



Your Silver Test results are here

Ani Mustafa

Redemption code: SI0UJH7JAX11

Report Date: Dec 2 2019

Dear Ani,

We are delighted to present you with your test results report!

Your results are divided into sections by the type of items tested. Within each section you'll find an overview page, this is to ensure your results are as clear and concise as possible and your attention is drawn to the information that is of greatest value to you. You can see the full list of items tested in the detailed analysis page. Your results report is designed to provide the utmost clarity on your results and the actions we would recommend.

We believe that in providing you with your test results and relevant information in each section, your results can form the beginning of a journey, enabling you to make positive changes to your daily diet and environment. In doing so we want you to be able to take steps towards eating a diet, which is nutritious and enjoyable and living a life, which is healthful and happy.

If you have any further questions please do not hesitate to get in touch with us.

**Sincerely,
Check My Body Health Team**

Why choose Check My Body Health?



Over 5,000
new customers
every month



98% customer
satisfaction
from 22,000+
tests



The most
comprehensive
results



Worldwide
operations
4 continents



Quality assured
testing facilities



Trusted worldwide
by health
professionals

Quality assured
testing facilities



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Customer promise!

100% Moneyback guarantee

We are so confident our tests can help you, we offer a 100% moneyback guarantee if you are not completely satisfied with your results.



Customer testimonials

We thought you'd like to hear what some of our customers thought about our service, from the hair submission to understanding the results report and elimination diet implementation. We would love to get your feedback!

98% customer satisfaction

from 22,000+ tests (completed during the last 5 months)



This has changed my life! No longer sick EVERY SINGLE DAY!

Joni A - Silver Test



Very detailed information. Much more than I had expected to receive. I will definitely be using the information in my results to better my eating habits to eliminate the recommend this to everyone so you may better understand what affects you!

Tiffany C - Platinum Test



I was aware of what some of the results would be, mainly food sensitivities. But, seeing some other results brought my attention to the fact that these foods are a problem. I felt that the results were very accurate. I am a nurse so was able to really understand the entire experience.

Sharon N - Platinum Test



Purchased before for family now doing it for myself because my sister says it has changed her life.

Travis - Bronze Test



I got this for my mom and I just to see. Found out a lot that I already assumed and a lot that I wouldn't have even guessed. It was very informative and absolutely worth the price.

Jordan V - Gold Test

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Interpreting your results – explainer

Sensitivity NOT Allergy

It is important to reiterate that this test is NOT for allergy. It is easy to confuse allergy and sensitivity or intolerance as the different terms are often used interchangeably, which leads to misinterpretation. Allergy and sensitivity are not the same. Of course if someone is allergic to a food item it could be described as being 'sensitive' however as a health condition allergy is different from sensitivity or intolerance.

There are a couple of fundamental differences between allergy and sensitivity; having food sensitivity may be uncomfortable and cause symptoms that, whilst annoying, embarrassing or even debilitating, do not have the potential to be life-threatening like those caused by food allergy; food sensitivity can also change over time, it can often be overcome through implementation of a food elimination diet and/or improving gut health, however food allergy tends to be lifelong.

The physiological process, which takes place in the body during an allergic reaction, is also entirely different to that of sensitivity. An allergic reaction involves the immune system and cells called antibodies, whereas this is not involved in sensitivity. Hair testing does not test antibody levels therefore this is why it cannot be used to test for allergy.

Known Allergy

You may have a known allergy; so let's help you to interpret sensitivity results to this item.

Scenario 1

The item you are allergic to shows as a moderate or high reactivity item.

This means that as well as a food allergy you have food sensitivity. If you have already removed this item from your diet you do not need to take any action. If you have not removed it previously, it is worth considering doing so, however we would not recommend reintroduction following the elimination diet.

Scenario 2

The item you are allergic to shows as a no reactivity item.

This means that you do not have food sensitivity to this item however the result does not question or contradict the presence of your food allergy to the item. It does NOT mean you should reintroduce the item to your diet, you should respect the symptoms or test results you have had previously with regards to allergy. Remember this test does not test for allergy.

Everyday Foods

It is common for a food item consumed in the daily diet or very frequently, to test as a moderate or high sensitivity item. This can happen with food sensitivity and may be due to the body suddenly struggling to process or breakdown particular constituents of the food. This could be caused by overconsumption of a food group or could be down to an imbalance in gut bacteria or the presence of low-level inflammation in the gut.

Whatever the cause do not despair. We are talking about food sensitivity and NOT allergy; therefore completing a food elimination diet with subsequent reintroduction can help. This may mean you need to eliminate a favourite food or staple in your diet for a period of weeks but you will be able to reintroduce the item. Eliminating food items for a period of time can allow the gut time to 'rest' from trigger foods and the reintroduction of items can allow you to assess how a food or food group makes you feel.

Gut Nourishment

In most cases carrying out an elimination diet is enough to improve symptoms and allow for a greater understanding of any foods, which aren't agreeing with the body. It is also worth considering the nourishment of the digestive tract and addressing any gut bacteria imbalances to further improve gut function and reduce digestive symptoms.

Complementary and Alternative Medicine

Complementary and Alternative Medicine

What is Complementary and Alternative Medicine?

Bioresonance therapy and testing is categorised as a complementary and alternative medicine (CAM). This is a diverse group of therapies, practices and products, which fall outside of conventional medicine or healthcare.

A complementary therapy is used alongside conventional medicine or treatment, whilst alternative therapy is used in place of conventional medicine or treatment. Some therapies or practices could be used as either complementary or alternative; it depends on whether it is combined with conventional medicine alongside or not.

Other therapies and practices, which are considered complementary and alternative medicine:

- Aromatherapy
- Acupuncture
- Homeopathy
- Massage therapy
- Naturopathy
- Osteopathy
- Pilates
- Yoga



Finding Complementary and Alternative Medicine Practitioners

When using complementary and alternative medicine it is important that you look for a practitioner who has the relevant training and qualifications in their field of expertise. You can find a therapist who is registered with their regulatory association by searching the Australian Health Practitioner Regulation Agency (AHPRA) website database or going to the website of a particular professional association and looking for members in your area.

Understanding more on complementary therapies –

www.betterhealth.vic.gov.au/health/conditionsandtreatments/complementary-therapies

Food sensitivities analysis

Food sensitivities analysis

What is a food sensitivity?

Food sensitivity happens when the body has difficulty digesting a particular food. Having food sensitivity can cause symptoms such as bloating, bowel movement changes, headaches and fatigue. It can also contribute towards symptoms experienced by those with chronic conditions such as irritable bowel syndrome, chronic fatigue, arthritis, autism and ADD/ADHD.

What is a food allergy?

Food sensitivity should not be confused with food allergy. This test is for food sensitivity ONLY. Food allergy symptoms include coughing, sneezing, runny nose/eyes, itchy mouth/eyes, swelling of the lips/face, rashes, worsening of eczema and/or asthma, wheezing, breathing difficulties, vomiting, diarrhoea and, in rare cases, anaphylaxis. Testing for food allergy can only be done through a blood, skin prick or patch test. If you suspect you have food allergy please see your physician.

Interpreting your results

Interpreting your results is of course the important part! To help you with this you will find an overview of your food sensitivity results. This overview summarises the items to focus on, along with the relevant actions to take. All items tested are rated as either high, moderate or no reactivity, in the overview section you will see only those items, which tested as high or moderate. The no reactivity items can be found in the detailed analysis section.

High Reactivity

These are the food items that our testing shows you have sensitivity to.

Moderate Reactivity

These are the food items that our testing shows you could potentially have sensitivity to.

No Reactivity

These are the food items that our testing shows you do not have sensitivity to.

Your food sensitivities overview

High Reactivity

- A-lactalbumin
- Ale
- B-lactoglobulin
- Barley
- Barleygrass
- Beer
- Bread-brown
- Bread-granary
- Bread-rye
- Bread-white
- Bulgar wheat
- Butter
- Buttermilk
- Cashew nut
- Cheddar
- Chestnut
- Chickpea
- Cod
- Cod liver oil
- Condensed milk
- Cottage cheese
- Cream
- Dry roasted peanut
- Evaporated milk
- Farro
- Fish fingers
- Freekeh
- Haddock
- Hops
- Horse
- Hot chocolate
- Ice cream
- Kamut
- Lager
- Lentil
- Milk chocolate
- Milk from cows
- Milk from goats
- Milk from sheep
- Mozzarella
- Noodles-wheat
- Oat milk
- Oats
- Parmesan
- Peanut
- Peanut oil
- Porridge oats
- Red Leicester
- Rye
- Sesame oil
- Sesame seed
- Soft cheese
- Sour cream
- Spelt
- Stilton
- Tahini
- Vinegar-malt
- Water chestnut
- Wheat
- Wheatgrass
- Whisky
- Yogurt

These food items have been identified as those, which may be causing or contributing to physical symptoms.

We would recommend the removal of these items from your daily diet using a structured elimination diet. See details on how to implement an effective elimination diet in section 10.

Moderate Reactivity

- Almond
- Almond milk
- Apple
- Apple juice
- Apples-Braeburn
- Apples-Fuji
- Apples-Gala
- Apples-Golden Delicious
- Apples-Granny Smith
- Apples-Jazz
- Apples-Pink Lady
- Celery
- Duck
- Duck-domestic
- Duck-wild
- Edamame bean
- Hare
- Hazelnut
- Hemp milk
- Hemp seed
- John Dory
- Kidney beans
- Lamb
- Liver-lamb
- Miso
- Mutton
- Orange
- Orange juice
- Pisco
- Pork sausages
- Rice milk
- Rice-brown
- Rice-white
- Rum
- Soy sauce
- Soya bean
- Soya flour
- Soya milk
- Sunflower oil
- Sunflower seed
- Sweetbreads
- Tofu
- Veal
- Walnut

These food items have been identified as those, which may have the potential to cause or contribute to physical symptoms.

We would always recommend prioritising the removal of the high reactivity items first and then considering the removal of moderate reactivity items thereafter.

It is also worth considering that having these items in isolation may not cause symptoms, however having a number of moderate reactivity items in the same meal or day may lead to symptoms due to an accumulative effect. See details on how to implement an effective elimination diet in section 10.

Food sensitivities detailed analysis

GLUTEN-CONTAINING CEREALS AND GRAINS

- Barley
- Bread-brown
- Bread-granary
- Bread-rye
- Bread-white
- Bulgar wheat
- Farro
- Freekeh
- Kamut
- Noodles-wheat
- Oats
- Porridge oats
- Rye
- Spelt
- Wheat

GLUTEN-FREE CEREALS AND GRAINS

- Amaranth
- Buckwheat
- Cornflakes
- Corn tortilla
- Hops
- Maize/corn flour
- Millet
- Oats-gluten-free
- Quinoa
- Rice-brown
- Rice-white
- Rice-wild
- Soya flour

CHEESE

- Cheddar
- Cottage cheese
- Mozzarella
- Parmesan
- Red Leicester
- Soft cheese
- Stilton

DAIRY AND EGG

- A-lactalbumin
- B-lactoglobulin
- Butter
- Buttermilk
- Condensed milk
- Cream
- Egg
- Evaporated milk
- Ice cream
- Milk from cows
- Milk from goats
- Milk from sheep
- Sour cream
- Yogurt

HERBS AND SPICES

- Aniseed
- Aquafaba
- Basil
- Bay leaf
- Caraway
- Cardomom
- Cayenne pepper
- Chinese horse radish
- Cilantro
- Cinnamon
- Clove
- Coriander
- Cumin
- Douban jiang
- Five spice
- Ginger
- Horse radish
- Mint-fresh
- Miso
- Mustard
- Nutmeg
- Oregano
- Paprika
- Pepper-black
- Pepper-green

- Pepper-red
- Pepper-white
- Rosemary
- Sage
- Salt
- Star anise
- Tamarind
- Thyme
- Turmeric

DRINKS

- Ale
- Almond milk
- Apple juice
- Beer
- Champagne
- Coconut milk
- Coconut water
- Coffee-black
- Cola
- Cranberry juice
- Gin
- Hemp milk
- Hot chocolate
- Lager
- Lemonade
- Oat milk
- Orange juice
- Pineapple juice
- Pisco
- Pomegranate juice
- Prosecco
- Red wine
- Rice milk
- Rum
- Sake
- Sambucca
- Shaoxing wine
- Soya milk
- Tea-black
- Tea-chamomile
- Tea-earl grey

- Tea-green
- Tea-jasmine
- Tea-marshmallow
- Tea-oolong
- Tea-rooibos
- Tea-white
- Tea-yerba mate
- Tequila
- Vermouth
- Vodka
- Whisky
- White wine

OILS AND CONDIMENTS

- Canola oil
- Coconut oil
- Cod liver oil
- Fish sauce
- Olive oil
- Oyster sauce
- Peanut oil
- Peppermint oil
- Sesame oil
- Soy sauce
- Sunflower oil

MISCELLANEOUS

- Baobab
- Barleygrass
- Chlorella
- Milk chocolate
- Monosodium glutamate
- Popcorn
- Spirulina
- Vinegar-clear
- Vinegar-malt
- Wheatgrass
- Yeast

FRUIT

- Acai berry
- Apple

Food sensitivities detailed analysis continued...

● Apples-Braeburn
● Apples-Fuji
● Apples-Gala
● Apples-Golden Delicious
● Apples-Granny Smith
● Apples-Jazz
● Apples-Pink Lady

● Apricot
● Avocado
● Banana
● Bilberry
● Blackberry
● Blueberry
● Cantaloupe melon
● Carambola
● Cherry
● Cranberry
● Currants-red, black
● Date
● Fig
● Galia melon
● Gooseberry
● Gooseberry-Chinese
● Grapefruit
● Grapes-green
● Grapes-red
● Guava
● Honeydew melon
● Kiwi
● Lemon
● Lime
● Lychee
● Mango
● Nectarines
● Orange
● Papaya
● Passionfruit
● Peach
● Pear
● Pineapple
● Plum
● Plums-damson

● Pomegranate
● Prune
● Quince
● Raisin
● Raspberry
● Strawberry
● Water melons

MEAT

● Bacon
● Beef
● Beef-dried
● Chicken
● Chicken-capon
● Duck
● Duck-domestic
● Duck-wild
● Goat
● Goose
● Hare
● Horse
● Lamb
● Liver-lamb
● Liver-ox
● Liver-pig
● Mutton
● Pork
● Pork sausages
● Rabbit
● Roe-deer
● Sweetbreads
● Turkey-cock
● Turkey-hen
● Veal
● Venison

NUTS AND SEEDS

● Almond
● Brazil nut
● Cashew nut
● Chestnut
● Chia seed

● Coconut
● Dry roasted peanut
● Flaxseed
● Hazelnut
● Hemp seed
● Macadamia nut
● Peanut
● Pecan nut
● Pine nut
● Poppy seed
● Pumpkin seed
● Sesame seed
● Sunflower seed
● Tahini
● Walnut
● Water chestnut

SEAFOOD AND FISH

● Anchovy
● Clams
● Cod
● Crab
● Crayfish
● Eel
● Fish fingers
● Haddock
● Halibut
● Herring
● Herring-red
● John Dory
● Lobster
● Mackerel
● Mussels-general
● Oyster
● Plaice
● Prawn
● Salmon
● Sardine
● Shrimp
● Smoked herring - bloaters
● Sole
● Trout-brown

● Trout-sea
● Tuna
● Whitefish
● Winkles

VEGETABLES

● Aji pepper
● Artichoke
● Asparagus
● Aubergine
● Beansprout
● Beets
● Broccoli
● Brussels sprout
● Butter lettuce
● Butternut squash
● Button mushroom
● Cabbage
● Capsicum-green
● Capsicum-red
● Capsicum-yellow
● Carrots
● Cassava
● Cauliflower
● Celery
● Chestnut mushroom
● Chicory lettuce
● Cress
● Cucumber
● Endive
● Escarole lettuce
● Fennel
● Garlic
● Head lettuce
● Iceberg lettuce
● Kale
● Kohl rabi
● Leek
● Maize/corn
● Mushroom
● Mustard-green
● Okra

Food sensitivities detailed analysis continued...

- Olives-black
- Olives-green
- Onion
- Oyster mushroom
- Pak choi
- Parsley
- Plantain
- Portobello mushroom
- Potato
- Pumpkin
- Radish
- Rocket
- Romaine lettuce
- Shitake mushroom
- Spinach
- Swede
- Sweet Potato
- Tomato
- Turnip
- Watercress
- Yams
- Zucchini

LEGUMES AND PULSES

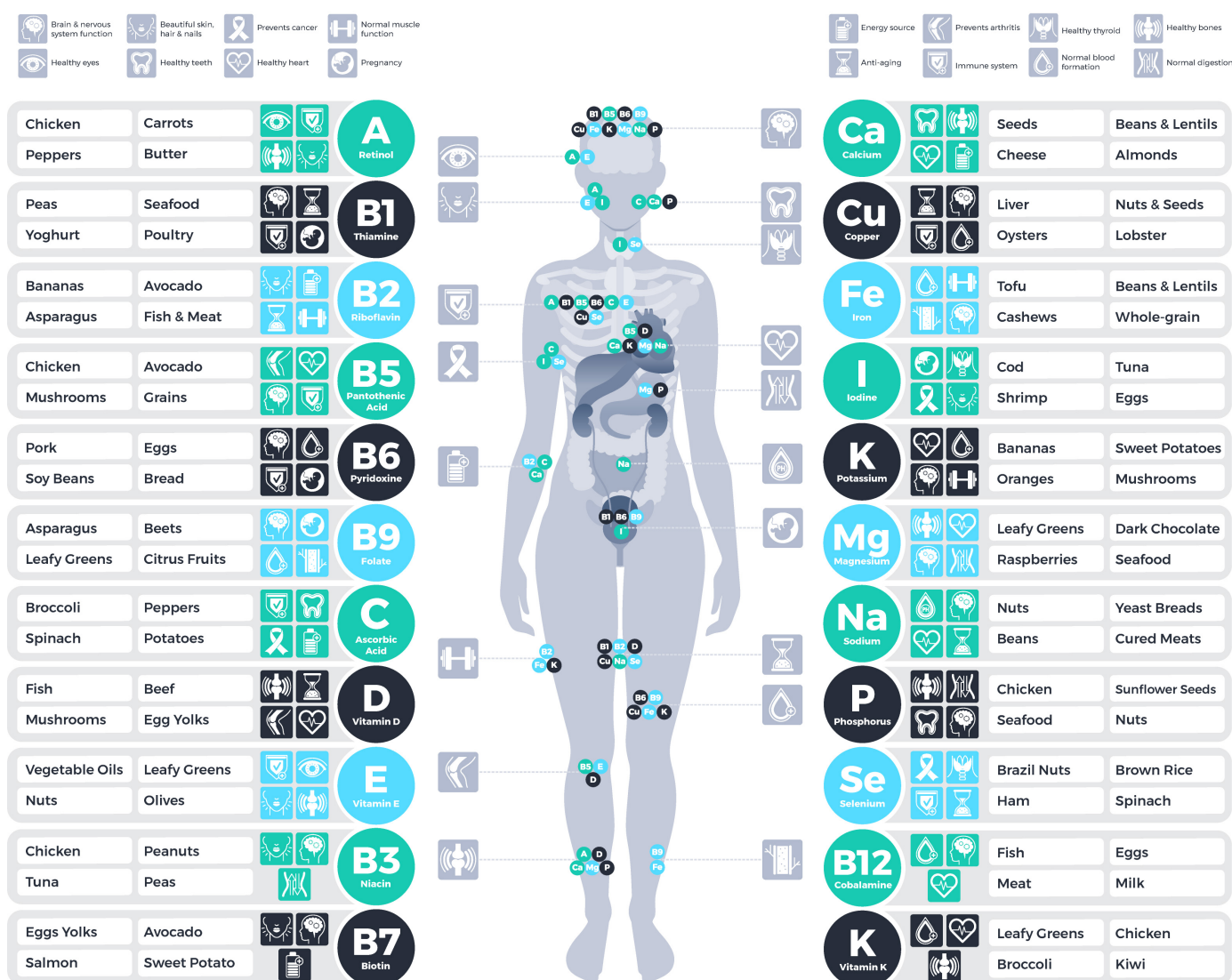
- Black beans
- Black eyed pea
- Broad bean
- Chickpea
- Edamame bean
- Fermented black bean
- Field pea
- Green bean
- Kidney beans
- Lentil
- Lima bean
- Navy bean
- Pea
- Scarlet runner bean
- Soya bean
- Tofu

The role of food types

As well as providing energy for the body food also contains nutrients in the form of vitamins and minerals. Vitamins and minerals are considered essential as they enable the body to complete literally hundreds of tasks, which are vital for day-to-day function, health and wellbeing. To name a few vitamins and minerals facilitate energy production, hormone production, wound healing, immune system function, blood clotting and foetal development.

The diagram below gives an overview of a few of the richest sources of each nutrient and some of the functions it performs within the body. You can refer to this diagram to ensure that in removing items from the diet you replace the relevant nutrients through other dietary sources.

Vitamins & Minerals



Non-food sensitivities analysis

Non-food sensitivities analysis

What is a non-food sensitivity?

Non-food items can, just like food items, cause the body to react, which leads to the production of symptoms such as headaches and fatigue. If you suspect you have an allergy please see your physician. It is important to note that this is not an allergy test. Any known pollen, dust mite or mould allergies you know you have may or may not come up in this test.

Interpreting your results

Interpreting your results is of course the important part! To help you with this you will find an overview of your non-food sensitivity results. This overview summarises the items to focus on, along with the relevant actions to take. All items tested are rated as either high, moderate or no reactivity, in the overview section you will see only those items, which tested as high or moderate. The no reactivity items can be found in the detailed analysis section.

High Reactivity

These are the non-food items that our testing shows you have sensitivity to.

Moderate Reactivity

These are the non-food items that our testing shows you could potentially have sensitivity to.

No Reactivity

These are the non-food items that our testing shows you do not have sensitivity to.

Your non-food sensitivities overview

High Reactivity

- Bee
- Cherry tree
- Clover
- Colonial bent grass
- Hazel
- Larch
- Penicilloyl
- Sweet vernal grass

These non-food items have been identified as those, which may be causing or contributing to physical symptoms.

We would recommend the avoidance of these items in your daily life, as far as possible.

Moderate Reactivity

- Anisakis
- Aspen
- Crested dog's-tail grass
- Fungus
- Hornbeam
- Japanese millet
- Pear tree
- Perennial ryegrass
- Pigweed
- Plane tree
- Rape
- Tulip
- Wallflower

These non-food items have been identified as those, which may have the potential to cause or contribute to physical symptoms.

We would always recommend prioritising the removal of the high reactivity items first and then considering the avoidance of moderate reactivity items thereafter.

It is also worth considering that contact with these items in isolation may not cause symptoms, however having contact with a number of moderate reactivity items in the same day may lead to symptoms due to an accumulative effect.

Non-food sensitivities detailed analysis

ORGANIC COMPOUNDS

- Alpha lipoic acid
- Ascorbic acid
- Docosahexaenoic acid
- Eicosapentaenoic acid
- Ellagic acid
- Flavonoids
- Folate
- Folic acid
- Formic acid
- Gallic acid
- Iso-flavonoids
- L-Carnitine
- Lignans
- Lutein
- Lycopene
- Mallic acid
- Nicotinic acid
- Nucleic acid
- Omega 3
- Omega 6
- Oxalic acid
- Pantothenic acids
- Para Aminobenzoic acid
- Phytosterols
- Polyphenols
- Pro-anthocyanidins
- Pyridoxine
- Salicylic acid
- Saponins
- Sulforphane
- Tannins
- Tartaric acid
- Uric acid
- Zeaxanthin

MATERIALS

- Cotton
- Leather
- Lycra

- Nylon
- Rubber
- Synthetic materials
- Velvet
- Wool

MISCELLANEOUS

- Ampicilloyl
- Anisakis
- Artemisia fish food
- Aspergillus fumigatus
- Aspergillus niger
- Dust
- Farina secalis cerealis
- Fungus
- Horse bot fly
- House dust mite
- Penicilloyl
- Pigeon droppings
- Storage mite

FLOWERING PLANTS

- Aster
- Chamomile
- Chrysanthemum
- Clover
- Dahlia
- Fireweed/great willow herb
- Goldenrod
- Hyacinth
- Lupine
- Marguerite
- Mulberry
- Narcissus
- New Belgian aster
- Primrose
- Rape
- Rose
- Scotch heather
- Tulip

- Wallflower

GRASSES AND HERBS

- Bermuda grass
- Buttercup
- Colonial bent grass
- Crested dog's-tail grass
- Dandelion
- Dead nettle
- Dock
- Herd's grass, timothy
- Hop
- Kentucky bluegrass
- Maize
- Meadow fescue
- Meadow fox tail
- Mugwort
- Orchard grass or cocksfoot grass
- Perennial ryegrass
- Pigweed
- Plantain
- Qack grass or couch grass
- Ragweed
- Red fescue
- Ribwort
- Saltbush
- Stinging nettle
- Sweet vernal grass
- Tall oat grass
- Tansy ragwort
- Thistle
- Velvet grass
- Water reed
- Wild oat
- Wormwood

INSECTS

- Bee
- Mosquito

- Wasp










SHRUBS

- Blackberry
- Blueberry
- Currant bush
- Elder
- Hawthorn
- Hazel
- Jasmine
- Juniper
- Lilac
- Mangrove
- Privet
- Strawberry
- Tamarisk
- Tumbleweed
- Willow

TREES

- Alder
- Apple tree
- Ash
- Aspen
- Beech
- Betula verrico
- Birch
- Cherry tree
- Elm
- European beech
- European lime
- False acacia
- Hornbeam
- Horse chestnut
- Japanese cedar
- Japanese millet
- Laburnum
- Larch
- Linden tree
- Maple

Non-food sensitivities detailed analysis continued...

-  Misteltoe
-  Oak
-  Pear tree
-  Pine
-  Pine-Scottish
-  Plane tree
-  Poplar
-  Spruce
-  Walnut

Metal sensitivities analysis

Metal sensitivities analysis

What is metal toxicity?

Metal toxicity is the build-up of large amounts of heavy metals in the soft tissues of the body. The heavy metals most commonly associated with toxicity are lead, mercury, arsenic and cadmium. Exposure usually occurs through industrial exposure, pollution, food, medication, improperly coated food containers or the ingestion of lead-based paints. Symptoms vary between the different types of heavy metals.

What to do if you have high levels of exposure?

It is important to look at lowering your day-to-day level of exposure. Consider your environment, the foods you eat, water, cosmetics and cleaning products.

The body is constantly detoxifying things from your everyday environment such as chemicals in foods, cosmetics and cleaning products, caffeine, alcohol, medications and even your own hormones. You can help your body with detoxification processes by ensuring you; drink plenty of filtered water, eat a diet that is as wholefood as possible, avoid processed foods, reduce caffeine and/or alcohol consumption, lower nicotine usage and exercise regularly.

Potential sources in your environment

Heavy metals are a part of our everyday life and at low levels are detoxified by the body causing no issue. However it is beneficial to have a greater awareness of where you may come into contact with metals and therefore help you reduce your potential exposure.

Food - Pesticides, insecticides and herbicides used on crops can lead to contaminated food produce. Contaminated water can result in fish and seafood containing heavy metals.

Water – Pipework that water runs through is the most likely cause of any heavy metals in drinking water. For this reason it is always best to filter your water.

Air – Pollution from vehicles such as cars, trains and aeroplanes contributes to heavy metals, which can be inhaled. Industrial factories and agricultural areas, which use pesticides on crops are also ways metals get into the air we breathe.

Cosmetics – Lead, arsenic, mercury, aluminium, zinc and chromium can be found in many cosmetics such as lipstick, whitening toothpaste, eyeliner, nail polish, moisturiser, sunscreen, foundation, blusher, concealer and eye drops. Some metals are added as ingredients whilst others are contaminants.

Cleaning products – Everyday household cleaning products like polish, all purpose sprays and garden products like insecticides and pesticides contain heavy metals.

Interpreting your results

To help you interpret your results you will find an overview of your metal sensitivities. This overview summarises the items to focus on along with the relevant actions to take. All items tested are rated as either high, moderate or no reactivity, in the overview section you will see only those items, which tested as high or moderate. The no reactivity items can be found in the detailed analysis section.

Ideally the metals will show no reactivity in testing. If however there are metals identified as moderate or high reactivity do not panic. Through lowering daily exposure and helping your body with detoxification processes your body can reduce its own toxicity levels.

High Reactivity

These are the metals that our testing shows are at a level that could lead to toxicity.

Moderate Reactivity

These are the metals that our testing shows risk being at a level that may lead to toxicity.

No Reactivity

These are the metals that our testing shows are not at a level that could lead to toxicity.

Your metal sensitivities overview

High Reactivity

No metals have been identified as high reactivity according to our testing parameters.

Moderate Reactivity

- Argon (A)
- Boron (Bo)
- Copper (Cu)
- Gallium (Ga)
- Germanium (Ge)
- Holmium (Ho)
- Palladium (Pd)

These metals have been identified as ones to which you should monitor your exposure.

It is also recommended that you aid your body's natural detoxification processes by ensuring you drink plenty of filtered water, eat a diet that is rich in wholefoods (particularly fruits and vegetables), avoid processed foods, reduce caffeine and/or alcohol intake, lower nicotine usage and exercise regularly.

No Reactivity

These metals have been identified as being at a low or no reactivity level. Your body can detoxify and rid itself of these. You can see the full breakdown of metals tested in the metal sensitivities detailed analysis section.

Metal sensitivities detailed analysis

METAL SENSITIVITIES

- Aluminium (Al)
- Antimony (Sb)
- Argon (A)
- Arsenic (As)
- Barium (Ba)
- Beryllium (Be)
- Bismuth (Bi)
- Boron (Bo)
- Bromine (Br)
- Cadmium (Cd)
- Caesium (Cs)
- Calcium (C)
- Cerium (Ce)
- Chlorine (Cl)
- Chromium (Cr)
- Cobalt (Co)
- Copper (Cu)
- Dysprosium (Dy)
- Fluorine (F)
- Gadolinium (Gd)
- Gallium (Ga)
- Germanium (Ge)
- Gold (Au)
- Hafnium (Hf)
- Holmium (Ho)
- Indium (In)
- Iodine (Ie)
- Iridium (Ir)
- Iron (Ferrous) (Fe)
- Lead (Pb)
- Lithium (Li)
- Lutetium (Lu)
- Magnesium (Mg)
- Manganese (Mn)
- Mercury (Hg)
- Molybdenum (Mo)
- Nickel (Ni)
- Palladium (Pd)
- Phosphorus (P)
- Platinum (Pt)
- Potassium (K)

Radium (Ra)Rhenium (Re)Rhodium (Rh)Rubidium (Rb)Ruthenium (Ru)Samarium (Sm)Selenium (Se)Silicon (Si)Silver (Ag)Sodium (Na)Strontium (Sr)Sulphur (S)Tantalum (Ta)Tin (Sn)Titanium (Ti)Vanadium (V)Zinc (Zn)Zirconium (Zr)

Mineral and other nutrient analysis

Mineral and other nutrient analysis

Low mineral levels

There are recommended daily amounts of each mineral that should be consumed on a daily basis. However mineral requirements do vary from person to person depending upon life stage, activity level, stress level, health conditions and medications.

Low mineral levels occur when the dietary intake is lower than required or when the body is struggling to effectively absorb minerals from the food.

What are phyto nutrients?

Phytonutrients are natural chemicals produced by plants to help them protect themselves from things like insects and the sun. By eating foods which contain phytonutrients we, as humans, can benefit from these natural compounds and use them for health benefits.

Unlike minerals there are no recommended daily amounts to consume. However we do know that the different phytonutrients confer different health benefits in the body such as supporting cardiovascular health, strengthening the immune system, improving eye health, reducing cholesterol and boosting energy. Therefore these nutrients are recommended for optimal health.

What should you do if you have low mineral or phytonutrient levels?

The daily diet is the first consideration if you have low mineral levels. It is the most natural and best way of improving mineral or phytonutrient intake. Minerals come from the soil, and the greater the quality and richness of the soil, the greater the mineral density of a plant. The best sources of minerals are fruits, vegetables, grains, pulses, nuts and seeds. By including such produce in your diet you will also benefit from phytonutrients. For guidance on specific minerals and the foods where they are found see 'The role of food types' in the Food Sensitivity section.

Ideally nutrients should all be consumed through the diet, however if this is not possible due to dietary restrictions or dislikes supplementation is an option. Please note it is always recommended that any supplementation is taken under the advice and monitoring of a health professional.

Should you suspect that you could have a mineral deficiency please seek the advice of your physician.

Outside Range

The level of the mineral in your body falls below the normal range according to our testing parameters.

Within Range

The level of the mineral in your body falls within the normal range according to our testing parameters.

Your mineral and other nutrient overview

Outside range

- Bromelain
- Calcium
- Copper
- Iron
- Silica

These minerals and/or other nutrients have been identified as falling below the normal range. Look to increase the nutrient density of your daily diet through fruits, vegetables, grains, pulses, nuts and seeds. For more specific guidance on where to find each mineral please see 'The role of food types' in the Food Sensitivity section.

Within Range

- Allium
- Anthocyanidins
- Bio-flavonoids
- Carotenoids
- Chromium
- Citrus bio-flavonoids
- Creatine
- Genistein
- Germanium
- Inositol
- Iodine
- Magnesium
- Manganese
- Molybdenum
- Phosphorus
- Potassium
- Selenium
- Sodium
- Zinc

These minerals and/or other nutrients have been identified as falling within the normal range. Keep up the good work, maintaining a nutrient-rich daily diet to ensure your mineral levels remain consistent.

Mineral and other nutrient detailed analysis

MINERALS

- Calcium
- Chromium
- Copper
- Iodine
- Iron
- Magnesium
- Manganese
- Molybdenum
- Phosphorus
- Potassium
- Selenium
- Silica
- Sodium
- Zinc

PHYTO- AND OTHER NUTRIENTS

- Allium
- Anthocyanidins
- Beta-carotene
- Betaine
- Bio-flavonoids
- Bromelain
- Carotenoids
- Citrus bio-flavonoids
- Creatine
- Genistein
- Germanium
- Inositol

Vitamins A-K analysis

Vitamins A-K analysis

Low mineral levels

There are recommended daily amounts of each vitamin that should be consumed on a daily basis. However vitamin requirements do vary from person to person depending upon life stage, activity level, stress level, health conditions and medications.

Low vitamin levels occur when the dietary intake is lower than required or when the body is struggling to effectively absorb minerals from the food.

What should you do if you have low vitamin levels?

The daily diet is the first consideration if you have low vitamin levels. It is the most natural and best way of improving intake. Vitamins come from a variety of sources, the richest sources being unrefined choices. For guidance on specific vitamins and the foods where they are found see 'The role of food types' in the Food Sensitivity section.

Ideally nutrients should all be consumed through the diet, however if this is not possible due to dietary restrictions or dislikes supplementation is an option. Please note it is always recommended that any supplementation is taken under the advice and monitoring of a health professional.

Should you suspect that you could have a vitamin deficiency please seek the advice of your physician.

Outside Range

The level of the vitamin in your body falls below the normal range according to our testing parameters.

Within Range

The level of the vitamin in your body falls within the normal range according to our testing parameters.

Your vitamins A-K overview

Outside range

- Vit. A
- Vit. B6

These vitamins have been identified as falling below the normal range. Look to increase the nutrient density of your daily diet through fruits, vegetables, grains, pulses, nuts and seeds, good quality meat, fish, eggs and dairy produce. For more specific guidance on the best sources of each vitamin please see 'The role of food types' in the Food Sensitivity section.

Within range

- Choline
- Vit. B1
- Vit. B12
- Vit. B2
- Vit. B3
- Vit. B5
- Vit. B7
- Vit. B9
- Vit. C
- Vit. D
- Vit. E
- Vit. K

These vitamins have been identified as falling within the normal range. Keep up the good work, ensuring a nutrient-rich daily diet to ensure your vitamin levels remain consistent.

Gut health analysis

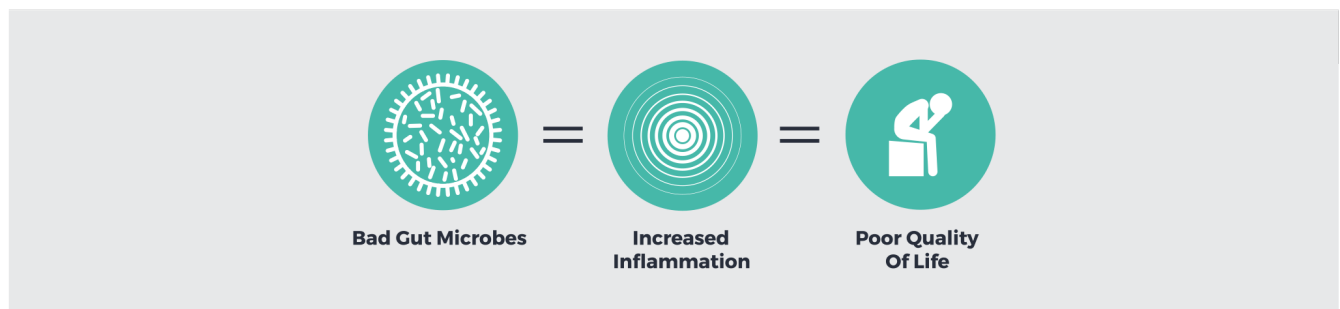
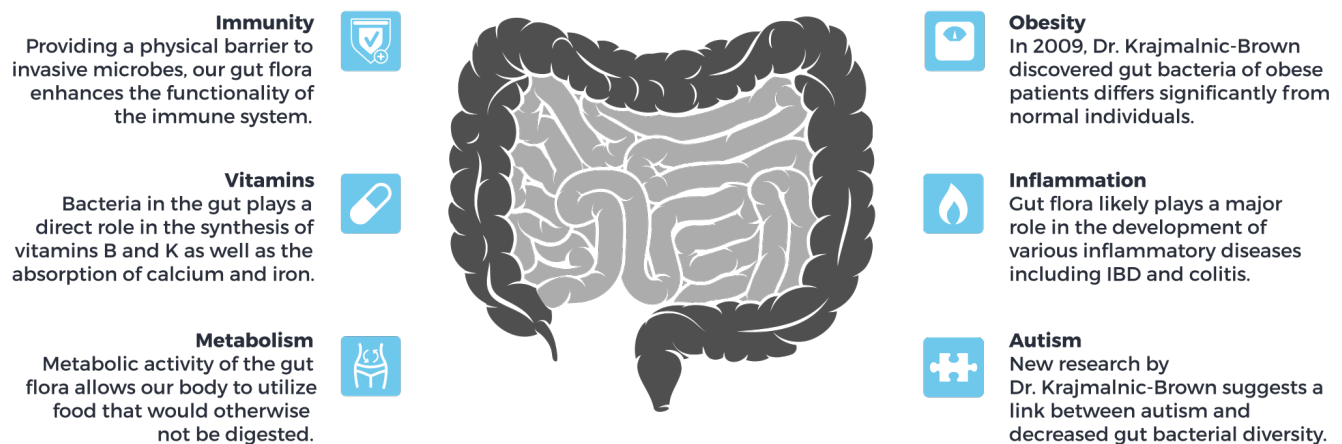
Gut health analysis

Why is gut health important?

Each person has their own unique combination of bacteria, which is established and develops through their environment but also, and importantly, the food choices made. The presence and balance of bacteria within the gut is now known to be of great importance for our health and wellbeing. Factors such as elevated stress levels, a diet low fibre and/or high in sugar and the usage of antibiotics can greatly affect our levels and balance of bacteria.

Intestinal flora affects your health

The microbes that live inside your intestines influence your health in beneficial and harmful ways



What can be done to improve gut health?

The food choices we make have great impact on the levels of beneficial bacteria in our guts. Probiotic foods are those that contain live microorganisms and can positively affect the levels of bacteria in the gut. Probiotic foods are those such as good quality live yogurt, kefir, sauerkraut, miso, tempeh, kimchi, goat's cheese, olives, good quality dark chocolate and spirulina.

Bacteria need to feed on insoluble fibre foods, known as prebiotic foods, from our diet in order to flourish. Prebiotic foods include onion, garlic, leeks, cabbage, asparagus, chicory, artichoke, banana, apple, wheat bran, flaxseed and root vegetables.

Interpreting your results

Interpreting your results is of course the important part! To help you with this you will find an overview of your gut bacteria results.

Low

These strains of bacteria have been identified as falling below the normal range according to our testing parameters.

Normal

These strains of bacteria have been identified as falling within the normal range according to our testing parameters.

Your gut health overview

Low

- Bacillus coagulans
- Bifidobacterium bifidum
- Lactobacillus acidophilus
- Lactobacillus reuteri
- Streptococcus thermo.

These strains of bacteria have been identified as falling below the normal range. Look to increase levels of probiotic and prebiotic foods to boost the levels of these bacteria in your gut.

Normal

No strains of bacteria have been identified as normal according to our testing parameters. Look to increase levels of probiotic and prebiotic foods to boost the levels of these bacteria in your gut.

These strains of bacteria have been identified as falling within the normal range. Keep up the great work in providing your gut with lots of high fibre foods to keep the bacteria well nourished.

Your next steps

This is where your journey to a healthier life begins

You have read through all of your results, so what now? As we said at the beginning of the report we believe that these test results can be the start of your journey towards a healthier life.

The next step we would recommend is the completion of an elimination diet. This entails the removal of all reactive foods for a period of time followed by reintroduction. The elimination diet is a powerful tool, which provides much clarity for individuals on which foods work for them and which do not.

Aims and objectives

Before you embark upon any new project, venture or undertaking, in this case making positive dietary changes, it is always good to write down your aims and objectives. You can refer back to these notes in times of doubt or to reflect on whether you achieved your objectives.

You can use the notes section below to jot down any key pieces of information from the test results and also your objectives for the elimination diet and beyond.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Elimination diet

Elimination diet

What is an elimination diet?

An elimination diet is the removal of intolerant or problematic foods and drinks from your daily diet. It is conducted over a short period of time, normally around four weeks. In certain cases a person may be recommended to conduct a longer elimination diet, however generally around four weeks is sufficient time to get good results. At the end of this period you can reintroduce items one by one at the same time as monitoring your symptoms and general wellbeing.

How does it work?

In the removal and then reintroduction of items you get a clear understanding of those foods which make you feel good, allow you to think with clarity and leave you feeling energised and those which make you feel lethargic, sluggish, sap your energy levels and provoke symptoms like bloating or headaches.

Elimination phase

All high and medium reactive foods are removed from the diet, along with any known allergy or intolerant foods. You can eat freely from those foods in the no reactivity category. You should aim for this phase to last four weeks.

Reintroduction phase

During the reintroduction phase you should bring one item in at a time and then monitor symptoms for the next two days.

You will find a reintroduction diary at the end of this section where you can note the food and drinks that you consume along with any symptoms you experience.

What can't you eat on an elimination diet?

Each person will be different in the foods they should eliminate during the elimination phase. The priority items to remove are those, which are shown in the high reactivity category. If eliminating these items alone seems like a big undertaking stick with the removal of only these items. However if you feel you can also achieve the removal of those foods in the medium reactivity category during the elimination phase also do so.

You must also respect any known allergies or intolerances. For example if you know you are allergic to wheat or lactose intolerant and it comes up in the no reactivity section, do not bring it back into your diet.

What can you eat on an elimination diet?

You can eat any items, which are shown as having no reactivity, except any to which you have known allergies or intolerances.

What's important during an elimination diet?

In removing items from your diet you are also removing nutrients. Whilst it is only for a short period of time it remains important that you maintain a good daily intake of vitamins and minerals through your diet. Please consult 'the role of food types' page to ensure that in the removal of items you are still getting the given nutrient through other sources.

What happens after an elimination diet?

Following an elimination diet you should have good clarity on which foods work well for you and which provoke symptoms or make you feel less than your best. If you do find there are items or food groups, which provoke symptoms, it is worth considering the reduction or removal of these items from your diet.

Should you choose to greatly reduce or eliminate an item or food group from your diet ensure you replace the nutrients you would have got from the item or food group with alternative sources.

To get the best from your diet and to support your health and wellbeing ensure that, in the most part, your food comes from non-processed, natural sources and contains a breadth of vitamins and minerals.

Reintroduction diary

Date: __/__/__

| | | |
|------|---------------------------------|---------------|
| Mon | LIST FOOD & DRINKS (NOTE TIMES) | NOTE SYMPTOMS |
| Tue | | |
| Wed | | |
| Thur | | |
| Fri | | |
| Sat | | |
| Sun | | |



Contact Us

**If you have any questions please get in touch
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info@checkmybodyhealth.com



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experience with Check My Body Health.

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