

Essential Allergy Test

Blood Test Results






| | | | |
|---------------------|------------------------|--------------------|------------|
| Patient name | Michael Wood | Test Kit ID | f73f22c8 |
| Report Type | Essential Allergy Test | Report Date | 15/04/2024 |

Your Results Explained

Lifelab Testing are pleased to enclose your test results. Our laboratory has completed and validated the analysis of your blood sample for the following reactions:

Food Allergy - 38 items

Your results report will contain:

-  A summary of the specific reaction(s) tested.
-  Corresponding results to that specific reaction including the measurement and indicating class.
-  An explanation of the results and information on how to proceed following receipt of this information.

Results Summary

We have included a summary of the total indicating classes of your test to provide further context and clarity to the overall report.

The report has resulted in the following reaction indicating classes:

Food Allergy - 38 items
Allergen-specific IgE reaction  19  21

Yours sincerely,

Michelle Wakefield
Laboratory & Compliance Director
Lifelab Testing Limited








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| Patient name | Michael Wood | Test Kit ID | f73f22c8 |
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⚠ Important Information

Your results show your laboratory reaction level towards each item tested; the higher the reaction level, the higher the potential for a reaction to be present in the body.

Our results are reported in Units/mL (units per millilitres). Laboratory standards are calibrated according to the WHO reference serum 75/5021.

The identified Units/mL are assigned to the respective CAP classifications and provide a level of reaction classification:

| Class | Units/mL | Reaction Class | |
|-------|---------------|---|------------------------|
| 0 | <0.35 |  | NO REACTION |
| 1 | 0.35 - 0.69 |  | LOW REACTION |
| 2 | 0.70 - 3.49 |  | LOW REACTION |
| 3 | 3.50 - 17.49 |  | MEDIUM REACTION |
| 4 | 17.50 - 49.99 |  | MEDIUM REACTION |
| 5 | 50.00 - 99.99 |  | HIGH REACTION |
| 6 | >100 |  | HIGH REACTION |

A strong laboratory reaction does not always predict the experience of physical symptoms. It is therefore possible to have a strong reaction in testing and mild or no symptoms present in daily life.

Other important information

Our tests do NOT test for coeliac disease. If you have any medical condition, are pregnant, breastfeeding or below the age of 18, we recommend that all changes to your diet are made under the supervision of a healthcare professional.

Immune suppressant medications can affect the results of the testing. Antihistamines have also been shown to affect results and we advise prior to testing to stop antihistamine use for 3-5 days before taking your sample; however, we would recommend seeking advice from a medical professional before changing any medication.

Food & Inhalant Allergy Test

An allergy is the body's immune system responding to what would normally be considered a harmless substance. The body perceives this substance to be a 'threat' and produces an inappropriate response.

To test for food and inhalant allergies, our laboratory looks at Immunoglobulin E (IgE) levels in your blood. Elevated levels of allergen-specific IgE can be a good indicator for the presence of an allergy.

INHALANTS | TREE POLLEN | ALLERGY

| Item name | Units/mL | Reaction | Class | | | | | |
|-----------|----------|--------------|-------|----|----|----|----|----|
| | | | 1. | 2. | 3. | 4. | 5. | 6. |
| Birch | 0.35 | No Reaction | ○ | ○ | ○ | ○ | ○ | ○ |
| Hazelnut | 0.35 | No Reaction | ○ | ○ | ○ | ○ | ○ | ○ |
| Olive | 0.46 | Low Reaction | ● | ○ | ○ | ○ | ○ | ○ |
| Cypress | 0.35 | No Reaction | ○ | ○ | ○ | ○ | ○ | ○ |
| Ash | 0.35 | No Reaction | ○ | ○ | ○ | ○ | ○ | ○ |

INHALANTS | GRASS POLLEN | ALLERGY

| Item name | Units/mL | Reaction | Class | | | | | |
|---------------------|----------|---------------|-------|----|----|----|----|----|
| | | | 1. | 2. | 3. | 4. | 5. | 6. |
| Timothy grass | 0.35 | No Reaction | ○ | ○ | ○ | ○ | ○ | ○ |
| Rye | 0.46 | Low Reaction | ● | ○ | ○ | ○ | ○ | ○ |
| Bermuda/Couch grass | 100.00 | High Reaction | ● | ● | ● | ● | ● | ● |
| Bahia grass | 100.00 | High Reaction | ● | ● | ● | ● | ● | ● |

INHALANTS | WEED POLLEN | ALLERGY

| Item name | Units/mL | Reaction | Class | | | | | |
|------------------|----------|--------------|-------|----|----|----|----|----|
| | | | 1. | 2. | 3. | 4. | 5. | 6. |
| Ragweed | 0.46 | Low Reaction | ● | ○ | ○ | ○ | ○ | ○ |
| Mugwort | 0.35 | No Reaction | ○ | ○ | ○ | ○ | ○ | ○ |
| English plantain | 0.46 | Low Reaction | ● | ○ | ○ | ○ | ○ | ○ |

INHALANTS | PETS | ALLERGY

| Item name | Units/mL | Reaction | Class | | | | | |
|------------|----------|--------------|-------|----|----|----|----|----|
| | | | 1. | 2. | 3. | 4. | 5. | 6. |
| Cat hair | 0.35 | No Reaction | ○ | ○ | ○ | ○ | ○ | ○ |
| Horse hair | 0.46 | Low Reaction | ● | ○ | ○ | ○ | ○ | ○ |
| Dog hair | 0.35 | No Reaction | ○ | ○ | ○ | ○ | ○ | ○ |

INHALANTS | DUST | ALLERGY

| Item name | Units/mL | Reaction | Class | | | | | |
|------------------|----------|--------------|-------|----|----|----|----|----|
| | | | 1. | 2. | 3. | 4. | 5. | 6. |
| House dust mites | 0.46 | Low Reaction | ● | ○ | ○ | ○ | ○ | ○ |

INHALANTS | INSECTS | ALLERGY

| Item name | Units/mL | Reaction | Class | | | | | |
|-----------|----------|---------------|-------|----|----|----|----|----|
| | | | 1. | 2. | 3. | 4. | 5. | 6. |
| Cockroach | 100.00 | High Reaction | ● | ● | ● | ● | ● | ● |

INHALANTS | MOULD | ALLERGY

| Item name | Units/mL | Reaction | Class | | | | | |
|-----------------------|----------|---------------|-------|----|----|----|----|----|
| | | | 1. | 2. | 3. | 4. | 5. | 6. |
| Cladosporium herbarum | 100.00 | High Reaction | ● | ● | ● | ● | ● | ● |

FOODS | EGG | ALLERGY

| Item name | Units/mL | Reaction | Class | | | | | |
|-----------|----------|-------------|-------|----|----|----|----|----|
| | | | 1. | 2. | 3. | 4. | 5. | 6. |
| Egg white | 0.35 | No Reaction | ○ | ○ | ○ | ○ | ○ | ○ |

FOODS | MILK & OTHER DAIRY | ALLERGY

| Item name | Units/mL | Reaction | Class | | | | | |
|-----------|----------|---------------|-------|----|----|----|----|----|
| | | | 1. | 2. | 3. | 4. | 5. | 6. |
| Milk | 100.00 | High Reaction | ● | ● | ● | ● | ● | ● |

FOODS | SEAFOOD | ALLERGY

| Item name | Units/mL | Reaction | Class | | | | | |
|-----------|----------|---------------|-------|----|----|----|----|----|
| | | | 1. | 2. | 3. | 4. | 5. | 6. |
| Cod | 100.00 | High Reaction | ● | ● | ● | ● | ● | ● |
| Salmon | 0.46 | Low Reaction | ● | ○ | ○ | ○ | ○ | ○ |
| Crab | 0.00 | No Reaction | ○ | ○ | ○ | ○ | ○ | ○ |
| Shrimp | 0.35 | No Reaction | ○ | ○ | ○ | ○ | ○ | ○ |

FOODS | MEATS | ALLERGY

| Item name | Units/mL | Reaction | Class | | | | | |
|-----------|----------|--------------|----------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| | | | 1. | 2. | 3. | 4. | 5. | 6. |
| Meat | 0.46 | Low Reaction | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

FOODS | GLUTEN-CONTAINING GRAINS | ALLERGY

| Item name | Units/mL | Reaction | Class | | | | | |
|-----------|----------|--------------|----------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| | | | 1. | 2. | 3. | 4. | 5. | 6. |
| Wheat | 0.46 | Low Reaction | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

FOODS | GLUTEN-FREE GRAINS | ALLERGY

| Item name | Units/mL | Reaction | Class | | | | | |
|-----------|----------|-------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| | | | 1. | 2. | 3. | 4. | 5. | 6. |
| Rice | 0.35 | No Reaction | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

FOODS | BEANS | ALLERGY

| Item name | Units/mL | Reaction | Class | | | | | |
|-----------|----------|-------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| | | | 1. | 2. | 3. | 4. | 5. | 6. |
| Soy | 0.35 | No Reaction | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

FOODS | VEGETABLES | ALLERGY

| Item name | Units/mL | Reaction | Class | | | | | |
|-----------|----------|--------------|----------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| | | | 1. | 2. | 3. | 4. | 5. | 6. |
| Potato | 0.46 | Low Reaction | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Tomato | 0.35 | No Reaction | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Carrot | 0.35 | No Reaction | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

FOODS | NUTS & SEEDS | ALLERGY

| Item name | Units/mL | Reaction | Class | | | | | |
|-----------|----------|---------------|-------|----|----|----|----|----|
| | | | 1. | 2. | 3. | 4. | 5. | 6. |
| Peanut | 0.46 | Low Reaction | ● | ○ | ○ | ○ | ○ | ○ |
| Hazelnut | 0.46 | Low Reaction | ● | ○ | ○ | ○ | ○ | ○ |
| Almond | 100.00 | High Reaction | ● | ● | ● | ● | ● | ● |

FOODS | FRUITS | ALLERGY

| Item name | Units/mL | Reaction | Class | | | | | |
|------------|----------|---------------|-------|----|----|----|----|----|
| | | | 1. | 2. | 3. | 4. | 5. | 6. |
| Orange | 0.35 | No Reaction | ○ | ○ | ○ | ○ | ○ | ○ |
| Strawberry | 0.35 | No Reaction | ○ | ○ | ○ | ○ | ○ | ○ |
| Apple | 100.00 | High Reaction | ● | ● | ● | ● | ● | ● |
| Peach | 0.35 | No Reaction | ○ | ○ | ○ | ○ | ○ | ○ |

MISCELLANEOUS ALLERGY | ALLERGY

| Item name | Units/mL | Reaction | Class | | | | | |
|-----------|----------|--------------|-------|----|----|----|----|----|
| | | | 1. | 2. | 3. | 4. | 5. | 6. |
| CCD | 0.35 | No Reaction | ○ | ○ | ○ | ○ | ○ | ○ |
| Total IgE | 0.46 | Low Reaction | ● | ○ | ○ | ○ | ○ | ○ |

Total IgE measures the amount of IgE antibodies in the blood and is the sum of all the forms of IgE. Total IgE testing is used to help diagnose some health conditions including certain types of infections and immune disorders to provide and is an indicator of overall health.

CCD is our laboratory indicator to ensure your test has successfully been performed. CCD (Cross Carbohydrate Determinates) is used technically to interpret the presence of false positives. CCDs are similar structures that can bind with specific IgE antibodies. To medical professionals, this is used to determine if the CCD is causing a reaction rather than a specific allergen.

RECOMMENDATIONS BASED ON YOUR RESULTS

⚠ Important Information on Eliminating Foods

If you have ANY reactive foods in the 'Allergies' section we would recommend removing these from your diet.

⚠ Test Results and Symptoms

We are each unique and individual and this is particularly important to remember when considering physical symptoms and the impact our food and drink can have. A high sensitisation in testing may mean mild or no symptoms to some, whilst others may experience debilitating symptoms but have low sensitisation in testing.

Tree pollen

Tree pollens, such as Birch, Hazelnut, Olive, Cypress and Ash are typically most prevalent in the UK between February to June, but can be as early as January depending on environmental conditions. It is generally the first of the hay fever seasons experienced in the UK.

There are many factors involved in pollen production and dispersion such as the amount of sunlight available, how windy it is, how rainy it is. Monitoring the pollen count can help with understanding what the levels of pollen exposure may be.

Remaining indoors on high pollen days may help to reduce the symptoms experienced as a result of tree pollen allergies. If this is not possible then avoiding activities that increase pollen exposure such as tree cutting or raking leaves may help. Other ways of reducing exposure include showering and washing your hair after prolonged periods outdoors during a high pollen count, wearing a mask and wraparound sunglasses and a large, peaked hat, avoiding drying clothes outdoors and keeping doors and windows closed.

Grass pollen

Grass pollen is typically most abundant late spring to early summer in the UK. Symptoms of grass pollen allergy are like those of Tree Pollen and Weed Pollen with similar methods of managing pollen exposure. Regular mowing of grass can help to reduce the amount of pollen produced.

Weed pollen

Weed pollen season in the UK for Ragweed, Mugwort and English Plantain can begin in May, with pollen levels circulating until November. Managing symptoms through limiting exposure to pollen applied to weed pollens in the same way as tree pollen and grass pollen.

Pets

Pet dander (the skin cells that are shed by the animal) is the most common source of allergen produced by a pet. Other pet allergens such as saliva or urine are **not** tested for as part of the basic allergy test. Pet allergens can be found in areas where there

are no pets present, such as, in schools or public/communal spaces due to the transport of the allergens on a pet owners clothing. Pets can also transfer other allergens into/around the home, for example, pollen, house dust mites and mould, which may result in symptoms of allergy being experienced by association with the pet but not as a direct result of a pet-related allergen.

Dust

Dust mites are microscopic insects that thrive in carpets, rugs, blankets, pillows, stuffed animals (teddies) and mattresses amongst other places. Enzymes in the dust mites faeces and their shell can cause allergic symptoms. Dust mite covers, regular vacuuming and damp-dusting can help to manage allergen exposure. Washing bedding at 60 °C or setting the dryer to high heat can help to kill dust mites and manage allergen exposure.

Insects

Mould

Cladosporidium herbarum is a common fungus. It is a seasonal outdoor mould, with exposure typically rising during spring and peaking in late summer. The allergen can also exist indoors, with indoor spore concentrations reflecting on outdoor concentrations due to the mould being transported through the air easily. Use of dehumidifiers to reduce indoor humidity can help to reduce allergen exposure as can improving air flow through rooms and moving furniture away from walls.

Egg

Poultry meat provides a good source of protein. Chicken and turkey meat is low in fat. Poultry can be contained in ready-made food products, sauces, canned food and soups/ broths. Poultry meat proteins can also be present in medicines and vaccines. Chicken egg and egg products are widely used. Egg is often hidden in mayonnaise, gravies, pasta, pastries, icings, sausages, fruit and vegetable convenience food, ground meat and in most potato preparations. It can also be contained in salads, desserts, chocolate, marzipan, cocoa, instant beverages, liqueur, wine, sweet wine and shampoos. Eggs are also used for the production of vaccines. For more information please consult your doctor. Look out for the following ingredients on packaging: Ovo-albumin, ovo protein, E322, E1105 and ovomucoid. If in doubt contact the manufacturer directly. There are a number of good alternatives to using eggs in baking such as mashed banana, flaxseed or vegetable oil. One suggestion is whisking together 2x tablespoons of water, 1x teaspoon of oil and 2x teaspoons of baking powder. Please be aware that cross-reactions can occur with poultry meat and eggs from other species.

Milk & Other Dairy

Yogurt, and cream are made from milk. Milk may also be present in bread, pastries, meatballs, breaded meat and fish, gravies, soups, beverages, chocolate, caramel, mustard, mayonnaise, dressings, vegetarian spreads and cold meats. Look out for the following ingredients on packaging: lactalbumin, lactoglobulin, lactose, whey protein, whey powder, sweet whey, milk protein and milk powder. If in doubt contact the

manufacturer directly. There are many milk alternatives on the market now; soy, rice, oat, almond or coconut milk. Soy milk should only be used as an alternative if you do not have a soy allergy. Goat's products and sheep's products are an alternative option provided you did not react to these in testing. Most milk alternatives are fortified with calcium to provide an adequate calcium intake in case of milk allergy/intolerance. Vegetables are also a good source of calcium; kale, leek, fennel and broccoli. Please be aware that cross-reactions with beef may occur. If you have a reaction to casein and milk in testing, you probably cannot tolerate any dairy products at all. If you have reacted only to milk, you may tolerate cottage cheese and cheese better than fresh milk.

Seafood

Seafood is an excellent source of protein, B vitamins, vitamin A, vitamin D and minerals. Tuna is the richest source of protein, whilst cod, haddock and salmon provide similar amounts. Fish contains omega 3 fatty acids. Oily fish (herring, salmon and mackerel) are the richest sources and contain the most per portion, thereafter the best sources are tuna (White Albacore and Skipjack), tinned sardines, trout, oysters and mussels.

Meats

Meat is an excellent source of protein. The amount of nutrients contained in meat does depend upon the quality, source and cut of meat. Processed meat contains greater amounts of sodium. In general beef and lamb are good sources of iron, however iron can also be obtained from seeds (pumpkin seeds, sunflower seeds, sesame seeds), nuts, beans (lentils, kidney beans, chickpeas) and dark green leafy vegetables (spinach, kale). Meat can be found in ready-made products, gravies, tinned food, ready-made meals and soups/ broths. It can also be present in medicines and vaccines.

Gluten-Containing Grains

Grains containing gluten include wheat (and wheat varieties spelt, kamut, farro and durum, bulgar, semolina), barley, oats and rye. The gluten in each of the grains is slightly different, so you may react to the gluten in one grain but not another. We also test gluten separately; this is specifically wheat gluten. Reactions to grains aren't exclusively to the gluten, it is also possible to react to other parts of the grain so again you may find your results show a reaction to one gluten containing grain but not another. The wholegrain versions of these products provide an excellent source of complex carbohydrates, fibre, B vitamins, iron, magnesium and selenium. Wheat and barley are widely used in ready-made meals, breads, pasta, noodles, biscuits, cakes, pastries, cereal bars, snack foods, crackers, breakfast cereals and soups. Malt is also made from barley.

Gluten-Free Grains

Gluten-free grains provide an excellent alternative to gluten-containing grains; rice, corn, quinoa, amaranth, buckwheat, gluten-free oats and millet. In addition there are many alternative flour types; chestnut flour, soy flour, banana flour, coconut flour, gram flour. Gluten-free products can be found in most supermarkets.

Beans

Beans are an excellent source of protein (and particularly important if you're following a vegetarian or vegan diet), fibre, folate, potassium, iron and magnesium. They can be used in casseroles, curries, salads or as an accompaniment. Soy is mainly used in the form of soy flour, oil, milk and sauce and it can also be found in pastries, muesli, desserts, sweets, margarine and convenience food. Please also consider the hidden presence of soy in vegetable broth, spice mixtures, Asian dishes, pastries and confectionery, chocolate, cooking oil, dressings, meat products, snacks, baby and dietary products, and cosmetics. Soy has to be declared on food packaging so look out for the following ingredients; soy protein, soybean, glycine, binding agents, vegetable fat/ protein, soy lecithin, lecithin, E322 or meat substitute.

Vegetables

Vegetables are an excellent source of vitamins and minerals. Vegetables tend to offer different nutrients depending upon the colour. Therefore in order to consume a good range of nutrients in your diet the best advice is to 'eat a rainbow'. Dark green leafy vegetables such as spinach, rocket, kale are an excellent source of folate, vitamins C and K, carotenoids and the minerals iron and calcium. Cruciferous vegetables such as boy choy, broccoli, sprouts, cabbage, cauliflower and collard greens are rich in fibre as well as vitamin A carotenoids, folic acid and vitamin C.

Nuts & Seeds

Nuts and seeds are powerhouses full of key nutrients; iron, magnesium, calcium, potassium, selenium, manganese, copper, B vitamins, vitamin E, protein and healthy fats. The peanut has a particularly high protein, iron and magnesium content. It is often used for oil production. Peanut can be found in many products such as biscuits, muesli, chocolate, pudding, pastries, convenience food, Asian dishes, spices, granola bars and spreads. It can also be contained in milkshakes, breaded meat or fish, egg salads, chocolate bars, potato preparations, soups and meat salads, but also in alcoholic beverages and cosmetic products. Hazelnuts are rich in iron, magnesium, vitamin B6 and calcium. Hazelnuts can be found in pastries, sweets, muesli, and as oil. Walnuts are used for many dishes, such as casseroles, sweets, salads and soups. They can also be found in pastries and bread spreads. They are also used as tinting and tanning agents, as mordant and for the production of brandy. Almonds are a rich source of magnesium and vitamin E. Almond may be found in many foods, especially in natural foods. The most important almond-containing products are marzipan, almond oil for skin care, almond bran for skin cleansing and almond butter as baby food. It can also be found in confectionery products, muesli or liqueurs.

Fruits

Fruits are a rich source of vitamins and minerals. Like vegetables, fruits tend to offer different nutrients depending upon the colour. Therefore in order to consume a good range of nutrients in your diet the best advice is to 'eat a rainbow'. Bananas are generally eaten raw or they are processed to dry fruit or flour (diet food, bread additive). Furthermore, bananas can be found in many pastries, milk products, sweets, gravies, ice cream, fruit preparations and flour. In pastries, it is also used as a substitute for egg. Cross-reactions may occur with avocado, chestnut, watermelon, courgette and celery. Kiwi is particularly popular because of its high content of vitamin C. The recommended daily allowance of vitamin C can be met by eating only one or two Kiwis. Kiwi contains the enzyme actinidin, which is used in the food industry as a meat softener. Cross-reactions may occur with apple, hazelnut, walnut, peach, cherry, carrot, rye flour, wheat flour, potatoes and latex. Berries (strawberries, raspberries, cherries, blackberries, blueberries, red currant, cranberries and red grapes) are also a particularly good source of vitamin C as well as antioxidants.

Miscellaneous Allergy

Yeast is used in bread and bread rolls, cakes, pastries and beer. Yeast can also be found in spice mixtures, bouillons for drinking, bouillon cubes, bread spreads, spices and vitamin preparations. It can be also be present in fruit juices, wine, vinegar and may even be present in some pharmaceutical medicines.

No Allergies or Intolerances

It may be that your test has not identified any allergies, yet you are still experiencing symptoms. Do not despair this is a good starting point and one from which you can further explore the root cause of your symptoms. The best advice would be to take your test results to a Nutritionist to further understand your symptoms and find the underlying cause.

What happens next?

Elimination Diet

What is an elimination diet?

An elimination diet is the removal of those foods, which have been identified as causing an allergic or intolerant reaction, from your daily diet.

This sounds like a big undertaking but it can have profound effects on how you feel, your digestive system and lead to the eradication of physical symptoms you may have been experiencing.

The Elimination Diet

An elimination diet is an option to enable you to manage your food allergy or intolerance long-term. If you have been identified as having a food allergy we would recommend that an elimination diet is necessary long-term solution.

In the case of food intolerance, an elimination diet is also a method you can use to 'trial' and document the reintroduction of foods. Please remember that if you have been identified as having a food allergy we do not recommend the reintroduction of this food.

Depending on the foods identified in your test results and your current dietary choices you may feel daunted by this process. With the right help and guidance you can build a daily diet, which is both enjoyable and tasty, AND leaves you free from unwanted symptoms.

You may want to use the results to implement an elimination diet in order to:

1. Understand how you feel on the removal of the food(s), which have been identified through testing
2. If you reintroduce the food(s) how does it make you feel and do certain foods bring about physical symptoms**

If you have been identified as ALLERGIC to a certain food **we do not recommend the reintroduction of this food

Step-By-Step Process Of Using Elimination Diet

1. Refer to your test results to see which foods you need to remove
2. Refer to our guide for alternative foods to understand which foods you can use in place of the removed foods
3. Ensure you have been shopping and are fully prepared for the removal of the identified foods. Please note that it is important to remove all the foods identified initially

4. Take a note of the date you remove all the foods
5. For 3-4 weeks abstain from eating any of the identified foods

At this point you can assess how you feel, your energy levels, sleep, mood, digestion, bowel habits and physical symptoms.

6. If there are foods which you would like to try reintroducing** to understand whether they bring about physical symptoms you need to do so one at a time
7. After reintroducing a food (day 1), take note of any changes over the two following days (day 2 and 3), this is because food intolerance reactions can take a period of time to come about. You are looking for the following symptoms:

- Insomnia
- Fatigue
- Joint pain and/or inflammation
- Skin breakouts or rashes
- Headaches
- Bowel changes or GI pain
- Bloating
- Brain fog
- Sinus or other respiratory issues
- Changes in energy levels

8. You can repeat the process with another food on day 4 should you like

If you have been identified as ALLERGIC to a certain food **we do not recommend the reintroduction of this food

Why Might You Reintroduce A Food?

False Positives

Whilst every care is taken to ensure that blood allergy and intolerance testing is accurate, false positives do occur. Unfortunately they are a factor in laboratory testing.

So what does it mean? It means that although the test has shown that you are intolerant to a certain food this is false. If there is a food, which you suspect may have been identified falsely you can put this to the test using the elimination diet and subsequent reintroduction.

It is important that you pay close attention to symptoms and how you feel on the reintroduction of a food. Food intolerance symptoms can sometimes be very vague. The best method is to keep a food/symptom diary, you can do this on paper or if you'd prefer there are some excellent apps out there to choose from.

Mild Symptoms

It may be that you have removed a number of foods but there is one in particular that you suspect only causes you mild symptoms and you would like to put this to the test. It may be that once you understand the symptoms you decide that you will allow yourself to have this food irregularly, on a special occasion for example.

How To Make Your Elimination Diet A Success

An elimination diet can be challenging, the following tips will help you make it a success:

➤ Support

Enlist the help of those around you, family and friends, they can make it much more achievable and may even join you in eliminating foods to support you.

➤ Preparation

Make sure you are fully prepared. Check the foods/ recipes you regularly use to see where you need to make changes and stock up on alternative foods.

➤ Keep Note

Keeping track of how you feel and what changes you're experiencing can be very useful. It can be enlightening and provide a point of reference and affirmation if you find yourself questioning your reasons behind eliminating certain foods.

➤ Removal

The best way to ensure that you don't succumb to temptation is, either to hide, give away or throw away the foods you are eliminating. This way if you do have a moment of weakness you can't go to the kitchen cupboard to find that food.