

testintolerance

[Elizabeth Smith]
[22 Aug 2022]

FIT & HEALTHY TEST RESULTS



Dear Elizabeth,

Your Fit & Healthy Test Results are ready, based on the hair sample you sent us. This report includes all items and categories - related to metabolism, muscles & bones, as well as nutrition & diet, for which imbalance was found during the test.

Where there is imbalance, the item is shown underneath the respective category. Items that your sample was tested for but not mentioned are items that appear not to affect your body at the moment.

You can make the best use of these results by following the recommendation for adapting your lifestyle, diet or daily routine or combining this information with your own plan of action.

Upon making changes you will be able to feel what really makes your body happy and what does not.

We wish you the very best and a fresh new start!

The TestIntolerance team





Sensitivities & Energetic testing

Energetic testing belongs to Complementary and Alternative Medicine (CAM) practices, a segment of therapies that include methods such as homeopathy, acupuncture, herbal medicine and many more. Energetic testing is one of those practices that may complement and support conventional medicine and is therefore used by healthcare professionals and alternative practitioners alike.

Its technology is based on reading the body's electromagnetic signatures to determine areas of imbalance and support overall health. The Fit & Healthy Energetic Test is a custom-made set of protocols that provides us valuable information about our metabolism, toxin burden, the state of our skeletal and muscular system, causes of pain and sensitivity, as well as emotional factors. The process of the test essentially amounts to letting the body "tell" us what it needs, in energetic terms, in order to become and remain fit and healthy, and what it prevents it from doing so.



How to contact us

If you have questions about your results, feel free to email us at info@testintolerance.com or use our online live chat.

DISCLAIMER

Energetic testing or Bioenergetic testing or bioresonance testing with the use of hair samples do not constitute medical diagnosis, nor are equivalent to clinically validated tests. The information provided in this document does not constitute medical advice or treatment suggested by a licensed practitioner and does not intend to remedy, treat or prevent any health condition. The results of energetic testing are for informational purposes and any recommendation included should not be used in any way that would interfere with existing medicinal treatment.

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Energetic test vs Clinical test

Energetic screening tests are not comparable with and do not correspond to a clinical or laboratory test, such as a blood test. Energetic testing examines frequencies, whereas a blood test examines certain substances or molecules in the body's fluids. Energetic testing "asks" the body questions in holistic terms, whereas a blood test determines clinically established markers.

Balance in fitness & health

Achieving a balanced level of fitness and a good overall health is one of the most valuable gifts we can offer our body. And we often put great effort to succeed; we pay attention to what we eat, we try to exercise as often as possible, we follow good advice found in health or nutrition magazines, we avoid bad habits and so on.

But knowing more about what affects our body's capacity to become and actually stay fit and healthy would be a game changer. In energetic terms, the body can tell "tell" us what makes it strong and what makes it weak; what affects our bones, our muscles, our joints even which ones, and how. It can also "tell" us how it *prefers* to work out and which nutrients will help it do it better.

We can use this knowledge to adjust our diet and/or exercise regimen and - in the process - get rid of mild or even less mild symptoms that we were never able to find out what caused them. This knowledge can help us make better use of recommendations coming from dieticians, trainers or other fitness & health professionals.

Being fit & healthy is not about stressful concern whether this or that food is appropriate, or whether two days passed without walking or jogging or going to the gym. It's about making tailored choices and adjustments genuinely beneficial for our body and only.



How to use your test results

1

Identify items that affect your body as a result of **exposure or consumption**. These items may belong to food categories you may opt to avoid for at least 30 days, pathogens or chemicals you may want to minimise any contact with whatsoever.

2

Identify parts/areas in your body (muscles, bones etc.) that are in a state of imbalance (e.g. due to excessive exercise). Consider **adapting** diet, supplementation and exercise in a way that provides care for those parts/areas.

3

Identify alternative and complementary practices that may be of benefit for your objective of becoming and staying fit and healthy. You may consider **combining** parts of those practices suitable for your body with your own routines.

Important Tips



Once you start adjusting your diet and lifestyle, try to observe changes in your body. For example, whether you feel more active, if you sleep better, if symptoms are milder, etc.

Your results indicate a recommended type of diet (for example, anti-inflammatory diet). If you choose to follow it, it is important to take into account all related results (e.g. body pH) and make the best possible choices in your diet and exercise routines.



TOXIN BURDEN

This category shows the level of toxin burden - if any - for twelve (12) different types of items. The scale reads from 1 to 10 and includes four levels: *mild (1-3)*, *moderate (4-6)*, *moderate to high (7)*, and *high (8-10)*.

Knowing the type of toxin burden affecting your body allows you to make better nutritional choices, adapt your supplementation, change your lifestyle adding detox oriented activities or take it into consideration as part of your healthcare.

Bacterial	3	Viral	8	Mycotoxin	4
Chemical	8	Parasitic	3	Vaccination related	9
Food related	1	Geopathic	3	Heavy metals	7
Fungal	8	Mycoplasma	8	Emotional	2

TOXIN DISTURBANCE

This category shows which types of toxin groups appear to cause imbalance to one or more organs and glands of your body. Existence of toxin disturbance is a likely cause of ache, irritation or discomfort in muscles or/and bones.

- Dental
- Heavy metals
- Viral

PAIN/SENSITIVITY FACTORS

This section indicates (highlighted in **yellow**) the main cause of pain, irritation or sensitivity that encumbers your muscles, joints or/and bones.

- **Calcification (consider physiotherapy or exercise)**
- Deterioration (consider support with natural supplements)
- Excessive use (consider better rest/care)
- Ligament (consider stretching & isometric exercises)
- Misalignment (consider physiotherapy & isometric exercises)
- Muscle (consider better rest, pain-relief supplementation, a change in your exercise regimen)



MUSCLE IMBALANCES



This section indicates muscle areas in your body that appear to be in state of imbalance due to **overload**, excessive use or over-exercise.

Extensors
Flexors
Iliocostalis
Sarcomere
Smooth
Cutaneous

This section indicates muscle areas in your body that appear to be in a state of imbalance due to **chronic** sensitivity or suboptimal function may caused by past accident(s).

Fiber
Orbitalis
Sternocleidomastoid
Auricular

BONE IMBALANCES (non-vertebral)



This section indicates bone areas in your body that appear to be in state of imbalance due to **overload**, excessive use or over-exercise.

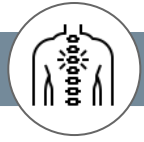
Elbows
Intra-nasal sutures
Lower skull sutures
Wrists
Sphenoidal bone
Basal bone (maxilla)
Fibula bone left
Radius bone right

This section indicates bone areas in your body that appear to be in a state of imbalance due to **chronic** sensitivity or suboptimal function may caused by past accident(s).

Dental malocclusion
Prox. phalange bone little toe left
Medial cuneiform bone right
Rib 3 left
Rib 10 right



VERTEBRAL IMBALANCES



This section indicates vertebral areas in your body that appear to be in state of imbalance due to **overload**, excessive use or over-exercise.

Cervical 5
Thoracic 10
Thoracic 5
Thoracic 7

This section indicates vertebral areas in your body that appear to be in a state of imbalance due to **chronic** sensitivity or suboptimal function caused by past accident(s).

Cervical 2
Cervical 3
Thoracic 6

OPTIMAL EXERCISE



This section indicates which is the most **suitable** way to exercise for your body at the time of the test.

ENDURANCE TYPE

Aerobic
Anaerobic
Stretching

FREQUENCY

3

times
a week

INTENSITY

Light
Medium
Hard
Intense

EXERCISE TYPE

Tai Chi

DURATION

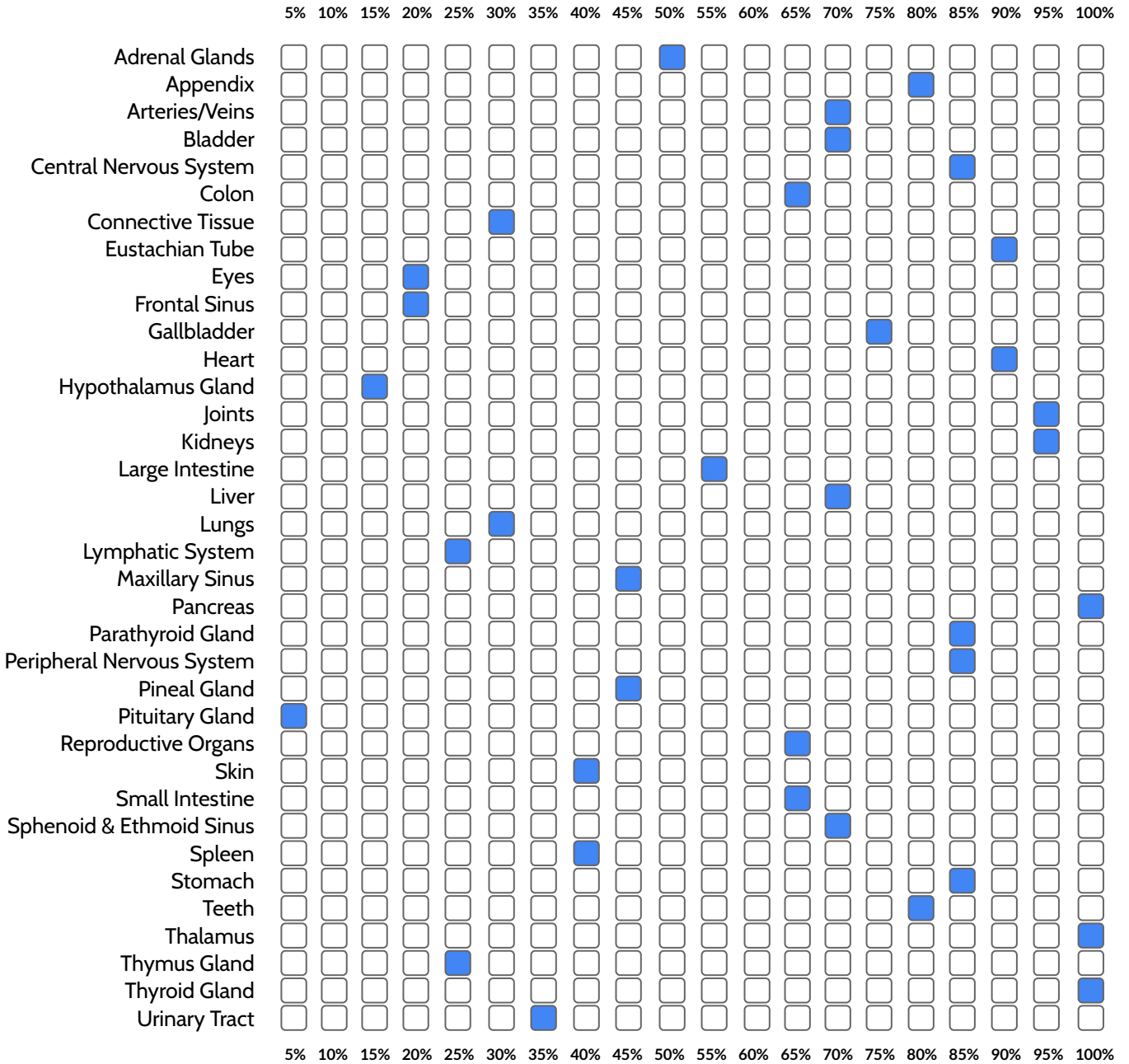
90 minutes



ORGANS VITAL FORCE

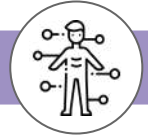


This section indicates (highlighted box) the vital force level of your organs. Optimal value is ~70%; Lower means suboptimal, higher means overactivity.





GENERAL SUPPORT



This section indicates (highlighted in **yellow**) which systems or parts of your body you should focus on at this time. These may need better general care, a change of lifestyle or appropriate supplementation.

Adrenal

Bladder

Bone

CNS and Brain

Endocrine

Gallbladder

Heart

Skin

Kidneys

Large Intestine

Liver

Lung

Lymphatic System

Muscles

Reproductive System

Small Intestine

Spleen

Stomach

Stress Relief

GENERAL SUPPLEMENTATION



This section indicates (highlighted in **yellow**) which category of supplements is the one that your body appears to need the most at the time of the test.

Amino Acids

Antioxidants

Fatty Acids

Probiotics

Trace Minerals

Vitamins

PREFERRED METHOD



This section indicates (highlighted in **yellow**) which method of support appears to be the most important for your body at the time of the test.

Herbal

Homeopathic

Nutrition

Body cleanse

Energetic

Physical

GASTROINTESTINAL SENSITIVITY



This section indicates the most important type of gastrointestinal sensitivity affecting your body at the time of the test.

Soy



METABOLIC PROFILE



This section indicates the main area of your metabolism that needs support at the time of the test and is **highlighted** on the left. A summary of it is described on the right.

Nutrient Deficiencies

Toxicants & Detox

Mitochondrial Inefficiency

B-Vitamin Deficiency

Glutathione Demand

B-vits, CoQ10, Ammonia

Neurotransmitters
& Peptides

Hormones

Description:

B-vitamins, CoQ10 and Ammonia refers to the composition of many ketoacids playing an important role in the Krebs cycle and glycolysis (citrate, cis-aconitate, fumarate, a-ketoglutarate, a-ketoisovalerate, lactate).

METABOLIC PATHWAYS



This section indicates the metabolic pathways of your body that appear to be imbalanced or need further support at the time of the test.

Anabolism balance

Carbohydrate & sugar
metabolism

Catabolism balance

Cell cycle & mitosis

Drug metabolism

Lipid & fatty acid metabolism

Metabolic pathways

Miscellaneous

Mitochondria

Neurotransmitter

Nucleotide & nucleoside

Peptide hormone

Protein & amino acid

Steroid metabolism

Vitamin & coenzyme

Description:

These pathways include the metabolism of arachidonic acid, the biosynthesis of cholesterol, the bile salts' formation, the leukotriene metabolism and in general all these processes involved in the breakdown of lipids and in the synthesis of fatty acids included in cell membranes.



CELLULAR AGE



Your cellular age indicates how *old* your body *feels* at functional level, compared to your real (biological) age.

Cellular age:

+9

Biological age:

38

BODY pH



Too high pH (over 7.5) indicates your body would benefit from more neutral or acidic nutrition. Too low pH (lower than 7.0) indicates your body would benefit from more alkaline nutrition.

Blood pH:

7.50

Saliva pH:

7.2

Urine pH:

6.9

FEELINGS/EMOTIONAL BURDEN



This section indicates which feeling or mental state appears to be the one that **mostly** encumbers your body at the time of the test.

Feelings of rage

IMBALANCED BODY PART/FUNCTION



This section indicates which part or function of your body appears to be mostly affected **by your emotional/mental state** at the time of the test.

Digestion

ALTERNATIVE THERAPY



This section indicates (highlighted in **yellow**) which complementary and alternatives therapies would be most beneficial for your body at the time of the test.

Acupuncture

Essential oils

Hyperbarics

Photonic Mat

Bach remedies

Deep Breathing
techniques

Massage
therapy

Reflexology

Biomat

Exercise

Meditation

Rife

Chiropractic

Foot Bath detox

Ozone therapy

Sauna

Cranial therapy

Emotional therapy

PEMF

Sauna (FIR)



AFFECTED CHAKRA



This section indicates which one of the seven *chakras* is mostly affected at the time of the test.

3rd Chakra

BACH REMEDIES



This section includes bach remedies that your body would benefit from at the time of the test.

Rock rose

Wild rose

Scleranthus

ESSENTIAL OIL



This section indicates which essential oil is most suitable for your body at the time of the test.

Neroli

NUTRITIONAL ASSESSMENT



This section includes nutritional groups or consumables that appear to be more important for optimal body functions at the time of the test.

AMINO ACIDS

Serine

VITAMINS

Menatetrenone K2

FATTY ACIDS

Omega 6

SUPPLEMENTS

Bee pollen

MINERALS/TRACE MINERALS

Selenium

Molybdenum

ENZYMES

Lipase



DIET TYPE



The optimal diet your body prefers at the time of the test is **highlighted** on the left. A summary of it is described on the right.

Blood-type Diet:

- Type "O"
- Type "A"
- Type "B"
- Type "AB"

Anti-inflammatory Diet

Ketogenic Diet

Paleo Diet

Vegetarian

Gluten-free

Pythagorean Diet:

- Black bile
- Blood
- Phlegm
- Yellow

Description:

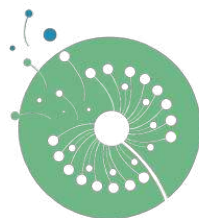
Gluten is a protein found in some grains and is one of the toughest for humans to digest. Gluten causes inflammation in the small intestines of people with celiac disease. Symptoms of celiac disease or gluten intolerance may include gas, bloating, diarrhea, unintentional weight loss, depression, infertility, skin rash (dermatitis herpetiformis). Foods to avoid on a gluten-free diet: barley, beer, bran, bulgur, couscous, durum, farina, farro, graham, kamut, malt, malt vinegar, matzo meal, orzo, panko, rye, seitan, semolina, spelt, triticale, udon, wheat, wheat germ, wheat starch. Use caution with oats – in their natural form they are gluten free, but are often cross-contaminated with gluten-containing products during processing. Other foods to avoid, unless labeled "gluten-free": breads, cakes, candies, cereals, cookies, crackers, croutons, french fries, gravies, imitation meat or seafood, pasta, processed lunch meats, salad dressings, soy sauce, seasoned rice mixes, chips, soups and soup bases, vegetables in sauce. Foods to eat: Beans, seeds, nuts, fresh eggs, fresh meats, fish, poultry (not breaded, or marinated), fruits, vegetables, most dairy products, amaranth, arrowroot, buckwheat, corn and cornmeal, flax, gluten-free flours (rice, soy, corn, potato, bean), hominy, millet, quinoa, rice, sorghum, soy, tapioca, teff.

Thank you!

for choosing TestIntolerance.



If you have questions about your results, feel free to email us at info@testintolerance.com or use our online live chat.



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