

Food Intolerance & U

216 Food Test





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?

2. **Your Test Result**

Sample Report



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

1



Who

Affects up to 45% of the population

2



Age

Can develop at any age

3



Symptoms

Can be between 2 hours and 72 hours

4

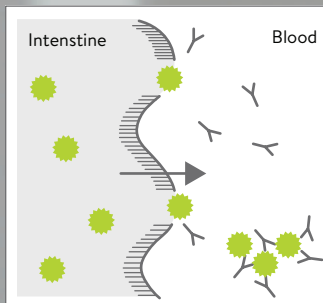


Cause

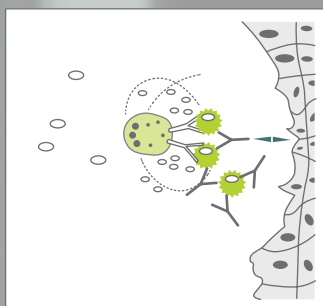
IgG is the most common antibody present in blood and other bodily fluids. It protects you against infections and any foreign proteins



What's Going On Inside



Immune complexes are formed and destroyed creating an inflammatory process which may result in tissue damage and symptoms or signs of disease



Intestinal wall is damaged, resulting in immune system initiating an immune response.

Get To Know Your Food Intolerances

Your DNA Health & Wellness food report is a concept that combines a sophisticated and reliable blood analysis for 216 of the most common intolerances across all food categories, including –

Gluten Containing Cereals	Gluten Free Cereals & Alternative Foods
Meat	Dairy & Egg
Fruits	Herbs & Spices
Nuts & Seeds	Vegetables
Legumes	Salads
Mushrooms	Fish & Seafood
Miscellaneous	

From this complete list, the test categorises these triggers based on how much they effect the IgG antibodies in your blood.

Class	Concentration (U/MI)	Result
0	≤ 7.50	No Reation
1	7.51 - 12.50	Weak Reaction
2	12.51 - 20.00	Moderate Reaction
3	20.01 - 50.00	Strong Reaction
4	> 50.00	Very Strong Reaction

2. Your Test Results

The image shows a man in a blue shirt looking at a clipboard held by a woman. The clipboard displays a 'FUUU' food frequency questionnaire chart. The chart lists various food items with corresponding scores. A large 'Sample Report' watermark is overlaid on the image.

Food Item	Score
Indian	165
Chicken	19
Vegetables	49
Tomato	49
Blueberries	20
Cherry	28
Watermelon	187
Cabbage	157
Meat	57
Egg	95
Pear	337
Carrot	699
Apple	59
Orange	72
Lemon	41
Strawberry	196
Candy	72
Fruit	94
Milk	218
Bread	122
Rice	122
Pasta	337
Potato	699
Olive oil	59
Beans	518
Softener seeds	518



EUROLINE-FOOD



You have decided on a test for food intolerance which determines antibodies of class IgG against many different foods and food additives.

Such tests are usually only performed when conventional medical tests and the treatments based on them do not lead to any significant improvements in health, or when classical diagnostics do not yield clear results.

Often it is patients themselves who look for alternative treatment methods by seeking out specialists who use a holistic approach to look for intestinal disorders as a cause of disease symptoms. In these cases, one of the methods included in a detailed anamnesis is the determination of antibodies against foods.

The production of antibodies against foreign substances (e.g. viruses, bacteria, as well as foods and food additives) is a normal physiological process, which does not necessarily lead to disease. A food intolerance develops when the patient has a (chronic) intestinal disorder which results in an increased permeability to food components. The components enter the blood stream, and the immune system may react by producing IgG antibodies against the foreign substances. This leads to the formation of so-called immune complexes, which can trigger a multitude of symptoms via inflammatory reactions.

The appearance of symptoms is always delayed (several hours to days after consumption of the foodstuff), and an association with a particular disease picture is often very difficult to establish, even for specialists. Often, the production of antibodies augments the symptoms of existing inflammatory diseases or the symptoms become recognisable for the first time.

For example, associations between food intolerance and gastrointestinal diseases, rheumatoid arthritis and skin disorders have been described. Antibody production also has an aggravating effect on the symptoms of migraine, ADHS or autism (strength and frequency of attacks). It can also influence fertility and aging or cause substantial weight changes.

You will receive the test results listed in two different ways.

1. Test results listed according to the **strength of the immune reaction**
2. Test results listed by **food category** (see below)

Food categories tested:

Gluten Containing Cereals	Gluten Free Cereals & Alternative Foods
Meat	Dairy & Egg
Fruits	Herbs & Spices
Nuts & Seeds	Vegetables
Legumes	Salads
Mushrooms	Fish & Seafood
Miscellaneous	

In your result report you will find the results for 216 different foods, which are all capable of inducing a food intolerance. Antibodies are determined for each food individually, with the exception of mushrooms, which are grouped into two mixtures due to the numerous different species.

You can see to what extent your body reacts to each food by looking at the strength of the immune reaction. The reactions are shown in 5 classes (from 0 to 4, colour coded). Results of classes 3 and 4 indicate a (very) strong immune reaction, class 2 shows a moderate reaction, and classes 0 and 1 indicate absence or only very small quantities of antibodies.



EUROLINE-FOOD



Class	Concentration (U/ml)	Result
0	≤ 7.50	No reaction
1	7.51 - 12.50	Weak reaction
2	12.51 - 20.00	Moderate reaction
3	20.01 - 50.00	Strong reaction
4	> 50.00	Very strong reaction

Please note:

The results obtained with the EUROLINE FOOD test do not represent a diagnosis and should not be used exclusively to establish a modification diet. The presence of antibodies alone does not indicate disease, but must be accompanied by associated symptoms. Please do not make a diagnosis yourself. Consult a qualified specialist to make decisions on measures to improve your health.

Generally, in cases of disease symptoms and immune reactions of class 4, we recommend eliminating the foods that induce a strong immune reaction from the diet for 3 months. For results of class 3, the respective food should be reduced or consumed on a 3-month rotation diet. With results of class 2, a food intolerance is rare. Results of class 0 and 1 show a normal physiological state.

A change in dietary habits or the complete elimination of one or more foods must always be carefully planned and supervised in order to ensure that essential nutritional components are consumed in sufficient quantities. Therefore, in cases of positive results, please seek the advice of a nutritionist or a similarly qualified person.

Please bear in mind that this test does **not** determine antibodies of class IgE, which occur in classic allergy (**food allergy**). Allergies manifest with immediate symptoms such as tingling in the mouth, hives, swelling of the lips, face, tongue and throat or in severe cases anaphylactic shock, making identification of the disease easier.

If you have a food allergy it is advisable to eliminate the foods that trigger positive reactions from your diet permanently. The same applies if you have coeliac disease or e.g. a lactose intolerance.

We hope that you are soon free of your health complaints.

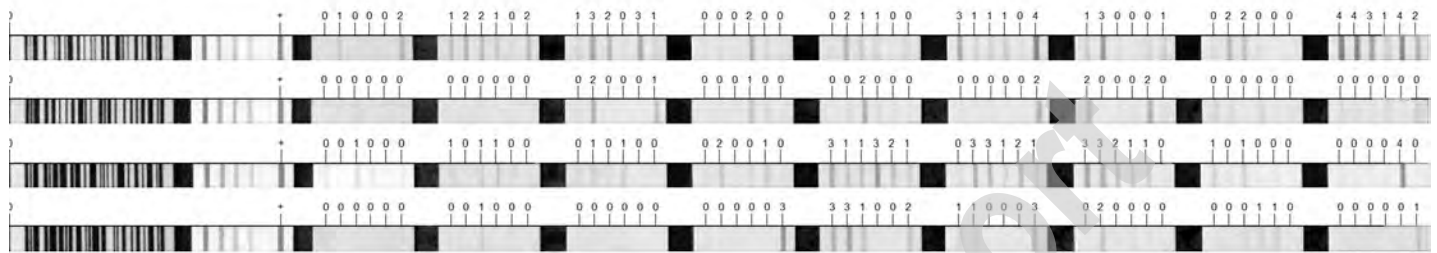
Yours sincerely

Patient ID:

DOB:

Patient name:

Results by strength of reaction



Very strong reaction Class 4	
Egg white (Chicken)	52.4
Gluten	52.1
Rapeseed	54.6
Spelt	53.8
Wheat flour	53.0

Strong reaction Class 3	
Bamboo shoots	20.6
Brussel sprouts	28.3
Cottage cheese	32.1
Cow's milk	40.2
Emmental cheese	26.3
Fennel	49.5
Ginger	27.6
Horseradish	20.0
Kale	22.5
Macadamia nut	30.5
Pine nut	20.9
Red cabbage	25.5
Rye flour	33.8
Sweet chestnut	49.7
Yogurt	26.5
Zucchini	26.5

Moderate reaction Class 2	
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Almond	19.4
Asparagus	13.7
Barley flour	18.3
Carrot	17.1
Casein	17.1
Chinese cabbage	13.0
Cumin	12.8
Date	18.6
Garlic	18.2
Green cabbage	13.0
Harricot bean	12.9
Jerusalem artichoke	12.53
Millet	13.7
Mustard seed	17.4
Pea	13.7
Processed cheese	18.9
Rice	16.6
Salmon	19.0
Soya bean	17.1
Tarragon	13.2
Turnip	16.6

Weak reaction Class 1	
Apricot	9.49
Artichoke	8.14
Avocado	10.03
Bell pepper	8.41



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DOB:

Blueberry	8.15	Sheep's milk	8.41
Brazil nut	10.85	String bean	9.76
Broad bean	10.34		
Broccoli	10.30	No reaction	Class 0
Butter	10.65	Agar-agar	3.37
Camembert	11.90	Aloe vera	0.67
Cantaloupe	9.32	Anchovy	0.53
Cauliflower	7.54	Anis	6.07
Cayenne pepper	8.70	Apple	2.37
Chard	10.03	Baker's yeast	0.00
Chicken	9.76	Baking powder	0.00
Coconut	10.59	Banana	2.37
Curd cheese	9.40	Basil	1.59
Curry	9.93	Bay leaf	2.02
Egg yolk (Chicken)	10.30	Beef	4.15
Fig	10.34	Beetroot	2.37
Goat's milk	9.76	Beta-Lactoglobulin	4.12
Gourd	12.21	Black currant	4.80
Guinea fowl	11.28	Black tea	1.06
Kefir	10.96	Blackberry	1.37
Lentil	12.45	Brewer's yeast	0.53
Lime	11.47	Buckwheat flour	0.00
Mozzarella	10.34	Caper	2.70
Mung bean	9.09	Carob	1.37
Oat flour	10.03	Carp	0.67
Ocean perch	9.62	Cashew nut	5.81
Pistachio	10.83	Caviar	1.35
Potato	8.14	Celery	1.78
Raisin	7.78	Chamomile	1.35
Rocket	12.21	Cherry	4.76
Savoy cabbage	10.34	Chickpea	6.86
Sheep's cheese	8.68	Chicory	2.74

Patient ID:

DOB:

Patient name:

Results by strength of reaction

Chili	1.78	Honey	2.64
Chive	3.37	Honeydew melon	6.86
Cinnamon	0.53	Hops	1.35
Clam	0.00	Horse	4.80
Clove	6.75	Iceberg lettuce	6.86
Cocoa bean	1.06	Kidney bean	5.49
Codfish	2.11	Kiwi	6.34
Coffee	0.53	Lamb meat	6.51
Cola nut	0.00	Leek	2.96
Coriander	2.02	Lemon	2.64
Corn	4.74	Lettuce	0.59
Corn salad	2.96	Liquorice root	1.37
Crab	2.02	Lobster	2.70
Cranberry	4.80	Lychee	2.70
Crayfish	0.53	Mackerel	2.70
Cucumber	7.11	Mango	0.67
Dill	2.02	Marjoram	2.02
Duck meat	4.80	Mint	1.35
Eel	3.37	Mushroom mix 1 (Oyster & White mushroom, Shiitake, Chanterelle)	0.00
Eggplant	5.92	Mushroom mix 2 (Bay Boletus, Boletus)	0.00
Flax seed	0.00	Nectarine	4.76
Gilthead seabream	4.05	Nutmeg	0.53
Goat	4.12	Octopus	0.00
Goat's cheese	4.74	Olive	4.15
Goose	2.74	Onion	3.55
Gooseberry	2.06	Orange	6.34
Grape (white/ blue)	1.06	Oregano	1.06
Grapefruit	6.87	Ostrich	5.49
Green tea	1.35	Oyster	6.75
Haddock	3.37	Papaya	4.05
Hazelnut	2.64	Parsley	2.11
Herring	2.02	Peach	1.59

Patient ID:

DOB:

Patient name:

Results by strength of reaction

Peanut	5.29	Sweet potato	6.17
Pear	0.53	Swordfish	3.70
Pepper (black/ white)	2.11	Thyme	2.64
Peppermint	2.11	Tomato	4.74
Pike	0.67	Trout	2.64
Pineapple	2.11	Tuna	3.17
Plum	5.29	Turbot	3.37
Pomegranate	2.70	Turkey	4.15
Poppy seed	3.17	Vanilla	5.81
Pork, cooked	0.59	Vine leave	1.37
Prawn	0.53	Walnut	1.06
Quail	2.74	Watermelon	6.34
Rabbit	6.17		
Radish	2.74		
Raspberry	1.35		
Red currant	1.37		
Roe deer	2.06		
Rose hip	0.67		
Rosemary	1.59		
Safflower oil	4.72		
Saffron	2.02		
Sage	1.35		
Sardine	2.02		
Sea bass	3.37		
Sesame	0.53		
Shallot	3.43		
Snow pea	1.37		
Sole	1.59		
Spinach	3.55		
Squid	2.02		
Strawberry	1.59		
Sunflower seed	1.59		

"Eat Better Live More"

DNA Health & Wellness

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Cleanse
Hydrate
Nourish
Regenerate
Glow
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Beauty

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Realise Your Potential

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