

Test Results

Jack Clarke

Dear Jack,

21 October 2019

Please find attached your pet's intolerance test results. Within this report you will find a section listing all your pet's food intolerances.

Some of the items listed in your report will have an explanation next to them which further details your pet's intolerances. **All items which are listed in this report have an intolerance level of over 85%** as you will see from the percentage levels listed on the right-hand side. The reason we only report items above this threshold is because **85% is the point at which you would expect your pet to start experiencing symptoms of an intolerance.**

At the bottom of this report you will find information about the next steps to take.

We will endeavour to get back to you as soon as possible, so we can help you to understand your results.

Kind Regards,

Test Results

Food Intolerances

These are the items which your sample has shown you will potentially have a reaction to, and therefore are a food intolerance. To further help you understand these items, each food item will have an explanation next to it to show you where it can be found.

All items which are listed in your report have an intolerance level of over 85% as you will see from the percentage levels listed on the right-hand side. The reason we only report items above this threshold is because 85% is the point at which you would expect to start experiencing symptoms of an intolerance.

Almond An edible nut, oval in shape with a woody shell. Often used in cooking / baking	●	36%
Apples A fruit - numerous different species. Colours are usually green and red.	●	49%
Apricots A juicy, soft fruit. Often orange-yellow in colour.	●	30%
Artichoke A variety of thistle, cultivated for eating	●	56%
Asparagus The young shoots of an Eurasian plant. Eaten as a vegetable.	●	2%
Aubergine Purple egg shaped fruit (Also known as an Eggplant). Often eaten as a vegetable.	●	53%
Bacon A meat produced from the pig	●	64%
Banana A long, curved fruit with edible flesh and yellow skin.	●	0%
Barley A major cultivated cereal grain. Often in beer.	●	51%
Basil An aromatic herb from the mint family.	●	79%
Beans (broad) Small, flat beans. Green in colour, also called fava beans	●	0%
Beans (green) Long, thin green in colour.	●	95%
Beef The flesh of a cow, bull or ox.	●	28%
Beets (beetroot) A dark red, rounded vegetable	●	84%
Blueberry A small sweet fruit. Often blue or black in colour.	●	23%
Brazil nut A large, three-sided South American nut	●	1%
Bread, white bread Bread made with white wheat flour.	●	44%
Buckwheat Derived from the seeds of a flowering plant.	●	42%
Butter A dairy product, made with the natural fat found in milk (milk fat)	●	0%
Buttermilk Buttermilk is the liquid left behind after churning butter out of cream.	●	48%

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Cabbage - Green	Common vegetable. This type being green in colour	●	18%	
Caraway	Seeds from a plant in the parsley family. Used in cooking/oils/seeds.	●	60%	
Carrot	Orange coloured, tapering root vegetable	●	4%	
Cashew nut	Edible kidney shaped nut. Rich in oil and protein	●	97%	
Cauliflower	Edible variety of cabbage. Has a large white head and green leaves.	●	4%	
Celery	Vegetable used in salads/cooking.	●	97%	
Cheddar	A relatively hard cheese that can differ in taste and texture.	●	23%	
Cherries	A small stone fruit, usually red in colour.	●	15%	
Chestnut	Edible, hard, brown nut. Often eaten roasted.	●	90%	
Chicken	Most common type of poultry.	●	94%	
Cinnamon	Aromatic spice. Used in cooking/baking	●	14%	
Clams	An edible mollusc	●	62%	
Coconut	Large seed with edible flesh. Used in cooking/ juices/ flavourings.	●	0%	
Cod	A large edible marine fish.	●	85%	
Common Mussel	A shellfish also known as the 'blue mussel'.	●	8%	
Coriander	An aromatic culinary herb.	●	39%	
Cow's Milk	Milk obtained from dairy cows.	●	84%	
Crayfish	Freshwater crustacean resembling a small lobster.	●	40%	
Cream	Cream is a dairy product composed of the higher-butterfat layer skimmed from the top of milk.	●	87%	
Cream Cheese	A cheese made with milk and cream - soft in consistency.	●	0%	
Currants (red & black)	A small round edible fruit.	●	49%	
Dates	A small round edible fruit.	●	19%	
Dry roasted peanuts	A Nut Dry Roasted for Added taste they are commonly sold and used in bars and parties	●	63%	
Duck	A water bird, known for its short legs and webbed feet.	●	78%	
Eel	Edible slender fish.	●	94%	

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Egg white The clear, viscous substance surrounding the egg yolk. Turns white when cooked.		99%		
Egg yolk The yellow part of an egg.		58%		
Fig Fresh or dried - soft, sweet dark fruit.		19%		
Flaxseed Also known as linseed – used in oils and baking.		19%		
Garlic Pungent bulb, used in cooking and medicines.		77%		
Ginger Hot, fragrant spice. Used as a flavouring mainly but can be found chopped, powdered, preserved or candied.		54%		
Goat's Milk Milk from the animal.		21%		
Goose A species of duck. The flesh of the bird is widely eaten.		0%		
Gooseberries Small and firm but sometimes ribbed and translucent, gooseberries are a unique little plant-based food growing on relatively small, thorny bushes		84%		
Grains		59%		
Grapefruit (Yellow) Large, round citrus fruit with edible flesh.		89%		
Halibut Northern marine fish, eaten worldwide.		27%		
Hazelnuts Small, brown edible nut from the hazel tree.		88%		
Herring Small, silvery fish. Widely eaten.		15%		
Honey Sweet, sticky liquid made from nectar regurgitated by bees.		39%		
Honeydew Melon Popular variety of melon with yellow skin and edible, white flesh.		10%		
Horse Flesh from a horse.		71%		
Horse radish Root vegetable used as a spice, most commonly used as a sauce		88%		
Kiwis Edible fruit with hairy skin and green flesh.		74%		
Lamb Flesh of a young sheep.		35%		
Lamb's liver The liver of the animal. Widely eaten.		0%		
Leek Edible plant, eaten as a vegetable.		5%		
Lemons Yellow citrus fruit with fragrant acidic juice. Edible flesh.		81%		
Lentils High protein pulse.		2%		

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Lobster	Large crustacean, flesh eaten cooked.	●	71%	
Macadamia Nuts	Edible nut from the macadamia tree.	●	73%	
Mackerel	Frequently eaten fish. Greenish-blue in colour.	●	56%	
Maize	This is corn. It is used in products such as; corn flakes, polenta, tortillas.	●	25%	
Maize flour	Maize flour is the entire corn kernel milled into flour	●	95%	
Maple Syrup	Maple syrup is a syrup usually made from the xylem sap of sugar maple, red maple, or black maple trees, although it can also be made from other maple species.	●	0%	
Milk lactose	This indicates intolerance to lactose found within dairy milk.	●	52%	
Mint (Fresh)	An aromatic plant often used in cooking	●	22%	
Mushrooms	A fungi frequently used in cooking.	●	75%	
Mustard	Hot tasting yellow paste. Eaten and used in cooking.	●	92%	
Noodles	Made from unleavened dough which is stretched, extruded, or rolled flat. This item is referring to ramen type noodles (found in ready to go noodles - Pot noodles, supernoodles)	●	52%	
Nutmeg	A very common spice, related to mace.	●	75%	
Onion	Pungent vegetable. Very commonly used in cooking. This intolerance does mean ALL onions should be cut out of your diet.	●	97%	
Oranges	A citrus fruit. Round with orange skin and edible flesh.	●	68%	
Ox liver	The liver of the animal. Widely eaten.	●	72%	
Oyster	Edible mollusc with rough, hard shell.	●	24%	
Oyster sauce	Usually dark brown, a condiment made from oyster extracts	●	0%	
Papaya	Tropical fruit with edible orange flesh.	●	12%	
Paprika	Red powdered spice used in cooking.	●	0%	
Peaches	Round stone fruit with juicy flesh - this is the fruit cooked.	●	37%	
Peanuts	Very commonly eaten nut. Eaten raw, also used in cooking.	●	50%	
Pears	A sweet fruit.	●	84%	
Peas	Small, round and green seed. Eaten as a vegetable.	●	9%	

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Pecan nuts Edible, smooth brown nut from the pecan tree.	●	25%		
Pepper (Black) Dried fruit from the pepper vine family of Piperaceae. Used whole as peppercorns or ground and used in cooking for spice / flavour.	●	0%		
Pheasant Flesh from the bird. A natural, lean, hearty meat from this game bird, typically eaten in Britain.	●	33%		
Pig's liver The liver of the animal. Widely eaten.	●	16%		
Pine Nut The edible seed from various pine trees.	●	83%		
Plaice Large, flat fish. Widely eaten.	●	10%		
Pomegranates A medium size fruit that contains many small red seeds that can be eaten.	●	21%		
Poppy Seed Small seed from the poppy flower. Often used in cooking and baking.	●	37%		
Pork Flesh of a pig.	●	1%		
Potatoes Starchy plant. Very common food.	●	90%		
Pumpkin Seed The seed of a pumpkin.	●	3%		
Rabbit Small plant-eating animal.	●	59%		
Raspberries An edible soft fruit related to the blackberry, consisting of a cluster of reddish-pink drupelets.	●	29%		
Red Leicester A similar cheese to cheddar, more flavour and more crumbly. Red in appearance.	●	41%		
Rice - Brown Small brown grains	●	60%		
Rice - white Small white grains	●	90%		
Rye A grass grown extensively as a grain, foods containing rye, include bread and crackers	●	43%		
Salmon Large, usually pink fish. Very popular food.	●	11%		
Salt A mineral commonly used for flavour	●	74%		
Sardine Young pilchard, widely eaten.	●	99%		
Sesame seed Oil rich seeds from the sesame plant.	●	84%		
Sesame Seed Oil-rich seeds from sesame plant.	●	41%		
Sheep's Milk Milk from the Sheep.	●	66%		
Shellfish Some crustaceans commonly eaten are shrimp, lobsters, crayfish, and crabs.	●	10%		

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Shrimp Small crustacean, often eaten.				● 53%
Sole Edible flat fish.				● 0%
Soy sauce A Chinese condiment made with soybeans				● 9%
Soya Includes all products made with the soya bean.				● 48%
Spelt A type of wheat, also known as dinkel wheat.				● 0%
Spinach A dark green leafy vegetable that'll make you stronger!				● 58%
Stilton A blue-veined cheese known for its strong smell and taste.				● 49%
Strawberries Edible, sweet fruit. Red with seed studded skin.				● 99%
Sugar, Brown Brown sugar is a sucrose sugar product with a distinctive brown colour due to the presence of molasses.				● 21%
Sugar, white Sugar is the generalized name for sweet, short-chain, soluble carbohydrates, many of which are used in food.				● 90%
Sunflower oil Oil extracted by compressing the seeds of the sunflower				● 7%
Swede Large, yellow fleshed root vegetable.				● 26%
Tomato Red fruit. Eaten as a vegetable in salads and used in cooking.				● 38%
Trout (Brown) Freshwater fish, often eaten.				● 93%
Turnip A root vegetable, purple and white in colour.				● 0%
Veal Flesh of a baby calf.				● 15%
Venison Flesh from a deer.				● 17%
Walnuts Edible seed eaten raw or used in cooking / baking.				● 81%
Watermelon Edible variety of melon with green skin and red flesh.				● 43%
Wheat, ground The cereal grain in its ground form				● 64%
Wheat, whole grain Cereal grain.				● 13%
Whitefish Common name for several species of fish - including cod, haddock, hake and pollock.				● 0%
Yeast Type of fungus used in making alcohol and baking.				● 32%

Non-Food Intolerances

These items are classed as Non-Food Items, meaning they are not typically edible. The non-food items could be causing a reaction by being close to your skin via inhalation.

All the items listed below are non-food items you have shown a reaction to which is classed as 85%. Anything under this threshold will NOT be causing issues to your health and therefore no reactions or 'symptoms'.

Alder (<i>Alnus glutinosa</i>) A tree of the beech genus.	●	59%
Apple Tree Trees that produce fruits.	●	0%
Ash (<i>Fraxinus excelsior</i>) Known as the ash, or European ash or common ash to distinguish it from other types of ash	●	28%
Aspen (<i>Populus tremula</i>) Tree native to Europe and Asia	●	4%
Aster A type of flower.	●	0%
Barley (<i>Hordeum vulgare</i>) A major cultivated cereal grain. Often in beer.	●	90%
Bee Bees are flying insects closely related to wasps and ants, known for their role in pollination.	●	0%
Beech (<i>Fagus silvatica</i>) A deciduous tree belonging to the beech family. Known as common beech or European beech tree.	●	65%
Bermuda grass A creeping grass found in warmer climates	●	37%
Birch A thin leaved, hardwood tree	●	98%
Blackberry bush This intolerance refers to the pollens and spores given from the plant	●	30%
Bovines An animal of the cattle group, which also includes buffaloes and bison.	●	62%
Brassica Napus (Rapeseed) Plant harvested for its seeds. Yellow when flowering.	●	60%
Buckwheat This refers to the pollens and spores given from the plant	●	87%
Calluna A type of heather plant	●	43%
Canaries Small species of bird, most commonly yellow in colour.	●	94%
Chamomile (<i>Matricaria chamomilla</i>) Plant, often used for medicinal purposes. Very often used to make a tea.	●	37%
Cherry tree Tree which produces the fruit	●	72%
Chicken Droppings Faeces and urine from this animal.	●	14%
Chicken Feathers Feathers from the chicken species of bird.	●	70%

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Chrysanthemum (C. morifolium) A perennial plant.				● 84%
Clover (Trifolium spp.) A flower usually found in fields and dry pastures				● 0%
Colonial bent grass (Agrostis tenuis) Grass that grows in moistlands and grasslands.				● 93%
Cotton A soft white fibrous substance which surrounds the seeds of the cotton plant and is made into textile fibre and thread for sewing.				● 99%
Currant bush Plant which produces small currants - both red and black				● 13%
Dahlia (Dahlia hybrida) Dahlia is a genus of bushy, tuberous, herbaceous perennial plants native to Mexico.				● 15%
Dandelion (Taraxum duplidens) A weed of the daisy flower. Known for its big, yellow flower.				● 81%
Dead nettle Flowering plant				● 50%
Deer Epithelium Epithelium is skin or cells.				● 11%
Dock (Rumex acetosa) Common garden weed. Also known as sorrel or rumex.				● 48%
Downy birch (Betula verrico) Downy birch is a deciduous broadleaf tree native to the UK				● 62%
Duck feathers Feathers from the bird.				● 30%
Dust Consists of particles from the atmosphere and environment, such as soil.				● 67%
Elder (Sambucus nigra) The plant that produces the elderberry.				● 37%
Elm (Ulmus glabra) The most common of the Elm tree family				● 31%
European beech A running tree belonging to the birch family.				● 69%
European lime (Tilia europea) Generally known as the common lime (British Isles) or common linden				● 7%
False acacia (Robinia pseudacacia) A species of tree				● 82%
Ferret Epithelium Epithelium is skin or cells.				● 83%
Fireweed/Great willow herb (Epilobium angustifolium) Commonly known in North America as fire-weed, in some parts of Canada as great willow herb, and in Britain as rose-bay willow herb				● 19%
Fox Epithelium Epithelium is skin or cells.				● 10%
Goats Domesticated animal				● 78%
Goldenrod (Solidago virgaurea) Solidago virgaurea is an herbaceous perennial plant of the family Asteraceae				● 23%
Goose feathers Feathers from this species of bird. Often used in household furniture.				● 8%

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Hawthorn (Crataegus spp.) Trees that produce small white-pink flowers and red berries		100%		
Hazel (Corylus avellana) The common hazel tree		51%		
Hornbeam (Carpinus betulus) A hardwood tree		10%		
Horse chestnut (Aesculus hippocastanum) Aesculus hippocastanum is a species of flowering plant in the soapberry and lychee family Sapindaceae.		60%		
Hyacinth (Endymion non scriptus) Hyacinthus is a small genus of bulbous, fragrant flowering plants		88%		
Japanese Millet A grass.		40%		
Jasmine (Philadelphus spp.) Plant with white flowers and strong fragrance		38%		
Juniper bush The plant which produces the juniper berry. Distinctive fragrance unlike most bushes.		54%		
Kammgras (Cynosurus cristatus) Also known as crested dog's tail - characterised by a seed head that is flat on one side		35%		
Kentucky bluegrass (Poa pratensis) Common, smooth meadow grass.		9%		
Laburnum (Laburnum anagyroides) Laburnum anagyroides, the common laburnum, golden chain or golden rain, is a species in the subfamily Faboideae, and genus Laburnum.		62%		
Larch A coniferous tree with bunches of deciduous bright green needles, found in cool regions of the northern hemisphere. It is grown for its tough timber and its resin (which yields turpentine).		32%		
Lilac (Syringa vulgaris) A violet coloured flower		0%		
Lupine (Lupinus polyphyllus) Lupinus polyphyllus is a species of lupine native to western North America from southern Alaska and British Columbia east to Quebec		93%		
Maize (Zea mays) A plant - known also as corn.		98%		
Mangrove Tropical shrub or tree		86%		
Marguerite (Leucanthemum vulgare) A type of daisy flower. Also known as the Oxeye daisy.		7%		
Meadow fescue (Festuca pratensis) Tall, loosely tufted grass with long flat leaves.		14%		
Meadow fox tail (Alopecurus prat.) A common type of grass		0%		
Melde (Atriplex spp.) A bush type plant. Also known as saltbush.		59%		
Mink Epithelium Epithelium is skin or cells.		29%		
Mistletoe Common name for the plant which produces small white berries. Traditionally used to decorate the house during the festive period.		52%		
Mosquito Flying insect which bites humans and animals.		88%		

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Moth Nocturnal insect with large wings.				● 54%
Mouse Urine Proteins From contact with the animal's urine.				● 0%
Mugwort (<i>Artemisia vulgaris</i>) Aromatic plant. Occasionally used in food and beer.				● 53%
Mulberry Small tree which bears dark purple fruit.				● 0%
Narcissus (<i>Narcissus spp.</i>) A genus of predominantly spring perennial plants.				● 71%
New Belgian Aster A species of daisy				● 93%
Nylon A tough, lightweight, elastic synthetic polymer with a protein-like chemical structure				● 15%
Oak (<i>Quercus robur</i>) Large tree. Native to Europe.				● 99%
Oats (<i>Avena sativa</i>) The common oat - a cultivated cereal grain, also known as general oats.				● 60%
Orchard grass (<i>Dactylis glomerata</i>) Also known as cocks foot grass.				● 68%
Peanut plant Grown underground, a popular nut. The peanut, also known as the groundnut, goober, or monkey nut. An intolerance to this does not mean an intolerance to the nut, simply the pollen from the plant.				● 74%
Pear tree Type of tree which produces the fruit				● 1%
Perennial ryegrass (<i>Lolium perenne</i>) Also known as English ryegrass.				● 63%
Pigweed (<i>Chenopodium album</i>) A plant of the amaranth family.				● 3%
Pine (<i>Pinus spp.</i>) A conifer tree				● 53%
Pine, Scottish (<i>Pinus sylvestris</i>) Species of pine tree. also known as Scot's pine				● 18%
Plane tree (<i>Platanus acerifolia</i>) A tall tree. Actually a hybrid tree.				● 17%
Plantain (<i>Plantago major</i>) Common plant. Known for its broad, shell shaped leaf.				● 19%
Poplar (<i>Populus spp.</i>) Deciduous flowering tree				● 5%
Primrose (<i>Primulus</i>) A widely spread woodland flower				● 30%
Privet (<i>Ligustrum spp.</i>) Heavily scented shrub with poisonous black berries.				● 37%
Qack grass (<i>Agropyron repens</i>) Very common perennial grass. Also known as couch grass.				● 30%
Ragweed (<i>Ambrosia elatior</i>) A plant. A major cause of hay-fever.				● 20%
Red fescue (<i>Festuca rubra</i>) Common, tall grass - red in colour				● 73%

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Ribwort (<i>Plantago lanceolata</i>) Common weed also known as Lamb's tongue.	●	0%		
Rose (<i>Rosa</i> spp.) A rose is a woody perennial flowering plant of the genus <i>Rosa</i>	●	94%		
Rye A grass grown extensively as a grain. This intolerance refers to the pollens and spores given from the plant	●	68%		
Scotch heather (<i>Calluna vulgaris</i>) An evergreen plant.	●	60%		
Sheep's wool Textile fibre obtained from sheep.	●	93%		
Shrubs A type of plant.	●	0%		
Spelt A type of wheat, also known as dinkel wheat.	●	28%		
Spruce (<i>Picea abies</i>) A coniferous evergreen tree	●	67%		
Stinging nettle (<i>Urtica dioica</i>) A plant, that if touched stings the skin.	●	0%		
Strawberry Edible, sweet fruit. Red with seed studded skin. This intolerance refers to the strawberry plant and its pollen	●	50%		
Sweet vernal grass (<i>Anthoxanthum odoratum</i>) Sweet scented grass. Grown in meadows as hay grass.	●	71%		
Tall oat grass (<i>Arrhenaterium elatius</i>) Tall grass found meadows	●	89%		
Tamarisk (<i>Myrica</i> sp.) Species of flowering plant.	●	19%		
Tansy ragwort (<i>Senecio jacobaea</i>) Grows in woodlands and dry open places, yellow flowers.	●	29%		
Thistle Common name of a group of flowering plants characterised by leaves with sharp prickles on the margins - usually purple in colour.	●	17%		
Timothy grass (<i>Phleum pratense</i>) A grass widely grown in the UK, thought to be a trigger of asthma.	●	0%		
Trespe (<i>Bromus mollis</i>) Tall common grass. Known for its spiky and seedy top.	●	95%		
Tulip The tulip is a Eurasian and North African genus of perennial, bulbous plants in the lily family	●	19%		
Tumbleweed A plant which habitually breaks away from its roots in the autumn.	●	61%		
Velvet grass (<i>Holcus lanatus</i>) A tall grass.	●	0%		
Wallflower (<i>Cheiranthus cheiri</i>) A widely cultivated flowering plant.	●	34%		
Walnut tree This intolerance refers to the pollens and spores given from the plant	●	17%		
Wasp A social insect, known for its tendency to sting. Typically black and yellow.	●	24%		
Water reed (<i>Phragmites communis</i>) A tall grass found in reed beds.	●	100%		

Wheat (*Triticum aestivum*)

A cereal grain, grown in fields. This intolerance refers to the pollen and spores give off from the plant. The grain can still be eaten.

● 61%

Wild oat (*Avena fatua*)

A species of grass from the oat family.

● 5%

Willow

Type of tree.

● 27%

Wool

The fine, soft curly or wavy hair forming the coat of a sheep, goat, or similar animal, especially when shorn and prepared for use in making cloth or yarn.

● 73%

Wormwood (*Artemisia absinthium*)

A plant and herb. Used in absinthe, also used as a flavouring for some wines and spirits.

● 43%

What do I do now?

- **Don't Panic:**

Firstly, please do not panic after initially reading your pet's report. Although it seems daunting, your pet will still be the happy and healthy, cuddly creature that you love so much. Seeing their intolerances written down may seem daunting but there is no need to panic. There may be some items listed in your report that you have never eaten or come into contact with, but this is quite normal so do not worry.

On the other hand, there may be items on the list that your pet often eats or are exposed to on a regular basis. These are the items that you are going to need to focus on eliminating from their diet and environment.

- **What do my test results mean?**

All the items listed on this report have an intolerance level of 85% or over so they will give your pet reactions in some way. These reactions can range from minimal to severe. Intolerances can change depending on someone's diet and environment, meaning that an item that they have never had problems with before could suddenly be causing your symptoms.

This is because if your pet is eating something or has come into contact with it, then their body will try to assimilate it. If your pet's immune system is low or has overindulged on certain food items, then your body will struggle to assimilate the food item and you will suffer from various symptoms. These symptoms include, but are not limited to **stomach problems and fatigue**. When this happens, it is known as an intolerance.

- **What should I do now?**

The foods and items that have shown up as an intolerance need to be taken out of your pet's diet. We recommend that you eliminate these items from their diet for the recommended period of six to eight weeks to get the most benefit from their report. You should try and eliminate all of the listed items at the same time, and although we understand that this can be difficult if they are eaten on a regular basis. The sooner you eliminate them the sooner your pet will begin to feel better.

After you have completed your elimination diet and six to eight weeks have passed, you can begin to consider adding the eliminated items back into your diet. It is important that you do this one item at a time because food intolerances do not show up immediately, and the symptoms can appear up to 72 hours after you have ingested the food. The best way to achieve your elimination diet is to keep a diary and track when you are eating certain foods. Therefore, if your pet does suffer any symptoms then this means that they have a strong intolerance to this item and so will need to avoid it for a further two weeks. Please introduce the foods back into their diet slowly and keep track of their symptoms.

We realise that this may seem tedious, but we can assure you that it is the best way of understanding what items you are still intolerant to. Most of the time, an intolerance will disappear but there are occasions when your body simply does not want to accept something back into the system. This means that they have most likely developed a lifetime intolerance. Although this may seem difficult to deal with, it is something that they will get used to fairly quickly, especially if they are not suffering from associated symptoms anymore.

*** Please note ***

The information provided in this report should not be used as a diagnostic tool. It is a guide to your intolerances and lacking nutrients from the hair sample you produced on the given date. Any major changes to your diet should be supervised by your G.P.