

Gut Health & U

Settling
your IBS



Sneha

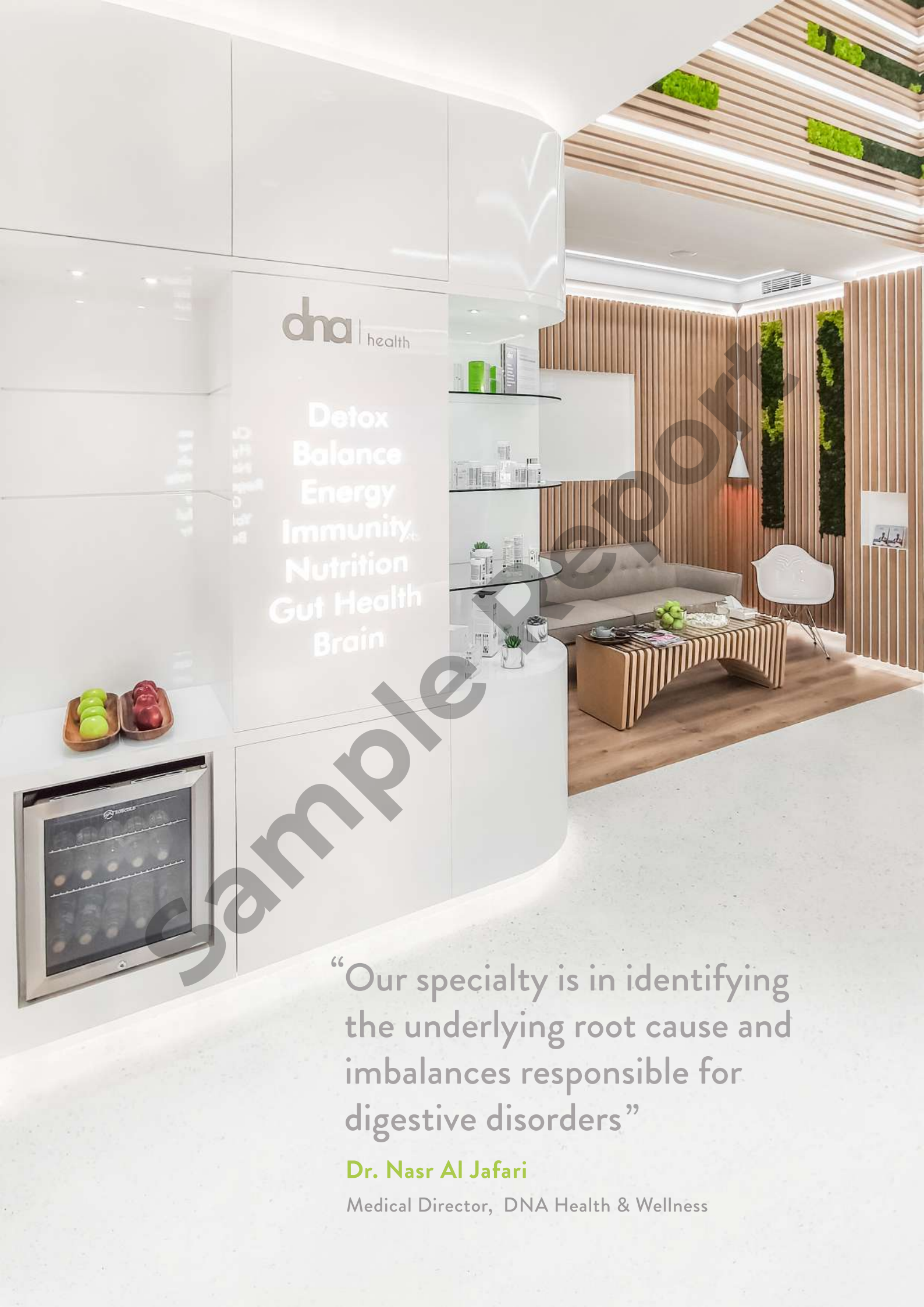
My symptoms had been controlling my life for years.
I am so thankful to Dr Nasr's team for shedding light
upon 18 years of suffering, giving me my life back and
handing back the key to my wellbeing.
Thank you so much!

- DNA client





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Detox
Balance
Energy
Immunity
Nutrition
Gut Health
Brain

“Our specialty is in identifying the underlying root cause and imbalances responsible for digestive disorders”

Dr. Nasr Al Jafari

Medical Director, DNA Health & Wellness

dna | health

About Us



Your gut healing journey
starts here

qua

Tired of being alone on your gut healing journey?

Practitioners who care about you, want you to get back to enjoying your life again and who have the education, skills and experience to make it happen.



Dr. Nasr Al Jafari
Medical Director

Dr Nasr Al Jafari, MD, is a Dubai-based Functional Medicine Practitioner and renowned functional gut health specialist. He has applied over 20 years of experience to develop a comprehensive scientifically-based program to help people heal their gut. He specializes in Irritable Bowel Syndrome (IBS), small intestinal bacterial overgrowth, chronic constipation, leaky gut and many more chronic digestive complaints.



Dr. Yosef Alsaieq
General Practitioner



Dr. Ivica Djupovac
General Practitioner



Christine Choueiri
Clinical Dietitian

Your Gut & U





Your gut feeling

More than 2000 years ago, Hippocrates said ‘all disease begins in the gut’. But only now are we beginning to understand why the gut is so central to health and wellness.

We cannot under-estimate the impact on digestion of the shift in our eating habits and lifestyle.

As many as 85% of adults in the western world suffer with some form of gut problem annually. Irritable Bowel Syndrome (IBS) is becoming a significant healthcare burden worldwide, affecting around 11% of the global population.

Apart from the ever increasing incidence of primary gut disorders, an unhealthy gut can contribute to a wide range of diseases including obesity, diabetes, autoimmune disorders, hormonal imbalances, chronic fatigue, autism, depression and cardiovascular disease.

Therefore, not only is identifying the underlying root cause critical to eradicating symptoms, it is also critical to improving your long-term health.

The facts

“As far as the mainstream approach to the gut is concerned, as long as you had abdominal pain and/or bloating, with constipation or diarrhoea, but didn't have colon cancer or inflammatory bowel disease, you were given the label 'Irritable Bowel Syndrome'(IBS)”

- Dr Nasr Al Jafari

IBS is not a diagnosis

IBS is technically not a diagnosis, rather a description of symptoms. Furthermore, the reason that an underlying cause and treatment for IBS is hardly ever identified for most people, is that you can not find a single cause and treatment for something that is not one condition.

Distraction of gut microbiome

Better insights in to the ecosystem residing in our intestines has provided support for the concept that a disruption of the gut microbiome may cause the onset and exacerbation of IBS-type symptoms. Up to 83% of patients with IBS have abnormal faecal biomarkers, and 73 percent have intestinal dysbiosis (i.e. a disrupted gut microbiome).

Identifying the root cause

Our highly specialized functional gut testing, with significant supporting research, can actually identify and subsequently help us treat the specific underlying disorder. Meaning the IBS 'life sentence' can be lifted, allowing our clients to get back to normal life.

The stress factor

Stress impacts greatly on motility, enzyme, bile and stomach acid secretions; intestinal permeability; and diversity of the microbiome. Once the stress has caused these functional and structural issues, they can't generally be undone by simply removing the stress. So, while activities that help manage stress may reduce the severity of your symptoms, treating the underlying cause of IBS is still paramount.



What's going on inside?

What exactly is a 'root cause' and why is it important?

Healing the gut is like any complex problem solving activity; you need to look beyond the symptoms and focus instead on the underlying root cause/s. Suppressing symptoms may result in short-term health improvement, but your original symptoms are likely to come back, and often progressively worsen, unless the underlying root cause is identified and treated.

1. **Small Intestinal Bacterial Overgrowth (SIBO)**

SIBO is characterised by an increased number and/or abnormal type of bacteria in the small intestine. These are mostly species that ferment carbohydrates into hydrogen gas or methane gas.

While both hydrogen and methane types typically result in abdominal bloating and distention, as with IBS sufferers, SIBO types are divided into one of three different categories; diarrhoea-dominant, constipation-dominant or alternating variations of both... sound familiar? Well that's because, according to some studies, as many as 85% of those diagnosed with IBS actually have SIBO

2. **Dysbiosis of the gut microbiome**

Often the result of antibiotics, a dysbiosis has traditionally been difficult to detect, using standard testing. After all, there is often nothing to actually find. It is, instead, a lack of number or diversity of beneficial bacteria that leads to the gradual onset of IBS-type symptoms, rather than the presence of any particularly bad bug.

3. **Intestinal hyperpermeability (Leaky Gut)**

When you have a 'leaky gut', it's like the doors are open between your intestines from your bloodstream. Macromolecules of food, toxins and pathogens that normally are not allowed through, now flow freely into your bloodstream, making your immune system wake up and start fighting. This is called an inflammatory immune response and causes all sorts of GI symptoms, such as those associated with IBS.

4. **Gut infections**

Infections anywhere from the stomach right through to the small intestine and the colon. They are caused by pathogens, the most common being

Parasites : Blastocystis hominis, Entamoeba histolytica, Giardia lamblia, Cryptosporidium parvu. Dientamoeba fragilis.

Bacteria : Helicobacter pylori, Citrobacter, Campylobacter, Clostridium difficile, Klebsiella pneumoniae.

Fungi/Yeast : Candida albicans.

Whether your immune system is strong enough to fight them off that really matters. It's why we have stomach acid, good bacteria in our gut and an immune system to fight back and keep these 'bad guys' at bay. But, if you are stressed, intoxicated, fatigued, have food sensitivities or any other illness or health condition, your immune system is likely to be compromised, increasing your risk of a gut infection with potentially lasting effects, like IBS symptoms.

5. Food sensitivities

Food sensitivities commonly present with many of the common IBS symptoms of gas, bloating, constipation, diarrhoea and abdominal pain. The most prevalent food triggers for IBS sufferers we see include reactions to gluten, dairy, eggs and nuts, amongst others. These include true allergies (IgE-mediated immune responses) or more mild intolerances (IgG-mediated immune response) as well as enzyme deficiencies leading to conditions like lactose or fructose malabsorption.

So while food triggers can definitely make symptoms worse, generally they aren't the end of the line, but rather a sign of a deeper root cause. And when that underlying root cause is identified and healed, avoiding foods forever should not be needed.

What's Next?

Healing the gut is a journey. Our Functional Medicine Team will work with you to help identify and treat your specific underlying causes, and put you on a path to optimal health & wellness.

You don't settle for a diagnosis of IBS!



How Does it Work?



Your steps to better health

Get to the root cause of your IBS and other digestive symptoms through our personalized process designed to bridge the gap between functional medicine and clinical nutrition for clients with imbalances beyond the reach of diet and exercise alone

The typical client healing journey takes anywhere from 3 to 12+ months and follows our personalized process. For a more detailed breakdown of each step in the process,

1. Initial consultation

- Review your medical history
- Identify testing required
- Initial diet, lifestyle & supplement recommendations



2. Testing

- Advanced GI Functional testing (either in-clinic or home kit)
- Return (home) kit to clinic
- Kit is analysed at a specialised laboratory



3. Results & recommendations

- Follow-up consultation to review and interpret your test results
- A personalised gut healing protocol detailing diet and lifestyle
- Comprehensive supplement protocol
- Detailed written report with summary of results, recommendations and next steps

4. On-going support

- Regular consultations with one of our team to review your progress and update your protocol
- Access to further supplements and follow-up testing
- Email and tele-conferencing support available



Note : Tests, consultations and follow-ups depends on package purchased.

Your Test Results

The image shows a man in a blue shirt looking at a food frequency questionnaire (FFQ) held by a healthcare professional. The FFQ is a grid of food items with frequency scales and calorie counts. The items are categorized by food groups: Vegetables, Fruits, Grains, Protein, and Other. The frequency scales range from 1 to 5, and the calorie counts are listed next to each item.

Food Item	Frequency Scale	Calories
Broccoli	1-5	155
Cauliflower	1-5	19
Tomato	1-5	49
Spinach	1-5	49
Cherry	1-5	20
Watermelon	1-5	28
Cabbage	1-5	107
Meat	1-5	157
Egg	1-5	57
Peanut	1-5	95
Corn	1-5	337
Pasta	1-5	899
Olive oil	1-5	59
Bacon	1-5	518
Soybean	1-5	118
Almond	1-5	112
Walnut	1-5	112
Apple	1-5	99
Orange	1-5	71
Lemon	1-5	22
Olive	1-5	41
Strawberry	1-5	59
Candy	1-5	71
Ice cream	1-5	99
Milk	1-5	28
Butter	1-5	112
Flour	1-5	112
Yeast	1-5	112

PATIENT: Sample Report

TEST NUMBER: #####
 PATIENT NUMBER: #####
 GENDER: Male
 AGE: 32
 DATE OF BIRTH: dd-mm-yyyy

COLLECTED: dd/mm/yyyy
 RECEIVED: dd/mm/yyyy
 TESTED: dd/mm/yyyy

TEST REF: TST-##-####

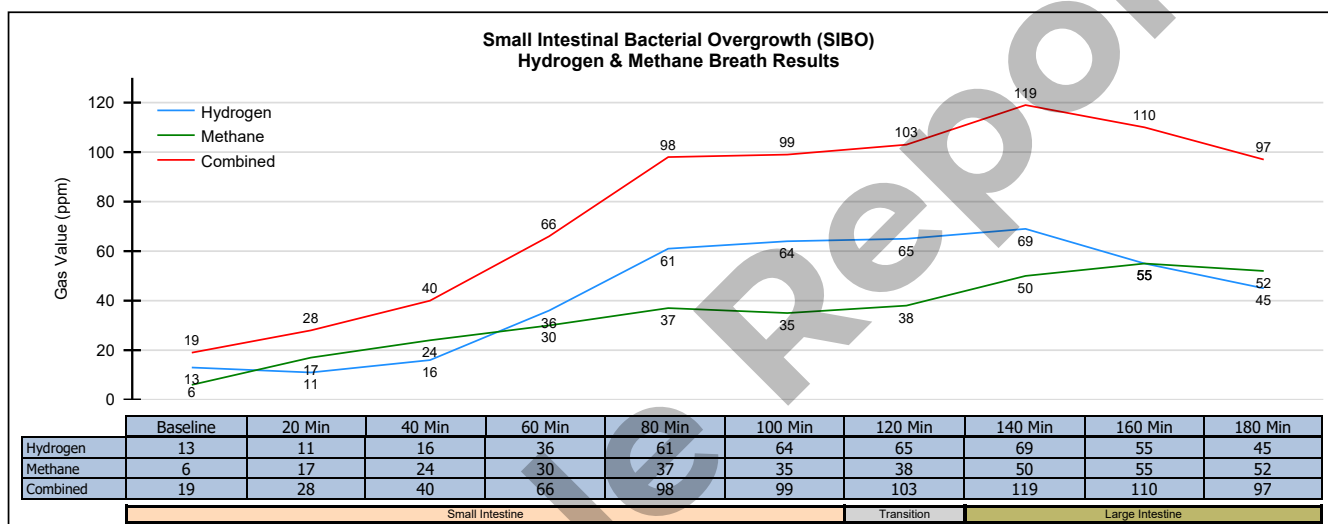
PRACTITIONER: Nordic Laboratories
 ADDRESS:

TEST NAME: Small Intestinal Bacterial Overgrowth (SIBO)
Summary Report of Hydrogen & Methane Breath Analysis with Carbon Dioxide Correction

 Sample Normalization¹

Gases Analyzed	Patient Result	Expected
Increase in Hydrogen (H ₂)	54 ppm (high)	< 20 ppm
Increase in Methane (CH ₄)	32 ppm (high)	< 12 ppm (< 3 ppm ²)
Increase in combined H ₂ & CH ₄	86 ppm (high)	< 15 ppm ³
Analysis of the data suggests	Bacterial overgrowth is suspected ^{2,3,4}	

Number	Expected Location	Collection Interval	ppm H ₂	ppm CH ₄	Combined	ppm CO ₂	fCO ₂
1	Small Intestine	Baseline	13	6	19	3.4	1.61
2		20 Min.	11	17	28	3.5	1.57
3		40 Min.	16	24	40	3.4	1.48
4		60 Min.	36	30	66	3.6	1.52
5		80 Min.	61	37	98	3.4	1.61
6		100 Min.	64	35	99	3.5	1.61
7	Transition	120 Min.	65	38	103	3.3	1.66
8	Large Intestine	140 Min.	69	50	119	3.4	1.61
9		160 Min.	55	55	110	3.5	1.57
10		180 Min.	45	52	97	3.4	1.61


Important Information - Please Read:

Breath analysis standards for abnormal tests are suggested if an increase of 20ppm for Hydrogen (H₂), 12ppm for Methane (CH₄), or a combined 15ppm for Hydrogen (H₂) & Methane (CH₄) is detected. Only the treating clinician is able to determine if there are additional factors that could have a material impact on the results of this analysis. A diagnosis can only be obtained from a medical professional that combines clinical information with the results of this breath analysis. The results of this Hydrogen (H₂) & Methane (CH₄) breath test should be utilized as a guideline only.

Quality Control

The laboratory performs quality control analysis on specimens processed using rigorous standard operating procedures, established in conjunction with Clinical Laboratory Improvement Amendments (CLIA). Hydrogen (H₂) & Methane (CH₄) breath test values are corrected by the performing laboratory's state-of-the-art solid state sensor technology & scientific algorithm for Carbon Dioxide (CO₂) content in the samples.

¹ The correction factor, f(CO₂) is used to determine if each sample is valid for analysis. A f(CO₂) close to 1.00 is indicative of a good alveolar sample, while a factor in excess of 4.00 is indicative of a poor sample.

² 3 ppm of CH₄ with reported constipation may be suggestive of small intestinal bacterial overgrowth.

³ A combined H₂ + CH₄ increase of 15 ppm or more may be suggestive of small intestinal bacterial overgrowth.

⁴ Elevated and sustained H₂ and/or CH₄ levels may be suggestive of small intestinal bacterial overgrowth.



PATIENT REPORT



FOODPRINT[®]

Food IgG Antibody Test

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)
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DAIRY / EGG

22	Alpha-Lactalbumin	89	Egg White	107	Milk (Cow)
9	Beta-Lactoglobulin	26	Egg Yolk	64	Milk (Goat)
107	Casein	4	Milk (Buffalo)	83	Milk (Sheep)

GRAINS (Gluten-Containing)*

79	Barley	37	Malt	51	Wheat
26	Couscous	48	Oat	24	Wheat Bran
27	Durum Wheat	19	Rye		
63	Gliadin*	25	Spelt		

GRAINS (Gluten-Free)

46	Amaranth	2	Millet	0	Tapioca
12	Buckwheat	3	Polenta		
75	Corn (Maize)	48	Rice		

FRUIT

16	Apple	18	Guava	31	Pear
14	Apricot	5	Kiwi	9	Pineapple
14	Avocado	7	Lemon	37	Plum
4	Banana	19	Lime	34	Pomegranate
7	Blackberry	12	Lychee	28	Raisin
16	Blackcurrant	14	Mango	10	Raspberry
24	Blueberry	3	Melon (Galia/Honeydew)	8	Redcurrant
6	Cherry	0	Mulberry	38	Rhubarb
25	Cranberry	17	Nectarine	17	Strawberry
1	Date	3	Olive	17	Tangerine
5	Fig	58	Orange	7	Watermelon
18	Grape (Black/Red/White)	13	Papaya		
13	Grapefruit	16	Peach		

VEGETABLES

14	Artichoke	10	Cauliflower	41	Potato
2	Asparagus	27	Celery	9	Quinoa
15	Aubergine	7	Chard	26	Radish
42	Bean (Broad)	11	Chickpea	3	Rocket
6	Bean (Green)	4	Chicory	2	Shallot
28	Bean (Red Kidney)	10	Cucumber	35	Soya Bean
80	Bean (White Haricot)	4	Fennel (Leaf)	15	Spinach
5	Beetroot	7	Leek	22	Squash (Butternut/Carnival)
8	Broccoli	26	Lentil	5	Sweet Potato
1	Brussel Sprout	3	Lettuce	11	Tomato
1	Cabbage (Red)	8	Marrow	6	Turnip
20	Cabbage (Savoy/White)	4	Onion	1	Watercress
7	Caper	90	Pea	13	Yuca
4	Carrot	4	Pepper (Green/Red/Yellow)		

Continued on next page...

Patient Name:
Patient Number:
Date of Birth:

Sample Date:
Analysis Date:
Clinic:

FISH / SEAFOOD

56	Alga Espaguette	5	Haddock	3	Sardine
5	Alga Spirulina	6	Hake	5	Scallop
107	Alga Wakame	5	Herring	0	Sea Bream (Gilthead)
6	Anchovy	1	Lobster	9	Sea Bream (Red)
3	Barnacle	6	Mackerel	2	Shrimp/Prawn
4	Bass	4	Monkfish	2	Sole
3	Carp	11	Mussel	21	Squid
5	Caviar	6	Octopus	2	Swordfish
12	Clam	5	Oyster	4	Trout
6	Cockle	2	Perch	6	Tuna
5	Cod	8	Pike	3	Turbot
1	Crab	5	Plaice	15	Winkle
14	Cuttlefish	4	Razor Clam		
4	Eel	3	Salmon		

MEAT

4	Beef	10	Ostrich	3	Turkey
2	Chicken	6	Ox	2	Veal
2	Duck	1	Partridge	6	Venison
5	Goat	4	Pork	1	Wild Boar
5	Horse	2	Quail		
3	Lamb	4	Rabbit		

HERBS / SPICES

7	Aniseed	5	Dill	13	Nutmeg
13	Basil	4	Garlic	7	Parsley
13	Bayleaf	19	Ginger	21	Peppercorn (Black/White)
2	Camomile	69	Ginkgo	14	Peppermint
6	Cayenne	20	Ginseng	10	Rosemary
3	Chilli (Red)	26	Hops	2	Saffron
13	Cinnamon	5	Liquorice	4	Sage
5	Clove	3	Marjoram	1	Tarragon
8	Coriander (Leaf)	16	Mint	6	Thyme
7	Cumin	5	Mustard Seed	2	Vanilla
46	Curry (Mixed Spices)	11	Nettle		

NUTS / SEEDS

70	Almond	73	Hazelnut	2	Rapeseed
64	Brazil Nut	3	Macadamia Nut	1	Sesame Seed
53	Cashew Nut	27	Peanut	53	Sunflower Seed
15	Coconut	23	Pine Nut	21	Tiger Nut
42	Flax Seed	68	Pistachio	11	Walnut

MISCELLANEOUS

>160	Agar Agar	13	Cocoa Bean	6	Tea (Black)
42	Aloe Vera	4	Coffee	3	Tea (Green)
27	Cane Sugar	85	Cola Nut	9	Transglutaminase
24	Carob	2	Honey	53	Yeast (Baker's)
8	Chestnut	22	Mushroom	77	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)

>160	Agar Agar	70	Almond	48	Rice
107	Alga Wakame	69	Ginkgo	46	Amaranth
107	Casein	68	Pistachio	46	Curry (Mixed Spices)
107	Milk (Cow)	64	Brazil Nut	42	Aloe Vera
90	Pea	64	Milk (Goat)	42	Bean (Broad)
89	Egg White	63	Glutadin*	42	Flax Seed
85	Cola Nut	58	Orange	41	Potato
83	Milk (Sheep)	56	Alga Espaguette	38	Rhubarb
80	Bean (White Haricot)	53	Cashew Nut	37	Malt
79	Barley	53	Sunflower Seed	37	Plum
77	Yeast (Brewer's)	53	Yeast (Baker's)	35	Soya Bean
75	Corn (Maize)	51	Wheat	34	Pomegranate
73	Hazelnut	48	Oat	31	Pear

BORDERLINE FOODS (24-29 U/ml)

28	Bean (Red Kidney)	26	Couscous	25	Spelt
28	Raisin	26	Egg Yolk	24	Blueberry
27	Cane Sugar	26	Hops	24	Carob
27	Celery	26	Lentil	24	Wheat Bran
27	Durum Wheat	26	Radish		
27	Peanut	25	Cranberry		

NORMAL FOODS (≤23 U/ml)

23	Pine Nut	16	Apple	13	Cocoa Bean
22	Alpha-Lactalbumin	16	Blackcurrant	13	Grapefruit
22	Mushroom	16	Mint	13	Nutmeg
22	Squash (Butternut/Carnival)	16	Peach	13	Papaya
21	Peppercorn (Black/White)	15	Aubergine	13	Yuca
21	Squid	15	Coconut	12	Buckwheat
21	Tiger Nut	15	Spinach	12	Clam
20	Cabbage (Savoy/White)	15	Winkle	12	Lychee
20	Ginseng	14	Apricot	11	Chickpea
19	Ginger	14	Artichoke	11	Mussel
19	Lime	14	Avocado	11	Nettle
19	Rye	14	Cuttlefish	11	Tomato
18	Grape (Black/Red/White)	14	Mango	11	Walnut
18	Guava	14	Peppermint	10	Cauliflower
17	Nectarine	13	Basil	10	Cucumber
17	Strawberry	13	Bayleaf	10	Ostrich
17	Tangerine	13	Cinnamon	10	Raspberry

Patient Name:
Patient Number:
Date of Birth:

Sample Date:
Analysis Date:
Clinic:

NORMAL FOODS ...continued

10	Rosemary	5	Cod	3	Melon (Galia/Honeydew)
9	Beta-Lactoglobulin	5	Dill	3	Olive
9	Pineapple	5	Fig	3	Polenta
9	Quinoa	5	Goat	3	Rocket
9	Sea Bream (Red)	5	Haddock	3	Salmon
9	Transglutaminase	5	Herring	3	Sardine
8	Broccoli	5	Horse	3	Tea (Green)
8	Chestnut	5	Kiwi	3	Turbot
8	Coriander (Leaf)	5	Liquorice	3	Turkey
8	Marrow	5	Mustard Seed	2	Asparagus
8	Pike	5	Oyster	2	Camomile
8	Redcurrant	5	Plaice	2	Chicken
7	Aniseed	5	Scallop	2	Duck
7	Blackberry	5	Sweet Potato	2	Honey
7	Caper	4	Banana	2	Millet
7	Chard	4	Bass	2	Perch
7	Cumin	4	Beef	2	Quail
7	Leek	4	Carrot	2	Rapeseed
7	Lemon	4	Chicory	2	Saffron
7	Parsley	4	Coffee	2	Shallot
7	Watermelon	4	Eel	2	Shrimp/Prawn
6	Anchovy	4	Fennel (Leaf)	2	Sole
6	Bean (Green)	4	Garlic	2	Swordfish
6	Cayenne	4	Milk (Buffalo)	2	Vanilla
6	Cherry	4	Monkfish	2	Veal
6	Cockle	4	Onion	1	Brussel Sprout
6	Hake	4	Pepper (Green/Red/Yellow)	1	Cabbage (Red)
6	Mackerel	4	Pork	1	Crab
6	Octopus	4	Rabbit	1	Date
6	Ox	4	Razor Clam	1	Lobster
6	Tea (Black)	4	Sage	1	Partridge
6	Thyme	4	Trout	1	Sesame Seed
6	Tuna	3	Barnacle	1	Tarragon
6	Turnip	3	Carp	1	Watercress
6	Venison	3	Chilli (Red)	1	Wild Boar
5	Alga Spirulina	3	Lamb	0	Mulberry
5	Beetroot	3	Lettuce	0	Sea Bream (Gilthead)
5	Caviar	3	Macadamia Nut	0	Tapioca
5	Clove	3	Marjoram		

* 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.

Your Gut Recovery Plan



1/1/2021

Settling your IBS

Dear SAMPLE REPORT,

It has been a pleasure to welcome you to our Clinic. The entire DNA Health team feels privileged to be a part of your journey to wellness and longevity.

1. Personal Goals and Tests

During your time with us you have highlighted the following personal goals;

- ✓ Find out Root Cause of Gut Issues
- ✓ Lose Weight
- ✓ Improve Energy & productivity

To help us assess and provide a basis to attain your goals we have carried out the following tests;

Test Performed
Food IgG Intolerance
Small Intestinal Bacterial Overgrowth (CH4 & H2) – 3-hr breath test

Note: Please refer to Laboratory Tests section for full test results. If you would like your test results sent to you electronically please do let us know.

The multidisciplinary team at DNA Health has thoroughly reviewed your test results. This data, along with the information you have provided, has enabled us to produce this highly specialised holistic management plan.

2. Key Findings of Test Results

We have highlighted certain tests results below, which we believe should be brought to your attention and may need further investigation.

Selected Test Results	Summary	Comments
Food IgG Intolerance	Inflammatory Marker	Multiple Elevated Foods
SIBO (CH4 & H2)	Fat Controller	Borderline

Note: Please refer to Laboratory Tests section for full test results. If you would like your test results sent to you electronically please do let us know.

Dr Nasr Al Jafari: Medical Director and Functional Medicine Practitioner

Summary

Recommendations

Nutritional

- 1.
- 2.
- 3.

Exercise

- 1.
- 2.
- 3.

Stress Control

- 1.
- 2.
- 3.

Sleep

- 1.
- 2.
- 3.

Executive Summary

Supplements

- 1.
- 2.
- 3.

Further Investigations

Follow-up

Attachments

- Guide to Anti-inflammatory Foods
- Guide to Gluten Free
- Guide to Meditation

Kind regards

Dr Nasr Al Jafari



Your Lifestyle Guide

We Put
U
at the
Center
of Your
Health &
Wellness



Anti Inflammatory

We have created an anti-inflammatory food pyramid to help you make optimal food choice every day



Foods to Avoid



A Guide to Eating Gluten-free

Cutting gluten out of your diet may seem difficult and restrictive. Fortunately, there are many healthy and delicious foods that are naturally gluten-free. These include fruits, vegetables, meat and poultry, fish and seafood, dairy products, beans legumes, and nuts.

Grains, Flours, and Starches

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Gluten-free

- Amaranth
- Arrowroot
- Bean flours (garbanzo, fava, Romano, etc.)
- Buckwheat, buckwheat groats (kasha)
- Cassava flour
- Chia seeds
- Corn (maize), cornmeal
- Flax, flax meal
- Hominy
- Manioc flour
- Mesquite flour
- Millet
- Montina flour
- Nut flours a& meals (almond, coconut, hazelnut, etc.)
- Oats (gluten-free)*
- Pea flour
- Potato flour, potato starch
- Quinoa
- Rice (all), rice bran
- Sago
- Sorghum flour
- Soy flour
- Tapioca flour
- Teff
- Yucca



* Gluten-free oats have a similar structure to gluten-containing grains. Also, they may be contaminated with gluten-containing grains during processing. Because of these factors, gluten-free oats may cause negative symptoms in some patients. Those with celiac disease and gluten intolerance should use caution when consuming oats.

Grains, Flours, and Starches

Gluten-Contain

- Amaranth
- Barley
- Bulgar (bulgur)
- Cereal binding
- Chapatti flour (atta)
- Couscous
- Kinkel
- Durum
- Einkorn
- Emmer
- Farina
- Farrow
- Fu
- Gluten, gluten flour
- Graham flour
- Kamut
- Malt (malt beverages, extract, flavoring, syrup, vinegar, etc.)
- Matzoh meal
- Oats (oat bran, oat syrup)*
- Orzo
- Rye
- Seitan (“wheat meat”)
- Semolina
- Spelt
- Textured vegetable protein (typically contains gluten)
- Triticale
- Wheat, all varieties (bran, germ, starch)



Gluten-Free Substitutes

Gluten-free alternatives to typical gluten-containing foods are now widely available in most grocery stores. This makes eating a gluten-free diet less of a hassle. But keep in mind that many products made with gluten-free alternatives include additives and fillers that help mimic the texture of gluten-containing products you're used to eating. Rather than relying on gluten-free convenience foods, it is important to base your diet around naturally gluten-free foods like fruits, vegetables, and other foods listed above.



Foods may or may not be hidden sources of gluten

The following foods may or may not be hidden sources of gluten. Read labels carefully when shopping, and ask restaurant staff to confirm that foods have not been dusted with flour or cross-contaminated in deep fryers.

- Brown rice syrup (made with barley enzymes)
- Candy, candy bars
- Cheesecake filling
- Eggs prepared in restaurants (sometimes include pancake batter)
- Energy bars
- French fries
- Granola bars
- Marinades
- Meat substitutes (vegetarian burgers, vegetarian sausage, imitation bacon, imitation seafood, etc.)
- Multi-grain or “artisan” tortillas and tortilla chips
- Pizza, gluten-free (restaurants offering gluten-free crusts do not always keep gluten-free items separate from the rest of the kitchen)
- Potato chips
- Pre-seasoned meats
- Processed lunch meats
- Salad dressings
- Self-basting poultry
- Soup
- Soy sauce
- Starch or dextrin (in meat or poultry products)
- Tater tots



Tips for Buying and Storing Gluten-Free Food

- Read labels. Remember that “wheat-free” is not the same thing as “gluten-free”. When in doubt, only purchase products with the certified gluten-free label.
- Read ingredient lists for any processed or packaged foods you buy, especially any foods that are cream-based. Wheat is often used in these products as a thickener.
- Many personal care products and nutritional supplements contain gluten. Be sure to choose brands that are gluten-free.
- Many gluten-free breads and pastas are stored in the refrigerated or frozen sections in the grocery store.
- If you can't find gluten-free grains or products in your regular grocery store, try looking in a specialty or health food store.
- Do not purchase gluten-free grains from the bulk section of the grocery store unless they are kept in a separate area from gluten-containing grains. The possibility for cross-contamination with gluten is much higher when gluten-containing and gluten-free grains are sold side by side.
- If not everyone in your household follows a gluten-free diet, store all gluten-free products in a separate cabinet or a separate shelf. Keep gluten-free foods on the top shelves away from gluten-containing foods on the lower shelves. Use separate toasters and pans, if necessary. This will help you avoid cross contamination.
- When purchasing beers, choose gluten-free brands that are made from gluten-free grains. Some gluten-free beers are made from gluten-containing grains that have been mechanically separated, and these beers may include up to 10 parts per million (10 ppm) of gluten per bottle. If gluten-free beer is not available, opt for cider, wine, or distilled spirits.



Meditate your way to a healthier gut

There is simply no way to avoid stress in normal, everyday life, so dealing with it is important and a great way to do this is to incorporate mindfulness meditation. Make mindfulness your first and last activity of the day.

We recommend the following Apps to help get you going

- www.headspace.com
- www.calm.com

How to Meditate

Meditation is simpler than most people think. Read these steps, make sure you're somewhere where you can relax into this process, set a timer, and give it a shot.

- 1. Take a seat**
Find a place to sit, stand or lie down that feels calm and quiet to you.
- 2. Set a time limit of between 5 -10 minutes**
If you're just beginning, it can help to choose a short time, such as five or 10 minutes. Pay attention to the environment, listening to the sounds, smelling what is around you, and feeling the temperature of the room.
- 3. Notice your body**
You can sit in a chair with your feet on the floor, you can sit loosely cross-legged, you can kneel—all are fine. Just make sure you are stable and in a position you can stay in for a while.
- 4. Feel your breath**
Follow the sensation of your breath as it goes in and as it goes out.
- 5. Notice when your mind has wandered**
Inevitably, your attention will leave the breath and wander to other places. When you get around to noticing that your mind has wandered—in a few seconds, a minute, five minutes simply return your attention to the breath.
- 6. Be kind to your wandering mind**
Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.
- 7. Close with kindness**
When you're ready, gently lift your gaze (if your eyes are closed, open them). Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions.



Your Health Questionnaire



Functional Medical Intake Form

Your Details

Name

Sample Report

Email

nas@dnahealthcorp.com

Gender

Female

Current Health Concerns

Please rank current and ongoing health concerns in order of priority

Bloating

Constipation

Fatigue

Brain fog

Your Medical History

The biggest challenge(s) to reaching nutrition and/or health goals

Limited time to prepare

Not sure what my underlying issues is

Google is confusing and everyone has an opinion

Nothing seems to work

If you could change 3-things about your health and nutritional habits, what would they be:

Erratic

Medical History: Illnesses/Conditions

Gastro-intestinal

Yes

As described - last 3 yrs

Musculoskeletal

No

Neurological

Yes

BRAIN FOG

Respiratory

No

Skin

No

Immune

No



Medical History: Illnesses/Conditions

Urinary

No
BRAIN FOG

Cardiovascular

No

Endocrine/Metabolic

YesYes

Eyes, Ears, Nose and throat

No

Mental Health

Yes
Low Mood

Cancer

No

Do you take any medications and /or supplements?

Vitamin B-Complex
Zinc
Vitamin D3
Probiotics

For Women Only

Are you pregnant?

Weeks

Are you breastfeeding?

How often do you breastfeed?

Dental History

Check if you have any of the following, and provide number if applicable:

None of the Above

Nutritional Habits

What diets, behaviors, etc. have been tried in the past?

Low Carb, Low Calorie, Keto-Diet



On average, how many meals do you eat everyday?

1 - 2 Meals

In the past 30 days, how many times did you eat out at restaurants?

10 or more times

Average percentage of Home Cooked Meals

50 %

Average percentage of Ready Made/Delivery Meals

50%

Do you suffer with any food allergies or intolerances?

Do not know what though

Do you follow any of these dietary restrictions? (Please select all that apply)

I do not follow any dietary restrictions

Smoking Habits? If yes. how many cigarettes and what type?

No

On average, how many cups of the following do you drink daily?

Vegetable Juices

Zero

Black Tea

1 - 3

Green Tea

Zero

Others

Fruit Juices

Zero

Milk

Less than 1

Soft Drinks (reg/diet)

Zero

Alcohol

Less than 1

Coffee

1 - 3

Herbal Tea

1 - 3



Diet

Please record what you eat on a typical day:

Breakfast

Skip

Lunch

Salad, rice or bread, Meat/fish

Dinner

Lighter version of above

Snacks

chocolate at night

Fluids

water, tea, coffee

Exercise Routine

What type of exercise or activity do you do?

Yoga / Pilates

Cardio or Aerobics - What's the duration of the exercise?

How many days a week?



Strength Training - What's the duration of the exercise?

How many days a week?

Yoga / Pilates - What's the duration of the exercise?

45 **How many days a week?** 3

Other Leisure Sports - What's the duration of the exercise?

How many days a week?

What time of day do you exercise?

Early Morning (5 AM to 7 AM), Morning (7 AM - 11 AM)

Any reason for not being able to be active?

work busy

On a scale of 1 (low) to 10 (high), how would you describe your energy levels?

6

Sleep & Stress

How many hours do you sleep on average?

7

What time do you go to sleep on weekdays?

10:00 PM

What time do you go to sleep on weekends?

10:00 PM

Do you have trouble sleeping?

Yes, I wake up many times at night

Have you experienced any major physical or emotional trauma in the past 5 years?

No

On a scale of 1 to 10, what level of stress do you feel you are experiencing at this time?

7

Do you use any coping mechanism?

No but open for suggestions



Your Environment

Are you married? if yes How many kids? (ages)

Yes

Do you have Kids ?

Yes

Ages

3, 3, and 6 monthd

Do you have any pets or farm animals?

No

Do your pets or farm animals live:

In your work or home environment are you regularly exposed to:

None

Share any thoughts or questions you would like to discuss during our meeting

No particularly above and beyond the aforementioned



"Eat Better Live More"

DNA Health & Wellness

dna | health

Cleanse
Hydrate
Nourish
Regenerate
Glow
Youthful
Beauty

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