

Nature & Harmony
61 Phibsborough Road
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December 2016

Sample

Please find attached a copy of your test result.

Using colour coded report is to help you understand how intense your body reacts to different item. Eliminating or avoiding the highlighted item is recommended for certain period of time, based on severity of reactions and symptoms. If you have already eliminated certain item, it may not be relevant to this report.

While the data and description in the report may be useful to alleviate your symptoms, the report is not a diagnostic test and should not be used as an exclusion diet plan. You should seek advice from your medical doctor or other relevant healthcare professionals if you are seriously concerned about your health condition. This test is not intended to and does not diagnose or treat a specific disease or assess a specific health condition. We do not take any responsibility that may result from the use of information in this report

People with the following symptoms generally benefit the most from taking this test.

- ✓ IBS
- ✓ Bloating
- ✓ Stomach cramps
- ✓ Constipation
- ✓ Diarrhea
- ✓ Nausea
- ✓ Colitis
- ✓ Acid reflux
- ✓ Indigestion
- ✓ Mouth ulcer





- ✓ Anxiety
- ✓ Stress
- ✓ Migraine
- ✓ Headaches
- ✓ Dizziness
- ✓ Depression
- ✓ Hyperactivity
- ✓ Insomnia
- ✓ Fatigue
- ✓ Weakness

- ✓ Eczema
- ✓ Dermatitis
- ✓ Acne
- ✓ Psoriasis
- ✓ Rosacea
- ✓ Obesity
- ✓ Asthma
- ✓ Sinusitis
- ✓ Unexplained muscle pain
- ✓ Unexplained joint pain

This test has been principally designed to assist people with delayed food reactions, also called food hypersensitivity or food intolerance who are experiencing symptoms such as; stomach bloating and cramps, IBS, diarrhea, constipation, colitis, acid reflux (heartburn), indigestion, diverticulitis, nausea, mouth ulcers, anxiety, stress, depression, hyperactivity, insomnia, migraines, headaches, palpitation, panic attack, unexplained joint and muscle pain, rheumatoid arthritis, fatigue (tiredness), eczema, acne, spots, psoriasis, frequent infections, sinusitis, diabetes, obesity hypo or hyperthyroidism and other related symptoms.

If in a rare occasion, an item that is causing reaction has not been highlighted in the report, is because either the reaction to the item is immediate and severe (IgE mediated), which is not suitable to be detected via this test, or the item has been avoided for a certain period of time. This report contains only a limited number of items, therefore **you should avoid food/ substances that causing you reaction whether they are highlighted or not.**

GRAINS	VEGETABLES...	FRUITS...	HERBS/SPICES	NUTS-MIX	Aeroallergens...
Corn	Asparagus	Dragon fruit	Anise seed	Almond	Mould/Spores
Rice	Aubergine/eggplant	Fig	Basil	Brazil nut	Pollens
	Broccoli	Guava	Bay	Hazel nut	Traffic fume
Gluten	Brussels sprouts	Gooseberry	Chive	Walnut	Tobacco
Wheat	Cabbage	Grape	Curry	Pistachio	OTHERS
Barley	Cauliflower	Kumquat	Camomile	Sesame	Cosmetics
Rye	Chilli peppers	Lychee	Clove	SWEETENERS	Chlorine
Oat	Cucumber	Mango	Dill	Sugar white/brown	Detergents/ Soaps
LEGUMES	Courgette	Mulberry	Ginger	Fructose	Perfume/Fragrance
Beans	Garlic	Papaya	Oregano	Sorbitol	Solvents
Lentil	Kale	Passion fruit	Parsley	FOOD ADDITIVES	Synthetic fabrics
Soy	Lettuce	Pomegranate	Sage	Artificial Sweetener	Solanine
Soymilk	Leek	Persimmon		Acesulfame-K	Pesticides
Fermented soya	Onion	Redcurrant	Sym	Aspartame	Recommended supplements
Pea	Okra	Raspberry	BEVERAGES	Saccharin	
MEAT	Potato	Star fruit	Alcohol	Sucralose	B-Complex
Beef	Pumpkin	Quince	Cider	Colourings-mix	Vitamin B1
Lamb	Radish	Quince	Champagne	Allura red	Vitamin B5
Pork	Rhubarb	Grapefruit	Vodka	Sunset yellow	Vitamin B6
DAIRY	Sweet potato	Lemon/Lime	Wine	Salicylate	Vitamin B12
Cheese	Spinach	Orange	Caffeine	Tartrazine	Vitamin D
Milk	Tomato	Tangerine	Cola	Flavourings	Vitamin E
Yoghurt	Turnip	Oils	Black tea	MSG	Vitamin C
EGG/POULTRY	Watercress	Canola oil	Energy drinks		Vitamin A
Eggs	FRUITS	Cottonseed oil	Coffee	Preservatives-mix	Folic Acid
Chicken	Apple	Corn oil	Decaffeinated drinks	Nitrates	Zinc
Duck	Banana	Grape seed oil	Herbal tea	Sulphates	Chromium
Turkey	Blackberry	Margarine	Decaff coffee	Benzoates	Calcium
VEGETABLES	Blueberry	Olive oil	Miscellaneous	Aeroallergens	Iron
Alfalfa	Blackcurrant	Palm oil	Yeast	Animal dander	Multivitamin
Artichoke	Cranberry	Safflower oil		Dust mite	Probiotics
Arugula	Coconut	Sunflower oil		Feather	Omega-3

-  Red colour: Severe reaction/trigger or longer time for acquiring tolerance , recommended to avoid strictly for 2-3 years.
-  Orange colour: Moderate reaction/trigger or moderate time for acquiring tolerance, recommended to avoid for 3-6 months.
-  Yellow colour: Mild reaction/trigger, recommended to avoid high quantity and frequent consumption/exposure.
-  Green colour: Specific vitamin, mineral, nutrient or remedy that may be beneficial.

This test is not suitable for immediate and severe reactions, such as swelling of face, tongue, lips, throat, immediate hives and anaphylactic shock. If you are experiencing any of these reactions, it is strongly recommended to refrain from eating the suspected/known food and consult with your medical doctor (GP).

A reliable and 100% accurate test for identifying food hypersensitivities does not yet exist, thus further research is required to develop more accurate and reproducible test. Blood test and skin prick test are the only diagnostic tests to detect immediate allergic reactions, however still incapable of identifying food hypersensitivities. The gold-standard method for identifying food hypersensitivities is the elimination diet and food challenge test. Our test is not a diagnostic test and both false negative and false positive reading may occur. Nevertheless; the result still remains valuable in determining which food should be eliminated and/or challenged.

ELIMINATION DIET & FOOD CHALLENGE

One of the most effective methods of identifying food hypersensitivities is elimination of the most common culpable food items from the diet for 4-6 weeks and then reintroducing them one at a time. This might be the simplest method to identify food reactions such as food hypersensitivities and intolerances, **but not suitable for severe or extensive food reactions. A person with severe and genuinely life-threatening allergic reaction, like anaphylaxis, must not be challenged by this method.**

For 1-2 months, eliminate all suspected foods highlighted in red and orange colour. After 1-2 months of maintaining a strict elimination diet, there might be relief from symptoms (if symptoms related to food hypersensitivity). Now begin the challenge. Start with the food group that is less problematic and highlighted in orange colour. Challenge a specific food group for one day only. Eat a small amount of the food throughout the day. Then do not eat the food (all) at least 3 days while continuing to eat only permitted foods. If the symptoms do not return after 3 days, it means that you are not sensitive to that food group any longer and your body is able to tolerate the food without causing any reaction. If following consumption of suspected food, symptoms return, it proves that your body is still sensitive/intolerant to the food and you should eliminate the culprit food entirely from your diet for a longer period of time. (Eliminate for 6 months, if symptoms recur following introduction, then eliminate for 2-3 years).

Each week reintroduce only one food item to identify sensitivity to it. One week interval between reintroducing each food item is optimal, as this increases the accuracy of the diagnosis. Foods highlighted in orange colour should be challenged first, which means when all food items highlighted in orange colour have been challenged, then you should start challenging food items highlighted in red colour. **PLEASE NOTE IF YOU HAVE HAD SEVERE ALLERGIC REACTIONS TO CERTAIN FOOD, YOU MUST NOT USE THIS METHOD.** In most cases, individuals with severe immune reactions, particularly allergy to seafood, nuts, certain fruit and vegetables retain their reaction for entire life.

Remember to challenge only one food group at a time. In most cases, if your body is sensitive to that food, reaction occur within hours up to 2-3 days. However in some cases, like wheat sensitivity, reaction may appear after several days and following consumption of several portions. This is because human body needs to produce and accumulate enough immune mediators and toxins to exhibit symptoms. This explains why if a culpable food consumed in a small amount and less frequent produces less noticeable symptoms. During elimination diet, worsening of symptoms may result from avoidance of the culprit food (withdrawal effect). For instance, a person who suffers from migraine due to food hypersensitivity to dairy products may find that avoiding dairy triggers migraine attack, however withdrawal effect often lasts only for a few days.

Prolonged elimination of culpable food (for months or even years) may diminish sensitivity and build tolerance. However, on rare occasions elimination of the food that used to cause only mild or moderate reaction may result in diminishing existing low-tolerance status and lead to an immediate and severe reaction following reintroduction after few months or years. It is important to remind that avoidance of some offending food items even for many years may not build tolerance; this specially applies to nuts and seafood. People who react to nuts or seafood often retain their reaction for entire life.

RECOMMENDATION

Supplements marked in green colour or mentioned as beneficial in your test profile are simply suggestion and do not necessarily reflect a veritable deficiency. Deficiencies as such may indicate a lack of certain minerals or vitamins, but more often occur due to inability to absorb the nutrients. The suggestions are neither intended to introduce any supplement as medicine for specific illness or health condition, nor as product to cure disease or other medical conditions. We make no medical claims as to the benefits of the suggestions or supplements to improve medical conditions. We always recommend that you first consult with your medical doctor prior to taking any supplement, particularly if you are pregnant, breast-feeding or have a medical condition.