

# 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**  
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# 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

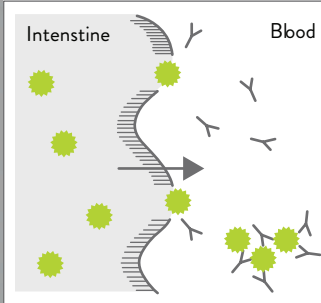
- ADHD
- Behavioral Problems
- Chronic Fatigue
- Depression
- Forgetfulness
- Insomnia
- Migraines



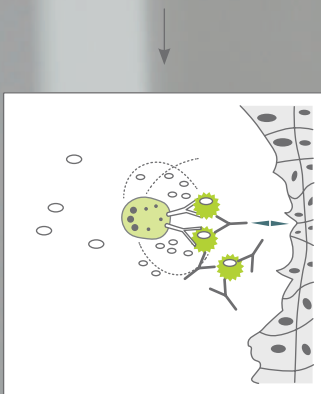
## The Facts

-  **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

# 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 240 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.

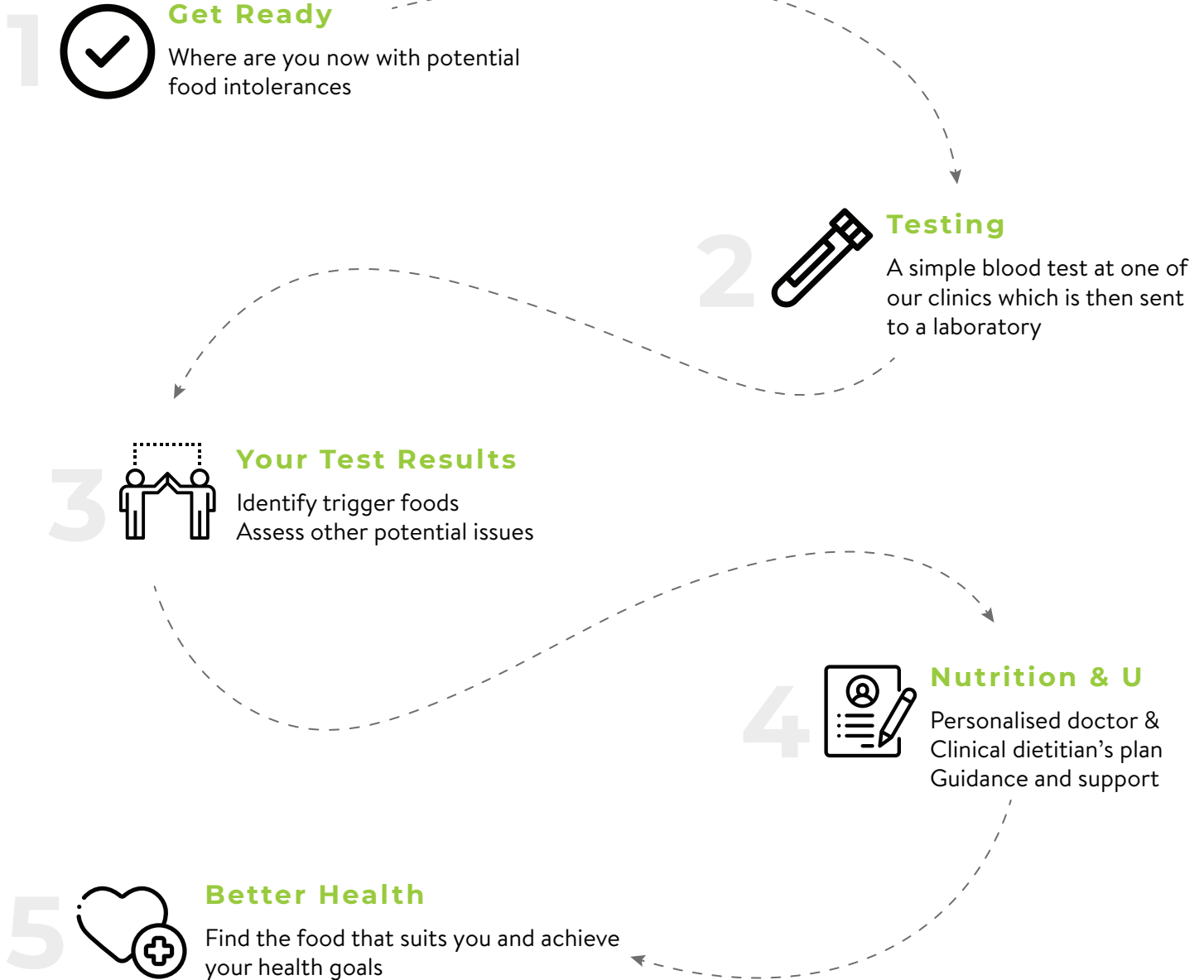
Overview: Strength of Reaction	Total Reactions
Class 5 & 6: strong reaction	19
Class 3 & 4: strong moderate reaction	13
Class 1 & 2: low moderate reaction	12
Class 0: no reaction	196
Not tested:	0
<b>Total Tested</b>	<b>240/240</b>

## 2. How It Works





# Steps To Better Health



## 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

The image shows a woman holding a clipboard with a food calorie chart. A man in a blue shirt is looking at the chart with a thoughtful expression. A hand holding a pen is visible on the right side of the frame. The chart lists various food items with their corresponding calorie counts.

FUUU!		Cal 100g	
Product	Cal 100g	Product	Cal 100g
Wheat	294	Peanut	155
Chick	371	Tomato	19
Fish	141	Blueberries	49
Carrot	33	Cherry	49
Apple	49	Watermelon	20
Orange	39	Cabbage	28
Lemon	31	Meat	197
Olive	22	Egg	57
Strawberry	41	Pear	95
Candy	396	Corn	307
Pine	72	Pasta	369
Milk	94	Olive oil	90
Beef	209	Beans	318
Rice	112	Safflower seeds	518



# 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



### Overview: Strength of Reaction

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# 4. Nutrition & U



A top-down view of a person's hands over a white spiral-bound notebook. The left hand holds a light-colored pencil, poised to write on the blank page. The right hand rests on the notebook. The scene is set on a light-colored surface scattered with various food items: orange slices, green leaves, a halved apple, walnuts, almonds, and other nuts. The person is wearing a light pink, ribbed sweater.

## 5. Your Medical History & Food Intolerance Results

# “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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