

# Food Intolerance & U

**Beat Your  
Intolerances**





## Julia

*"Thank you for being the key to regaining my health back after 18 years of suffering. having done the food intolerance test and found my triggers, i can finally start living again"*

*Dr Nasr and his team helped me identify that I was intolerant to eggs, cow's milk dairy and gluten. Since my elimination I feel great. Thank you!*

**-DNA Patient**



# Nutrition & U Report



1.

## Your Gut & U

Good health starts with the gut  
The facts  
What's going on inside?  
What your results are saying

2.

## How it Works

Steps to better health

3.

## Your Test Results

Results at a glance

4.

## Nutrition & U

Your doctor's recommendations  
Your nutritional framework

5.

## U and your Report

Your medical history  
Your food intolerance lab results



# 1. Your Gut & U







## Good Health Starts With The Gut

You've heard the age old saying that 'all disease begins in the gut'. Well, the food you eat and the lifestyle you lead has a profound impact on the state of your gut and importantly, its subsequent response to that food.

Generally speaking, foods are not normally harmful to us. However, in the presence of a compromised gut, the body treats harmless food protein as if it were harmful.

In such circumstances, the body uses the immune system to fight against these proteins, creating an inflammatory response.

It is this inflammatory response that can result in a variety of symptoms and signs.

If you are suffering from any of the following symptoms you may have food intolerances

### Throat

- Geographic Tongue
- Hoarseness
- Itchy Palate
- Swollen Tonsils
- Sore Throat
- Throat Swelling

### Cardiovascular

- Heart Arrhythmias
- Irregular Heartbeat

### Gastrointestinal

- Abdominal Pain
- Bloating
- Crohn's Disease
- Celiac Disease
- Irritable Bowel
- Weight Gain / Obesity
- Burping
- Flatulence
- Constipation

### Skin

- Eczema
- Swelling
- Dry/Cracked Skin
- Skin Rashes
- Weeping

### Neurological

- ADHD
- Behavioral Problems
- Chronic Fatigue
- Depression
- Forgetfulness
- Insomnia
- Migraines

## The Facts



#### Who

Affects up to 45% of the population



#### Age

Can develop at any age



#### Symptoms

Can be between 2 hours and 72 hours



#### Cause

IgG is the most common antibody present in blood and other bodily fluids. It protects you against infections and any foreign proteins





## 2.How It Works



# Steps To Better Health

1



## Get Ready

Where are you now with potential food intolerances

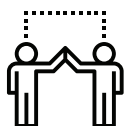
2



## Testing

A simple blood test at one of our clinics which is then sent to a laboratory

3



## Your Test Results

Identify trigger foods  
Assess other potential issues

4



## Nutrition & U

Personalised doctor & Clinical dietitian's plan  
Guidance and support

5



## Better Health

Find the food that suits you and achieve your health goals

### What Your Results Are Saying

The test results show that you have raised IgG antibody titers to food(s). The number of IgG-positive foods indicates that your immune system responds with an adverse reaction to foods which normally should not be recognized by your immune system. Every time the IgG positive foods are consumed, an inflammatory reaction occurs. This might weaken your entire body and culminate in a variety of symptoms and signs that you may be experiencing.

### Our Experts Are Here For You

You may be feeling a little lost or over-whelmed by your report. That's why our customer service team will be in touch with you soon to book your follow-up appointment with our expert doctor and clinical dietitian.

They will be on hand to guide you through the process with three phases: the elimination phase, the re-introduction phase and the maintenance phase.

They will also be able to advise you on any further lifestyle advice and if any additional testing is advisable.





### 3. Your Test Results

FUUU: Food Frequency Questionnaire			
Food	Frequency	Food	Frequency
Apple	10	Tomato	15
Banana	20	Blueberries	40
Carrot	30	Cherry	40
Cheese	10	Watermelon	20
Corn	40	Cabbage	20
Egg	20	Meat	15
Lemon	20	Pear	15
Onion	20	Peas	15
Strawberry	40	Pasta	30
Tea	10	Olive oil	10
Milk	20	Beans	10
Bread	10	Soybean seeds	10



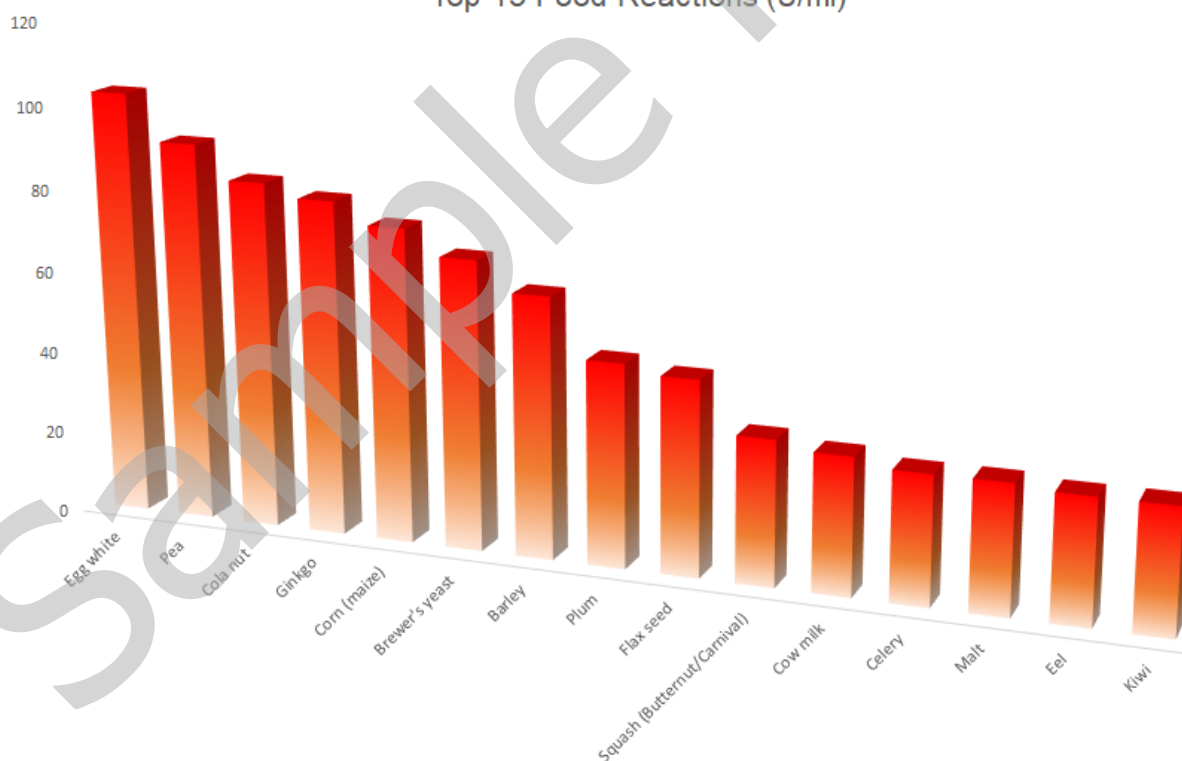
# Your Results at a Glance



Your blood has been analysed for the presence of specific IgG antibodies foods to help you discover which foods are good for you and which are your unique trigger foods.

## Your Trigger Foods

Top 15 Food Reactions (U/ml)





## 4. Nutrition & U





A top-down view of a hand holding a light-colored pencil, poised to write on a blank, spiral-bound notebook. The notebook is open, and the hand is positioned over the left page. The background is a light, textured surface, possibly a table, scattered with various food items: a slice of orange, a half of a red apple, a walnut, a green leaf, and some small seeds or nuts. The overall composition is clean and minimalist, suggesting a focus on health and nutrition.

## 5. Your Medical History & Food Intolerance Results



25/07/2021



Dear ,

Please find enclosed the Patient Report for your FoodPrint® IgG antibody test, which includes information about the specific food IgG antibodies detected in your blood sample and guidelines on how to make full use of the test results:

#### TEST REPORT

Two different types of Test Report are provided with every FoodPrint® IgG antibody test:

- 1) **Food Groups** – foods are listed according to their respective food group
- 2) **Order of Reactivity** – foods are ranked by strength of antibody reaction

A numerical value is displayed in a coloured box adjacent to each food, which represents the concentration of IgG antibodies detected for each food. Foods are categorised as **ELEVATED**, **BORDERLINE** or **NORMAL**, depending on the antibody level detected.

#### PATIENT GUIDEBOOK

- ✓ Information about food intolerance and commonly used terminology
- ✓ How to interpret the test results
- ✓ How to plan your diet
- ✓ Monitoring symptoms, re-introducing foods and avoiding new food intolerances
- ✓ How to avoid dairy, eggs, wheat, gluten and yeast
- ✓ Frequently asked questions

Any change in diet or removal of certain foods/food groups needs to be carefully managed to ensure that essential nutrients are maintained. Information provided in the Patient Guidebook is for general use only. If in doubt, please seek advice from a qualified healthcare professional.

Please note: the FoodPrint® IgG antibody test does NOT test for **classical allergies**, which involve the production of IgE antibodies and cause rapid-onset of symptoms such as rashes, swelling, violent sickness, difficulty breathing and anaphylactic shock. **If you have a food allergy, it is important to continue avoiding that food, regardless of the test results obtained.** This advice also applies if you have been diagnosed with Coeliac disease or any other food related condition such as lactose intolerance.

If you would like further information or wish to discuss any matters raised in the Patient Report, please do not hesitate to contact CNS on 01353 863279.

Kind regards  
Cambridge Nutritional Sciences

555-4-03

**Test Report : Food Groups**

Patient Name:  
Patient Number:  
Date of Birth:

Sample Date:  
Analysis Date:  
Clinic:

ELEVATED (≥30 U/ml)			BORDERLINE (24-29 U/ml)			NORMAL (≤23 U/ml)		
DAIRY / EGG								
0	Alpha-Lactalbumin	103	Egg White	33	Milk (Cow)			
1	Beta-Lactoglobulin	2	Egg Yolk	13	Milk (Goat)			
18	Casein	0	Milk (Buffalo)	28	Milk (Sheep)			
GRAINS (Gluten-Containing)*								
63	Barley	31	Malt	15	Wheat			
0	Couscous	3	Oat	4	Wheat Bran			
6	Durum Wheat	11	Rye					
2	Gladin*	5	Spelt					
GRAINS (Gluten-Free)								
4	Amaranth	0	Millet	0	Tapioca			
0	Buckwheat	0	Polenta					
76	Corn (Maize)	6	Rice					
FRUIT								
9	Apple	4	Guava	1	Pear			
1	Apricot	30	Kiwi	1	Pineapple			
8	Avocado	0	Lemon	49	Plum			
3	Banana	1	Lime	1	Pomegranate			
1	Blackberry	1	Lychee	0	Raisin			
11	Blackcurrant	4	Mango	2	Raspberry			
0	Blueberry	1	Melon (Galia/Honeydew)	14	Redcurrant			
1	Cherry	1	Mulberry	0	Rhubarb			
16	Cranberry	0	Nectarine	1	Strawberry			
0	Date	0	Olive	1	Tangerine			
3	Fig	24	Orange	0	Watermelon			
2	Grape (Black/Red/White)	1	Papaya					
1	Grapefruit	0	Peach					
VEGETABLES								
0	Artichoke	6	Cauliflower	17	Potato			
0	Asparagus	31	Celery	1	Quinoa			
0	Aubergine	2	Chard	18	Radish			
4	Bean (Broad)	4	Chickpea	0	Rocket			
0	Bean (Green)	1	Chicory	1	Shallot			
22	Bean (Red Kidney)	1	Cucumber	30	Soya Bean			
14	Bean (White Haricot)	3	Fennel (Leaf)	5	Spinach			
1	Beetroot	4	Leek	35	Squash (Butternut/Carnival)			
1	Broccoli	8	Lentil	2	Sweet Potato			
2	Brussel Sprout	2	Lettuce	0	Tomato			
1	Cabbage (Red)	22	Marrow	1	Turnip			
12	Cabbage (Savoy/White)	1	Onion	1	Watercress			
3	Caper	92	Pea	0	Yuca			
1	Carrot	1	Pepper (Green/Red/Yellow)					

Continued on next page...



Patient Name:  
Patient Number:  
Date of Birth:

Sample Date:  
Analysis Date:  
Clinic:

#### FISH / SEAFOOD

16	Alga Espaguette	2	Haddock	4	Sardine
10	Alga Spirulina	0	Hake	1	Scallop
11	Alga Wakame	4	Herring	0	Sea Bream (Gilthead)
4	Anchovy	1	Lobster	3	Sea Bream (Red)
1	Barnacle	8	Mackerel	2	Shrimp/Prawn
9	Bass	4	Monkfish	2	Sole
2	Carp	4	Mussel	3	Squid
0	Caviar	0	Octopus	4	Swordfish
10	Clam	3	Oyster	3	Trout
2	Cockle	1	Perch	6	Tuna
3	Cod	3	Pike	1	Turbot
0	Crab	7	Plaice	13	Winkle
0	Cuttlefish	3	Razor Clam		
30	Eel	2	Salmon		

#### MEAT

2	Beef	5	Ostrich	3	Turkey
3	Chicken	2	Ox	0	Veal
0	Duck	0	Partridge	3	Venison
1	Goat	2	Pork	0	Wild Boar
5	Horse	4	Quail		
0	Lamb	6	Rabbit		

#### HERBS / SPICES

0	Aniseed	2	Dill	6	Nutmeg
3	Basil	2	Garlic	3	Parsley
1	Bayleaf	11	Ginger	8	Peppercorn (Black/White)
0	Camomile	81	Ginkgo	7	Peppermint
2	Cayenne	4	Ginseng	5	Rosemary
0	Chilli (Red)	4	Hops	0	Saffron
4	Cinnamon	2	Liquorice	3	Sage
1	Clove	1	Marjoram	1	Tarragon
0	Coriander (Leaf)	4	Mint	6	Thyme
3	Cumin	0	Mustard Seed	0	Vanilla
21	Curry (Mixed Spices)	10	Nettle		

#### NUTS / SEEDS

20	Almond	23	Hazelnut	0	Rapeseed
13	Brazil Nut	1	Macadamia Nut	0	Sesame Seed
13	Cashew Nut	10	Peanut	20	Sunflower Seed
1	Coconut	2	Pine Nut	9	Tiger Nut
47	Flax Seed	22	Pistachio	2	Walnut

#### MISCELLANEOUS

22	Agar Agar	1	Cocoa Bean	0	Tea (Black)
11	Aloe Vera	0	Coffee	3	Tea (Green)
12	Cane Sugar	84	Cola Nut	0	Transglutaminase
1	Carob	0	Honey	14	Yeast (Baker's)
0	Chestnut	5	Mushroom	70	Yeast (Brewer's)

\* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.

**Test Report : Order of Reactivity**

Patient Name:  
Patient Number:  
Date of Birth:

Sample Date:  
Analysis Date:  
Clinic:

**ELEVATED FOODS (≥30 U/ml)**

103	Egg White	63	Barley	31	Malt
92	Pea	49	Plum	30	Eel
84	Cola Nut	47	Flax Seed	30	Kiwi
81	Ginkgo	35	Squash (Butternut/Carnival)	30	Soya Bean
76	Corn (Maize)	33	Milk (Cow)		
70	Yeast (Brewer's)	31	Celery		

**BORDERLINE FOODS (24-29 U/ml)**

28	Milk (Sheep)	24	Orange
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**NORMAL FOODS (≤23 U/ml)**

23	Hazelnut	10	Clam	4	Cinnamon
22	Agar Agar	10	Nettle	4	Ginseng
22	Bean (Red Kidney)	10	Peanut	4	Guava
22	Marrow	9	Apple	4	Herring
22	Pistachio	9	Bass	4	Hops
21	Curry (Mixed Spices)	9	Tiger Nut	4	Leek
20	Almond	8	Avocado	4	Mango
20	Sunflower Seed	8	Lentil	4	Mint
18	Casein	8	Mackerel	4	Monkfish
18	Radish	8	Peppercorn (Black/White)	4	Mussel
17	Potato	7	Peppermint	4	Quail
16	Alga Espaguette	7	Plaice	4	Sardine
16	Cranberry	6	Cauliflower	4	Swordfish
15	Wheat	6	Durum Wheat	4	Wheat Bran
14	Bean (White Haricot)	6	Nutmeg	3	Banana
14	Redcurrant	6	Rabbit	3	Basil
14	Yeast (Baker's)	6	Rice	3	Caper
13	Brazil Nut	6	Thyme	3	Chicken
13	Cashew Nut	6	Tuna	3	Cod
13	Milk (Goat)	5	Horse	3	Cumin
13	Winkle	5	Mushroom	3	Fennel (Leaf)
12	Cabbage (Savoy/White)	5	Ostrich	3	Fig
12	Cane Sugar	5	Rosemary	3	Oat
11	Alga Wakame	5	Spelt	3	Oyster
11	Aloe Vera	5	Spinach	3	Parsley
11	Blackcurrant	4	Amaranth	3	Pike
11	Ginger	4	Anchovy	3	Razor Clam
11	Rye	4	Bean (Broad)	3	Sage
10	Alga Spirulina	4	Chickpea	3	Sea Bream (Red)

Patient Name:  
Patient Number:  
Date of Birth:

Sample Date:  
Analysis Date:  
Clinic:

# NORMAL FOODS ...continued

3	Squid	1	Chicory	0	Caviar
3	Tea (Green)	1	Clove	0	Chestnut
3	Trout	1	Cocoa Bean	0	Chilli (Red)
3	Turkey	1	Coconut	0	Coffee
3	Venison	1	Cucumber	0	Coriander (Leaf)
2	Beef	1	Goat	0	Couscous
2	Brussel Sprout	1	Grapefruit	0	Crab
2	Carp	1	Lime	0	Cuttlefish
2	Cayenne	1	Lobster	0	Date
2	Chard	1	Lychee	0	Duck
2	Cockle	1	Macadamia Nut	0	Hake
2	Dill	1	Marjoram	0	Honey
2	Egg Yolk	1	Melon (Galia/Honeydew)	0	Lamb
2	Garlic	1	Mulberry	0	Lemon
2	Gliadin*	1	Onion	0	Milk (Buffalo)
2	Grape (Black/Red/White)	1	Papaya	0	Millet
2	Haddock	1	Pear	0	Mustard Seed
2	Lettuce	1	Pepper (Green/Red/Yellow)	0	Nectarine
2	Liquorice	1	Perch	0	Octopus
2	Ox	1	Pineapple	0	Olive
2	Pine Nut	1	Pomegranate	0	Partridge
2	Pork	1	Quinoa	0	Peach
2	Raspberry	1	Scallop	0	Polenta
2	Salmon	1	Shallot	0	Raisin
2	Shrimp/Prawn	1	Strawberry	0	Rapeseed
2	Sole	1	Tangerine	0	Rhubarb
2	Sweet Potato	1	Tarragon	0	Rocket
2	Walnut	1	Turbot	0	Saffron
1	Apricot	1	Turnip	0	Sea Bream (Gilthead)
1	Barnacle	1	Watercress	0	Sesame Seed
1	Bayleaf	0	Alpha-Lactalbumin	0	Tapioca
1	Beetroot	0	Aniseed	0	Tea (Black)
1	Beta-Lactoglobulin	0	Artichoke	0	Tomato
1	Blackberry	0	Asparagus	0	Transglutaminase
1	Broccoli	0	Aubergine	0	Vanilla
1	Cabbage (Red)	0	Bean (Green)	0	Veal
1	Carob	0	Blueberry	0	Watermelon
1	Carrot	0	Buckwheat	0	Wild Boar
1	Cherry	0	Camomile	0	Yuca

\* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.



# "Eat Better Live More"

DNA Health & Wellness

**dna** | health

Cleanse  
Hydrate  
Nourish  
Regenerate  
Glow  
Youthful  
Beauty

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**Realise Your Potential**

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