



Advanced Food Intolerance Test Results

Nanette Cremin

Date of birth: **1985-01-27**

Redemption code: **3M8PNG57**

Report date: **2021-06-23**





Dear Nanette Cremin,

Check My Body Health are pleased to enclose your test results. Our laboratory has analysed your blood sample for IgG reactions to 134 food and drinks. You will find enclosed results showing your food specific IgG reactions.

Your test report contains:







- ▶ An explanation of the test undertaken
- ▶ Your results along with colour coded spots indicating the level of IgG reaction
- ▶ A results summary showing only the items that produced a reaction and the recommended action

Sincerely,

Dr Shiraz Chaudhry
Medical Director



The Check My Body Health scale of reactivity shows reactions on a level of 1-5.

-  **Tick - Green - No reaction**
There were no raised antibodies. These items can continue to be consumed providing no pre-existing allergies or sensitivities exist.
-  **1 spot - Blue - IgG reaction**
You may benefit from reducing the consumption of these items.
-  **2 spots - Yellow - IgG reaction**
Consider eliminating items for 2 months.
-  **3 spots - Amber - IgG reaction**
Consider eliminating items for 3 months.
-  **4 spots - Pink - IgG reaction**
Consider eliminating items for 4 months
-  **5 spots - Red - IgG reaction**
Consider eliminating items for 5 months.

Please note:

IgG antibody testing for food intolerance does not test for coeliac disease, lactose intolerance, histamine intolerance, food allergy (IgE reaction) or any other medical condition.

If you have any medical conditions, are pregnant, breast-feeding or below the age of 18 we recommend that any dietary changes are made under the supervision of a healthcare professional.



IgG Food Intolerance

IgG antibody testing measures the level of total IgG to food items. IgG food antibodies can result in a delayed response to a food. Circulating antibodies can affect each person differently. For some elevated antibody levels may not result in symptoms but for others they may lead to constipation, diarrhoea, changes in bowel movements, bloating, headaches and joint aches.

Grain & Staples					
Barley	●●	Raisins	●●	Brazil nut	●
Brown rice	●	Raspberry	●	Peanut	●
Gluten	●●	Strawberry	●	Hazelnut	✓
Oats	●●	Sultana	●●	Walnut	✓
Wheat	✓	Watermelon	●	Pistachio	●
White rice	●	Vegetables		Flax seed	✓
Fruit		Avocado	●	Coconut	✓
Apple	●●	Broccoli	●●	Sunflower seed	✓
Apricot	●●	Cabbage	✓	Sesame seed	●
Banana	●●	Carrot	●●	Green bean	✓
Blackberry	●●	Cauliflower	●●	Cocoa bean	●
Blueberry	✓	Chick pea	●	Kidney beans	✓
Cantaloupe melon	✓	Cucumber	●●	Haricot beans	✓
Cherry	●●	Lettuce	✓	Cinnamon	●
Cranberry	●●	Mushroom	●	Soy bean	●●
Grape red	●●	Onion	●●	Dairy & Eggs	
Grape white	●	Garden pea	●	Goat milk	●
Grapefruit	✓	Peppers	●	Sheep milk	✓
Honeydew melon	●	Scallion	✓	Cow milk	●
Lemon	●	Spinach	✓	Casein	✓
Lime	●	Sweet potato	●●	Whey	●
Mango	●●	Sweetcorn	✓	Whole egg	●●
Olive	●●	Tomato	●●	Egg white	✓
Orange	●	Turnip	●	Egg yolk	✓
Peach	✓	White potato	●●	Herbs, Spices & Oils	
Pear	●	Nuts, Seeds & Beans		Cinnamon	●
Pineapple	✓	Almond	✓	Ginger	✓
		Cashew nut	●●	Garlic	✓

Paprika	✓	Pork	●	Lentils	✓
Vanilla	●●	Turkey	●	Malt vinegar	✓
Coconut oil	●●	Cod	●	Mustard	✓
Corn oil	✓	Crab	●	Vanilla essence	✓
Flaxseed oil	●●	Crayfish	●	Wheatgrass	●●
Olive oil	●	Lobster	●●		
Peanut-oil	✓	Haddock	✓		
Sesame oil	●	Prawns	●●		
Sunflower oil	●	Mackerel	●		
Drinks		Sardine	✓		
Almond milk	✓	Salmon	●●		
Black tea	●●	Trout	✓		
Cacao	✓	Shrimps	●●		
Cashew milk	●●	Tuna	●		
Coconut milk	✓	Protein Supplements			
Coffee	●	Casein protein isolate	✓		
Green tea	●	Hemp protein isolate	✓		
Hazelnut milk	●●	Pea protein isolate	✓		
Hemp milk	●	Rice protein isolate	✓		
Oat milk	●	Soy protein isolate	●		
Rice milk	●●	Whey protein isolate	●		
Soya milk	✓	Others			
White tea	✓	Bakers yeast	●●		
Meat & Fish		Balsamic vinegar	●		
Beef	✓	Brewers yeast	●		
Chicken	●	Citric acid	✓		
Duck	●●	Hemp	●●		
Lamb	✓	Hops	●		



This summary includes any results, which showed raised antibodies and the recommended action.

Blue reaction

You may benefit from reducing the consumption of these items.

Yellow reaction

You should consider elimination of these items for 2 months.

Amber reaction

You should consider elimination of these items for 3 months.

Pink reaction

You should consider elimination of these items for 4 months.

Red reaction

You should consider elimination of these items for 5 months.