

TMI TESTING

SAMPLE Sample
Sampleshire
1234
United Kingdom



Dear SAMPLE,

05/01/2016

Please find attached your intolerance test results. You will find two headings within this report, the first section which lists all the food intolerances and the second section which lists all the non-food intolerances. Some of the items will have a further explanation next to them to further detail the intolerances. Everything on here has an intolerance level of over 85% as you will see from the percentage levels on the right hand side. This means they are all high intolerances. We only report these as they are the ones likely to be causing you the most symptoms.

At the back of the results you will find information about the next steps to take. In the meantime if you have any further questions, please don't hesitate to contact us at the following email address:

info@testyourintolerance.com

Kind Regards,

TMI Testing

We have detected that you are intolerant to the following Food Items

Gluten Gluten. Present in wheat and rye.	●	94%
Oats (Avena sativa) The common oat - a cultivated cereal grain, also known as general oats.	●	85%
Bilberries (Raw) Very small, almost black berries.	●	91%
Brazil nut A large, three-sided South American nut	●	90%
Cheese Cheese is a food derived from milk that is produced in a wide range of flavors, textures, and forms by coagulation of the milk protein casein.	●	93%
E 1413 Phosphatised di-starch p. (modified starch) Thickening agent in many products	●	99%
E 202 Potassium sorbate, sorbic acid It can be found in candied peel, cheese, cider, concentrated fruit juice, dessert sauces, dried apricots, fillings and toppings, fermented milks, frozen pizzas	●	97%
E 337 Sodium potassium tartrate (salts from tartaric acid) In many products, mainly meat and cheese products.	●	93%
Grapefruit (Yellow) Large, round citrus fruit with edible flesh.	●	85%
Lettuce Cultivated plant eaten in salads mostly. This includes all varieties of lettuce.	●	89%
Maize This is corn. It is used in products such as; corn flakes, polenta, tortillas.	●	94%
Millet Cereal mostly used to make flour.	●	99%
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)	●	91%

We have detected that you are intolerant to the following Non Food Items**Dust**

Consists of particles from the atmosphere and environment , such as soil



91%

Elm (*Ulmus glabra*)

The most common of the Elm tree family



93%

Guinea pigs

Small mammal often kept as a pet.



99%

Narcissus (*Narcissus spp.*)

A genus of predominantly spring perennial plants.



86%

Nylon

A tough, lightweight, elastic synthetic polymer with a protein-like chemical structure



86%

Wallflower (*Cheiranthus cheiri*)

A widely cultivated flowering plant.



93%

Walnut

Edible seed eaten raw or used in cooking / baking.



85%

What do I do now...?

- Don't Panic:

The list you have just read through may seem daunting but don't panic. There may be some items on there that you have never eaten or come into contact with but this is quite normal. On the other hand there are probably quite a few items on the list that you eat or come into contact with on a regular basis. These are the ones you are going to need to focus on removing from your diet and environment.

- What do my test results mean?

All results shown have an intolerance level of 85% or over and so will give you reactions in some way whether small or large. Intolerances can change depending on your diet and environment which means that an item that you have never had problems with before may suddenly be causing you symptoms. This is because when you eat something or come into contact with it, your body tries to assimilate it. If your immune system is low or if you have had too much of it, then your body will struggle to do this and you will then suffer with various symptoms. This is now an intolerance.

- What should I do now?

The foods and items that have shown as intolerances need to be taken out of your diet. We recommend that you eliminate them for at least two weeks, but preferably four to get the most benefit from your report. You should try to eliminate them all at the same time and although we understand that this can be difficult when it is something you eat on a regular basis, the sooner you eliminate them, the sooner you will see results.

After the elimination period has finished then you need to try and add the items back into your diet. It is important that you do this one item at a time, because intolerances don't show up immediately so it may be a few hours before you see any symptoms. The best way to do this is to keep a diary, so you know when you have eaten the items. If you do suffer some symptoms then this means that you have a strong intolerance to this item and so will need to avoid it for a further two weeks. We realise that this may seem tedious but can assure you 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 won't want to accept something back into the body and so this will become a lifetime intolerance. Although this may seem difficult to deal with, it is something that you will get used to fairly quickly, especially if you aren't suffering the associated symptoms anymore.

- What about my pets?

If you have pets and have shown an intolerance to dog or cat hair then don't despair. This simply means that you need to be more aware of where your pet goes in your home. Try and limit their access to bedrooms and keep them well groomed to avoid excess hair and dander on your floors and soft furnishings.

- Help, I have a query!

If you have any other questions or would like to tell us about your results through a testimonial then please don't hesitate to contact us at the following email address:

info@testyourintolerance.com

*** Please note ***

The information provided in this report should not be used as a diagnostic tool, it is a guidance 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.