



TEST YOUR INTOLERANCE

IMPROVING LIVES SINCE 2008



YOUR INTOLERANCE TEST

RESULTS GUIDE

INTRODUCTION

Great News! You're on your journey to a healthier you!

We are pleased to welcome you to **Test Your Intolerance**, which is your first step on the road to enjoying a life free from the debilitating effects of your body's reaction to substances that it doesn't cope well with.

When you receive your report, you should read through and find foods grouped into sections and the severity of your intolerance next to them, colour-coded for ease of understanding.

It's important not to panic if you see anything in your results that you're not familiar with or that you weren't expecting. This is completely normal and our friendly team are always on hand to help answer any questions you might have.

This guide is to help you make effective use of the information contained within your results and to help you generally on your health journey...

FAQS

So, you've got your results. What next?

You'll see a range of foods and substances that you may recognise as being part of your regular diet and some that are not so familiar to you.

This is entirely normal, so there's no need to panic.

The next part of your journey is to put measures into place to allow you to actively avoid these elements and free yourself from their effects.



What's the difference between an allergy and an intolerance?

What you will find is that an allergy is more severe than an intolerance and the reaction is usually felt immediately.

Allergies also tend to be with you for life. Conversely, intolerances are typically less severe in nature and can change over time.

Additionally, the symptoms of an intolerance are not immediate, manifesting anywhere from 10 minutes to 48 hours after the food has been consumed.

How accurate is the test?

As the test results are subjective (down to the customer's positive results), the accuracy of our tests is equated from the feedback we receive. Currently, we conduct more than 5,000 tests per week and we are running at a positivity rating in excess of 99.5%, which is highly accurate in anyone's book.

The most accurate tests we do tend to be the hair test, which are not affected by the contents of your last meal. Unlike blood and urine testing, which can be affected by recent food intake and stress (amongst other things), hair testing is able to assess your data concerning your health that covers a much longer period of time and is unaffected by your most recent activity. This is why it is particularly effective for offering a broad view of your intolerance issues.

Also, bioresonance testing is used as a complementary therapy, which is widely regarded as an effective and proven treatment. Unfortunately, conventional medicine does not yet recognise its efficacy, as it has to date not scientifically researched the therapy. If you would like to find out more, you can do so by following this link:

<http://bit.ly/2J6SJF>



What do my results actually mean?

The items on the list that display a colour (rather than a blank space) indicate a minimum intolerance level of 85% and are graded as low, medium or high within these parameters.

It is quite common for something that has never caused you an issue to start doing so, depending on your diet, your habits and your environment.

If, for reasons of poor immune system levels or poor diet, you have too much of one particular element in your system, your body will have trouble dealing with these increased levels.

The side effects this imbalance causes is known as an intolerance.

So, you can see that it's as much to do with your habits as your biology.



What items have I been tested for?

The total number of foods and substances that you have been screened for will depend on the particular test you opted for.

Everything you need to know will be listed in your detailed results report.



I've found out that I'm intolerant to wheat. Does that mean I'm gluten intolerant too?

That is a good question and it is one we get asked a lot.

The answer, is no. Whilst gluten can be found in wheat, it may not be the thing you have an intolerance to.

We test for gluten separately as a standard procedure, so if you have been found to be intolerant to wheat, but not to gluten, this means that you don't have to cut it out of your diet, as your body doesn't have a problem with it.



What does the term 'cow's milk' actually cover?

When you have been found to be intolerant to cow's milk, the products you are intolerant to extend further than just plain cow's milk.

It will mean that you are also intolerant to products made from cow's milk, like cheese, yoghurt, butter, cream, ice cream, milk powder etc. This shouldn't however be confused with a lactose intolerance, rather an intolerance to anything made with cow's milk.



I've discovered that I am gluten intolerant. Does this indicate Coeliac Disease?

A diagnosis of gluten intolerance is in no way an indication of Coeliac Disease, as it is neither an allergy nor an intolerance.

Those with Coeliac Disease suffer from an autoimmune condition that should not be confused with gluten intolerance.

How does the metals test work?

Rather than being an indicator of how much of any given metal is present in your body, our metals test is to determine your sensitivity to the metals included on the test.

A sensitivity to a particular metal will cause a reaction when direct or indirect contact is made, which doesn't necessarily mean that you have to actually touch it. It could mean that it's a metal that is present somewhere in your daily surroundings and you are exposed to it.

Common sources include machinery operated at work and metals used in air conditioning systems.



WHAT SHOULD MY NEXT STEPS BE?

The foods and substances indicated on your report will need to be removed from your diet and surroundings as effectively as possible.

It is recommended that you remove these items from your life for a minimum of 4 weeks to achieve a base level and whilst we understand that eradicating some things that you might have loved for years, you'll continue to suffer the effects unless you do.

Once the offending items have cleared your system, it is then a case of adding items back into your diet slowly, whilst keeping track of any symptoms you feel as a result.

Even though you have physically managed to get them out of your system, you may still be intolerant to them and keeping a food diary is the safest and most effective way to achieve this.

Keep reading below for a structured guide to help you eliminate foods from your diet.



IMPORTANT:

READ THE REPORT AND AVOID CERTAIN ITEMS THAT YOU ARE SHOWN TO BE INTOLERANT TO.

GET THE FULL GUIDE AND YOUR INTOLERANCE
REPORT ON UP TO 600 TRIGGER ITEMS NOW
BUY ONLINE TODAY



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