

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.

Barley A major cultivated cereal grain. Often in beer.	●	97%
Beef The flesh of a cow, bull or ox.	●	49%
Carrot Orange coloured, tapering root vegetable	●	40%
Cheddar A relatively hard cheese that can differ in taste and texture.	●	34%
Chicken Most common type of poultry.	●	79%
Cod A large edible marine fish.	●	10%
Duck A water bird, known for its short legs and webbed feet.	●	27%
Egg white The clear, viscous substance surrounding the egg yolk. Turns white when cooked.	●	82%
Egg yolk The yellow part of an egg.	●	42%
Gluten Gluten. Present in wheat, rye, and barley.	●	73%
Lamb Flesh of a young sheep.	●	83%
Lamb's liver The liver of the animal. Widely eaten.	●	61%
Maize Also known as corn. A cereal grain	●	0%
Maize flour Maize flour is the entire corn kernel milled into flour	●	63%
Milk Milk is a pale liquid produced by the mammary glands of mammals	●	28%
Millet Millet can be used as a traditional cereal, and can also be used in porridge, snacks, and other types of bread, as it is very high in starch, like other grains. It is also a very good source of nutrients, vitamins, minerals, and organic compounds.	●	0%
Oats Cereal grain, grown for its seeds	●	5%
Peas Small, round and green seed. Eaten as a vegetable.	●	91%
Pork Flesh of a pig.	●	13%

Jack Clarke	Your Test:	21/10/2019	Ref:	13371
Rabbit Small plant-eating animal.				● 18%
Rice - Brown Small brown grains				● 44%
Rye A grass grown extensively as a grain, foods containing rye, include bread and crackers				● 34%
Salmon Large, usually pink fish. Very popular food.				● 100%
Shellfish Some crustaceans commonly eaten are shrimp, lobsters, crayfish, and crabs.				● 25%
Soya Bean Bean of the soya plant. Very high in protein.				● 9%
Trout (Brown) Freshwater fish, often eaten.				● 0%
Tuna A commonly eaten type of fish. a sub group of the mackerel family				● 42%
Venison Flesh from a deer.				● 84%
Wheat A cereal grain.				● 82%
Yeast Type of fungus used in making alcohol and baking.				● 37%

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.