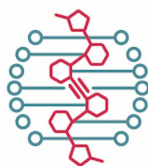


Test My Allergy

Example Report



Test My Allergy

Helping you to help yourself

Dear Example, 12 January 2023

Please find enclosed your Pet Bioresonance **Sensitivity Test Report**. You should read all of this report in order to help you understand the results collated for your animal fully.

Within this report, you will find the following:

- **Food Items** - Common food items, ingredients and preservatives are included in this section of the report. Items listed are those to which the sample provided has indicated a sensitivity.
- **Non-Food Items** - Non-food items tested include different animals and animal dander, fungus, plant life and other inedible items.

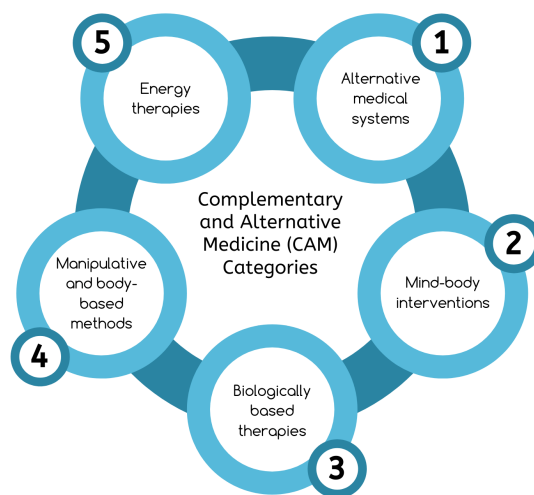
In each section of the report, you will find a summary of what we were testing for in our analysis, which has shown a reaction. All of the items listed will have an explanation of where the items are found or their composition. This ensures that the results are easy to understand and that your focus is drawn to what matters the most. If you have no results in any section, it's because the test has shown no anomalies or reactions.

The test results will help you understand more about your pet. These results are the first step in a journey allowing you to make the changes necessary to improve the health of your pet. You can use these results in any way you wish, but we would recommend using them as a diet optimisation resource.

Bioresonance Testing

Bioresonance therapy and testing are categorised as complementary and alternative medicine (CAM). This is a diverse group of therapies, practices and products, which fall outside of conventional medicine or healthcare.

The findings in the report do not make a medical diagnosis but are intended to assist in a functional medicine approach to digestive and general health issues.



Understanding The Results

All items have been separated into three sections: High, Moderate and No Reactivity. It is advisable that you try to avoid contact with or consumption of those items to which this report indicates your pet may have a reaction.

For simplicity, our reports only detail those items which results have indicated high or borderline sensitivity and not items that brought about no reaction. It is very uncommon for an item that reacts below the 85% threshold to cause a symptom.

Continued over the page.

Results will be displayed in the following Red and Amber format throughout the report:



These are items that in testing have returned a **high response**.



These are items that in testing have returned a **borderline response**.



Important: reports display response rates of 85% and over. This is the point at which a reaction may be present.

Reports can vary in the number of items that are present as a possible cause of symptoms and often food groups and cause cross-reactivity due to their similar chemical makeup.

FAQ's

What do the percentages mean?

The percentages within the report refer to the level of potential sensitivity. However, for best results, we do recommend removing all items from the diet reacting at over 85%.

My results only show 85% and above. Can I have the rest of the results?

The equipment we use for testing doesn't store information for items that react under our 85% threshold. 85% is the point at which you would expect to start seeing a reaction.

Results have shown a sensitivity to wheat, does this mean a Gluten intolerance?

Gluten is a protein found in wheat, rye, and barley. Sensitivity to any of these grains doesn't indicate a gluten intolerance but rather a sensitivity to these individual grains.

There are foods I don't feed my pet? Yet items eaten daily did not; how can this be?

Sensitivities can occur from merely lacking the digestive enzymes to digest foods, meaning food items not consumed regularly or at all can show on your report.

What reactions could sensitivities cause?

The most common symptoms include nausea, stomach pain/cramps, bloating, constipation, vomiting, mild rashes, skin irritations or itching.

How does the elimination diet work? How long do I have to carry this out?

We recommend removing the reacting foods from the diet for 4 weeks. After this period, most clients see an improvement in their pet's symptoms.

Your results and supporting health information will be displayed on the following pages. Testing is performed in accordance with our laboratory standard operating procedures and quality checked by the lab shift manager before release. Our labs and all laboratory technicians follow good laboratory practice.

Kind Regards,

Test My Allergy

Food Items

These are the items which your sample has shown you will potentially have a reaction to, and therefore are showing a sensitivity. 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 tested are listed in your report, those which have a sensitivity level of over 85% are classed as an intolerance. The reason we report items above this threshold is because 85% is the point at which you would expect to start experiencing possible symptoms.

| | | |
|--|---|------|
| Aniseed The seeds of the anise - which are used in cooking and herbal medicines | ● | 93% |
| Asparagus The young shoots of an Eurasian plant. Eaten as a vegetable. | ● | 100% |
| Barley A major cultivated cereal grain. Often in beer. | ● | 100% |
| Cashew nut Edible kidney shaped nut. Rich in oil and protein | ● | 95% |
| Cinnamon Aromatic spice. Used in cooking/baking | ● | 85% |
| Dates A small round edible fruit. | ● | 100% |
| Duck A water bird, known for its short legs and webbed feet. | ● | 92% |
| Egg white The clear, viscous substance surrounding the egg yolk. Turns white when cooked. | ● | 89% |
| Ghee Ghee is made by melting regular butter. The butter separates into liquid fats and milk solids. Once separated, the milk solids are removed, which means that ghee has less lactose than butter. | ● | 89% |
| Gooseberries Small and firm but sometimes ribbed and translucent, gooseberries are a unique little plant-based food growing on relatively small, thorny bushes | ● | 92% |
| Guava A common tropical fruit. | ● | 95% |
| Kiwis Edible fruit with hairy skin and green flesh. | ● | 94% |
| 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. | ● | 98% |
| Peaches Round stone fruit with juicy flesh - this is the fruit cooked. | ● | 97% |
| Pheasant - Meat Flesh from the bird. A natural, lean, hearty meat from this game bird, typically eaten in Britain. | ● | 86% |
| Raisins A partially dried grape. | ● | 95% |
| Rice - white Small white grains | ● | 86% |
| Venison Flesh from a deer. | ● | 88% |

Non-Food/ Environmental Items

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 or via inhalation.

All the items tested are listed below, non-food items you have shown a reaction to will show an intolerance level of 85% or above. Anything under this threshold will NOT be causing issues to your health and therefore no reactions or 'symptoms'.

Beech (*Fagus silvatica*)

A deciduous tree belonging to the beech family. Known as common beech or European beech tree.

● 90%

Bovines

An animal of the cattle group, which also includes buffaloes and bison. We suggest to avoid physical contact with an animal and its fur. You are fine to consume meat of bovines, which is tested separately in food section.

● 94%

Brassica Napus (*Rapeseed*)

Plant harvested for its seeds. Yellow when flowering.

● 87%

Clover (*Trifolium spp.*)

A flower usually found in fields and dry pastures

● 89%

Colonial bent grass (*Agrostis tenuis*)

Grass that grows in moist lands and grasslands.

● 96%

Duck feathers

Feathers pule

● 100%

Elder (*Sambucus nigra*)

The plant that produces the elderberry.

● 85%

Horse chestnut (*Aesculus hippocastanum*)

Large deciduous tree

● 93%

Jasmine (*Philadelphus spp.*)

Plant with white flowers and strong fragrance

● 100%

Mangrove

Tropical shrub or tree

● 91%

Mulberry

Mulberry is a tree that grows wild and under cultivation in many temperate world regions. Mulberry fruit is tested separately.

● 94%

Oats (*Avena sativa*)

The common oat - a cultivated cereal grain, also known as general oats.

● 92%

Pine (*Pinus spp.*)

A conifer tree

● 96%

Plane tree (*Platanus acerifolia*)

Tall tree, actually a hybrid tree.

● 92%

Primrose (*Primulus*)

A widely spread woodland flower

● 96%

Red fescue (*Festuca rubra*)

Common, tall grass - red in colour

● 86%

Tulip

The tulip is a Eurasian and North African genus of perennial, bulbous plants in the lily family

● 97%

Velvet grass (*Holcus lanatus*)

A tall grass.

● 87%

Nutritional Imbalances

Everything listed on your report as 85% or above, has a nutritional imbalance which means that they could be deficient within your system.

You should simply try and add in one or two of the recommended food items to your diet each day. Although it may be easier to use a vitamin supplement, it is always better to get your nutrients from a food source, as this will enter your body much faster. The nutritional information found next to each nutrient is important, as a well-balanced diet along with a healthy lifestyle can boost the immune system and also reduce your intolerance levels.

Please Note: This report is designed to be used in conjunction with your intolerance report; if you have shown an intolerance to a food item listed as a nutritional source, we do not recommend consuming this item and instead advise you opt for one of the alternatives listed.

Calcium

Sources - Dark leafy greens, oranges, broccoli, almonds, tofu. Signs of deficiency - dry skin, tooth loss, dry & splitting hair. Body use - In addition to building bones, calcium helps or blood clot, nerves send messages and muscles contract. Approx. 99% of the calcium in our bodies is in our bones and teeth

● 99%

Chromium

Sources - Bread, Brown rice, Meat, Broccoli, Mushrooms, Green beans Signs of deficiency - Anxiety, low energy levels, chronic fatigue, muscle weakness, mood swings. Body use - It is an essential part of metabolic processes that regulate blood sugar and helps insulin transport glucose into cells, where it can be used for energy

● 90%

Vitamin B12

Helps maintain energy levels. Sources; eggs, cows milk., almond milk, coconut milk, fish and meat. Symptoms - pale skin, tiredness, lethargy

● 85%

Metals Imbalances

The heavy metals showing a level of 85% or above, have shown a sensitivity after being exposed to. The important thing to note is that you do not need to panic, there are a few simple steps to take to manage these results accordingly.

Firstly, look at areas where you could be exposing yourself to these metals. It could be in your work environment, as this is a place that you frequently attend. Secondly, you will also need to look at your diet and see if there are a group of foods that you consume regularly that contain high levels of these particular metals.

If you find that when in close proximity of a particular metal that you begin to experience any symptoms (such as itchininess, swelling, nausea, headaches, etc.), then you will know that it is this particular metal that is causing you to react like this. The more severe the symptoms, the more action you will need to take to reduce your exposure to this metal.

Cobalt (Co)

Cobalt are used to make high-speed and high temperature cutting tools and dyes - it is an alloy



87%

Germanium (Ge)

Used in the semi conductor industry, mainly electronics



92%

Iridium (Ir)

The main use of iridium is as a hardening agent in platinum alloys and compass bearings



89%

Radium (Ra)

Commercially sourced in the art of colouring glass



91%

Thallium (Th)

Used in the electronics and glass industry



88%

WHAT ARE THE NEXT STEPS?

Seeing the test results may seem daunting initially, but you should not panic. There may be some items listed above 85% in the report that you have never fed to your pet or that it has come into contact with, but this is quite normal.

There will be items on the list that the animal often eats or is exposed to on a regular basis. These are the items that you are going to need to focus on when you start the elimination diet. The Bioresonance test results can be used to highlight potential sensitivities to food and non-food items as well as imbalances in the animal that could be causing symptoms.

Used as a holistic tool and combined with a functional medicine approach, the test has been used for years as a first step or last resort in the understanding of intolerances and sensitivities.

Take time to carefully review the information provided and plan an elimination diet that works for your animal and ultimately gets results. Intolerances and sensitivities can change over time and with adjustments to lifestyle and diet, so any changes that you make could very soon provide positive health and wellness improvements.

What is food intolerance?

An intolerance is the inability to digest an item properly, whether this is a food intolerance/sensitivity or an environmental factor (a non-food intolerance). Intolerances can occur due to several reasons; the two most common are:

- The body is lacking the necessary digestive enzyme(s) for certain food and, therefore, cannot digest the item properly or efficiently take the nutrients from it.
- A sensitivity resulting from over-consumption or over-exposure.

Many symptoms are the result of a sensitivity to a particular item. If the animal is experiencing constant slow/delayed occurring or digestive symptoms, then it is possible that it is suffering from food intolerance.

Common intolerance symptoms:



Nausea



Fatigue



Stomach complaints



Mood changes

What is a food allergy?

An allergy is an immune response to what would normally be considered a harmless substance. The immune system perceives this substance to be a 'threat' and produces an inappropriate response, with symptoms usually starting within a few minutes but also as long as two hours later. Allergy symptoms can be more acute and serious.

This is not a test for allergies. If results indicate a high-level reaction, this suggests that there may be a sensitivity.

Occasionally, results will show no reaction to an item that is known to cause an allergic reaction. This means that the animal has not shown any sensitivity to that item, but in no way does it question or contradict a previous or existing allergy diagnosis. Although allergies, intolerances and sensitivities can share some similar symptoms and triggers, they are not the same.

Common allergy symptoms:



Rashes



Respiratory complaints



Anaphylaxis



Sore eyes



Swelling


Allergies should be diagnosed by a qualified veterinary practitioner through a blood test or skin testing.

What is bioresonance testing?

This is categorised under Complementary and Alternative Medicines (CAM's). This covers a wide range of therapies, including homoeopathy and acupuncture that fall outside of mainstream medicine but fit within a functional medicine approach to health and wellness.







As a CAM, Bioresonance therapy is recognised as a proven therapy method by practitioners and peers Worldwide. However, conventional medicine does not currently recognise Bioresonance as it has not been subject to sufficient scientific research. **It is important to reiterate that this test is NOT for allergies or allergic reactions. This test detects sensitivities and imbalances, which, although they can share similar symptoms and triggers, are not the same.**

CONVENTIONAL MEDICINE

-  Disease focused
-  Veterinarian aligned
-  All cases treated the same
-  Treats particular diseases
-  Diagnosis on symptoms
-  Early detection of disease



FUNCTIONAL MEDICINE

-  Health focused
-  Animal aligned
-  Holistic approach
-  Looks at the whole animal
-  Individual biochemical factors
-  Prevention approach



Everyday foods

It is common for an animal that eats the same food every day to develop a sensitivity to that food over a period of time. It is highly likely that this particular item will be highlighted as a moderate or high reaction item.

This often happens as the digestive system grows sensitive to that item due to the volume of food being consumed. The body struggles to process or break down particular constituents of that food item. This can cause common digestive intolerance symptoms such as fatigue, nausea, and other stomach issues.

Elimination of a food item during a period of time can allow the body and gut time to return to a normal state. After this period, it may be possible to reintroduce certain foods without reaction or symptoms at a more moderate level.

Foods that cause the most sensitivities

Food sensitivities or intolerances arise if the animal is unable to digest certain foods or drinks. This impairment may be due to a lack of digestive enzymes or a sensitivity to certain chemicals within a food item.

Most elimination diets start with the food items that cause the most trouble for animals in general. If your pet is sensitive or intolerant to a food type, you don't necessarily have to remove it completely from the diet. The key is to identify the offending food and figure out how much, if any, of it they can eat without suffering from symptoms or reactions.

| | | | | | | |
|----------------------|---|--|---|--|---|--|
| Common |  | Beef is often a common cause of intolerances. |  | Lactose a sugar found in milk and dairy products. |  | Wheat found as a food bulking agent. |
| Less Frequent |  | Egg and most commonly egg yolk. |  | Chicken sensitivity in dogs and cats. |  | Lamb is less common in commercial animal foods. |
| Rare |  | Food additives can often be hidden sensitivities. |  | Soy products are often found in animal foods. |  | Fish and shellfish can be more common in cats. |

Symptoms

The identifiable symptoms can change depending on the diet and environment, meaning that an item the animal may have never experienced an issue with before could suddenly be causing symptoms.

This is because if the pet is eating or have come into contact with something, the body will usually try to assimilate it. If the animal's immune system is low or may have overindulged on certain food items, then they will struggle to assimilate the food item and will suffer from various symptoms.

Allergies



Symptoms could present **within 2 hours** of exposure.



Reactions can be **severe or even fatal**.

Intolerances / Sensitivities



Symptoms can present **between 2 - 72 hours**.



Reactions can be **painful but not a danger to life**.

If your pet is suffering from immediate symptoms upon ingesting certain foods, it may have an allergy. If the symptoms take a while to develop, between 2 - 72 hours, then it is likely due to food intolerance.

What comes next?

The foods and items that have shown up as a reaction may need to be taken out of the diet and environment of the animal. We recommend that you eliminate these items from the diet for a prescribed period of four weeks to get the most benefit from the report.

You should try and eliminate all of the listed items at the same time, and although this can be challenging, the sooner you remove them, the sooner you may see symptoms reduce in your pet and be able to reintroduce them. Most of the time, a reaction will disappear following the diet, but there are occasions when the digestive system does not want to accept something back.



SAFE ELIMINATION DIETS FOR ANIMALS

What is an elimination diet?

An elimination diet is a diet designed to remove ingredients that an animal has previously encountered and is suspected of causing symptoms. Food can trigger symptoms in a number of ways, including food allergy, sensitivity and intolerance. Clinical signs of dietary sensitivity include vomiting, diarrhoea, itchy skin, ear disease, coughing and wheezing, amongst others.

If an animal is suffering from a dietary intolerance, an accurate dietary history should be taken prior to trying an elimination diet. You can use this to align with the results produced in this report. However, this is often difficult as many pet food labels do not state specifically named ingredients. For example, the ingredient 'meat' does not indicate to the owner what species their pet has been eating. It could be lamb, beef or even rabbit, for example.



Look at current foods



Exclude suspected triggers



Reintroduce, monitor & diary



Review and adjust foods

It is recommended that an animal fed an elimination diet is given a novel (food or ingredient not eaten previously) protein or carbohydrate source, as the animal is unlikely to have eaten these particular ingredients before. Duck, pork and egg are examples of novel protein sources, and potato is an example of a novel carbohydrate source.

Eliminating food types or ingredients for 4-6 weeks then reintroducing one at a time, keeping a diary of any returning symptoms between reintroduction will help you understand the trigger items better. Some exclusions of foods can take up to 12 weeks to fully eliminate the effects of cross-reactivity or 'hidden' ingredients in commercial pet products.

What about treats and supplements?

Whilst a balanced diet is very important for long-term health, the smallest amount of a triggering food can cause symptoms in some cases. We, therefore, advise the strictest of exclusions, especially in the diagnostic phase of any exclusion diet trial. All treats, animal-based chews, supplements should be removed. Pets that are regularly given treats outside normal meal times may consider these as meals and they may be substituted with a small amount of the exclusion diet itself.



YOUR NEXT STEPS TO A HAPPIER PET

Now you have read through your pet's report and have understood how all of the different sections could be affecting their health; the key is not to panic. It can be very daunting to see an animal's health and diet laid out in a report, but it's vital that you now take the time to make a plan to make positive changes carefully.

Your pet's health is now in your hands, so follow the 'Safe Elimination Diet' guidelines above and do seek veterinary advice before any large changes to the animal's diet. We thank you for choosing us for this process, and we wish you the best of luck in seeing a healthier, happier pet.

NEED HELP OR ASSISTANCE?

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](#).

Please note

All information provided in reports produced is intended for diet optimisation and to supplement your own investigation into symptoms presenting in your animal. We do not claim or attempt to claim to diagnose, cure or treat clinical conditions.

Bioresonance (Hair tests) are categorised as Complementary and Alternative Medicines (CAMs) covering therapies that fall outside mainstream medicine. Conventional medicine does not currently recognise Bioresonance as it has not been subject to significant scientific research. Bioresonance reports and related information do not make a clinical diagnosis, nor is it intended to be a substitute for professional clinical advice, diagnosis, or treatment.

Always seek the advice of your veterinary specialist or other qualified veterinary providers if you suspect your animal may have a clinical condition and/or symptoms. Never disregard professional clinical advice or delay in seeking it. All probable or possible information provided in reports should be discussed and confirmed with a veterinary practitioner.