



check my
body health

**Flora's
results
are here**

Alex Tandrau

Redemption code: 6F1BB4AB

Report date: 13th Apr 2023



SAMPLE

Dear Alex Tandrau,

We are delighted to present you with
Flora's report.

Your pet results have been created by
our state of the art bioresonance testing
machine and our technician **Connie**.

Your results

Your pets results are divided into sections by the type of items tested. Within each section you'll find an overview page, this is to ensure the 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 pets results report is designed to provide the utmost clarity on your pet results and the actions we would recommend.

We believe that in providing you with your pet test results and relevant information in each section, these results can form the beginning of a journey, enabling you to make positive changes to your pets daily diet and environment. In doing so we want you to be able to take steps towards your pets 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

Complementary Alternative Medicine (CAMs)

Our sensitivity tests are carried out using bioresonance therapy and is categorised under Complementary and Alternative Medicines (CAMs) which covers a wide range of therapies that fall outside mainstream medicine. Tests and related information provided do not make a medical diagnosis nor is it intended to be a substitute for professional medical advice, diagnosis or treatment.

Always seek the advice of your veterinarian service or other qualified health provider if your pet has a medical condition or any questions you may have regarding a medical condition and/or medical symptoms your pet has.

Got a question?



Come and chat to us via **LiveChat** on our website or email info@checkmybodyhealth.com

Interpreting your results

Interpreting your results is of course the important part! To help you with this you will find a breakdown of your reactivity to each item tested. All items tested are rated as follows:

High Reactivity / Outside Range

These are the items that our testing shows your pet is most likely to be sensitive to.

These may be causing or contributing to physical symptoms. We would recommend the removal of these items from your pets daily diet using a structured elimination diet, followed by a gradual reintroduction.

Moderate Reactivity

These are the items that our testing shows your pet may be sensitive to.

These 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, and subsequent reintroduction, 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.

No Reactivity / Within Range

These are the items that our testing shows your pet does not have sensitivity to.



The elimination and reintroduction phases are the crucial elements in understanding sensitivity, see your 'Pet Results Guide' for more information.

Interpreting your pets results

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

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

Scenario 1

The item your pet is allergic to shows as a moderate or high reactivity item.

This means that as well as a food allergy your pet has a food sensitivity. If you have already removed this item from your pet's 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 your pet is allergic to shows as a no reactivity item.

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

Food sensitivities analysis

Dairy

- Cheese (american)
- Cheese (cheddar)
- Cheese (cottage)
- Cheese (swiss)
- Milk (cow)
- Milk (goat)
- Yogurt (plain Greek)

Fat

- Almond Oil
- Beef Fat
- Canola Oil
- Chicken Fat
- Coconut Oil
- Cod Liver Oil
- Hemp Seed Oil
- Herring Oil
- Olive Oil
- Pork Fat
- Salmon Oil
- Sardine Oil
- Sesame Oil
- Soybean Oil
- Sunflower Oil
- Vegetable Oil

Food Dye

- Blue Food Dye #1
- Blue Food Dye #2
- Caramel Colour Food Dye
- Red Food Dye #40

- Yellow Food Dye #5
- Yellow Food Dye #6

Fruit

- Apple
- Bananas
- Blueberries
- Cantaloupe
- Cranberries
- Figs
- Honeydew Melon
- Kiwis
- Mango
- Oranges
- Peaches
- Pears
- Pineapples
- Raspberries
- Strawberries
- Tomato Pomace
- Watermelons

Grain

- Barley
- Brewers Rice
- Corn Meal
- Flaxseed
- Ground Yellow Corn
- Millet
- Oat
- Oat Groats
- Quinoa
- Rice (brown)

- Rice (white)
- Rice Bran
- Rice Flour
- Rye
- Soy Flour
- Soy Grits
- Wheat Flour
- Whole Grain Sorghum

Misc

- Alfalfa
- Alfalfa (dehydrated)
- Barley Grass
- Bee Pollen
- Brewers Yeast
- Catnip
- Chia Seeds
- Chlorella
- Gelatin
- Hemp
- Kelp
- Lactobacillus Acidophilus
- Pea Fiber
- Powdered Cellulose
- Psyllium Seed Husk
- Spirulina
- Tapioca
- Tapioca Starch
- Yeast
- Yucca Schidigera Extract

Nuts

- Almond
- Cashew Nuts
- Peanut Butter
- Peanuts
- Sunflower Seeds

Protein

- Alfalfa Meal Concentrate
- Alfalfa Nutrient Concentrate
- Alligator
- Alligator Meal
- Bacon
- Beef
- Beef Broth
- Beef Heart
- Beef Hide
- Beef Jerky
- Beef Kidney
- Beef Liver
- Beef Tallow
- Bison
- Bison Meal
- Bone Meal
- Canola Meal
- Chicken
- Chicken Broth
- Chicken Heart
- Chicken Liver
- Duck
- Duck Gizzard
- Duck Liver
- Egg White (chicken)



For more information about your results please refer to your 'Pet Pet Results Guide'.

Food sensitivities detailed analysis continued...

Protein

- Egg White (duck)
- Egg White (quail)
- Egg Yolk (chicken)
- Egg Yolk (duck)
- Egg Yolk (quail)
- Elk
- Goat
- Goose
- Kangaroo
- Lamb
- Pheasant
- Pheasant Gizzard
- Pheasant Heart
- Pheasant Liver
- Pork
- Pork Heart
- Pork Kidney
- Pork Liver
- Pork Skins
- Quail
- Rabbit
- Rabbit Heart
- Rabbit Liver
- Soy Protein Concentrate
- Soy Protein Isolate
- Soybean Meal
- Turkey
- Turkey Broth
- Turkey Gizzard
- Turkey Heart
- Turkey Liver
- Veal
- Venison
- Venison Meal

Seafood

- Anchovy
- Anchovy Meal
- Catfish
- Catfish Meal
- Crab
- Fish Broth
- Fish Meal
- Halibut
- Herring
- Lobster
- Mackerel
- Menhaden Fish Meal
- Mussels
- Ocean Fish Meal
- Oyster
- Salmon
- Sardine
- Sardine Meal
- Sea Bass
- Shrimp
- Sole
- Tilapia
- Trout
- Tuna
- Whitefish Meal

Spice

- Basil
- Cilantro
- Ginger
- Oregano Powder
- Parsley
- Rosemary

- Rosemary Extract
- Sage
- Thyme
- Turmeric

- Potatoes (sweet)
- Pumpkin
- Spinach
- Yam
- Zucchini Squash

Sweetener

- High Fructose Corn Syrup
- Honey
- Sucrose
- Sugar (brown)

Veg

- Asparagus
- Beans (black)
- Beans (chickpea)
- Beans (green)
- Beets
- Bok Choy
- Broccoli
- Brussels Sprouts
- Butternut squash
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chicory Root
- Chicory Root Extract
- Corn
- Cucumber
- Greens (collard)
- Lentils
- Peas
- Potatoes

Additive sensitivity analysis

Synthetic Additive

- Agar Gum
- Ascorbic Acid
- Biotin
- Calcium Carbonate
- Calcium Chloride
- Calcium Iodate
- Calcium Pantothenate
- Calcium Sulfate
- Carnitine
- Carrageenan
- Choline Chloride
- Citric Acid
- Copper Sulfate
- Dicalcium Phosphate
- E 306 Natural Tocopherols (vitamin E)
- E 307 AlphaTocopherol
- E 308 Synthetic
- E 309 Synthetic Delta-Tocopherol
- Ferrous Sulfate
- Glucosamine Hydrochloride
- Guar Gum
- Inositol
- Inulin
- Lecithins
- Manganese Proteinate
- Manganese Sulfate
- Niacin
- Phosphoric Acid
- Potassium Chloride
- Pyridoxine Hydrochloride
- Riboflavin
- Sodium Chloride
- Sodium Selenate
- Soy Lecithin
- Zinc Sulfate



Environmental sensitivities analysis

- Acrylic Fabric
- Aloe Vera
- Amitraz
- Ammonia
- Ammonium Laureth Sulfate
- Ants
- Apple Cider Vinegar
- Apple Tree
- Ash (Fraxinus excelsior)
- Aspen
- Aspergillus Fumigatus
- Baking Soda
- Bamboo
- Bee
- Beech
- Bermuda Grass
- Butoxyethanol
- Buttercup
- Calcium Hypochlorite
- Cat Dander
- Cherry Tree
- Clover
- Cocamidopropyl Betaine
- Cockroaches
- Colonial bent grass (Agrostis tenuis)
- Cotton
- Crabgrass
- Dandelion
- Dock
- Dog Dander
- Duck Feathers
- Elm
- Fescue
- Fipronil
- Fireweed / Great Willow Herb
- Fleece
- Formaldehyde
- Glycerin
- Goldenrod
- Goose feathers
- Hawthorn
- Horseflies
- Horses
- House Dust Mite
- Hydrogen Peroxide
- Imidacloprid
- Isopropyl Alcohol
- Jasmine
- Juniper Bush
- Kammgras
- Kentucky Bluegrass
- Leather
- Magnolia Tree
- Malt Vinegar
- Maple Tree
- Meadow fox tail (Alopecurus prat.)
- Methoprene
- Methylparaben
- Mice
- Mice Dung
- Mineral Oil
- Mold-I-Allergen
- Mosquito
- Nylon
- Oak Tree
- Orchard grass (Dactylis glomerata)
- Pansy
- Parabens
- Pear tree
- Perchloroethylene
- Permethrin
- Phthalates
- Pigeon Dung
- Pigeons
- Pine
- Polyester
- Polyethylene Glycol
- Polysorbates
- Poplar (Populus spp)
- Privet (Iigustrum spp)
- Propylene Glycol
- Quaternary Ammonium Compounds
- Rabbits
- Ragweed (Ambrosia elatior)
- Rat Dung
- Rats
- Rose (Rosa spp.)
- Ryegrass
- Sodium Hydroxide
- Sodium Hypochlorite
- Sodium Lauryl Sulfate
- Spruce (picea abies)
- St Augustine Grass
- Triclosan
- Tulip
- Wasp
- White Vinegar
- Willow
- Wool
- Zoysia Grass



Nutrition sensitivity analysis

Vitamins

- Vitamin A (retinyl palmitrate)
- Vitamin B1 (thiamine)
- Vitamin B12 (cobalamin)
- Vitamin B2 (riboflavin)
- Vitamin B3 (niacin)
- Vitamin B5 (pantothenic acid)
- Vitamin B6 (pyridoxine)
- Vitamin B7
- Vitamin B9 Folic acid
- Vitamin C (ascorbic acid)
- Vitamin D3 (cholecalciferol)
- Vitamin E (alpha-tocopherol)
- Vitamin K1 (phylloquinone)

AA - Essential

- Histidine
- Isoleucine
- Leucine
- Lysine
- Methionine
- Phenylalanine
- Threonine
- Tryptophane
- Valine

AA - Non-essential

- Arginine
- Cystine
- Taurine
- Tyrosine

Essential Mineral

- Calcium
- Choline
- Magnesium
- Phosphorus
- Potassium
- Sodium
- Zinc Orotate

Fatty Acid

- Alpha-linolenic acid (omega 3)
- Arachidonic Acid (omega 6)
- Docosahexaenoic Acid (omega 3)
- Eicosapentaenoic Acid (omega 3)

Trace Mineral

- Chloride
- Copper
- Iodine (aqueous)
- Iron
- Manganese
- Selenium



Metals & mineral sensitivities analysis

- Aluminium (Al)
- Antimony (Sb)
- Arsenic (As)
- Barium (Ba)
- Beryllium (Be)
- Bismuth (Bi)
- Cadmium (Cd)
- Caesium (Cs)
- Chromium (Cr)
- Copper (Cu)
- Gold (Au)
- Iron (Ferrous) (Fe)
- Lead (Pb)
- Lithium (Li)
- Magnesium (Mg)
- Manganese (Mn)
- Mercury (Hg)
- Molybdenum (Mo)
- Nickel (Ni)
- Niobium (Nb)
- Osmium (Os)
- Palladium (Pd)
- Phosphorus (P)
- Platinum (Pt)
- Polonium (Po)
- Radium (Ra)
- Rhodium (Rh)
- Rubidium (Rb)
- Ruthenium (Ru)
- Scandium (Sc)
- Selenium (Se)
- Silver (Ag)
- Strontium (Sr)
- Thallium (Th)
- Tin (Sn)
- Titanium (Ti)
- Tungsten (W)
- Uranium (U)
- Vanadium (V)
- Zinc (Zn)





Your next steps

Now you've read through all of your pet's results, what now?

Your 'Pet Results Guide'

Your Pet Results Guide will give you guidance on what to do next. How to complete the elimination diet guide and a handy food diary template to keep note of what foods you eliminate for your pet and the symptoms they have.

It also explains in further detail the roles of different food types, more in-depth analysis and analysis.

Download this guide from your results email.



Contact us

If you have any questions
please get in touch with the
Check My Body Health team on:

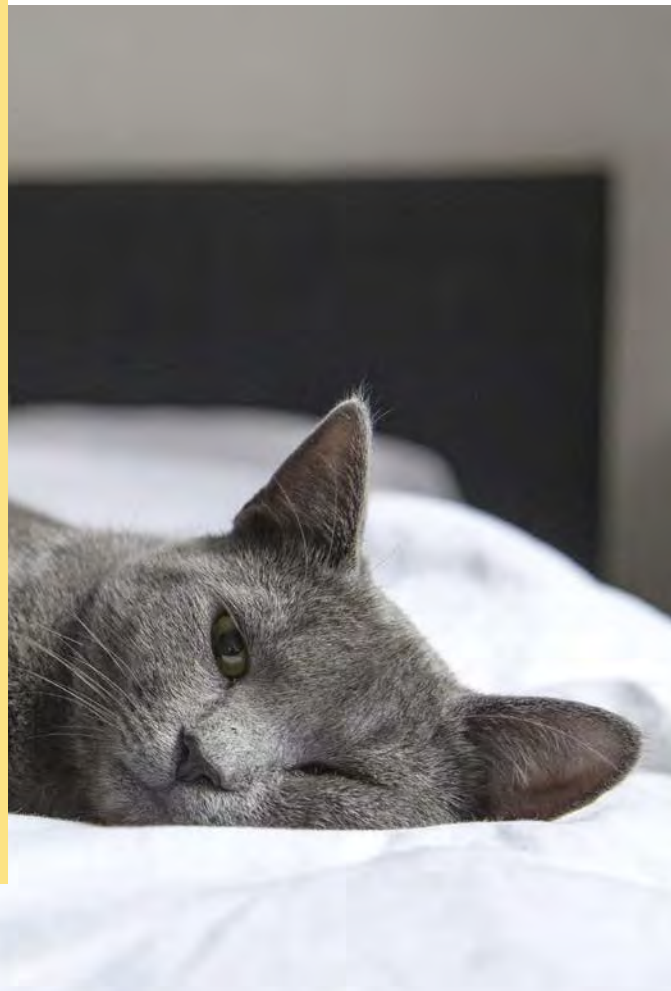
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