



Your Body Intolerance Test Results

John Smith

Redemption code: CMBHUK281632

Report date: 28th November 2023

High reactivity / out of range items

Food & Drink (high reactivity)

- Barley
- Bread-brown
- Bread-granary
- Bread-rye
- Bread-white
- Bulgar wheat
- Farro
- Freekeh
- Kamut
- Noodles-wheat
- Porridge oats
- Rye
- Spelt
- Wheat
- Butter
- Buttermilk
- Condensed milk
- Cream
- Egg
- Evaporated milk
- Ice cream
- Kefir
- Milk from cows
- Milk from goats
- Milk from sheep
- Sour cream
- Yogurt
- Cashew milk
- Acai berry
- Apple
- Apples-Braeburn
- Apples-Fuji
- Apples-Gala
- Apples-Golden Delicious
- Apples-Granny Smith
- Apples-Jazz
- Apples-Pink Lady
- Apricot
- Avocado
- Banana
- Bilberry
- Baobab
- Coconut
- Dry roasted peanut
- Flaxseed
- Hazelnut
- Hemp seed
- Macadamia nut
- Peanut
- Pecan nut
- Pine nut
- Pistachio nut
- Poppy seed
- Pumpkin seed
- Sesame seed

Botanicals (high reactivity)

- Canary grass
- Dogtooth grass
- Feather Reed grass
- Herd's grass (Timothy)
- Honey grass
- Hop
- Feather Reed grass
- Meadow fescue
- Meadow fox tail
- Mugwort grass
- Orchard grass / Cocksfoot grass
- Pasture grass
- Perennial ryegrass
- Rush grass
- Saltbush
- Stinging nettle
- Sweet vernal grass
- Tall oat grass
- Tansy ragwort
- Thistle
- Wild oat
- Hazel
- Jasmine
- Juniper
- Lilac
- Mangrove
- Privet



Metals (high reactivity)

- Boron (Bo)
- Bromine (Br)
- Cadmium (Cd)
- Caesium (Cs)
- Chromium (Cr)
- Cobalt (Co)
- Copper (Cu)
- Dysprosium (Dy)
- Germanium (Ge)
- Gold (Au)
- Hafnium (Hf)
- Holmium (Ho)
- Lithium (Li)
- Mercury (Hg)
- Molybdenum (Mo)
- Nickel (Ni)

WE TEST FOR SENSITIVITIES, **NOT** ALLERGIES.

High Reactivity / Outside Range

These are the food items that our testing shows you are most likely to have a sensitivity to or that fall outside of range. We would recommend the removal of these items from your daily diet for 6-8 weeks, using a structured elimination diet, followed by a gradual reintroduction.

-  If you have a known allergy to any particular item you have been tested for, please avoid from consuming this item entirely.
-  If you suspect you have an allergic reaction, we highly recommend you speak with an allergy specialist immediately.



Your sensitivity results guide

We firmly believe that your report, coupled with this guide, marks the beginning of a journey towards improved health and well-being.

This guide is designed to empower you, offering valuable insights for positive changes in your daily dietary choices and living environment.

Within this results guide, you will discover crucial guidance on what steps to take next. It outlines how to effectively utilise the elimination diet guide and provides a convenient food diary template to record the foods you eliminate from your diet and the corresponding symptoms you observe.

Furthermore, this guide offers comprehensive explanations about the various food types, providing a deeper understanding and analysis.

We encourage you to read this booklet in its entirety for a thorough understanding of your results and the actionable steps ahead.

[Download here](#)

ADD 10 YEARS TO YOUR LIFE

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

**NUTRITION,
DIETS, DIABETES,
CALORIES, MENTAL
HEALTH, SLEEP,
STRESS, GUT
HEALTH, VEGAN,
FAMILY.**

Including medical
Q&A's for each section
from our GP and
medical advisory board.

**CREATED BY
THE CHECK MY
BODYHEALTH
MEDICAL
ADVISORY
BOARD.**

**YOUR PASSPORT TO
A REJUVENATED,
RESILIENT, AND
MORE FULFILLING
EXISTENCE.**

Join us on this journey
and embrace the secrets
of longevity, one bite
at a time.

Step 4

Gut health

The digestive system is a vitally important organ in the body, not only is it needed for digesting and absorbing food but it is home to the gut microbiome.

Research into the gut microbiome has exploded recently with a healthy gut linked to digestive function, mood and mental health, immune system and weight management.

Your gut microbiome is completely unique and the composition of your gut microbiome is influenced by your birth, diet, environment, lifestyle and any medications you may take. The gut microbiome is found in the large and small intestine and is made up of trillions of microorganisms (bacteria, fungi and

viruses etc.) The microbiome helps breakdown food and toxins, absorbs nutrients, makes vitamins and supports our immune system and regulates your metabolism. Nourishing the gut microbiome is incredibly important for a healthy, resilient gut so you should eat lots of prebiotic and probiotic foods. Many of these foods are high in non-digestible fibre (fruits and vegetables) which are broken down by gut bacteria to produce Short Chain Fatty Acids (SCFA), a major source of energy for colon cells.

Foods to improve your microbiome

- **Foods high in fibre:** wholegrains, legumes, fruit and vegetables
- **Prebiotic foods:** artichoke, onions, garlic, leeks, cabbage, asparagus, bananas, pulses, root vegetables, apples and oats
- **Probiotic and fermented foods:** good quality live yogurt, kefir or coconut kefir, sauerkraut, miso, tempeh, kimchi, goat's cheese, olives, quality dark chocolate and spirulina
- **Take a good quality** probiotic supplement
- **Eat less sugar** and fewer refined foods
- **Aim to eat 30g of fibre** from colourful vegetables (peppers, pumpkin, carrots, apples, cherries, cabbage, sweetcorn, tomatoes, citrus fruits, spinach, kale, purple sprouting broccoli, blueberries)
- **Eat raw or steamed vegetables** rather than boiled

The microbiome benefits the immune system, mental health and mood. The gut microbiome contains 70% of the body's immune system cells and is one of your body's first lines of defence against harmful bacteria, viruses and parasites. A healthy, diverse gut can lead to good overall health and fewer cases of the cold or flu. If your gut microbiome is unbalanced, there may be lower levels of beneficial bacteria, less diversity and an overgrowth of pathogens which can affect your overall health and lead to digestive issues.

The Gut Brain Axis explores the idea that gut health can have a positive and negative effect on your mood and mental health. 90% of the 'happy' hormone Serotonin is made in the gut and some studies have found that several species of bacteria were missing from the gut microbiome of people with anxiety and depression.

The variety in your diet will increase the diversity in your gut microbiome which will benefit your overall health!

