

testintolerance

Jane Smith
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SENSITIVITY & ALLERGY TEST RESULTS



Dear Jane,

Your Sensitivity & Allergy Test Results are ready, based on the hair sample you sent us. This report includes all items - such as foods, chemicals, materials etc. - 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 are 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. A Sensitivity and Allergy Energetic Test provides us valuable information about our body's behaviour towards a broad range of items, including foods and food categories, environmental elements, industrial & chemical products, pests, radiation types and many more, totalling over 1,700 items. The process of the test essentially amounts to checking how the body "feels" or reacts, in energetic terms, at the present time, to all items your sample is tested for.



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.

Sensitivity & Allergy

Every day we come in contact with hundreds of different things. Materials, substances, environmental elements, and of course foods and food ingredients. It is only natural that some of these numerous items may affect our body. When it demonstrates sensitivity to one or more of them, it reacts, “telling” us something is *wrong*.

In several occasions, people with generally good health may experience mild or even less mild symptoms without being able to find out what causes them. Sometimes it is even difficult to receive informed help from their doctor. There are so many foods, so many materials and products that we use or are present in the places we work, eat, rest or travel, that it's impossible to know in advance what may irritate any part of our body.

Allergies are easier to detect in general, as they have more direct, severe and temporary symptoms, while they manifest soon after contact, for example after the consumption of an allergenic substance. When allergy manifests, our immune system is triggered, producing IgE or IgG antibodies. Sensitivity to foods or materials or having certain sensitive organs/body functions is usually milder but chronic, while it is not detected with the regular clinical tests used to identify allergies.

When sensitivities occur, 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. Apart from items *disturbing* our body, a sensitivity may occur in various forms, such as an imbalance (deficiency or excess) of a nutrient or an organ needing support.



How to use your test results

Understanding NAET

The TI Energetic Sensitivity & Allergy Test examines your sample in relation to hundreds of items that may affect your body. You will notice several of those items' categories are marked as **NAET**.

NAET (Nambudripad Allergy Elimination Technique) is a complementary/alternative method used to treat allergies and sensitivities in a holistic, non-invasive approach. It is based on the principles of kinesiology and acupuncture, where the body's reaction is tested when exposed to allergens. This allows the detection of items that cause imbalances even at **subclinical level**; items for which reaction is not normally detected through a conventional blood test.

This means that your body exhibits sensitivity to items or areas appearing in your results, but may or may **not** exhibit visible symptoms.

1

Identify items that affect your body as a result of **exposure or overconsumption**. These items belong to food categories you would opt to avoid for at least 40 days and other categories - such as chemicals and materials - that you can minimise any contact with whatsoever.

2

Identify items that may affect your body as a result of **deficiency or excess**, such as vitamins, enzymes or hormones. Causes for these imbalances may vary, ranging from imbalanced nutrition and lack of exercise to stress, obesity or illness.

3

Identify areas, systems or organs that exhibit **sensitivity** at the time your sample is tested. You may want to focus on taking care of those areas by making meaningful changes in your routine, nutrition and lifestyle. These imbalances may also be related to stress or a medical condition.



FOODS & FOOD INGREDIENTS



This section includes food items and food ingredients that appear to affect your body at the time of the test. It is recommended to avoid these items for at least three (3) weeks, before gradually reintroducing them to your diet.

Abalone
Albacore
Anchovy
Black Bass
Cod
Crab
Halibut
Krill
Mackerel
Octopus
Perch
Pollock
Salmon
Scallop
Sea Bass
Shark
Swordfish
Tuna
Navy beans
Corn oil
Evening primrose oil
Margarine
MSG
Safflower
Salmon oil
Soy oil
Animal fat
Walnut oil
Allspice
Horseradish
Mustard
Oregano
Paprika
Sumac

CHEMICALS (NAET) & CHEMICAL FAMILIES, HEAVY METALS



This section includes chemicals (NAET), chemical families and heavy metals that appear to affect your body at the time of the test. It is recommended to track how you may be exposed to these items and minimise any physical contact (e.g. use gloves, mask, glasses) or avoid them.

Antimony
Beryllium
Strontium
Titanium



ENVIRONMENTAL AGENTS (NAET), AIR POLLUTANTS, FOSSIL FUELS



This section includes environmental agents, pollutants found in the atmosphere (indoors or outdoors), as well as some industrial products and chemicals (not included in other categories) that appear to affect your body. It is recommended to avoid places where you may be exposed to them.

Insecticide mix
Inhalant mix
Weed mix
Whiten-all
Ribo mix
Plaster
Paper mix
Limestone

TREES, GRASS & POLLEN (NAET)



This section includes trees, grass and pollen types that appear to affect your body at the time of the test. It is recommended to generally avoid places where you may be exposed to them.

Ash mix
Beech
Hazeltree mix
Pine mix
Sycamore/plane tree
Walnut
Cypress pollen
Poison oak pollen
rapeseed pollen

PESTS



This section includes types of insects with which physical contact (including bites) appear to affect your body at the time of the test.

No results appeared in this category.

ANIMAL DANDERS



This section includes types of animal danders (i.e. skin particles with fur or hair) that appear to affect your body at the time of the test.

No results appeared in this category.



FABRICS (NAET) & MATERIALS



This section includes fabric and materials that appear to affect your body at the time of the test. It is recommended to minimise physical exposure.

No results appeared in this category

MOLDS & FUNGI (NAET)



This section refers to types of fungi, including mold, that appear to affect your body at the time of the test. It is recommended to track whether exposure has occurred in places you stay for long, such as home, garden, workplace, car etc.

No results appeared in this category.

RADIATION (NAET) & POTENTIALLY HARMFUL ENERGIES



This section includes different types of radiation and electromagnetic fields found in the environment or produced by devices/equipment. It is recommended to regulate exposure.

No results appeared in this category

GEOPATHIC STRESS



This section refers to exposure to natural, climate or season related phenomena as well as natural and other elements that appear to affect your body at the time of the test. It is recommended to minimise exposure wherever possible.

No results appeared in this category.



PHENOLICS (NAET)

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 or environmental agents, elements etc.

No results appeared in this category.



VITAMINS, MINERALS & AMINO ACIDS (NAET)



This section includes vitamins, minerals, amino acids and vitamin groups appearing to be affecting your body at the time of the test. The presence of these normally beneficial items may have an imbalancing effect, in several occasions, for example because of excess/overconsumption, inefficient absorption or due to specific sources of intake. Consider differentiating the ways/sources you consume these items.

Beta carotene

Quercetin

BLOOD COMPONENTS, HORMONES, CELL PROTEINS (NAET)



This section refers to imbalance or sensitivity in certain blood components and body fluid secretion, and hormone imbalance. Imbalance in these areas may also be reflected in a clinical blood test. Potential causes include poor diet, medication, stress, a recent or chronic illness, a recent inflammation.

ACTH

Insulin

Melanin

Pituitrophin

CRA 4

ORGANS (NAET), BODY TISSUES, GLANDS & NERVES



This section refers to organs, glands and nerves in your body that appear to exhibit sensitivity at the time of the test; this sensitivity is associated with stress factors/items that are also indicated in the rest of the results of this test, or with psychosomatic factors. It is recommended to increase attention to these areas, for example by adapting your diet, exercise or posture, or consulting with a health professional.

No results appeared in this category.



ENZYMES & DIGESTION (NAET)



This section includes enzymes and digestive juices that appear to be in excess in your body, which is usually related to your diet. A first recommendation would be to diversify nutritional habits by adding variety of foods or avoiding consuming the same category of foods for consecutive days.

No results appeared in this category.

This section includes enzymes and digestive juices that appear to be deficient in your body, usually related to disrupted metabolic pathways.

Supplementation and/or adaptation of your diet would be recommended.

No results appeared in this category.

EMOTIONS (NAET) & MERIDIANS AFFECTED



This section indicates emotions that stress your body at the time of the test. These may affect specific organs and systems associated with meridians. It is recommended to focus on processing and managing these emotions on your own or with the help of a professional.

Confusion

Dominating

Abandonment

Dissatisfaction

Spirituality

Large intestine-defensive/rejection

Lung-grief/sadness

Stomach-disgust/impatience

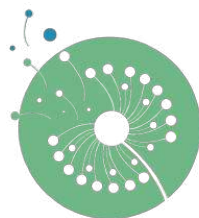
Urinary Bladder-timid/peevish

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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