



Homoeopathic Health Clinic

Natural Energetic Healthier Lifestyle

PROFESSIONAL CONSULTATIONS | ALLERGY & FOOD INTOLERANCE TESTS



42 Panel Allergy Test

Test for 23 foods

19 environmental allergens

Professional Lab IgE Antibody
Blood Test

TEST 1

IgE Analysis 42 Panel Allergy Blood Test £150

Gut & IBS Health

COMPREHENSIVE 200 PANEL Food Intolerance Test

Professional Lab IgE
Antibody Blood Test



TEST 2

Food Intolerance 200 Foods Blood Test £175



Homoeopathic Health Clinic

Natural Energetic Healthier Lifestyle

PROFESSIONAL CONSULTATIONS | ALLERGY & FOOD INTOLERANCE TESTS

Quality & Assurance

- ❖ **Accurate & Reliable blood tests by Certified Labs**
- ❖ **Detailed Explanations & Advice by Health Experts**
- ❖ **Identify the causes affecting your health & understand how your body reacts to foods & environmental triggers**
- **The Laboratory Team** – has combined experience of 40 years in blood testing, healthcare and scientific research.
- **More Relevant Antigens** - Professional insight with food and drink sections and most relevant antigens.
- **Approved Antigens** - Our tests only use antigens from approved biotechnology suppliers, helping to ensure accuracy.

How It Works!

- **Initial Appointment** – Test includes 15 minutes appointment at our clinic for initial consultation, advice & we then take a finger prick blood sample/s.
- **Blood Samples** - The sample/s are then sent to certified lab for analysis for reaction of your IgE / IgG antibodies.
- **Full test report** - will be based on the test/s chosen on the day of sample taken, i.e: 42 food & environmental allergens or intolerance to 200 foods & drinks or any other tests chosen.
- ❖ **Results** - in pdf file will be sent to you within 5 to 7 working days by email or WhatsApp for you to download, and necessary information.
- ❖ **After Results** - We include 15 minutes discussion about your report by an appointment, on the phone or by video call.



All blood kits are UKCA and CE marked. The UKCA and CE markings comply with regulatory requirements.



Homoeopathic Health Clinic

Natural Energetic Healthier Lifestyle

PROFESSIONAL CONSULTATIONS | ALLERGY & FOOD INTOLERANCE TESTS

Food Allergy

VS

Food Intolerance

Estimated to affect **2%** of the UK population



Food allergy is mediated by **food-specific IgE** reactions

Symptoms could begin within **2 hours** of exposure

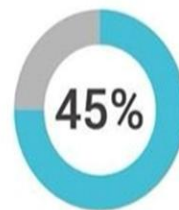


Symptoms can be **severe** and are potentially **fatal**

Course of action: avoiding triggers, use of **antihistamines** and **EpiPen**



Estimated to affect **45%** of the UK population



Food intolerance is mediated by **several** different types of reactions, including **IgG**

Symptoms could begin between **2 hours** to **72 hours**



Symptoms can be distressing but are **NOT** life-threatening

Course of action: food-specific **IgG** testing and avoiding **triggers**



- ❖ Over 30% of adults report some type of adverse reaction when eating food.
- ❖ In the UK, a significant portion of the population is affected by allergies, with an estimated 21 million people living with allergies, making it roughly one-third of the UK population.



Homoeopathic Health Clinic

Natural Energetic Healthier Lifestyle

PROFESSIONAL CONSULTATIONS | ALLERGY & FOOD INTOLERANCE TESTS

Sample Test Report



Client Name: Your Patient
Test ID: 00005066
Results Date: 06/09/2022

Dear Your,

Please see below the results of your **Premium Food Intolerance Test**. This test analysed your blood sample for food-specific (IgG) reactions to over 200 food and drink ingredients.

Premium Food Intolerance Test

20-100 HIGH REACTIVITY

12-19 BORDERLINE

0-11 NORMAL REACTIVITY

The results are listed in order of most reactive to least reactive.

Cocoa Bean	70	Lemongrass	4	Cinnamon / Clove	0
Grape (Pinot Gris/Grigio)	56	Lettuce	4	Coconut	0
Yeast	56	Onion	4	Eel	0
Lingonberry	54	Tapioca	4	Ginger	0
Aloe Vera	43	Asparagus	3	Goat	0
Egg Yolk	41	Celery	3	Grape (Cabernet Sauvignon)	0
Cow's Milk	32	Coriander / Cumin / Dill	3	Grape (Chenin Blanc)	0
Hazelnut	31	Juniper	3	Grape (Concord)	0
Egg White	29	Kale	3	Grape (Malbec)	0
Carrot	28	Orange	3	Grape (Merlot)	0
Green Tea	25	Salmon/Trout	3	Grape (Pinot Noir)	0
Sardines	25	Tomato	3	Grape (Riesling)	0
Goat's Milk	22	Vanilla	3	Grape (Sauvignon Blanc)	0
Lamb	21	Apricot	2	Guarana	0
Beef	19	Corn (Maize)	2	Haricot Bean	0
Crustacean Mix	19	Hemp	2	Hops	0
Pheasant	18	Hibiscus	2	Kiwi	0
Bamboo Shoots	16	Lentils	2	Lotus Root	0
Nutmeg / Peppercorn	16	Melon Mix	2	Lychee	0
Saffron	16	Mulberry	2	Mango	0
Sugar Cane	16	Pak Choi (Bok Choy)	2	Millet	0
Turkey	16	Pea	2	Mint Mix	0
Chicken	15	Soya Bean	2	Mustard Seed	0
Rooibos (Redbush Tea)	15	Anise Seed	1	Nettle	0
Wheat	15	Barley/Malt Mix	1	Nori Seaweed	0
Sheep's Milk	14	Beetroot	1	Oat	0
Chilli Pepper	13	Buckwheat	1	Okra	0
Cola Nut	13	Cloudberry	1	Olive	0
Mollusc Mix	12	Curry Leaves/Curry Powder	1	Papaya	0
Dandelion/Burdock Mix	11	Elderberry/Elderflower Mix	1	Parsley	0
Duck	11	Garlic	1	Parsnip	0
Peanut	11	Grape (Chardonnay)	1	Pear	0
Cardamom/Bay Leaf	10	Grape (Shiraz)	1	Peppers (Capsicum) / Paprika	0
Ginseng (Korean/Siberian Mix)	10	Grapefruit	1	Pineapple	0
Grape (Red/White Zinfandel Mix)	10	Kidney Bean	1	Plantain	0
Pumpkin	10	Linseed	1	Pomegranate	0
Aubergine (Eggplant)	9	Peach	1	Potato	0
Coffee	9	Rhubarb	1	Prune	0
Pork	9	Sesame Seed	1	Quinoa	0
Lime	8	String Bean	1	Rapeseed	0
Turnip	8	Turmeric	1	Raspberry	0
Bean Sprouts	7	Walnut	1	Rice	0
Cranberry	6	Water Chestnut	1	Rocket (Arugula)	0
Mustard Mix	6	Abalone/Cuttlefish	0	Rosehip	0
Swede (Rutabaga)	6	Agar Agar	0	Rye	0
Acai Berry	5	Agave	0	Spelt	0
Apple	5	Almond	0	Spinach	0
Cherry	5	Anchovy	0	Strawberry	0
Cucumber	5	Banana	0	Sunflower Seed	0
Gluten (Gliadin)	5	Blackberry	0	Sweet Potato	0
Mushroom	5	Blackcurrant	0	Tamarind	0
Oily Fish Mix	5	Blueberry	0	Tea	0
Plaice/Sole	5	Boysenberry	0	Tuna	0
Avocado	4	Carob	0	Vendace	0
Blackberry	4	Cashew	0	Venison	0
Brazil	4	Cassia	0	Wheatgrass	0
Jasmine	4	Chamomile	0	White Fish Mix	0
Lemon	4	Chickpea	0		



Homoeopathic Health Clinic

Natural Energetic Healthier Lifestyle

PROFESSIONAL CONSULTATIONS | ALLERGY & FOOD INTOLERANCE TESTS



Client Name: Your Patient

Test ID: 00005066

Results Date: 06/09/2022

HIGH REACTIVITY - indicates you have raised IgG antibody levels to these food(s) and you should try to eliminate them completely from your diet. You may benefit from removing all these foods from your diet.

BORDERLINE - indicates you have a borderline reaction to these foods and may or may not benefit by limiting their consumption.

NORMAL REACTIVITY - these foods can be eaten without restriction, unless you already know that they cause you a reaction and you have been avoiding them, in which case you should continue to do so.

Please note that this is a food intolerance test and not an allergy test. If you suffer classical allergic (IgE) reactions to any of these foods please do not eat them. Your test results are complementary to and not a substitute for the best medical help. The test will not identify all the different types of food sensitivity (such as lactose intolerance), and it is not diagnostic of coeliac disease. The advice given is not intended to replace any recommendations offered by your GP or Healthcare Practitioner, as they will have full details of your medical history.

If your chronic symptoms do not improve significantly over the next few weeks we advise you to contact a health professional. Changes should not be made to children's diets without first consulting a health professional.

Please be aware that you may notice some unexpected results from your food and drink intolerance test.

- There are many hidden ingredients in the things that we consume e.g. lychee can be found in sweetened alcoholic drinks, and beetroot is used in many things as a natural colourant. Therefore, you may not consciously be aware of eating some of the items that are flagged as **HIGH REACTIVITY** or **BORDERLINE**, so it is very important to always look at the list of ingredients carefully.
- Please also note that if you have already been successfully excluding certain foods from your diet due to a previously suspected intolerance then that intolerance may not show up on the results.
- There may be cross-reactivity between similar proteins in different foods. If you have a positive result to a food or drink ingredient that you do not normally eat then continue to avoid it.

Many people wish to start re-introducing ingredients into their diet following a period of exclusion. This must be done with care and slowly. Introduce one food or drink ingredient at a time and leave one week between the introduction of that ingredient and the next. If there are no symptoms after a few days then use that ingredient on a four day rotation to maintain increased tolerance. If at any time your symptoms start to return or you start to feel ill DO NOT continue with the re-introduction of that ingredient.

Individual Content of Mixes

Crustacean Mix	Crab / Lobster / Prawn / Shrimp
Melon Mix	Watermelon / Honeydew / Cantaloupe
Mint Mix	Mint / Sage / Basil / Thyme
Mollusc Mix	Mussel / Oyster / Scallop
Mustard Mix	Broccoli / Brussel Sprouts / Cabbage / Cauliflower
Oily Fish Mix	Herring / Mackerel
White Fish Mix	Cod / Haddock

❖ Clear **colour coded detailed** results – to food reactions, showing from high, borderline & normal reactivity, instead of just '+ve' or '-ve'.



Homoeopathic Health Clinic

Natural Energetic Healthier Lifestyle

PROFESSIONAL CONSULTATIONS | ALLERGY & FOOD INTOLERANCE TESTS

Sample Test Report - Food & Environmental Allergy Test

Results Date: 4/3/2021

Dear Sabrina,

Please see below the results of your **Food & Environmental Allergy Test**. This test analysed your blood sample for allergy (IgE) reactions to 23 food and 19 environmental allergens.

Results are reported on a scale of 0 to 6, where 6 is the highest score.

5-6 HIGH REACTION 3-4 MEDIUM REACTION 1-2 LOW REACTION 0 NO REACTION

FOOD	CLASS SCORE
Shrimp	3
Almond	0
Apple	0
Carrot	0
Cod	0
Crab	0
Egg White	0
Hazelnut	0
Meat mix (pork, beef, chicken, lamb)	0
Milk	0
Orange	0
Peach	0
Peanut	0
Potato	0
Rice	0
Salmon	0
Soy	0
Strawberry	0
Tomato	0
Wheat	0

ENVIRONMENTAL	CLASS SCORE
House dust mites (D. pteronyssinus and D. farinae)	3
Ash (European)	0
Bahia grass	0
Bermuda grass	0
Birch	0
Cat dander	0
Cladosporium	0
Cockroach	0
Common ragweed	0
Cypress	0
Dog dander	0
English plantain	0
Hazelnut pollen	0
Horse dander	0
Mugwort	0
Olive	0
Rye	0
Timothy grass	0

YOU MUST ALWAYS BE CAUTIOUS WHENEVER AN ALLERGIC RESPONSE IS SUSPECTED. WE RECOMMEND THAT YOU DISCUSS ANY POSITIVE RESULTS WITH YOUR GP OR PHARMACIST.

The presence of IgE antibodies is only an indication that you may be allergic to a particular substance (allergen). This is not a definitive diagnosis on its own as reactions will only show up on the test if you have been exposed to the particular allergen previously. Results must always be considered in conjunction with clinical symptoms.

If you have been previously advised of an allergy but your **Food & Environmental Allergy Test** results do not show a positive result you **MUST** continue to avoid the known cause of the allergy. If you know that you have a bad reaction to a particular food then **DO NOT** eat it. An allergy test negative result **DOES NOT** mean that you are not allergic to the particular food or environmental factor. **POTENTIALLY FATAL ANAPHYLACTIC REACTIONS OF VARYING SEVERITY CAN STILL OCCUR ON EXPOSURE TO ALLERGENS EVEN IF YOU OBTAIN A NEGATIVE RESULT FROM THE TEST.**

You **MUST** always use caution whenever an allergy is suspected. It is advisable to discuss any results you are concerned about with your GP or Pharmacist.

Special Offer £50 off – Combined tests T1 & T2 = £275



Homoeopathic Health Clinic

Natural Energetic Healthier Lifestyle

PROFESSIONAL CONSULTATIONS | ALLERGY & FOOD INTOLERANCE TESTS

OTHER RECOMMENDED TESTS

Essential Health Check £75

Prioritise the journey to improving your health and wellbeing with our Essential Health Check....

❖ **Test for 18 different health markers, covering: cholesterol and triglycerides, liver function, vitamin D, iron deficiency and B12**

- ❖ Simple finger-prick blood test
- ❖ Provides hospital standard, easy-to-read, colour coded results
- ❖ Supporting guidebook provided to help you make effective lifestyle changes
- ❖ Receive advice to better support your overall health
- ❖ *Recommended for aged 18 years or over to take this test (*This test is not available to females who are pregnant or breastfeeding)

Junior Food Intolerance Test £150

Discover your child's IgG reactive foods and optimise your child's diet by finding out which foods they are reacting to....

➤ **Suitable for children aged 2yrs old - 17yrs old**

- Convenient simple finger-prick blood test
- Test IgG reactions to over 100 food and drink ingredients
- Easy-to-read, colour coded results
- Includes one 15-minute consultation with one of our therapists
- Aftercare includes intolerance values guidebook

For A Healthier Food Tolerance & an Allergy FREE Lifestyle for you & your Family >> GET TESTED NOW
