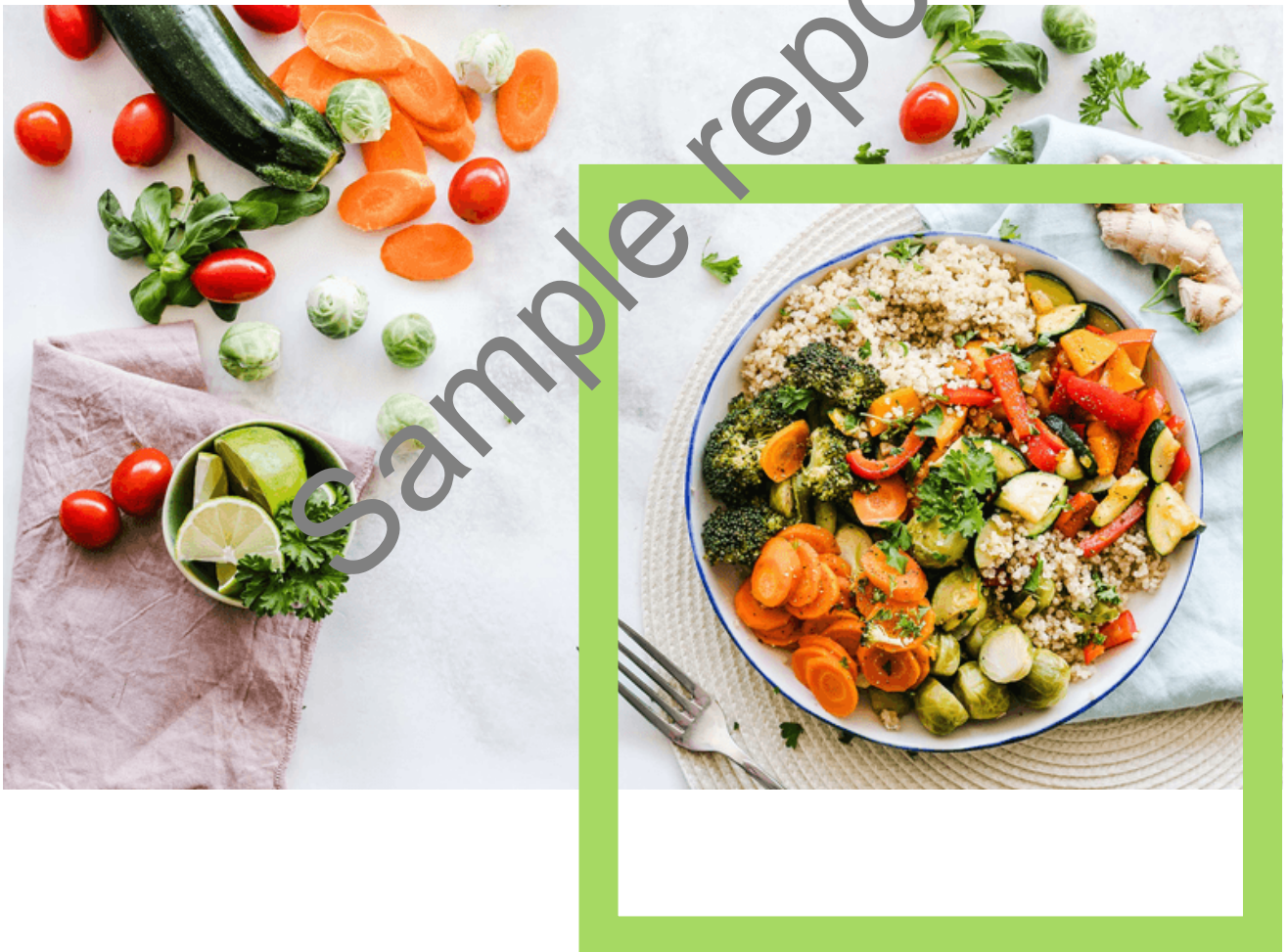


# Your Solution Starts Here



Dear **Tony Tester**,

We are delighted to present **your test results!**

## Your Results

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

If you have any further questions please do not hesitate to get in touch with us.

**Healthy regards,**  
**Easy DNA**

We believe that in providing you with your test results and relevant information in each section, your results can form the beginning of a journey, enabling you to make positive changes to your daily diet and environment.

In doing so we want you to be able to take steps towards eating a diet, which is nutritious and enjoyable and living a life, which is healthful and happy.

Sample report

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Sample report

## Your Results Explained

### A sensitivity test is not an allergy test

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 Allergies

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

#### Case A

The item you are allergic to shows as a Mild or Sensitive Reaction item.

This means that as well as a food allergy you have food sensitivity. If you have already removed this item from your 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.

#### Case B

The item you are allergic to shows as a No Reaction item.

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

## Everyday Foods

It is common for a food item consumed in the daily diet or very frequently, to test as a moderate or high sensitivity item. This can happen with food sensitivity and may be due to the body suddenly struggling to process or breakdown particular constituents of the food. This could be caused by overconsumption of a food group or could be down to an imbalance in gut bacteria or the presence of low-level inflammation in the gut.

Whatever the cause do not despair. We are talking about food sensitivity and NOT allergy; therefore completing a food elimination diet with subsequent reintroduction can help. This may mean you need to eliminate a favourite food or staple in your diet for a period of weeks but you will be able to reintroduce the item. Eliminating food items for a period of time can allow the gut time to 'rest' from trigger foods and the reintroduction of items can allow you to assess how a food or food group makes you feel. Be able to reintroduce the item. Eliminating food items for a period of time can allow the gut time to 'rest' from trigger foods and the reintroduction of items can allow you to assess how a food or food group makes you feel.

## Gut Nourishment

In most cases carrying out an elimination diet is enough to improve symptoms and allow for a greater understanding of any foods, which aren't agreeing with the body. It is also worth considering the nourishment of the digestive tract and addressing any gut bacteria imbalances to further improve gut function and reduce digestive symptoms.





# Customer Testimonials



We take great pride in helping our customers.

## **This test changed my life** ★ ★ ★ ★ ★

Who would have thought that strawberries caused my belly to ache. Glad I took this intolerance test. I now eat strawberries in moderation and feel much more healthy. This sensitivity hair test did the trick! Thank you.

- Cynthia

## **Amazing how much we have learned** ★ ★ ★ ★

Honestly, this test is getting better and better as we learn more about it. we do test our family on a regular base to see if we actually get better (we feel better but we also like to see the numbers), and we are getting healthier. We would also like to say thank you to all your staff. This is simply unbelievable!

- Emma & Marc

## **The brutal truth indeed** ★ ★ ★ ★ ★

If you aren't sure about your sensitivity or intolerance, always go for this hair Intolerance Test. These results give you the brutal truth indeed as it shows you what foods or other items to avoid. I never knew that skipping on lentils and tomatoes would make me feel so much healthier. Very easy to use and clear results.

- Williams Family

Sample report

# Food Sensitivities Analysis

Sample report

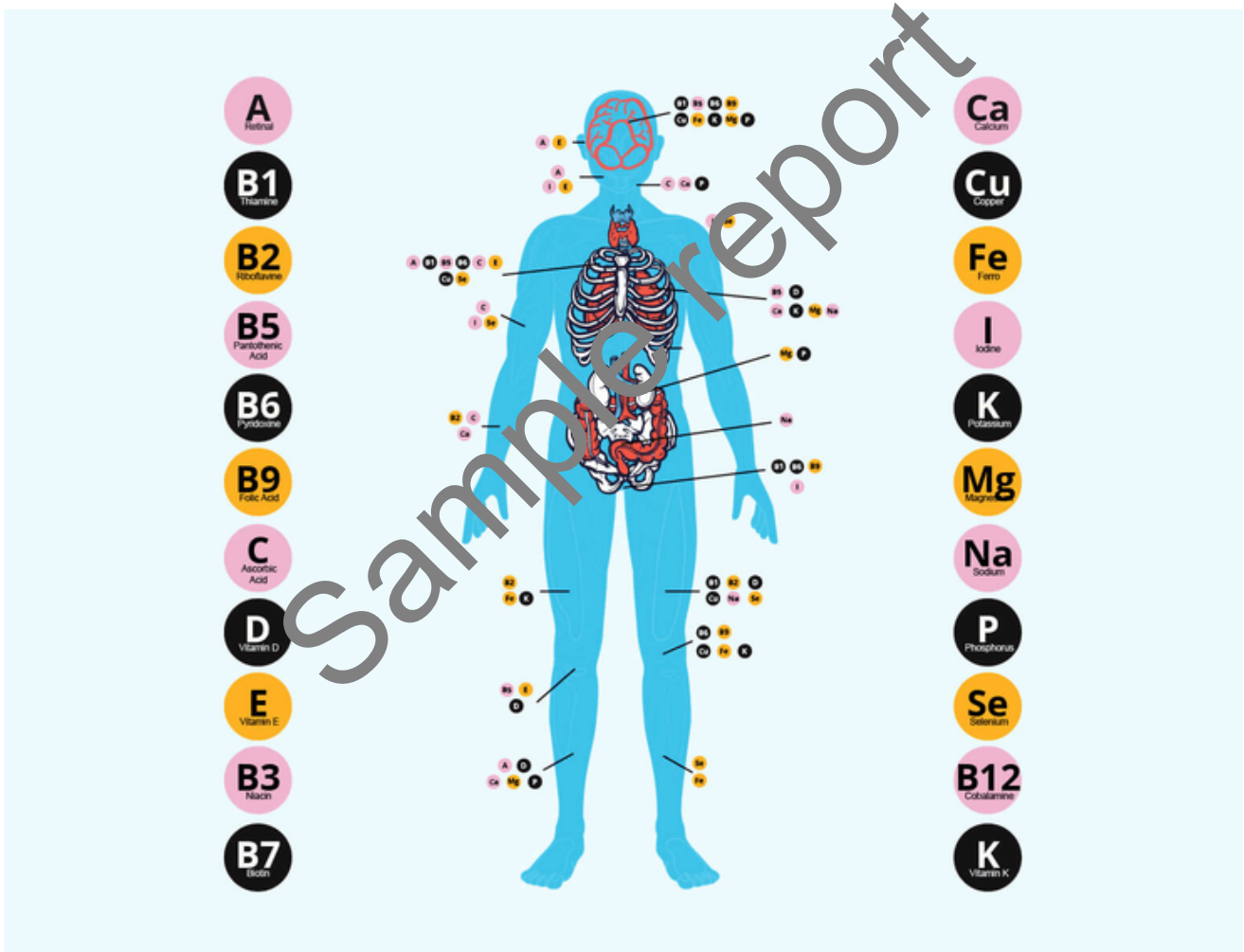




## The role of food types

As well as providing energy for the body food also contains nutrients in the form of vitamins and minerals. Vitamins and minerals are considered essential as they enable the body to complete literally hundreds of tasks, which are vital for day-to-day function, health and wellbeing. To name a few vitamins and minerals facilitate energy production, hormone production, wound healing, immune system function, blood clotting and foetal development.

The diagram below gives an overview of a few of the richest sources of each nutrient. You can refer to this diagram to ensure that in removing items from the diet you replace the relevant nutrients through other dietary sources.



## Water-soluble vitamins

### B Vitamins

Oats, whole wheat, rye, buckwheat, brown rice, Brewer's yeast, peanuts, mushrooms, soybean flour and soybeans, split peas, pecans, sunflower seeds, lentils, cashews, chickpeas, broccoli, hazelnuts, peppers.

### B12

Oysters, mussels, scallops, liver, mackerel, tuna, salmon, sardines, crab, beef, eggs, yogurt, Swiss cheese, fortified products.

### Vitamin C

Red peppers, guavas, kale, kiwi, broccoli, Brussels sprouts, strawberries, raspberries, blackberries, blueberries, oranges, tomatoes, peas, mange tout, papaya, mango, pineapple, melon.

## Fat-soluble vitamins

### Beta Carotene (precursor to vitamin A)

Sweet potato, carrots, kale, spinach, collards, Swiss chard, pak choi, butternut squash, pumpkin, cos lettuce, romaine lettuce, mango, dried apricots, prunes, peaches, melon, red peppers.

### Vitamin D

Fortified Soy Milk, fortified cereals, fortified almond milk, fortified rice milk, tuna, mushrooms.

### Vitamin E

Spinach, kale, broccoli, Swiss chard, turnip greens, collards, avocado, almonds, hazelnuts, pistachios, sunflower seeds, olive oil, sunflower oil, sweet potato, squashes, kiwi, mango, peach, nectarines, apricots, guava, raspberries, blackberries.

### Vitamin K

Kale, spinach, mustard greens, spring onions, cress, basil, thyme, coriander, sage, parsley, Brussels sprouts, cabbage, chili powder, paprika, fennel, leeks.



## Minerals

### Calcium

Watercress, kale, broccoli, pak choi, tofu, sugar snap peas, almonds.

### Copper

Rye, oats, sesame seeds, cashews, soybeans, mushrooms, sunflower seeds, tempeh, garbanzo beans, lentils, walnuts, lima beans, spirulina, collard greens, Swiss chard, spinach, kale.

### Iron

Rye, whole wheat, pumpkin seeds, sunflower seeds, sesame seeds, cashews, pine nuts, hazelnuts, peanuts, almonds, lentils, white beans, soybeans, kidney beans, chickpeas, lima beans, oatmeal, spinach, Swiss chard, kale.

### Magnesium

Buckwheat, rye, millet, brown rice, whole wheat, kelp, almonds, cashews, Brazil nuts, peanuts, walnuts, tofu, coconut, soy beans, figs, apricots, dates, corn, avocado, spinach, kale, broccoli, swiss chard, turnip greens, collards.

### Manganese

Rye, oats, brown rice, barley, hazelnuts, pine nuts, pecans, lima beans, chickpeas, aduki beans, lentils, pumpkin seeds, sesame seeds, sunflower seeds, pineapple, spinach, kale, tofu, soybeans, sweet potato, blueberries, raspberries, strawberries.

### Phosphorus

Brown rice, oats, rye, whole wheat, sunflower seeds, pumpkin seeds, Brazil nuts, pine nuts, almonds, pistachios, cashews.

### Potassium

Dried apricots, white beans, lentils, kidney beans, avocado, butternut squash, spinach, mushrooms, bananas, potatoes.

### Selenium

Brazil nuts, brown rice, rye, whole wheat, mushrooms, sunflower.

### Zinc

Rye, spinach, pumpkin seeds, sesame seeds, sunflower seeds, cashew nuts, cocoa powder, chickpeas, baked beans, mushrooms.





### What is a food sensitivity?

Food sensitivity happens when the body has difficulty digesting a particular food. Having food sensitivity can cause symptoms such as bloating, bowel movement changes, headaches and fatigue. It can also contribute towards symptoms experienced by those with chronic conditions such as irritable bowel syndrome, chronic fatigue, arthritis, autism and ADD/ADHD.



### What is a food allergy?

Food sensitivity should not be confused with food allergy. This test is for food sensitivity ONLY. Food allergy symptoms include coughing, sneezing, runny nose/eyes, itchy mouth/eyes, swelling of the lips/face, rashes, worsening of eczema and/or asthma, wheezing, breathing difficulties, vomiting, diarrhoea and, in rare cases, anaphylaxis.

## Your results explained

Understanding your results is of course the important part! To help you with this you will find an overview of your food sensitivity results. This overview summarises the items to focus on, along with the relevant actions to take. All items tested are rated as either Sensitive, Mild or No Reaction, in the overview section you will see only those items, which tested as Sensitive or Mild. The No Reaction items can be found in the detailed analysis section.

#### Sensitive Reaction

These are the food items that our testing shows you have sensitivity to.

#### Mild Reaction

These are the food items that our testing shows you could potentially have sensitivity to.

#### No Reaction

These are the food items that our testing shows you do not have sensitivity to.

## Your Food Sensitivities: Overview

### Sensitive Reaction

- Acetic acid
- Aubergine
- Bay leaf
- Blackberries
- Chinese cabbage
- Head lettuce
- Horse radish
- Leek
- Mallow Tea
- Mango
- Mushrooms
- Pepper (black)
- Plums
- Quinoa
- Roasted Nuts
- Rock candy
- Runner beans
- Soybean paste
- Tarragon
- Vinegar (malt)
- Yeast

These food items have been identified as those, which may be causing or contributing to physical symptoms.

We would recommend the removal of these items from your daily diet using a structured elimination diet.

Sample report



## Your Food Sensitivities: Overview contd.

### Mild Reaction

- Bamboo Shoots
- Bilberries
- Bread - Wholemeal & Brown
- Button mushroom
- Coffee (black)
- Dinkel Flour
- Jujube Fruit
- Maize flour
- Olives (black)
- Paprika
- Passionfruit
- Pasta
- Pepper (red)
- Pistachio
- Sticky rice
- White bean

These food items have been identified as those, which may have the potential to cause or contribute to physical symptoms.

We would always recommend prioritising the removal of the Sensitive Reaction items first and then considering the removal of Mild Reaction items thereafter.

It is also worth considering that having these items in isolation may not cause symptoms, however having a number of Mild Reaction items in the same meal or day may lead to symptoms due to an accumulative effect. See details on how to implement an effective elimination diet on page 58.

Sample report

# Your Food Sensitivities: Detailed Analysis

## Cereal or Grain Products

- Amaranth
- Barley
- Barley Flour
- Bran
- Bread - Wholemeal & Brown
- Bread, white bread
- Buckwheat
- Corn Meal
- Cornflakes
- Cultivated Oats
- Cultivated Rye
- Cultivated Wheat
- Dinkel Flour
- Gluten
- Kamut
- Maize flour
- Malt
- Matzo
- Millet
- Noodles
- Oat Flour
- Oats
- Pasta
- Porridge oats
- Quinoa
- Rice
- Rice Cake
- Rice Flour
- Rice-brown
- Rye
- Rye Flour
- Seitan
- Semolina
- Spelt
- Sticky rice
- Tapioca
- Triticale
- Wheat
- Wheat flour

## ■ Yeast

### Drinks

- Alcohol
- Ale
- Apple Juice
- Beer
- Chamomile Tea
- Champagne
- Chinese liquor
- Coffee (black)
- Cola
- Cranberry Juice
- Gin
- Green Coffee Beans
- Lager
- Lemonade
- Lime Blossom Tea
- Mallow Tea
- Orange Juice
- Pineapple Juice
- Pomegranate Juice
- Pu'er tea
- Red Wine
- Root Beer
- Rosehip Tea
- Rum
- Tea (black/normal, i.e. not green)
- Tea (green)
- Tea - earl grey
- Tea - jasmine
- Tea - marshmallow
- Tea - oolong
- Tea - rooibos
- Tea - white
- Tequila
- Vodka
- Whisky
- White Wine

## Fats, general

- Olive oil
- Peppermint oil
- Sunflower Oil
- Vegetable oil

## Fruit (Raw)

- Acai berry
- Apples
- Apricots
- Avocado
- Balsam pear
- Bananas
- Bilberries
- Blackberries
- Blackcurrants
- Blueberries
- Cantaloupe
- Frambola (Star Fruit)
- Cherries
- Currants (red, black etc.)
- Damson
- Dates
- Dried All Spice Berries
- Durian Fruit
- Figs
- Galia Melon
- Gooseberries
- Grapefruit
- Grapes (red)
- Grapes (white)
- Guava
- Hawthorn Fruit
- Honeydew melon
- Jack Fruit
- Jujube Fruit
- Kiwis
- Lemons
- Lime
- Loquat Fruit
- Lychee
- Mandarin
- Mango

- Nectarines
- Oranges
- Papaya
- Passionfruit
- Peaches
- Pears
- Pineapple
- Pink Grapefruit
- Plums
- Pomegranates
- Prunes
- Quince
- Raisins
- Raspberries
- Strawberries
- Water-melons
- Waxberry Fruit
- Yellow Grapefruit

## Fruit (cooked)

- Cranberries

## Nuts

- Almond
- Brazil nuts
- Cashew nuts
- Chestnuts
- Coconut
- Coix Seed
- Fennel Seed
- Flaxseed
- Hazel nuts
- Linseeds
- Macadamia
- Peanuts
- Pecan nuts
- Pine Nuts
- Pistachio
- Pumpkin Seeds
- Roasted Nuts
- Sesame Seeds
- Sunflower Seeds
- Sweet Chestnut
- Walnuts

# Your Food Sensitivities: Detailed Analysis contd.

## Spices

---

- Acetic acid
- Aniseed
- Basil
- Bay leaf
- Bean Paste
- Caraway
- Cardomom
- Cayenne Pepper
- Chilli Pepper
- Chilli Sauce
- Cinnamon
- Clove
- Coriander
- Cumin
- Curry
- Dill
- Fenugreek
- Ginger
- Horse radish
- Lobster sauce
- Mace Herb
- Marjoram
- Mint
- Mustard
- Nutmeg
- Oregano
- Oyster sauce
- Paprika
- Pepper (black)
- Pepper (green)
- Pepper (red)
- Pepper (white)
- Rosemary
- Sage
- Salt
- Soy sauce
- Soybean paste
- Tarragon
- Thyme
- Turmeric
- Vanilla bean
- Vinegar (clear)

## Sweeteners

---

- Agave
- Cacao
- Coco powder
- Guar Guar Gum
- Maple syrup
- Molasses
- Rock candy
- Sugar (Beet)
- Sugar, Brown (natural)
- Sugar, white

## Vegetables (cooked)

---

- Asparagus
- Aubergine
- Beans (broad)
- Beans (green)
- Beans, lima
- Beets
- Butter lettuce
- Button mushrooms
- Cabbage
- Capsicum (green)
- Capsicum (red)
- Capsicum (yellow)
- Carrots
- Cauliflower
- Chestnut Mushroom
- Chickpeas
- Chicory
- Courgette
- Edamame Beans
- Endive
- Escarole Lettuce
- Fennel
- Garlic
- Iceberg Lettuce
- Kale
- Kelp Seaweed
- Kidney Beans

- Leek
- Lentils
- Mushrooms
- Okra
- Onion
- Oyster Mushrooms
- Peas
- Portobello Mushroom
- Potatoes
- Pumpkin
- Rocket
- Romaine Lettuce
- Runner beans
- Shitake Mushroom
- Soya Bean
- Spinach
- Swede
- Sweet Corn
- Sweet Potato
- Tofu
- Tomato
- Turnip
- Yams

## Vegetables (raw)

---

- Artichoke
- Bamboo Shoots
- Broccoli
- Brussels sprouts
- Cauliflower
- Celery
- Chinese cabbage
- Cole rape cabbage
- Cress
- Cucumber
- Head lettuce
- Leaf lettuce
- Needle mushroom
- Olives (black)
- Olives (green)
- Onions
- Parsley

- Radish
- Taro vegetable
- Tempeh
- Watercress
- Wax gourd
- White bean

Sample report

# Non-food Sensitivities Analysis

Sample report





## What is a non-food sensitivity?

Non-food items can, just like food items, cause the body to react, which leads to the production of symptoms such as headaches and fatigue. If you suspect you have an allergy please see your physician. It is important to note that this is not an allergy test. Any known pollen, dust mite or mould allergies you know you have may or may not come up in this test.

## Your results explained

Understanding your results is of course the important part! To help you with this you will find an overview of your non-food sensitivity results. This overview summarises the items to focus on, along with the relevant actions to take. All items tested are rated as either Sensitive, Mild or No Reaction, in the overview section you will see only those items, which tested as Sensitive or Mild. The No Reaction items can be found in the detailed analysis section.

### Sensitive Reaction

These are the non-food items that our testing shows you have sensitivity to.

### Mild Reaction

These are the non-food items that our testing shows you could potentially have sensitivity to.

### No Reaction

These are the non-food items that our testing shows you do not have sensitivity to.

Sample report



## Your Non-food Sensitivities: Overview

### Sensitive Reaction

- Alder
- Epicoccum Purpurascens
- Firebush
- Horse Chestnut Plant
- Japanese Cedar
- Johnson Grass
- Latex
- White Ash

### Mild Reaction

- Algae
- Aster
- Ficus
- Kammgras (Cynosurus Cristatus)
- Nettle
- Rye Grass
- Wormwood (Artemisia Absinthium)

These non-food items have been identified as those, which may have the potential to cause or contribute to physical symptoms.

We would always recommend prioritising the removal of the Sensitive Reaction items first and then considering the avoidance of Mild Reaction items thereafter.

It is also worth considering that contact with these items in isolation may not cause symptoms, however having contact with a number of Mild Reaction items in the same day may lead to symptoms due to an accumulative effect.

# Your Non-food Sensitivities: Detailed Analysis

- Agaric Mushroom
- Alder
- Algae
- American Beech
- Anise
- Aspen (populus tremula)
- Aspergillus Fumigatus
- Aspergillus Niger
- Aster
- Bermuda Grass
- Birch Pollen
- Box Elder
- Bracken
- Brome Grass
- Buttercup Flower
- Canary Grass
- Castor Bean
- Casuarina Austrian Pine
- Cedar
- Chaetomium Globosum
- Chrysanthemum
- Cladosporium Herbarum
- Clover
- Common Reed
- Common Silver Birch
- Cotton Crop
- Cotton Seed
- Cotton Wool
- Dahlia (Dahlia Hybrida)
- Dandelion
- Douglas Fir
- Downy Birch (Betula Verrico)
- Duck Feathers
- Dust
- Elder Plant
- English Plantain
- Epicoccum Purpurascens
- Eucalyptus
- False Acacia (Robinia Pseudacacia)
- False Oat grass
- Ficus
- Finch Feathers
- Firebush
- Formaldehyde
- Foxtail Millet
- Fungus/Mould (Household)
- Fusarium Moniliforme
- Giant Ragweed
- Goldenrod (Solidago Virgaurea)
- Grey Alder
- Gum Arabic
- Hawthorn Tree
- Hazel Tree
- Hop (Humulus Lupulus)
- Horse Chestnut Plant
- Horse
- Hyacinth (Endymion Non scriptus)
- Italian Cypress Tree
- Japanese Cedar
- Japanese Millet
- Jasmine Plant
- Johnson Grass
- Juniper Bush
- Kammgras (Cynosurus Cristatus)
- Karaya gum
- Latex
- Laurel
- Lilac (Syringa Vulgaris)
- Linden Tree
- Lotus root
- Lovage
- Lupine (Lupinus Polyphyllus)
- Lycopodium
- Lycra
- Maize Plant
- Marguerite (Leucanthemum Vulgare)
- Meadow Fescue (Festuca Pratensis)
- Meadow Fox Tail Grass
- Meadow Grass
- Melon
- Melon
- Mistletoe Plant
- Mountain Juniper
- Mugwort
- Mulberry Bush
- Narcissus (Narcissus spp.)
- Nettle
- Nylon
- Oak (quercus robur)
- Paloverde
- Pear Tree
- Penicillium Frequentans
- Penicillium Notatum
- Pepper Tree
- Perennial Ryegrass (Lolium Perenne)
- Perfume
- Pigweed (Chenopodium Album)
- Plantain (Plantago Major)
- Poplar Tree
- Primrose (Primulus)
- Privet (Ligustrum spp.)
- Ragweed Plant
- Rapeseed
- Rose Plant
- Rubber
- Rye Grass
- Salt Grass
- Silk
- Spruce (Picea Abies)
- Stachybotrys
- Stemphylium Botryosum
- Stinging Nettle
- Sweet Gum
- Sweet Vernal Grass (Anthoxanthum Odoratum)
- Tall Oat Grass (Arrhenaterium Elatius)
- Thistle Plant
- Timothy Grass
- Tobacco
- Ulocladium Chartarum
- Velvet
- Velvet Grass
- Wallflower (Cheranthus Cheiri)
- Water Reed (Phragmites Communis)
- Weeping Fig
- White Ash
- White Pine
- Wild Oat (Avena Fatua)
- Wild Rye Grass

## Your Non-food Sensitivities: Detailed Analysis contd.

- Wool
- Wormwood  
(Artemisia  
Absinthium)

Sample report

# What can you do next?



## This is where your journey to a healthier life begins

**You have read through all of your results, so what now?**

**As we said at the beginning of the report we believe that these test results can be the start of your journey towards a healthier life.**

The next step we would recommend is the completion of an elimination diet. This entails the removal of all reactive foods for a period of time followed by reintroduction. The elimination diet is a powerful tool, which provides much clarity for individuals on which foods work for them and which do not.

### **Aims and objectives**

Before you embark upon any new project, venture or undertaking, in this case making positive dietary changes, it is always good to write down your aims and objectives. You can refer back to these notes in times of doubt or to reflect on whether you achieved your objectives.

You can use the notes section below to jot down any key pieces of information from the test results and also your objectives for the elimination diet and beyond.

Sample report



**We advise you to read and follow  
the advice contained in this report.**

Sometimes all you need is a little push in the right direction. This report is designed to help you on the journey to a healthier and happier lifestyle.





EasyDNA

Contact us:

**If you have any questions please  
get in touch with the team**

Sample report