

# Your Personal **HEALTH REPORT**

+ 750 FOODS, ENVIRONMENTAL,  
METALS, MINERALS, VITAMINS,  
STRESS AND HORMONE FACTORS





# Welcome to Your **Identallergy®** Nutrition Health Report

+ 750 FOODS, ENVIRONMENTAL, METALS, MINERALS, VITAMINS, STRESS AND HORMONE FACTORS

Welcome to Your **Identallergy®**Health Report

Dear Denise James,

Welcome to your Identallergy®Health Report! You have joined the millions of people who, like you, believe in medical science. Your Health Report will become your best resource for understanding your health and more importantly ways to improve your health.

The information from this test is very comprehensive and a description is provided for each section. Food sensitivity or intolerance is an emerging field. In a food reaction, the immune system reacts by releasing antibodies. Food and non-food factors that cause antibodies to be released are called antigens or allergens. Two types of antibodies commonly produced in response to foods are IgE (immunoglobulin E) and IgG (immunoglobulin G). Food allergies and food/non-food sensitivities differ by the type of antibody produced and the speed of the reaction. Food allergy is an immediate reaction caused by the production of IgE antibodies, while food/non-food sensitivity is a delayed reaction caused by the production of IgG antibodies to specific foods. The testing that we are offering is a IgG test for food/non-food sensitivity.

In addition to the food and non-food sensitivity results, our test also provides nutritional levels for minerals and vitamins, levels of exposure to metals, hormone levels and stress status.

Good Health and Good Vibes,

The Identallergy®Group





# What's on Your **Identallergy®** Health Report

Prepared for: Denise James

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What these results include

This overview includes brief summaries of your Identallergy® results for:

- Your personal results for sensitivities to Food and Environmental factors
- Your heavy metal levels
- Your mineral and vitamin levels
- Your hormone levels
- Your stress levels

These results are based on your hair samples provided and along with population-level risk data for the specified gender. This overview does not provide take into account diseases for which you are at risk for.



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## Section 1

Please find attached your intolerance test results. You will find two headings within this report, the first section which lists all the food intolerances and the second section which lists all the non-food intolerances. Everything that is displayed has a high level. The reason we report only above this threshold is because this is the point at which you would expect to start experiencing symptoms from an intolerance.

To see a complete list, please go to:

Complete list of foods tested [www.identallergy.com/food-items](http://www.identallergy.com/food-items)

Complete list of non-food items tested [www.identallergy.com/non-food-items](http://www.identallergy.com/non-food-items)

**We have detected that you are intolerant to the following Food Items:**

Broad Bean

Chick Pea

Elk/Moose Meat

Marjoram

Spinach

White Bean

**We have detected that you are intolerant to the following Non Food Items:**

Cat Dander

Cocksfoot

Disinfectant Agents

Duck Feathers

Mediterranean Flour Moth

Pollens and Moulds

Sugar Beet Seed

All results shown have above average intolerance level and so will give you reactions in some way whether small or large. Intolerances can change depending on your diet and environment which means that an item that you have never had problems with before may suddenly be causing you symptoms. This is because when you eat something or come into contact with it, your body tries to assimilate it. If your immune system is low or if you have had too much of it, then your body will struggle to do this and you will then suffer with various symptoms. This is now an intolerance.

We recommend that you minimize exposure to them. You should try to eliminate them all at the same time and although we understand that this can be difficult when it is something you eat on a regular basis, the sooner you minimize, the sooner you will see results.

**\* Please note \***

The information provided in this report should not be used as a diagnostic tool, it is a guidance to your intolerances and lacking nutrients from the hair sample you produced on the given date. Any major changes to your diet should be supervised by your G.P.



## Section 2

Please find attached your nutritional deficiencies results. Everything on here may have a nutritional deficiency. This means that all the nutrients listed may be deficient within your system. We only report these as they are the ones likely to be causing you the most symptoms. However, your hair sample has been tested against all 80 nutrients.

To see a complete list, please go to [www.identallergy.com/nutritional](http://www.identallergy.com/nutritional)

The nutritional information found next to each nutrient is important, as a good balanced diet along with a healthy lifestyle can boost the immune system and reduce your intolerance levels. The nutrients that have shown as deficient in your system can easily be improved. 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 natural source.

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Please note that we only show the minerals and vitamins that you are deficient in. For a complete list of what was tested for, please go to <http://www.identallergy.com/nutritional>

Vitamin D



### Section 3

Please find attached the results of your heavy metals test.

With regards to your metal results, these are a guide to what heavy metals you have shown a sensitivity to and they are shown as a 'LOW', 'MEDIUM' or 'HIGH' level.

Ideally the numbers should be towards a 'LOW' zone. Those in the 'MEDIUM' zone are ones to look out for, but the ones in the 'HEAVY' zone are the heavy metals we have found to be causing the most problems with your health at this moment in time.

You do not need to panic with these results. There are a few steps you can take first to help with this.

Firstly, look at areas where you could be exposing yourself to these metals. This could be in a work environment, a place where you frequently attend or something that is close to your home. 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. You will need to research these foods and try to reduce them to help lower these sensitivity levels back down. Also try using the natural way to reduce metals information that we have given you at the end of your metal's results.

If you find that when in close proximity of a particular metal that you begin to experience any symptoms (such as itchiness, swelling, nausea, headaches, etc.), then you will know that it is this particular metal that is causing you to react like this.

**Food:** Where is your food grown; any crops grown near highways, factories, industrial estates, etc. will be prone to having exhaust fumes and chemical waste fumes having been sprayed on them. Also, any farmers that use pesticides and sprays will automatically contaminate crops too. One notable source of metals is shellfish.

**Drinking water:** Any water that is fed through piping will be contaminated. This is the most prolific way to have metals toxicity as the water just sits in the pipes ready to be used when you switch the tap on. It is very important that you filter water to reduce these contaminants from minerals such as aluminium (Al), copper (Cu), chlorine (Cl), arsenic (As), cadmium (Cd) and lead (Pb).

**Airborne sources:** You can induce metals toxicity from the air, such as inhaling fumes from exhausts of cars, buses, motorcycles, trucks, trains, aircraft, etc. Fumes from industrial factories and incinerators will also play a part in toxicity via the airwaves.

For a complete list of the metals tested, please go to <http://www.identallergy.com/metals>

#### **Aluminium - Medium**

A light silvery metal used for cans, foils, kitchen utensils, window frames, beer kegs

#### **Antimony - Medium**

An alloy used for batteries, low friction metals, type metal and cable sheathing

#### **Arsenic (As) - Medium**

A well known compound used for rat poisons and insecticides

#### **Beryllium - Medium**

An alloy used for springs, electrical contacts and spot-welding electrodes

#### **Bismuth - Medium**

A brittle metal, usually mixed with other metals - Medium

#### **Cadmium - Medium**

A poisonous metal, can be used in re-chargeable batteries

#### **Chromium(Cr) - Medium**

It is a steely-grey, lustrous, hard and brittle metal which takes a high polish, resists tarnishing, and has a high melting point.

#### **Cobalt (Co) - Medium**

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

#### **Copper - Medium**

Because it is such a good conductor of electricity, copper is mostly used in electrical generators and motors

#### **Gold - Medium**

In its purest form, it is a bright, slightly reddish yellow, dense, soft, malleable, and ductile metal

#### **Lead (Pb) - Medium**

Most important commercial use of lead is in the manufacture of lead-acid storage batteries

#### **Magnesium(Mg) - Medium**

It is added to cattle feed and fertilisers. Magnesium hydroxide (milk of magnesia), sulfate (Epsom salts), chloride and citrate are all used in medicine. Magnesium is an essential element in both plant and animal life.

#### **Manganese (Mn) - Medium**

Used in drinks cans

#### **Mercury (Hg) - Medium**

It is commonly used in batteries, fluorescent lights, felt production, thermometers and barometers

#### **Nickel (Ni) - Medium**

An alloy, used for producing stainless steel.

#### **Palladium(Pd) - Medium**

Mainly used in car exhaust manufacture, but can be found in dental fillings and jewellery.

#### **Platinum(Pt) - Medium**

Platinum is used in jewelry, decoration and dental work Silver Used for jewellery and traditional silverware

#### **Strontium(Sr) - Medium**

Used in firework production Tin (from canned food) Usually combined with steel or aluminium to create storage for food

#### **Titanium(Ti) - Medium**

Titanium is as strong as steel but much less dense. Used as an alloying metal.

#### **Vanadium(V) - Medium**

Used as an alloying metal

#### **Zinc Sources - Medium**

Beef, spinach, asparagus, lamb, sesame seeds, pumpkin seeds, lentils, cashew nuts, quinoa, turkey, shrimp, tofu, scallops, green peas, oats, yogurt

Cosmetics and toiletries: Many minerals are used in these products that we use on a daily basis, such as body lotions, creams, hair dye, lipstick, shower gels, soaps, with the biggest one being aerosols such as antiperspirants and deodorants and hairsprays. Dentals amalgams of filling (consisting mainly of Mercury (Hg) and Copper (Cu) amongst other metals) can also be a cause along with dental bridges, prostheses and even pins holding previously broken bones together. Household chemicals: Everyday cleaning products such as polish, all purpose sprays, etc., garden chemicals, sprays, insecticides, pesticides, etc. will all have metals in them to aid its purpose.

Occupational hazard: Depending on your job, you can have different levels of exposure to metals, in occupations such as those in any building trades, electricians, iron workers, mechanics, plumbers, printers and even office workers.

To view a complete list of heavy metals tested, please go to <http://www.identallergy.com/metals>

**\* Please note \***

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## Section 4

Ideally the numbers should be in the 'NORMAL' zone. Those in the yellow 'LOW' zones are ones to and red 'HIGH' zones are the ones to look out for.

### About our reference ranges

All reference ranges in the 'NORMAL' zone are adult male or female reference ranges. Your reference ranges are based on the gender that you entered in your information form. DHEA, testosterone, and Growth Hormone reference ranges are based on normal 18-65-year old and are therefore "healthy aging" reference ranges. Estrogens on female reports have four reference ranges: Luteal, Follicular, or Mid-cycle phases, and Post-menopausal. Test results for pre-menopausal women are best interpreted when collection is made in the luteal phase. Test results for post-menopausal women who are taking exogenous hormones are also interpreted using luteal ranges. Reference ranges are derived using established guidelines and represent the middle 95% of test results. They are not necessarily the same as "optimal" ranges.

For a complete list of hormones tested, please see <http://www.identallergy.com/hormones>

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Oxytocin - Normal

ADH (Antidiuretic hormone) - Normal

GH (growth hormone) - Normal

PRL (prolactin) - Normal

FSH (follicle-stimulating hormone) - Normal

LH (luteinizing hormone) - Normal

TSH (thyroid-stimulating hormone) - Normal

ACTH (adrenocorticotrophic hormone) - Normal

T3 (triiodothyronine), T4 (thyroxine) - Normal

Calcitonin - Normal

PTH (parathyroid hormone) - Normal

Insulin - Normal

Glucagon - Normal

Epinephrine, norepinephrine - Normal

Glucocorticoids - Normal

Mineralocorticoids - Normal

Androgens - Normal

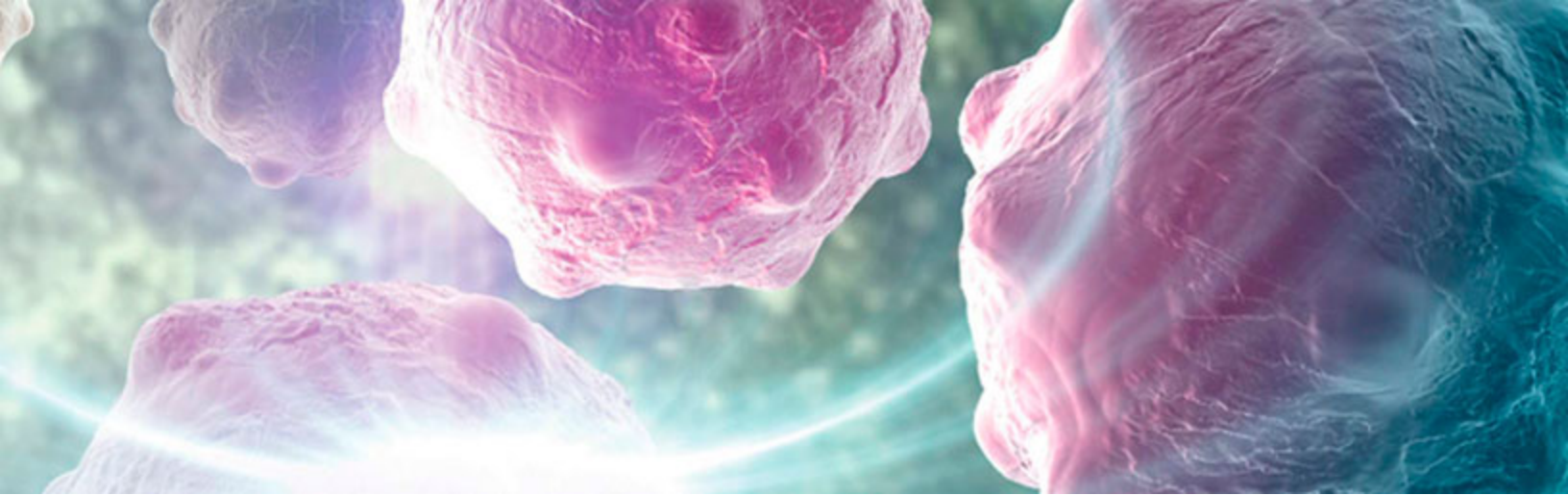
Estrogens - Normal

Progesterone - Normal

Melatonin - Normal

Thymosin - Normal

Stress Hormone - Normal



## Section 5

### Cortisol Test Results

The data is represented in pg (picograms of cortisol) / mg (milligrams of hair).

Your hair was washed measured then ground to a fine powder and cortisol levels were measured.

Your cortisol levels are:

- 20-30 pg/mg: Intermittent level of moderate stress

*The range is based on over 1000 data points is 10-90 pg/mg. Typically 20-30 pg/mg is low levels of stress, 30-40 pg/mg is moderate stress, 50-60 pg/mg is high stress, and 70 pg/mg and up is considered very high stress.*

*Intermittent - > 5 times a day*

*Repetitive - > 10 or more daily situations*