



Your Bronze Test results are here

Sample Report

Redemption code: NXXXRCKK

Report Date: Jul 2 2019

Dear Tyler,

We are delighted to present you with your test results report!

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.

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.

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

**Sincerely,
Check My Body Health Team**

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Interpreting your results – explainer

Sensitivity NOT Allergy

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 Allergy

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

Scenario 1

The item you are allergic to shows as a moderate or high reactivity 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.

Scenario 2

The item you are allergic to shows as a no reactivity 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.

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.

Complementary and Alternative Medicine

Complementary and Alternative Medicine

What is Complementary and Alternative Medicine?

Bioresonance therapy and testing is categorised as a complementary and alternative medicine (CAM). This is a diverse group of therapies, practices and products, which fall outside of conventional medicine or healthcare.

A complementary therapy is used alongside conventional medicine or treatment, whilst alternative therapy is used in place of conventional medicine or treatment. Some therapies or practices could be used as either complementary or alternative; it depends on whether it is combined with conventional medicine alongside or not.

Other therapies and practices, which are considered complementary and alternative medicine:

- Aromatherapy
- Acupuncture
- Homeopathy
- Massage therapy
- Naturopathy
- Osteopathy
- Pilates
- Yoga



Finding Complementary and Alternative Medicine Practitioners

When using complementary and alternative medicine it is important that you look for a credentialed practitioner registered in their field of expertise. The credentials required for complementary healthcare practitioners in the US varies between states, so it is important to check what is required in the state where you are consulting a practitioner.

If you think you have a health condition always seek advice from your physician first.

Complementary and Alternative Medicine Use Among Adults and Children: United States, 2007

For more information please visit -

<https://nccih.nih.gov/sites/nccam.nih.gov/files/news/nhsr12.pdf>

Food sensitivities analysis

Food sensitivities analysis

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. Testing for food allergy can only be done through a blood, skin prick or patch test. If you suspect you have food allergy please see your physician.

Interpreting your results

Interpreting 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 high, moderate or no reactivity, in the overview section you will see only those items, which tested as high or moderate. The no reactivity items can be found in the detailed analysis section.

High Reactivity

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

Moderate Reactivity

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

No Reactivity

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

Your food sensitivities overview

High Reactivity

- Vinegar (malt)
- Hot chocolate
- Spelt
- Apples - Braeburn
- Apples - Fuji
- Apples - Gala
- Apples - Golden Delicious
- Apples - Granny Smith
- Apples - Jazz
- Bread - rye
- Farro
- Bread - white
- Bread - brown
- Bulgar wheat
- Bread - granary
- Kamut
- Porridge oats
- Barley
- Rye
- Mozzarella
- Cheddar
- Parmesan
- Soft cheese
- Red Leicester
- Stilton
- A-Lactalbumin
- B-Lactoglobulin
- Butter
- Buttermilk
- Condensed milk
- Cream
- Evaporated milk
- Ice cream
- Sour cream
- Milk from cows
- Yogurt
- Ale
- Beer
- Wheat
- Noodles - wheat
- Apple juice
- Oats
- Ovaltine
- Whisky
- Lager
- Coffee-barley substitute
- Hemp milk
- Oat milk
- Barleygrass
- Freekeh
- Apples
- Wheatgrass
- Apples - Pink Lady
- Oyster
- Oyster sauce
- Kidney beans
- Lentils

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. See details on how to implement an effective elimination diet in section 6.

Moderate Reactivity

- Soya milk
- Liver (lamb)
- Coconut
- Cornflakes
- Hops
- Amaranth
- Milk from goats
- Maize flour
- Quinoa
- Soya flour
- Milk from sheep
- Coconut water
- Coconut milk
- Coconut oil
- Canola oil
- Bananas
- Bacon
- Duck
- Duck, domestic
- Lamb
- Duck, wild
- Egg
- Horse
- Pork
- Liver (pig)
- Mutton
- Pork sausages
- Sweetbreads
- Veal
- Hemp seed
- Lobster
- Miso
- Soy sauce
- Mushrooms
- Chestnut mushrooms
- Edamame beans
- Soya bean
- Oyster mushrooms
- Portobello mushroom
- Tofu
- Shitake mushrooms
- Button mushrooms

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 high reactivity items first and then considering the removal of moderate reactivity items thereafter.

It is also worth considering that having these items in isolation may not cause symptoms, however having a number of moderate reactivity 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 in section 6.

No Reactivity

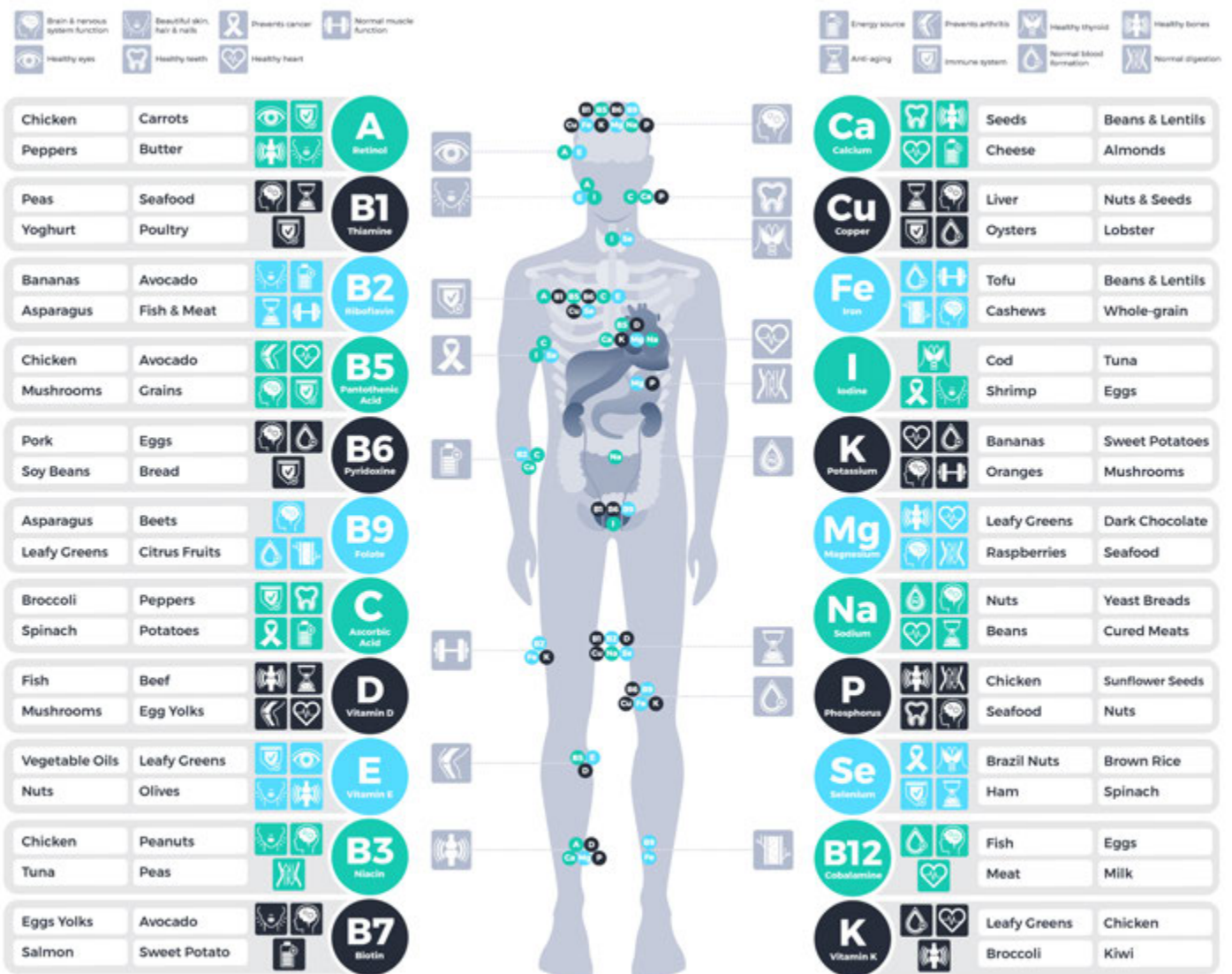
These foods have not been identified as causing or contributing towards physical symptoms and therefore require no action. You can see the full breakdown of food items showing no reaction in the food sensitivities detailed analysis section.

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 and some of the functions it performs within the body. You can refer to this diagram to ensure that in removing items from the diet you replace the relevant nutrients through other dietary sources.

Vitamins & Minerals



Food sensitivities detailed analysis

GLUTEN-CONTAINING CEREALS AND GRAINS

- Barley
- Bread - brown
- Bread - granary
- Bread - rye
- Bread - white
- Bulgur wheat
- Farro
- Freekeh
- Kamut
- Noodles - wheat
- Oats
- Porridge oats
- Rye
- Spelt
- Wheat

GLUTEN-FREE CEREALS AND GRAINS

- Amaranth
- Buckwheat
- Cornflakes
- Hops
- Maize flour
- Millet
- Quinoa
- Rice
- Soya flour

CHEESE

- Cheddar
- Mozzarella
- Parmesan
- Red Leicester
- Soft cheese
- Stilton

DAIRY AND EGG

- A-Lactalbumin
- B-Lactoglobulin
- Butter

- Buttermilk
- Condensed milk
- Cream
- Egg
- Evaporated milk
- Ice cream
- Milk from cows
- Milk from goats
- Milk from sheep
- Sour cream
- Yogurt

HERBS AND SPICES

- Aniseed
- Aquafaba
- Basil
- Bay leaf
- Caraway
- Cardomom
- Cayenne pepper
- Chinese horse radish
- Cilantro
- Cinnamon
- Clove
- Coriander
- Cumin
- Douban Jiang
- Five spice
- Ginger
- Horse radish
- Mint (fresh)
- Miso
- Mustard
- Nutmeg
- Paprika
- Pepper (black)
- Pepper (green)
- Pepper (red)
- Pepper (white)
- Rosemary
- Sage
- Salt

- Star anise
- Tamarind
- Thyme
- Turmeric

DRINKS

- Ale
- Almond milk
- Apple juice
- Beer
- Chamomile tea
- Champagne
- Coconut milk
- Coconut water
- Coffee-barley substitute
- Coffee-black
- Cola
- Cranberry juice
- Earl Grey Tea
- Gin
- Hemp milk
- Hot chocolate
- Jasmine Tea
- Lager
- Lemonade
- Marshmallow Tea
- Oat milk
- Oolong Tea
- Orange juice
- Ovaltine
- Pineapple juice
- Pisco
- Pomegranate juice
- Prosecco
- Red wine
- Rice milk
- Rooibos Tea
- Sake
- Sambucca
- Shaoxing wine
- Soya milk
- Tea-black

- Tea-green
- Tequila
- Vermouth
- Vodka
- Whisky
- White tea
- White wine
- Yerba mate tea

OILS AND CONDIMENTS

- Canola oil
- Coconut oil
- Cod liver oil
- Fish sauce
- Olive oil
- Oyster sauce
- Peanut oil
- Peppermint oil
- Sesame oil
- Soy sauce
- Sunflower oil
- Vegetable fat

MISCELLANEOUS

- Baobab
- Barleygrass
- Chlorella
- Monosodium Glutamate
- Spirulina
- Vinegar (clear)
- Vinegar (malt)
- Wheatgrass
- Yeast

FRUIT

- Acai Berry
- Apples
- Apples - Braeburn
- Apples - Fuji
- Apples - Gala
- Apples - Golden Delicious

Food sensitivities detailed analysis continued...

- Apples - Granny Smith
- Apples - Jazz
- Apples - Pink Lady
- Apricots
- Avocado
- Bananas
- Bilberries
- Blackberries
- Blueberry
- Cantaloupe melon
- Carambola
- Cherries
- Cranberries
- Currants-red, black
- Dates
- Figs
- Galia melon
- Gooseberries
- Gooseberries (Chinese)
- Grapefruit
- Grapes (red)
- Grapes (white)
- Guava
- Honeydew melon
- Kiwis
- Lemons
- Lime
- Lychee
- Mango
- Nectarines
- Oranges
- Papaya
- Passionfruit
- Peaches
- Pears
- Pineapple
- Plums
- Plums, damsons
- Pomegranates
- Prunes
- Quince
- Raisins

- Raspberries
- Strawberries
- Water-melons

MEAT

- Bacon
- Beef
- Beef, dried
- Chicken
- Chicken, capon
- Duck
- Duck, domestic
- Duck, wild
- Goat
- Goose
- Hare
- Horse
- Lamb
- Liver (lamb)
- Liver (ox)
- Liver (pig)
- Mutton
- Pork
- Pork sausages
- Rabbit
- Roe-deer
- Sweetbreads
- Turkey, cock
- Turkey, hen
- Veal
- Venison

NUTS AND SEEDS

- Almond
- Brazil nuts
- Cashew nuts
- Chestnuts
- Chia seed
- Coconut
- Dry roasted peanuts
- Flaxseed
- Hazel nuts

- Hemp seed
- Macadamia nut
- Peanuts
- Pecan nuts
- Pine nut
- Poppy seed
- Pumpkin seed
- Sesame seed
- Sunflower seed
- Tahini
- Walnuts
- Water chestnuts

SEAFOOD AND FISH

- Anchovy
- Clams
- Cod
- Crab
- Crayfish
- Eel
- Fish fingers
- Haddock
- Halibut
- Herring
- Herring (red)
- Lobster
- Mackerel
- Mussels, general
- Oyster
- Plaice
- Prawns
- Salmon
- Sardine
- Shrimp
- Smoked herring (bloater)
- Sole
- Trout (brown)
- Trout (sea)
- Tuna
- Whitefish
- Winkles

VEGETABLES

- Aji pepper
- Artichoke
- Asparagus
- Aubergine
- Avocado
- Beansprouts
- Beets
- Broccoli
- Brussels sprouts
- Butter lettuce
- Butternut squash
- Button mushrooms
- Cabbage
- Capsicum (green)
- Capsicum (red)
- Capsicum (yellow)
- Carrots
- Cassava
- Cauliflower
- Celery
- Chestnut mushrooms
- Chicory lettuce
- Cress
- Cucumbers
- Endives
- Escarole lettuce
- Fennel
- Garlic
- Head lettuce
- Iceberg lettuce
- Kale
- Kohl Rabi
- Leek
- Maize
- Mushrooms
- Mustard (green)
- Okra
- Olives (black)
- Olives (green)
- Onions
- Oyster mushrooms

Food sensitivities detailed analysis continued...

- Pak Choi
- Parsley
- Plantain
- Portobello mushroom
- Potatoes
- Pumpkin
- Radish
- Rocket
- Romaine lettuce
- Shitake mushrooms
- Spinach
- Swede
- Sweet Potato
- Tomatoes
- Turnip
- Watercress
- Yams

LEGUMES AND PULSES

- Beans (green)
- Beans, lima
- Beans, navy
- Black beans
- Black eyed peas
- Broad beans
- Chickpea
- Edamame beans
- Fermented black beans
- Kidney beans
- Lentils
- Peas
- Peas (field)
- Scarlet runner beans
- Soya bean
- Tofu

Non-food sensitivities analysis

Non-food sensitivities analysis

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.

Interpreting your results

Interpreting 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 high, moderate or no reactivity, in the overview section you will see only those items, which tested as high or moderate. The no reactivity items can be found in the detailed analysis section.

High Reactivity

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

Moderate Reactivity

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

No Reactivity

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

Your non-food sensitivities overview

High Reactivity

- Rose
- Pigweed
- Juniper
- European lime
- Farina secalis cerealis
- Pigeon droppings

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

We would recommend the avoidance of these items in your daily life, as far as possible.

Moderate Reactivity

- Marguerite
- Blackberry
- Fireweed/Great willow herb
- Scotch heather
- Dead nettle
- Mosquito
- Beech
- Birch
- Poplar
- Anisakis

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 high reactivity items first and then considering the avoidance of moderate reactivity 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 moderate reactivity items in the same day may lead to symptoms due to an accumulative effect.

No Reactivity

These non-food items have not been identified as causing or contributing towards physical symptoms and therefore require no action. You can see the full breakdown of non-food items showing no reaction in the non-food sensitivities detailed analysis section.

Non-food sensitivities detailed analysis

ORGANIC COMPOUNDS

- Alpha Lipoic Acid
- Ascorbic acid
- Docosahexaenoic acid
- Eicosapentaenoic acid
- Ellagic acid
- Flavonoids
- Folate
- Folic acid
- Formic acid
- Gallic acid
- Iso-flavonoids
- L-Carnitine
- Lignans
- Lutein
- Lycopene
- Mallic acid
- Nicotinic acid
- Nucleic acid
- Omega 3
- Omega 6
- Oxalic acid
- Pantothenic acids
- Para Aminobenzoic acid
- Phytosterols
- Polyphenols
- Pro-anthocyanidins
- Pyridoxine
- Salicylic acid
- Saponins
- Sulforphane
- Tannins
- Tartaric acid
- Uric acid
- Zeaxanthin

MATERIALS

- Cotton
- Leather
- Lycra
- Nylon

- Rubber
- Synthetic materials
- Velvet
- Wool

MISCELLANEOUS

- Ampicilloyl
- Anisakis
- Artemisia fish food
- Ascaris
- Aspergillus fumigatus
- Aspergillus niger
- Dust
- Farina secalis cerealis
- Fungus
- Horse bot fly
- House dust mite
- Penicilloyl
- Pigeon droppings
- Storage mite

FLOWERING PLANTS

- Aster
- Chamomile
- Chrysanthemum
- Clover
- Dahlia
- Fireweed/Great willow herb
- Goldenrod
- Hyacinth
- Lupine
- Marguerite
- Mulberry
- Narcissus
- New Belgian Aster
- Primrose
- Rape
- Rose
- Scotch heather
- Tulip

- Wallflower

GRASSES AND HERBS

- Bermuda grass
- Buttercup
- Colonial bent grass
- Dandelion
- Dead nettle
- Dock
- Herd's grass, Timothy
- Hop
- Kammgras
- Kentucky bluegrass
- Maize
- Meadow fescue
- Meadow fox tail
- Melde
- Mugwort
- Orchard grass or Cocksfoot grass
- Perennial ryegrass
- Pigweed
- Plantain
- Qack grass or Couch grass
- Ragweed
- Red fescue
- Ribwort
- Stinging nettle
- Sweet vernal grass
- Tall oat grass
- Tansy ragwort
- Thistle
- Velvet grass
- Water reed
- Wild oat
- Wormwood

INSECTS

- Bee
- Mosquito
- Wasp

SHRUBS

- Blackberry
- Blueberry
- Currant bush
- Elder
- Hawthorn
- Hazel
- Jasmine
- Juniper
- Lilac
- Mangrove
- Privet
- Strawberry
- Tamarisk
- Tumbleweed
- Willow

TREES

- Alder
- Apple tree
- Ash
- Aspen
- Beech
- Betula verrico
- Birch
- Cherry tree
- Elm
- European beech
- European lime
- False acacia
- Hornbeam
- Horse chestnut
- Japanese Cedar
- Japanese millet
- Laburnum
- Larch
- Linden tree
- Maple
- Misteltoe
- Oak
- Pear tree

Non-food sensitivities detailed analysis continued...

- Pine
- Pine, Scottish
- Plane tree
- Poplar
- Spruce
- Walnut

Metal sensitivities analysis

Metal sensitivities analysis

What is metal toxicity?

Metal toxicity is the build-up of large amounts of heavy metals in the soft tissues of the body. The heavy metals most commonly associated with toxicity are lead, mercury, arsenic and cadmium. Exposure usually occurs through industrial exposure, pollution, food, medication, improperly coated food containers or the ingestion of lead-based paints. Symptoms vary between the different types of heavy metals.

What to do if you have high levels of exposure?

It is important to look at lowering your day-to-day level of exposure. Consider your environment, the foods you eat, water, cosmetics and cleaning products.

The body is constantly detoxifying things from your everyday environment such as chemicals in foods, cosmetics and cleaning products, caffeine, alcohol, medications and even your own hormones. You can help your body with detoxification processes by ensuring you; drink plenty of filtered water, eat a diet that is as wholefood as possible, avoid processed foods, reduce caffeine and/or alcohol consumption, lower nicotine usage and exercise regularly.

Potential sources in your environment

Heavy metals are a part of our everyday life and at low levels are detoxified by the body causing no issue. However it is beneficial to have a greater awareness of where you may come into contact with metals and therefore help you reduce your potential exposure.

Food - Pesticides, insecticides and herbicides used on crops can lead to contaminated food produce. Contaminated water can result in fish and seafood containing heavy metals.

Water - Pipework that water runs through is the most likely cause of any heavy metals in drinking water. For this reason it is always best to filter your water.

Air - Pollution from vehicles such as cars, trains and aeroplanes contributes to heavy metals, which can be inhaled. Industrial factories and agricultural areas, which use pesticides on crops are also ways metals get into the air we breathe.

Cosmetics - Lead, arsenic, mercury, aluminium, zinc and chromium can be found in many cosmetics such as lipstick, whitening toothpaste, eyeliner, nail polish, moisturiser, sunscreen, foundation, blusher, concealer and eye drops. Some metals are added as ingredients whilst others are contaminants.

Cleaning products - Everyday household cleaning products like polish, all purpose sprays and garden products like insecticides and pesticides contain heavy metals.

Interpreting your results

To help you interpret your results you will find an overview of your metal sensitivities. This overview summarises the items to focus on along with the relevant actions to take. All items tested are rated as either high, moderate or no reactivity, in the overview section you will see only those items, which tested as high or moderate. The no reactivity items can be found in the detailed analysis section.

Ideally the metals will show no reactivity in testing. If however there are metals identified as moderate or high reactivity do not panic. Through lowering daily exposure and helping your body with detoxification processes your body can reduce its own toxicity levels.

High Reactivity

These are the metals that our testing shows are at a level that could lead to toxicity.

Moderate Reactivity

These are the metals that our testing shows risk being at a level that may lead to toxicity.

No Reactivity

These are the metals that our testing shows are not at a level that could lead to toxicity.

Your metal sensitivities overview

High Reactivity

No metals have been identified as high reactivity according to our testing parameters.

Moderate Reactivity

- Boron (Bo)
- Cadmium (Cd)
- Chromium (Cr)
- Dysprosium (Dy)
- Europium (Eu)
- Gold (Au)
- Lutetium (Lu)
- Platinum (Pt)
- Radon (Rn)
- Rubidium (Rb)

These metals have been identified as ones to which you should monitor your exposure.

It is also recommended that you aid your body's natural detoxification processes by ensuring you drink plenty of filtered water, eat a diet that is rich in wholefoods (particularly fruits and vegetables), avoid processed foods, reduce caffeine and/or alcohol intake, lower nicotine usage and exercise regularly.

No Reactivity

These metals have been identified as being at a low or no reactivity level. Your body can detoxify and rid itself of these. You can see the full breakdown of metals tested in the metal sensitivities detailed analysis section.

Metal sensitivities detailed analysis

METAL SENSITIVITIES

- Aluminium (Al)
- Antimony (Sb)
- Argon (A)
- Arsenic (As)
- Barium (Ba)
- Beryllium (Be)
- Bismuth (Bi)
- Boron (Bo)
- Bromine (Br)
- Cadmium (Cd)
- Caesium (Cs)
- Calcium (C)
- Cerium (Ce)
- Chlorine (Cl)
- Chromium (Cr)
- Cobalt (Co)
- Copper (Cu)
- Dysprosium (Dy)
- Erbium (Er)
- Europium (Eu)
- Fluorine (F)
- Gadolinium (Gd)
- Gallium (Ga)
- Germanium (Ge)
- Gold (Au)
- Hafnium (Hf)
- Helium (He)
- Holmium (Ho)
- Illinium (Il)
- Indium (In)
- Iodine (Ie)
- Iridium (Ir)
- Iron (Ferrous) (Fe)
- Lead (Pb)
- Lithium (Li)
- Lutetium (Lu)
- Magnesium (Mg)
- Manganese (Mn)
- Mercury (Hg)
- Molybdenum (Mo)
- Neon (Ne)
- Nickel (Ni)
- Nitrogen (N)
- Palladium (Pd)
- Phosphorus (P)
- Platinum (Pt)
- Polonium (Po)
- Potassium (K)
- Protactinium (Pa)
- Radium (Ra)
- Radon (Rn)
- Rhenium (Re)
- Rhodium (Rh)
- Rubidium (Rb)
- Ruthenium (Ru)
- Samarium (Sm)
- Scandium (Sc)
- Selenium (Se)
- Silicon (Si)
- Silver (Ag)
- Sodium (Na)
- Strontium (Sr)
- Sulphur (S)
- Tantalum (Ta)
- Tin (Sn)
- Titanium (Ti)
- Vanadium (V)
- Zinc (Zn)
- Zirconium (Zr)

Mineral and other nutrient analysis

Mineral and other nutrient analysis

Low mineral levels

There are recommended daily amounts of each mineral that should be consumed on a daily basis. However mineral requirements do vary from person to person depending upon life stage, activity level, stress level, health conditions and medications.

Low mineral levels occur when the dietary intake is lower than required or when the body is struggling to effectively absorb minerals from the food.

What are phyto nutrients?

Phytonutrients are natural chemicals produced by plants to help them protect themselves from things like insects and the sun. By eating foods which contain phytonutrients we, as humans, can benefit from these natural compounds and use them for health benefits.

Unlike minerals there are no recommended daily amounts to consume. However we do know that the different phytonutrients confer different health benefits in the body such as supporting cardiovascular health, strengthening the immune system, improving eye health, reducing cholesterol and boosting energy. Therefore these nutrients are recommended for optimal health.

What should you do if you have low mineral or phytonutrient levels?

The daily diet is the first consideration if you have low mineral levels. It is the most natural and best way of improving mineral or phytonutrient intake. Minerals come from the soil, and the greater the quality and richness of the soil, the greater the mineral density of a plant. The best sources of minerals are fruits, vegetables, grains, pulses, nuts and seeds. By including such produce in your diet you will also benefit from phytonutrients. For guidance on specific minerals and the foods where they are found see 'The role of food types' in the Food Sensitivity section.

Ideally nutrients should all be consumed through the diet, however if this is not possible due to dietary restrictions or dislikes supplementation is an option. Please note it is always recommended that any supplementation is taken under the advice and monitoring of a health professional.

Should you suspect that you could have a mineral deficiency please seek the advice of your physician.

Outside Range

The level of the mineral in your body falls below the normal range according to our testing parameters.

Within Range

The level of the mineral in your body falls within the normal range according to our testing parameters.

Your mineral and other nutrient overview

Outside range

- Manganese

These minerals and/or other nutrients have been identified as falling below the normal range. Look to increase the nutrient density of your daily diet through fruits, vegetables, grains, pulses, nuts and seeds. For more specific guidance on where to find each mineral please see 'The role of food types' in the Food Sensitivity section.

Within Range

- Phosphorus
- Calcium
- Chromium
- Copper
- Iodine
- Iron
- Magnesium
- Molybdenum
- Potassium
- Selenium
- Silicae
- Sodium
- Zinc
- Allium
- Anthocyanidins
- Beta - Carotene
- Betaine
- Bio-flavonoids
- Bromelain
- Carotenoids
- Citrus bio-flavonoids
- Creatine
- Genistein
- Germanium
- Inositol

These minerals and/or other nutrients have been identified as falling within the normal range. Keep up the good work, maintaining a nutrient-rich daily diet to ensure your mineral levels remain consistent.

Mineral and other nutrient detailed analysis

MINERALS

- Calcium
- Chromium
- Copper
- Iodine
- Iron
- Magnesium
- Manganese
- Molybdenum
- Phosphorus
- Potassium
- Selenium
- Silicae
- Sodium
- Zinc

PHYTO- AND OTHER NUTRIENTS

- Allium
- Anthocyanidins
- Beta - Carotene
- Betaine
- Bio-flavonoids
- Bromelain
- Carotenoids
- Citrus bio-flavonoids
- Creatine
- Genistein
- Germanium
- Inositol

Your next steps

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.

Elimination diet

Elimination diet

What is an elimination diet?

An elimination diet is the removal of intolerant or problematic foods and drinks from your daily diet. It is conducted over a short period of time, normally around four weeks. In certain cases a person may be recommended to conduct a longer elimination diet, however generally around four weeks is sufficient time to get good results. At the end of this period you can reintroduce items one by one at the same time as monitoring your symptoms and general wellbeing.

How does it work?

In the removal and then reintroduction of items you get a clear understanding of those foods which make you feel good, allow you to think with clarity and leave you feeling energised and those which make you feel lethargic, sluggish, sap your energy levels and provoke symptoms like bloating or headaches.

Elimination phase

All high and medium reactive foods are removed from the diet, along with any known allergy or intolerant foods. You can eat freely from those foods in the no reactivity category. You should aim for this phase to last four weeks.

Reintroduction phase

During the reintroduction phase you should bring one item in at a time and then monitor symptoms for the next two days.

You will find a reintroduction diary at the end of this section where you can note the food and drinks that you consume along with any symptoms you experience.

What can't you eat on an elimination diet?

Each person will be different in the foods they should eliminate during the elimination phase. The priority items to remove are those, which are shown in the high reactivity category. If eliminating these items alone seems like a big undertaking stick with the removal of only these items. However if you feel you can also achieve the removal of those foods in the medium reactivity category during the elimination phase also do so.

You must also respect any known allergies or intolerances. For example if you know you are allergic to wheat or lactose intolerant and it comes up in the no reactivity section, do not bring it back into your diet.

What can you eat on an elimination diet?

You can eat any items, which are shown as having no reactivity, except any to which you have known allergies or intolerances.

What's important during an elimination diet?

In removing items from your diet you are also removing nutrients. Whilst it is only for a short period of time it remains important that you maintain a good daily intake of vitamins and minerals through your diet. Please consult 'the role of food types' page to ensure that in the removal of items you are still getting the given nutrient through other sources.

What happens after an elimination diet?

Following an elimination diet you should have good clarity on which foods work well for you and which provoke symptoms or make you feel less than your best. If you do find there are items or food groups, which provoke symptoms, it is worth considering the reduction or removal of these items from your diet.

Should you choose to greatly reduce or eliminate an item or food group from your diet ensure you replace the nutrients you would have got from the item or food group with alternative sources.

To get the best from your diet and to support your health and wellbeing ensure that, in the most part, your food comes from non-processed, natural sources and contains a breadth of vitamins and minerals.

Reintroduction diary

Date: __/__/__

Mon	LIST FOOD & DRINKS (NOTE TIMES)	NOTE SYMPTOMS
Tue		
Wed		
Thur		
Fri		
Sat		
Sun		



Contact Us

**If you have any questions please get in touch
with the Check My Body Health team on:**

info@checkmybodyhealth.com



[@CMBHTests](https://twitter.com/CMBHTests)



[@checkmybodyhealth](https://www.instagram.com/checkmybodyhealth)

Have you enjoyed your experience?

We would love to hear about your
experience with Check My Body Health.

Please like, share and leave us a review.