

#### Customer Info

		Order Number	15951
Customer Name	Adam Hardingham	Date of test	19/04/2019

#### Main Food Intolerances

Action item	More Info	% Value
Coffee (black)	Avoid coffee , also avoid decaf	100%
Spelt	A type of wheat, also known as dinkel wheat.	100%
Ginger	Avoid ginger and any dishes that contain it i.e. curry .	97%
Celery	Avoid celery be careful with parsley, celery, and caraway	97%
Beef, dried	This refers to beef jerky style beef . You should be fine to eat normal cut beef , steak etc unless otherwise stated on the report.	97%
Fish (general, salt water)	Avoid all fish for the elimination period	96%
Currants (red, black etc.)	Avoid fresh red and black currants	95%
Milk from sheeps	Avoid milk from sheep, be care ful with milk / dairy from cows	95%
Rice	Avoid all kinds of rice	94%
Blackberries	Avoid blackberries , other berries should be fine to eat.	93%
Liver (pig)	Avoid liver from any animal and any food that may contain it .	93%
Apricots	Avoid apricots and dried apricots	93%
Tea (green)	Avoid green tea , others tea's should be fine for you.	93%
Peaches	Avoid peaches and also avoid nectarines	92%
Bread, baguette	When this intolerance is flagged it is usually because of the crust . I would avoid any crusty bread . If this doesn't help you may want to cut out all bread.	92%
Raspberries	Popular red berry	92%
Artichoke	Only avoid artichoke	91%
Veal	Flesh of a young calf.	91%
Cottage Cheese	Avoid cottage cheese other cheese should be ok unless otherwise stated	91%
Lamb	Flesh of a young sheep.	90%
Sardine	Avoid sardines and pilchards , be careful with herring.	90%

Pepper (red)

The pepper - red in colour - often used to flavour cooking.

89%

#### Additional Information

These items have flagged up as intolerances to your body. Although they have flagged up not all intolerances show physical symptoms. Some of these items will be things you have never come into contact with. Don't worry this is normal as we test you against these items regardless.

#### Recommendations

It is advised to remove all these items from your life for at least four weeks. Please check ingredients list of anything processed so that you know exactly what it is you are eating. Then you can add them back in one at a time to find out which allergies and intolerances could be the cause of your discomfort.

#### Advisory

Please note this is not a medical diagnosis. Please consult with your doctor before removing any medicines from your diet.

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#### Main Non-Food Intolerances

Action item	More Info	% Value
European beech	A running tree belonging to the birch family.	100%
Sheep's wool	Textile fibre obtained from sheep.	99%
Horses	Animal	98%
Wild oat (Avena fatua)	A species of grass from the oat family.	96%
Mould-I-Allergen	A mold or mould is a fungus that grows in the form of multicellular filaments called hyphae.	96%
Velvet grass (Holcus lanatus)	A tall grass.	95%
Glaskraut (Parietaria judaica)	A plant of the nettle family	95%
Jasmine (Philadelphus spp.)	Plant with white flowers and strong fragrance	95%
Alder (Alnus glutinosa)	A tree of the beech genus.	94%
Cats	Small domestic pet	92%
Walnut	This intolerance refers to the pollens and spores given from the plant the nut should be fine to eat	91%
Maize (Zea mays)	Avoid fields of corn. You should be ok to eat maize, corn, corn flour, corn starch etc	90%
Mould-II-Allergen	Mould allergy has been thought to cause all sorts of symptoms from wheezing and asthma to depression, rhinitis (running nose) and even panic attacks.	90%
Meadow fescue (Festuca pratensis)	Tall, loosely tufted grass with long flat leaves.	87%
Red fescue (Festuca rubra)	Common, tall grass - red in colour	87%
Blackberry	This refers to the plant , you should still be ok to eat the berries.	85%

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#### Advisory

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