



Basic Food Intolerance Test Results

Carina Langworth

Date of birth: 1984-06-13

Redemption code: RTFL2JQQ

Report date: 2021-06-23





Dear Carina Langworth,

Check My Body Health are pleased to enclose your test results. Our laboratory has analysed your blood sample for IgG reactions to 60 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		White potato	Green tea
Barley	●	Nuts, Seeds & Beans	
Wheat	✓	Almond	●
White rice	✓	Cashew nut	●
Fruit		Green bean	✓
Apple	✓	Peanut	●●
Banana	●●	Sesame seed	●
Blueberry	●	Soy bean	●●
Grape red	●	Sunflower seed	●●
Grape white	●●	Walnut	●
Lemon	●●	Dairy & Eggs	
Lime	●	Cow milk	✓
Orange	●	Goat milk	✓
Peach	●●	Sheep milk	●●
Pear	●●	Whole egg	●
Raspberry	●●	Herbs, Spices & Oils	
Strawberry	●	Coconut oil	●
Vegetables		Garlic	✓
Broccoli	✓	Ginger	●
Carrot	✓	Olive oil	●●
Cucumber	●	Paprika	●●
Garden pea	●●	Sunflower oil	●
Lettuce	●	Drinks	
Mushroom	●	Coconut milk	●
Onion	●	Coffee	✓
Peppers	●	Soya milk	✓
Tomato	✓	Black tea	●
		Meat & Fish	
		Beef	✓
		Chicken	✓
		Lamb	●●
		Cod	●
		Mackerel	●
		Prawns	●
		Salmon	●●
		Tuna	✓
		Others	
		Bakers yeast	●
		Brewers yeast	●
		Malt vinegar	●●
		Mustard	●



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.