

testintolerance

John Smith  
19 Aug 2022

# FOOD INTOLERANCE TEST RESULTS



Dear John,

Your Food Intolerance Test Results are ready, based on the hair sample you sent us. This report includes all foods, ingredients and items the sample was tested for.

Where imbalance is found, the item is designated in colour. All items without highlight 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 diet and daily routine or combining this information with your own plan.

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**





## Food Intolerance & 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. An Energetic Food Intolerance Test provides us valuable information about our body's behaviour towards specific foods or categories of foods. The process of the test essentially amounts to checking how the body "feels" or reacts, at the present time, to the food items and ingredients included in the test protocol.



### How to contact us

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If you have questions about your results, feel free to email us at [info@testintolerance.com](mailto: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 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.

## **Intolerance or Allergy?**

When food intolerance occurs in our body, it means it may react to certain foods, food ingredients or even food constituents, such as proteins, peptides, phenols, sugars etc. Many people habitually consume foods and drinks without knowing they may have some sort of intolerance or sensitivity. A major cause for these imbalances has been the rapid addition of "new" foods in the human sustenance, mainly products of modern, industrial-grade agriculture and livestock farming. Simply put, the human digestive system had no time to fully adapt to these changes.

Food intolerance is often confused with allergy, but they are quite different. Allergies have more direct, severe and temporary symptoms, and they are generally easier to detect, while they manifest the soonest after the consumption of an allergenic substance. When allergy manifests, our immune system is triggered, producing IgE or IgG antibodies. Research has shown that food intolerance is usually milder but chronic, while it is not detected with the regular clinical tests used to identify allergies. When food intolerance occurs, our body may trigger IgG antibodies or express its reaction in a psychosomatic manner or through a pseudoallergy. Its symptoms vary in nature and frequency.



## How to use your test results



Items highlighted **yellow** indicate substantial sensitivity and appear to affect your body on a long-term basis.



Items highlighted **orange** indicate concurrent sensitivity and appear to have affected your body recently.

1

Identify the yellow and orange highlighted items from the list that your diet actually contains. Note that some items are not necessarily foods that you have consumed in the recent months.

It is recommended you adapt your daily sustenance, avoiding the consumption of highlighted items for approximately 45 days or six (6) weeks.

2

3

After the 45-day period ends, you may reintroduce the highlighted items in your diet in a gradual manner. The first week: one (1) different food item every day and only on that day. The second week: one new item every day; twice for items already introduced the first week and so on.

## Important Tips



During the 45-day period, 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 highlighted items and avoid them for 45 days, even if some may be allowed in the context of the recommended diet type.



## GRAINS



Amaranth	Millet	Rice - Arborio	<b>Sago</b>
Barley	Oats	<b>Rice - Basmati</b>	Sorghum
Bran Oat	Oat - Bran	Rice - Calasparra	Spelt
Buckwheat	Quinoa (red)	Rice - Carnaroli	Sunflower sprouts
Bulgur	Quinoa (white)	Rice - Carolina	Tarhana
Corn	Quinoa (black)	<b>Rice - Glutinous</b>	<b>Tarhana (dairy free)</b>
Corn (red)	Ragi	Rice - Jasmine	Teff
Corn (white)	Rice	Rice - Nugget	Triticale
Emmer wheat	Rice (wild)	Rice - Thai	Wheat
<b>Freekeh</b>	Rice (white refined)	Rice - Yellow	Wheat (durham)
Kamut	Rice (black)	Rye	<b>Wheat (red)</b>
	Rice (brown)		Wheat (white)

## DAIRY/MILK & MILK ALTERNATIVES



<b>Ayran</b>	Cheese Medium Hard	<b>Milk - Almond</b>	<b>Milk - Macadamia nut</b>
Butter - Buffalo	- Sheep	Milk - Buffalo	Milk - Millet
Butter - Cow	Cheese soft - Buffalo	Milk - Cashew	Milk - Oat
Butter - Goat	Cheese soft - Cow	Milk - Coconut	<b>Milk - Pea</b>
Butter - Sheep	Cheese soft - Goat	Milk - Coconut,	Milk - Quinoa
Cheese blue - Buffalo	Cheese soft - Sheep	condensed	Milk - Raw
Cheese blue - Cow	Cheese - vegan	<b>Milk - Cow (full fat)</b>	<b>Milk - Rice</b>
Cheese blue - Goat	Egg - Chicken	Milk - Cow (lactose free)	Milk - Sheep
Cheese blue - Sheep	Egg - Duck	Milk - Cow (semi	Milk - Soy
Cheese hard - Buffalo	Egg - Goose	skimmed)	Quark - Cow
<b>Cheese hard - Cow</b>	<b>Egg - Guineafowl</b>	Milk - Cow (skimmed)	Sour cream
Cheese hard - Goat	Egg - Ostrich	Milk - Cream	Tofu
Cheese hard - Sheep	Egg - Pheasant	Milk - Flax	<b>Whey</b>
Cheese Medium Hard	Egg - Quail	Milk - Goat	Yogurt - Buffalo milk
- Buffalo	Ghee	Milk - Goat (skimmed)	Yogurt - Cow milk
Cheese Medium Hard	<b>Kefir - Cow</b>	Milk - Hazelnut	<b>Yogurt - Coconut milk</b>
- Cow	Kefir - Goat	Milk - Hemp	Yogurt - Goat milk
Cheese Medium Hard		Milk - Kamut	Yogurt - Sheep milk
- Goat			

## ADDITIVES



Carrageenan	<b>MSG</b>	Sodium Benzoate	<b>Sodium Sulfate</b>
Flavourings	Preservatives (mix)	Sodium Nitrate	Sulfites
Food Colours			



## FISH & CRUSTACEANS



Abalone	Gilthead bream	Pangasius	Sheepshead Bream
Albacore	Haddock	Parrotfish	Shellfish
Anchovy	Halibut	Perch	Shrimp
Bass	Herring	Pollock	Sole
Black Bass	Krill	Red Mullet	Squid
Bogue	Lampuki	Red Snapper	Steenbras
Bream	Lobster	Rowlock	Swordfish
Catfish	Mackerel	Salmon	Tilapia
Clam	Mahi mahi	Sand Smelt	Trout
Cod	Menhaden fish	Sardine	Tuna
Crab	Mussels	Scallop	Twait shad
Crayfish/Crawfish	Octopus	Scorpion fish	Yellowbelly
Cuttlefish	Oyster	Shark	Yellowtail
Flat fish			

## MEAT/POULTRY



Bacon	Goose	Pepperoni	Rabbit
Beef	Ham - Pork	Pheasant	Rooster
Chicken	Ham - Turkey	Pigeon	Salami
Chorizo	Lamb	Pork	Snails
Cornish hen	Liver - Beef	Prosciutto	Tempah
Duck	Liver - Rabbit	Quail	Turkey
Goat	Ostrich	Quorn	Veal
	Pancetta		Venison

## LEGUMES



Adzuki Bean	Great northern bean	Lentil (green)	Peas
Black Bean	Green pea	Lima bean	Pinto bean
Black-eyed Pea	Horse bean	Lupin	Red bean
Carob	Kidney bean	Lupin beans	Red bean
Chickpea	Lentil (brown)	Mung Bean	Soy Bean
Fava bean	Lentil (red)	Navy Bean	Tamarind
	Lentil (black)		White bean



## VEGETABLES



Agaricus mushrooms	Fennel	<b>Shiitake mushrooms</b>	Yam
Arrowroot	Ganoderma mushrooms	<b>Spinach</b>	Zucchini
Artichoke	<b>Garlic</b>	Spurge	Maitake mushrooms
Asparagus	Ginger (fresh)	Spiny chicory	Mustard Greens
<b>Avocado</b>	Green bean (string bean)	Spirulina	Napa Cabbage
Beet	Green pea	Sprout - Alfalfa	Nettle
Black Nightshade	Ground-ivy	Sprout - Broccoli	Nori
Bok Choy	Habanero	Sprout - Buckwheat	Okra
<b>Broccoli</b>	Hijiki	<b>Sprout - Chickpea</b>	<b>Olive</b>
Brussels sprouts	<b>Irish moss</b>	Sprout - Lentil	Onion
<b>Cabbage</b>	Jalapeno pepper	Sprout - Mung bean	Onion - Green
Carrot	Jicama	Sprout - Mustard	Onion - Shallot
Cassava	Kale	Sprout - Oat	Palm hearts
Cauliflower	Kelp	Sprout - Pea	Parsnip
<b>Cavolo nero (italian kale)</b>	<b>Kohlrabi/German turnip</b>	Sprout - Sunflower	Pepino
Celery	Kombu	Sprout - Wheatgrass	<b>Peppers - Banana</b>
Clamshell mushrooms	Leek	Squash (winter)	Peppers - Green
<b>Chanterelle mushrooms</b>	Lettuce - Green Leaf	<b>Squash (summer)</b>	Peppers - Red
Chard	<b>Lettuce - Iceberg</b>	String Bean	<b>Peppers - Sweet</b>
Chlorella	Lettuce - Red Leaf	Tamarillo	Peppers - Thai
Collard greens	Lettuce - Romaine	Tomatillo	Peppers - Wax
Cress	<b>Lettuce (Sea)</b>	Tomato	<b>Peppers - Yellow</b>
Cucumber	Macrolepiota mushroom	Tomato - cherry	<b>Pimento/cherry pepper</b>
Daikon	Pumpkin	Tomato - baby plum	<b>Plantain</b>
Dandi greens	Purslane	Tuber mushrooms	Porcini mushrooms
Datil	Radicchio	Turmeric (fresh)	Portobello mushrooms
Dulse	Radish	Turnip	Potato
Eggplant/aubergine	Reishi mushrooms	Vine Leaf	Potato (sweet)
Endives	<b>Rocket</b>	Wakame	Potato (purple)
Enoki mushrooms		Watercress	

## NUTS & SEEDS



<b>Almond</b>	<b>Chestnut</b>	Peanut	<b>Poppy seed</b>
Apricot kernel (bitter)	Chia seed	<b>Pecan</b>	Quince seed
Apricot kernel (sweet)	<b>Flax seed</b>	Pili/kenart	Sesame seed
Brazil Nut	Hazelnut	Pine Nut	Sunflower seed
<b>Caraway seed</b>	Hemp seed	<b>Pistachio</b>	Tiger Nut
Cashew	<b>Macadamia Nut</b>	Pumpkin seed	Walnut





## SPICES & HERBS



Allspice	Cumin	Mustard seed	Salt - Coarse
Anise	Coriander	Nutmeg	Salt - Gray
Basil	Cumin	Oregano	Salt - Himalayan/Pink
Bay Leaves	Curry	Paprika	Salt - Iodized
Caper	Dill	Parsley	Salt - Raw
Cardamom	Fennel	Pepper - Black	Salt - Red
Cayenne	Garlic	Pepper - Red	Savory
Celery Salt	Ginger	Pepper - White	Thyme
Chilli peppers	Mahleb	Rosemary	Turmeric
Chives	Marjoram	Saffran	Vanilla
Cinnamon	Mastic	Sage	
Cloves	Mint	Salt - Black	

## FRUITS



Acai berry	Date	Lingonberry	Plum
Apple	Dragon fruit	Longan	Pomegranate
Apricot	Durian	Loquat	Pomelo
Aronia	Elderberry	Lychee	Prickly Pear
Banana	Fig	Mango	Prune
Bergamot orange	Goji	Mangosteen	Quince
Bilberry	Gooseberry	Mulberry	Rambutan
Blackberry	Grapefruit	Nectarine	Rhubarb
Blueberry	Grapes	Orange	Raspberry
Boysenberry	Guava	Papaya	Sea buckthorn
Bread fruit	Honeydew	Passion fruit	Star fruit
Cantaloupe	Jackfruit	Peach	Strawberry
Cherry	Juneberry	Pear	Sunberry
Coconut	Kiwi	Persimmon	Tangerine
Cranberry	Lemon	Physalis	Watermelon
Currant	Lime	Pineapple	

## COOKING INGREDIENTS



Ammonia	Ketchup	Sourdough	Starch - Rice
Apple Cider Vinegar	Kimchi	Soy Lecithin	Starch - Tapioca
Baking Powder	Mayonnaise	Soy Sauce	Tofu
Baking Soda	Miso	Starch - Arrowroot	Vinegar
Gelatin	Natto	Starch - Corn	Xanthan Gum
Guar Gum		Starch - Potato	Yeast (baking)



## BEVERAGES & ALCOHOL



Beer - Lager	Coffee - Cappuccino	Liqueur	Tea - Rooibos
Beer - Stout	Coffee - Decaf	Prosecco	Tea - White
Brandy	Coffee - Espresso	Raki	Tea - White decaf
Caffeinated drinks	Coffee - Nescafé	Rum	Tequila
Campari	Coffee - Nescafé decaf	Sherry	Tsipouro
Carbonated drinks	Coffee - Mushroom	Sparkling water	Whiskey
Champagne	Coffee - Greek/Turkish type	Tea (all types)	Wine (all types)
Cider	Cognac	Tea - Black decaf	Wine - Red
Cistus	Gin	Tea - Black	Wine - Rosé
Cocoa/chocolate	Grappa	Tea - Chinese green (incl. matcha)	Wine - White
Coffee (all types)		Tea - Green decaf	Vodka
Coffee - Barley based			

## OILS



Almond oil	Cottonseed oil	Margarine	Sesame oil
Argan oil	Evening primrose oil	Olive oil	Soy oil
Avocado oil	Flaxseed oil	Olive oil - Green	Suet
Chia seed oil	Goose fat	Olive oil - Black truffle	Sunflower oil
Coconut butter	Grape seed oil	Olive oil - White truffle	Vegetable oil
Coconut cream	Hemp oil	Palm oil	Vegetable shortening
Coconut oil	Hydrogenated oils	Pumpkin seed oil	oil
Cod liver oil	Jojoba oil	Safflower oil	Walnut oil
Canola oil	Lard	Salmon oil	Wheat germ oil
Corn oil			

## SUGARS & SWEETENERS



Agave syrup	Corn syrup	Maple syrup	Stevia
Apple sugar	Demerara	Molasses	Sugar - White
Aspartame	Erythritol	Monk fruit extract	Sugar - Brown
Barley malt	Fig syrup	Pekmez	Sugar - Golden raw
Beet sugar	Fructose	Rice syrup	Sugar - Rapadura
Cane sugar	Honey	Saccharin	Xylitol (birch)
Carob honey	Maltitol	Sorbitol	Yacon syrup extract
Coconut sugar		Splenda (sucralose)	



## COMMON ALLERGENS



Artificial sweeteners	Gluten	Milk	Sugar
Corn	High fructose	Nightshade antigens	Wheat
Dairy	corn syrup	Peanuts	
Eggs		Soy	

## PHENOLIC SIGNATURES



Acetaldehyde	Chlorogenic Acid	Indole	Phenylalanine
Apiol	Cinnamic Acid	Malvin	Phenylisothiocyanate
Butylated	Coniferyl Alcohol	Mannan	Phloridzin
Hydroxytoluene	Coumarin	Menadione	Piperine
Caffeic Acid	Gallic Acid	Norepinephrine	Pyrrole
Candida Albicans	Histamine	Octopamine	Salsolinol

Phenols are natural chemical compounds contained in food items and environmental substances. One single phenol can be found in more than 80 sources. Hence, sensitivity to phenols often explains sensitivity appearing in specific food items.

Descriptions of the phenols appearing in your results are included below.

**Acetaldehyde:** Indications: Petrochemical sensitivity, perfumes, flavors, dyes, plastics, synthetic rubber, alcohol, spreading phenomenon of allergies to foods, sugar metabolism and candida disorders.

Sources: Car exhaust, perfumes, flavors, aniline dyes, synthetic rubber, produced in body, and occurs naturally in the following foods: cow's milk, apple, avocado, banana, blackberry, blueberry, broccoli, chili powder, corn, cucumber, eggplant, grape (red and green), grapefruit, haddock, honey, hops, mushroom, orange, peach, pear, pineapple, strawberry, tomato, watermelon, yeast mix, cooked beef, cooked chicken, and cheese.

**Butylated Hydroxytoluene:** BHT is a preservative that is used in a wide variety of products ranging from cold cereals to soup. It is in numerous packaged and canned foods. Occurs naturally in cocoa.

**Malvin:** Any plant that displays blue, red or purple colouring contains this compound. Sources: cow's milk, apple, apricot, avocado, banana, red bean, beet, sugar beet, blackberry, blueberry, boysenberry, cabbage, carrot, cashew nut, cherry, cinnamon, corn, crabmeat, cranberry, eggplant, fig, red and green grape, grapefruit, honey, mustard seed, green olive, ripe olive, onion, papaya, blackeyed pea, green pea, peach, pear, pimento, plum, potato, quince, radish, rhubarb, strawberry, tomato, turnip, walnut, and watermelon.

**Coniferyl Alcohol:** This substance is in conifers and fermented products. It occurs naturally in the following food items: asparagus, beet, sugarbeet, sage, and yeast mix.



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

Pythagorean Diet:

- Black bile
- Blood
- Phlegm**
- Yellow

Description:

### Pythagorean Diet - Phlegm

Individuals of this category should avoid milk and dairy products, cheese and modified sugars-starch (such as wheat and its derivatives from flour), cold foods and drinks and creamy sources. They can easily digest meat and hot spicy foods. It is advised to follow intense and long-hour training. They may be prone to phlegm congestion, water retention, edema, slow metabolism, obesity, weak blood circulation, depression. They should avoid excess sleep and inertness, overeating, fish (unless they are consumed along with herbs with thermal effects), dairy, ice cream, sweet and salty foods, raw food items, salads (unless with spicy sauces or with garlic), pears, summer fruits. They should consume foods with thermal effects: onions, garlic, cooked food, dry food (round artichokes, cabbage), wine, roots. They could opt to fast along with the seasonal changes. It is advised to use light spices in their food. Useful herbs: light spices (cinnamon, cardamom, coriander, fennel, dry ginger), light astringents (agrimony, sambucus). Thermal and dry herbs (thyme, artemisia, rosemary). Nettle is very beneficial.

In terms of personality traits, these individuals are usually reliable, calm, skeptical, peaceful, quiet, introverted, stable, admmissive or shy, affectionate, punctual, sensible, observative and are proven good administrators.

Hippocratic recognition patterns: round face with chubby cheeks, big wet eyes, medium to large face shape. Higher ratio of fat to muscle mass and soft skin. The skeletal system and the veins are not apparently prominent. They are calm people with great emotional intelligence, sensitive. They should avoid air-conditioned environments and wet-humid habitats.

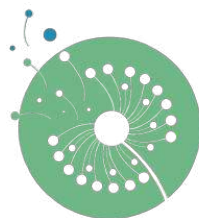
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for choosing TestIntolerance.

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



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