

Food Intolerance & U

Understanding
Your Triggers





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

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

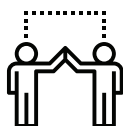
2



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	Points	Food	Frequency	Points
Apple	100	100	Tomato	10	10
Banana	200	200	Watermelon	20	20
Carrot	100	100	Cabbage	20	20
Cheese	100	100	Meat	100	100
Egg	100	100	Pear	100	100
Orange	100	100	Peas	100	100
Onion	100	100	Spinach	100	100
Potato	100	100	Yogurt	100	100
Salmon	100	100	Broccoli	100	100
Shrimp	100	100	Butter	100	100
Soybean	100	100	Flour	100	100
Tea	100	100	Sugar	100	100
Wheat	100	100	Oil	100	100
Yam	100	100	Beans	100	100
Zucchini	100	100	Seeds	100	100



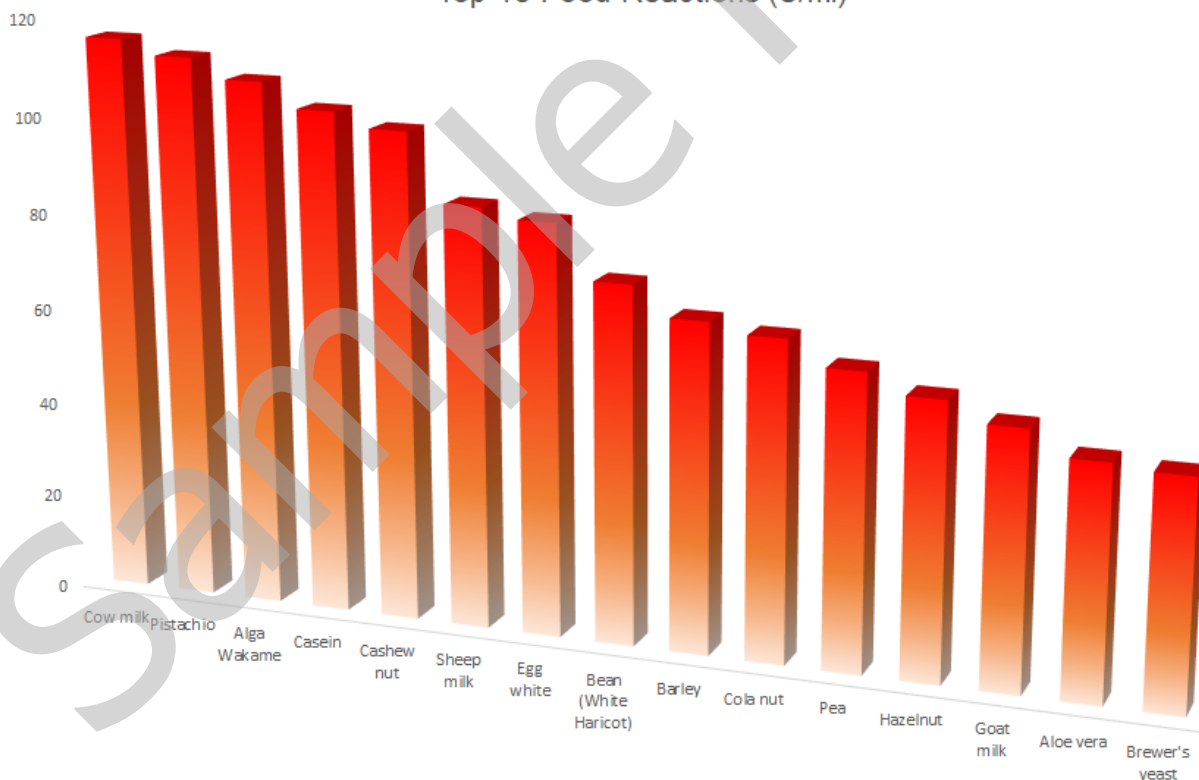
Your Results at a Glance



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, showing two white pages. The hand is wearing a light pink, ribbed sweater. The background is a light gray surface scattered with various food items: a slice of orange, a half of a red apple, a walnut, a green leaf, a small green chili pepper, and some white coconut flakes. A large, semi-transparent watermark reading "Sample Report" is diagonally across the image.

5. Your Medical History & Food Intolerance Results

15/07/2021



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					
10	Alpha-Lactalbumin	85	Egg White	116	Milk (Cow)
9	Beta-Lactoglobulin	9	Egg Yolk	53	Milk (Goat)
104	Casein	0	Milk (Buffalo)	87	Milk (Sheep)
GRAINS (Gluten-Containing)*					
68	Barley	11	Malt	45	Wheat
24	Couscous	32	Oat	30	Wheat Bran
21	Durum Wheat	5	Rye		
34	Gliadin*	19	Spelt		
GRAINS (Gluten-Free)					
8	Amaranth	0	Millet	0	Tapioca
3	Buckwheat	0	Polenta		
34	Corn (Maize)	10	Rice		
FRUIT					
2	Apple	14	Guava	0	Pear
4	Apricot	0	Kiwi	1	Pineapple
10	Avocado	0	Lemon	32	Plum
0	Banana	13	Líme	2	Pomegranate
0	Blackberry	3	Lychee	3	Raisin
1	Blackcurrant	4	Mango	0	Raspberry
21	Blueberry	0	Melon (Galia/Honeydew)	1	Redcurrant
2	Cherry	0	Mulberry	4	Rhubarb
23	Cranberry	3	Nectarine	10	Strawberry
0	Date	0	Olive	13	Tangerine
0	Fig	42	Orange	0	Watermelon
3	Grape (Black/Red/White)	2	Papaya		
14	Grapefruit	0	Peach		
VEGETABLES					
0	Artichoke	0	Cauliflower	27	Potato
0	Asparagus	14	Celery	0	Quinoa
0	Aubergine	14	Chard	22	Radish
20	Bean (Broad)	0	Chickpea	0	Rocket
3	Bean (Green)	0	Chicory	3	Shallot
10	Bean (Red Kidney)	4	Cucumber	20	Soya Bean
74	Bean (White Haricot)	0	Fennel (Leaf)	11	Spinach
0	Beetroot	3	Leek	26	Squash (Butternut/Carnival)
20	Broccoli	13	Lentil	0	Sweet Potato
2	Brussel Sprout	0	Lettuce	5	Tomato
0	Cabbage (Red)	5	Marrow	3	Turnip
24	Cabbage (Savoy/White)	0	Onion	0	Watercress
0	Caper	61	Pea	0	Yuca
0	Carrot	2	Pepper (Green/Red/Yellow)		

Continued on next page...

Patient Name:
Patient Number:
Date of Birth:

Sample Date:
Analysis Date:
Clinic:

FISH / SEAFOOD

33	Alga Espaguette	0	Haddock	0	Sardine
0	Alga Spirulina	0	Hake	3	Scallop
109	Alga Wakame	0	Herring	0	Sea Bream (Gilthead)
2	Anchovy	3	Lobster	2	Sea Bream (Red)
1	Barnacle	2	Mackerel	0	Shrimp/Prawn
3	Bass	3	Monkfish	1	Sole
3	Carp	0	Mussel	3	Squid
0	Caviar	0	Octopus	0	Swordfish
9	Clam	0	Oyster	0	Trout
2	Cockle	0	Perch	0	Tuna
4	Cod	0	Pike	0	Turbot
0	Crab	9	Plaice	5	Winkle
5	Cuttlefish	9	Razor Clam		
2	Eel	0	Salmon		

MEAT

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

HERBS / SPICES

6	Aniseed	0	Dill	4	Nutmeg
2	Basil	0	Garlic	3	Parsley
0	Bayleaf	4	Ginger	6	Peppercorn (Black/White)
0	Camomile	33	Ginkgo	9	Peppermint
0	Cayenne	6	Ginseng	0	Rosemary
9	Chilli (Red)	6	Hops	0	Saffron
0	Cinnamon	0	Liquorice	0	Sage
0	Clove	0	Marjoram	0	Tarragon
0	Coriander (Leaf)	2	Mint	0	Thyme
4	Cumin	27	Mustard Seed	0	Vanilla
27	Curry (Mixed Spices)	4	Nettle		

NUTS / SEEDS

24	Almond	57	Hazelnut	3	Rapeseed
15	Brazil Nut	2	Macadamia Nut	0	Sesame Seed
101	Cashew Nut	23	Peanut	10	Sunflower Seed
0	Coconut	7	Pine Nut	10	Tiger Nut
9	Flax Seed	113	Pistachio	1	Walnut

MISCELLANEOUS

16	Agar Agar	0	Cocoa Bean	0	Tea (Black)
48	Aloe Vera	6	Coffee	0	Tea (Green)
9	Cane Sugar	66	Cola Nut	2	Transglutaminase
23	Carob	0	Honey	9	Yeast (Baker's)
5	Chestnut	10	Mushroom	47	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)

116	Milk (Cow)	68	Barley	42	Orange
113	Pistachio	66	Cola Nut	34	Corn (Maize)
109	Alga Wakame	61	Pea	34	Gliadin*
104	Casein	57	Hazelnut	33	Alga Espaguette
101	Cashew Nut	53	Milk (Goat)	33	Ginkgo
87	Milk (Sheep)	48	Aloe Vera	32	Oat
85	Egg White	47	Yeast (Brewer's)	32	Plum
74	Bean (White Haricot)	45	Wheat	30	Wheat Bran

BORDERLINE FOODS (24-29 U/ml)

27	Curry (Mixed Spices)	26	Squash (Butternut/Carnival)	24	Couscous
27	Mustard Seed	24	Almond		
27	Potato	24	Cabbage (Savoy/White)		

NORMAL FOODS (≤23 U/ml)

23	Carob	10	Rice	5	Tomato
23	Cranberry	10	Strawberry	5	Winkle
23	Peanut	10	Sunflower Seed	4	Apricot
22	Radish	10	Tiger Nut	4	Cod
21	Blueberry	9	Beta-Lactoglobulin	4	Cucumber
21	Durum Wheat	9	Cane Sugar	4	Cumin
20	Bean (Broad)	9	Chilli (Red)	4	Ginger
20	Broccoli	9	Clam	4	Mango
20	Soya Bean	9	Egg Yolk	4	Nettle
19	Spelt	9	Flax Seed	4	Nutmeg
16	Agar Agar	9	Peppermint	4	Rhubarb
15	Brazil Nut	9	Plaice	3	Bass
14	Celery	9	Razor Clam	3	Bean (Green)
14	Chard	9	Yeast (Baker's)	3	Buckwheat
14	Grapefruit	8	Amaranth	3	Carp
14	Guava	7	Pine Nut	3	Grape (Black/Red/White)
13	Lentil	6	Aniseed	3	Leek
13	Lime	6	Coffee	3	Lobster
13	Tangerine	6	Ginseng	3	Lychee
11	Malt	6	Hops	3	Monkfish
11	Spinach	6	Peppercorn (Black/White)	3	Nectarine
10	Alpha-Lactalbumin	5	Chestnut	3	Parsley
10	Avocado	5	Cuttlefish	3	Raisin
10	Bean (Red Kidney)	5	Marrow	3	Rapeseed
10	Mushroom	5	Rye	3	Scallop

Patient Name:
Patient Number:
Date of Birth:

Sample Date:
Analysis Date:
Clinic:

NORMAL FOODS ...continued

3	Shallot	0	Carrot	0	Oyster
3	Squid	0	Cauliflower	0	Partridge
3	Turnip	0	Caviar	0	Peach
2	Anchovy	0	Cayenne	0	Pear
2	Apple	0	Chicken	0	Perch
2	Basil	0	Chickpea	0	Pike
2	Brussel Sprout	0	Chicory	0	Polenta
2	Cherry	0	Cinnamon	0	Pork
2	Cockle	0	Clove	0	Quail
2	Eel	0	Cocoa Bean	0	Quinoa
2	Macadamia Nut	0	Coconut	0	Raspberry
2	Mackerel	0	Coriander (Leaf)	0	Rocket
2	Mint	0	Crab	0	Rosemary
2	Ostrich	0	Date	0	Saffron
2	Papaya	0	Dill	0	Sage
2	Pepper (Green/Red/Yellow)	0	Duck	0	Salmon
2	Pomegranate	0	Fennel (Leaf)	0	Sardine
2	Rabbit	0	Fig	0	Sea Bream (Gilthead)
2	Sea Bream (Red)	0	Garlic	0	Sesame Seed
2	Transglutaminase	0	Goat	0	Shrimp/Prawn
1	Barnacle	0	Haddock	0	Sweet Potato
1	Blackcurrant	0	Hake	0	Swordfish
1	Horse	0	Herring	0	Tapioca
1	Pineapple	0	Honey	0	Tarragon
1	Redcurrant	0	Kiwi	0	Tea (Black)
1	Sole	0	Lamb	0	Tea (Green)
1	Walnut	0	Lemon	0	Thyme
0	Alga Spirulina	0	Lettuce	0	Trout
0	Artichoke	0	Liquorice	0	Tuna
0	Asparagus	0	Marjoram	0	Turbot
0	Aubergine	0	Melon (Galia/Honeydew)	0	Turkey
0	Banana	0	Milk (Buffalo)	0	Vanilla
0	Bayleaf	0	Millet	0	Veal
0	Beef	0	Mulberry	0	Venison
0	Beetroot	0	Mussel	0	Watercress
0	Blackberry	0	Octopus	0	Watermelon
0	Cabbage (Red)	0	Olive	0	Wild Boar
0	Camomile	0	Onion	0	Yuca
0	Caper	0	Ox		

* 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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