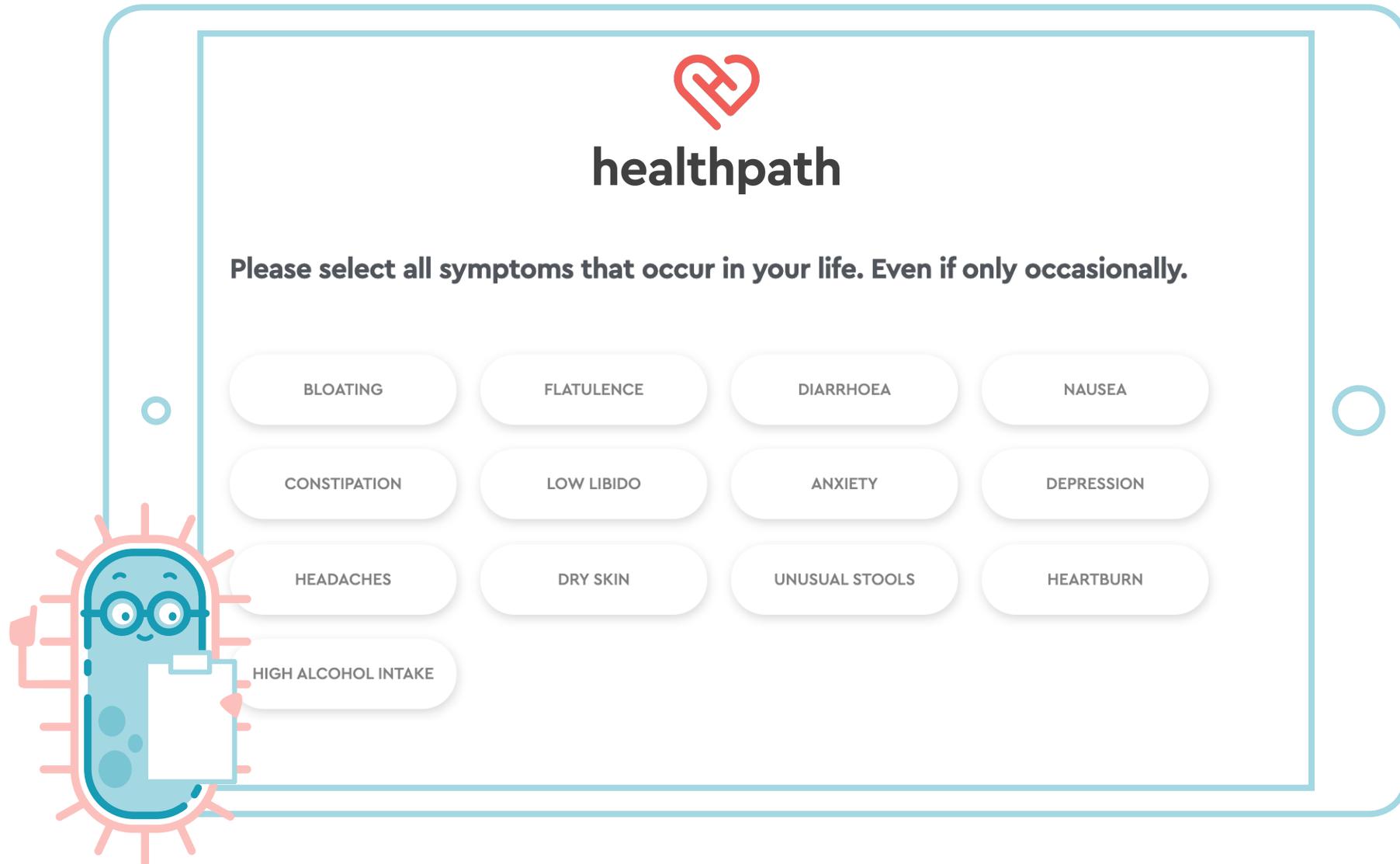
Food	<i>Eggs</i>						
Date re-introduced	<i>10/01/2018</i>						
<i>Symptoms observed within the following 48 hours</i>							
Digestive function	<i>Bloating</i>						
Joint/muscle aches							
Headaches	<i>Mild headache on first day</i>						
Nasal and/or lung congestion							
Bladder function							
Skin							
Energy/focus							
Sleep							
Other symptoms	<i>Felt a bit down</i>						



*Disclaimer: if you're pregnant, breastfeeding, taking medications or suffering from a disease or medical condition, please consult your doctor before following these recommendations.*

# Food IgG Test results are delivered in your private Healthpath dashboard

Your practitioner considers your symptoms:



The image shows a tablet displaying the Healthpath dashboard. At the top center is the Healthpath logo, a red heart with a white 'H' inside, and the word "healthpath" in a bold, black, sans-serif font. Below the logo is the instruction: "Please select all symptoms that occur in your life. Even if only occasionally." The dashboard features a grid of 15 white, rounded rectangular buttons with a subtle shadow, each containing a symptom name in all caps. The symptoms are arranged in four rows: the first row has BLOATING, FLATULENCE, DIARRHOEA, and NAUSEA; the second row has CONSTIPATION, LOW LIBIDO, ANXIETY, and DEPRESSION; the third row has HEADACHES, DRY SKIN, UNUSUAL STOOLS, and HEARTBURN; and the fourth row has a single button for HIGH ALCOHOL INTAKE. To the left of the tablet, a cartoon character with a blue body, red outline, and glasses is holding a white clipboard. The tablet itself has a light blue border and two circular icons on the left and right sides.

**healthpath**

Please select all symptoms that occur in your life. Even if only occasionally.

- BLOATING
- FLATULENCE
- DIARRHOEA
- NAUSEA
- CONSTIPATION
- LOW LIBIDO
- ANXIETY
- DEPRESSION
- HEADACHES
- DRY SKIN
- UNUSUAL STOOLS
- HEARTBURN
- HIGH ALCOHOL INTAKE

# You get a personal note from your practitioner:

The screenshot displays a patient's dashboard on the Healthpath website. The top navigation bar includes the Healthpath logo, menu items (ABOUT, SHOP, SYMPTOMS, BLOG, MORE), a 'BOOK FREE CONSULTATION' button, and user profile icons. A teal banner below the navigation bar reads 'THE UK GUT HEALTH EXPERTS' and 'OPEN FROM 9:00AM-5:30 PM MON-FRI +44 (0)207 193 1693'. The left sidebar lists navigation options: DASHBOARD, TESTS (highlighted in red), CONSULTATIONS, SUPPLEMENTS, SYMPTOMS SURVEY, PROGRAMS, FOODS, ORDERS HISTORY, and MY ACCOUNT. The main content area is titled 'Practitioner's comment:' and contains a personal message from Martin Cohen to Richard. The message includes a thank you for completing a Food Sensitivity Test, a reference to a 'Patient Guidebook' and a 'Health plate' food plan, and a recommendation to follow the program for 8 weeks. It also offers a paid consultation for further support. The message concludes with 'In health, Martin Cohen' and a disclaimer: 'Disclaimer: if you're pregnant, breastfeeding, taking medications or suffering from a disease or medical condition please consult your doctor before following these'.

# The fundamentals of health:

## THE FUNDAMENTALS OF HEALTH

*When it comes to optimising health, advanced functional testing and targeted supplements are brilliant tools—but it's important to get the basics right first. These fundamentals include:*



**ACTIVITY LEVELS**



**STRESS LEVELS**



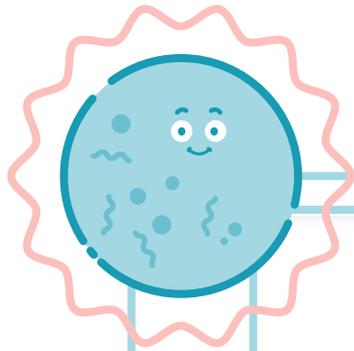
**SLEEPING PATTERNS**



**NUTRITIONAL HABITS**

These all affect the health of the gut and beyond. In order to fully benefit from a personalised programme, it's therefore important that we pay attention to these foundational habits.

ACTIVITY LEVELS



# Personalised Healthpath plate:



## HEALTHPATH PLATE

Your gut loves variety.  
Use the lists below to create your own Healthpath plate—the combinations are endless!



### VEGETABLES & FRUIT

50% of your plate ~ 2 heaped handfuls

NON-STARCHY VEGETABLES		FRUIT	AVOID
<i>Choose mostly non-starchy vegetables, with 1–2 portions of fruit.</i>			<i>Eliminate for 6–8 weeks, the reintroduce one at a time.</i>
<input type="checkbox"/> Artichoke	<input type="checkbox"/> Sauerkraut	<input type="checkbox"/> Apricots	<input type="checkbox"/> Garlic
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Spaghetti squash	<input type="checkbox"/> Banana	<input type="checkbox"/> Leeks
<input type="checkbox"/> Aubergine	<input type="checkbox"/> Sugar snap peas	<input type="checkbox"/> Blackberries	<input type="checkbox"/> Onions
<input type="checkbox"/> Beetroot	<input type="checkbox"/> Sprouts	<input type="checkbox"/> Cranberries	
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Swiss chard	<input type="checkbox"/> Grapefruit	

# Targeted supplement recommendations:

The screenshot displays the healthpath website dashboard. The top navigation bar includes the healthpath logo, menu items (ABOUT, SHOP, SYMPTOMS, BLOG, MORE), a 'BOOK FREE CONSULTATION' button, and user account icons. Below the navigation is a teal banner with 'THE UK GUT HEALTH EXPERTS' and 'OPEN FROM 9:00AM-5:30 PM MON-FRI +44 (0)207 193 1693'. The left sidebar lists navigation options: DASHBOARD, TESTS, CONSULTATIONS, SUPPLEMENTS, SYMPTOMS SURVEY, PROGRAMS, FOODS, ORDERS HISTORY, and MY ACCOUNT. The main content area is divided into three sections: 'Without food', 'Breakfast', and 'Lunch', each with a table of supplement recommendations.

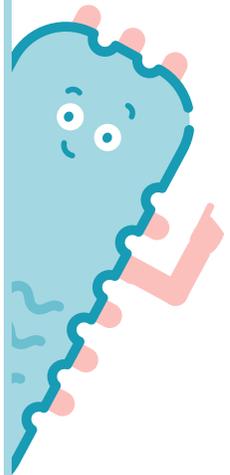
SUPPLEMENT	DOSAGE	DURATION	WHEN TO TAKE
Moss Nutrition – Oil of Oregano 150mg	2 capsules, twice a day	8 weeks.	Without food
Healthy Fiber	1 scoop per day.	8 weeks.	Without food
Zinc Carnosine	1 capsule twice per day.	8 weeks.	Without food
Berberine Select	2 capsules, twice a day	8 weeks	Without food

SUPPLEMENT	DOSAGE	DURATION	WHEN TO TAKE
ProBiota HistaminX	1 capsule per day.	8 weeks	Breakfast
Tension Ease	2 capsules, twice daily.	8 weeks.	With each meal

SUPPLEMENT	DOSAGE	DURATION	WHEN TO TAKE
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# Plus a copy of the original lab report

ELEVATED (≥30 U/ml)			BORDERLINE (24-29 U/ml)			NORMAL (≤23 U/ml)		
<b>DAIRY / EGG</b>								
98	Egg White	127	Milk (Cow)	23	Egg Yolk	63	Milk (Goat)	
<b>GRAINS (Gluten-Containing)*</b>								
54	Barley	26	Glutadin*	20	Rye	30	Oat	50
20	Durum Wheat				Wheat			
<b>GRAINS (Gluten-Free)</b>								
24	Corn (Maize)	17	Rice					
<b>FRUIT</b>								
3	Apple	6	Grapefruit	8	Pineapple			
8	Avocado	13	Lemon	0	Raspberry			
1	Blackberry	10	Lime	2	Strawberry			
5	Cherry	28	Orange					
7	Grape (Black/Red/White)	1	Pear					
<b>VEGETABLES</b>								
12	Bean (Red Kidney)	16	Cabbage (Savoy/White)	20	Potato			
36	Bean (White Haricot)	4	Carrot	27	Soya Bean			
11	Broccoli	2	Cauliflower					
9	Brussel Sprout	61	Pea					
<b>FISH / SEAFOOD</b>								
1	Cod	16	Oyster	6	Trout			
1	Crab	4	Plaice	5	Tuna			
7	Haddock	6	Salmon					
6	Lobster	5	Shrimp/Prawn					
<b>MEAT</b>								
0	Beef	0	Lamb	2	Turkey			
2	Chicken	4	Pork					
<b>HERBS / SPICES</b>								
5	Chilli (Red)	10	Ginger	0	Peppercorn (Black/White)			
0	Garlic	24	Mustard Seed					
<b>NUTS / SEEDS</b>								
22	Almond	17	Cashew Nut	23	Peanut			
20	Brazil Nut	27	Hazelnut	38	Pistachio			
<b>MISCELLANEOUS</b>								
17	Mushroom	23	Yeast (Baker's)		Yeast (Brewer's)			

\* Glutadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to glutadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.

Laboratory Reference: 2018/10/05 13:52:31 5132 113787 Pad-16 Lot-91606 ENGLISH

ELEVATED FOODS (≥30 U/ml)								
127	Milk (Cow)	54	Barley	36	Bean (White Haricot)			
98	Egg White	50	Wheat	30	Oat			
63	Milk (Goat)	50	Yeast (Brewer's)					
61	Pea	38	Pistachio					
BORDERLINE FOODS (24-29 U/ml)								
28	Orange	27	Soya Bean	24	Corn (Maize)			
27	Hazelnut	26	Glutadin*	24	Mustard Seed			
NORMAL FOODS (≤23 U/ml)								
23	Egg Yolk	10	Ginger	4	Plaice			
23	Peanut	10	Lime	4	Pork			
23	Yeast (Baker's)	9	Brussel Sprout	3	Apple			
22	Almond	8	Avocado	2	Cauliflower			
20	Brazil Nut	8	Pineapple	2	Chicken			
20	Durum Wheat	7	Grape (Black/Red/White)	2	Strawberry			
20	Potato	7	Haddock	2	Turkey			
20	Rye	6	Grapefruit	1	Blackberry			
17	Cashew Nut	6	Lobster	1	Cod			
17	Mushroom	6	Salmon	1	Crab			
17	Rice	6	Trout	1	Pear			
16	Cabbage (Savoy/White)	5	Cherry	0	Beef			
16	Oyster	5	Chilli (Red)	0	Garlic			
13	Lemon	5	Shrimp/Prawn	0	Lamb			
12	Bean (Red Kidney)	5	Tuna	0	Peppercorn (Black/White)			
11	Broccoli	4	Carrot	0	Raspberry			

\* Glutadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to glutadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.

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