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ANNEX
Original Test Report

ELEVATED (≥30 U/ml)		BORDERLINE (24-29 U/ml)		NORMAL (≤23 U/ml)	
DAIRY / EGG					
98	Egg White	127	Milk (Cow)		
23	Egg Yolk	63	Milk (Goat)		
GRAINS (Gluten-Containing)*					
54	Barley	26	Gliadin*	20	Rye
20	Durum Wheat	30	Oat	50	Wheat
GRAINS (Gluten-Free)					
24	Corn (Maize)	17	Rice		
FRUIT					
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		
VEGETABLES					
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		
FISH / SEAFOOD					
1	Cod	16	Oyster	6	Trout
1	Crab	4	Plaice	5	Tuna
7	Haddock	6	Salmon		
6	Lobster	5	Shrimp/Prawn		
MEAT					
0	Beef	0	Lamb	2	Turkey
2	Chicken	4	Pork		
HERBS / SPICES					
5	Chilli (Red)	10	Ginger	0	Peppercorn (Black/White)
0	Garlic	24	Mustard Seed		
NUTS / SEEDS					
22	Almond	17	Cashew Nut	23	Peanut
20	Brazil Nut	27	Hazelnut	38	Pistachio
MISCELLANEOUS					
17	Mushroom	23	Yeast (Baker's)		Yeast (Brewer's)

* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, 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.

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	Gliadin*	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

* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, 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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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.

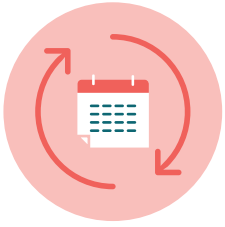
III. RECOMMENDATIONS

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

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