



# Food Intolerance Test Results

for

# Example Client

Sample Date: 9th April 2018

Laboratory Number: 3304182514742

Date of Birth: 12th December 1977



Thomas Cookson  
Brunel Health  
Brunel Street  
Brunel Village  
Bruneltown  
EX20 4PR

Dear Thomas

Brunel Health are pleased to enclose test results for your client, Example Client. Our laboratory has analysed your client's blood sample against 134 food and drink antigens. You will find enclosed results showing their food specific IgG reactions.

The Brunel Scale of Reactivity shows reactions on a level of 0-5.

**A level 0 reaction** shows that there are no raised IgG antibodies to these foods and drinks. The foods can be consumed by the client, providing no pre-existing reactions or sensitivities exist.

**A reaction level of 1** shows a mild IgG antibody response. Your client may benefit from limiting their consumption of any foods and drinks in this category.

**A reaction level of 2-5** indicates a raised level of IgG antibodies to any foods and drinks in this category. These foods and drinks should be removed and suitably replaced in the client's diet.

Brunel Health have conducted a food specific IgG antibody test on your client's blood sample. This test does not diagnose coeliac disease, lactose intolerance, a food allergy (IgE reaction) or any other medical condition. If your client has any pre-existing reactions to foods or drinks, they should continue to avoid these.

If your client does not see an improvement in their problems after removing their IgG reactive foods, they should seek advice from a Healthcare Professional.

If your client has any medical conditions, is below the age of 18, or is pregnant or breast feeding – we advise that any changes in diet should be made under the supervision of a Healthcare Professional.

Yours in health,

*Dr Peter Horlock*

Dr Peter Horlock  
Laboratory Director - Brunel Health



Dear Example

Brunel Health are pleased to enclose your test results. Our laboratory has analysed your blood sample against 134 food and drink antigens. You will find enclosed results showing your food specific IgG reactions.

The Brunel Scale of Reactivity shows reactions on a level of 0-5.

**A level 0 reaction** shows that there are no raised IgG antibodies to these foods and drinks. The foods can be consumed as normal, providing you have no pre-existing reactions or sensitivities.

**A reaction level of 1** shows a mild IgG antibody response. You may benefit from limiting your consumption of any foods and drinks in this category.

**A reaction level of 2-5** indicates a raised level of IgG antibodies to any foods and drinks in this category. These foods and drinks should be removed and suitably replaced in your diet under the supervision of your Brunel Health Practitioner.

Brunel Health have conducted a food specific IgG antibody test on your blood sample. This test does not diagnose coeliac disease, lactose intolerance, a food allergy (IgE reaction) or any other medical condition. If you have any pre-existing reactions to foods or drinks you should continue to avoid these.

If you do not see an improvement in your problems after removing the IgG reactive foods, you should seek advice from a Healthcare Professional.

If you have any medical conditions, are below the age of 18, or are pregnant or breast feeding - we advise that any changes in your diet should be made under the supervision of a Healthcare Professional.

Yours in health,

*Dr Peter Horlock*

Dr Peter Horlock  
Laboratory Director - Brunel Health





## Grains and Staples

Grains make up a large proportion of the traditional western diet. Most people will eat some form of Grains or Staple ingredients with each meal. If you have reactions to any grains that you eat regularly, it is important that you discuss suitable replacements with your Brunel Health Practitioner.

### Your reaction to Grains and Staples

Food Type	Reaction Level	Food Type	Reaction Level	Food Type	Reaction Level
Barley	0	Gluten	3	Wheat	2
Brown Rice	0	Oats	0	White Rice	0

### Action Needed

The laboratory reports that your blood has been successfully analysed for reactions against 6 Grains and Staples, and has identified more than 1 food specific IgG reaction to the antigens tested.

If you have any questions or concerns about your Grain or Staple intake, you should speak with the practitioner that arranged the test for you.

### Notes



## Dairy and Eggs

Dairy and Eggs are commonly consumed not only as standalone foods but also as the base for many recipes. Both provide crucial vitamins and minerals, essential amino acids and are also sources of protein and fats. If you have any reactions in this category, your Brunel Health Practitioner will recommend suitable alternatives, to ensure you are still following a diet with adequate nutritional balance.

### Your reaction to Dairy and Eggs

Food Type	Reaction Level	Food Type	Reaction Level	Food Type	Reaction Level
Goat Milk	0	Casein	0	Egg White	0
Sheep Milk	0	Whey	0	Egg Yolk	0
Cow Milk	0	Whole Egg	0		

### Action Needed

The laboratory reports that your blood has been successfully analysed for reactions against 8 dairy products. There were no food specific IgG reactions to any of the antigens tested.

If you have any questions or concerns about your Dairy or Egg intake, you should speak with the practitioner that arranged the test for you.

### Notes



## Meat and Fish

Meat and Fish are eaten regularly by most as part of a varied diet. Meat and Fish products provide a source of protein, vitamins and minerals and essential fatty acids. If you have any reactions in this category, you should discuss suitable alternatives with your Brunel Health Practitioner.

### Your reaction to Meat and Fish

Food Type	Reaction Level	Food Type	Reaction Level	Food Type	Reaction Level
Beef	0	Cod	0	Salmon	0
Chicken	0	Crab	0	Sardine	0
Duck	0	Haddock	0	Shrimps	0
Lamb	0	Lobster	0	Trout	0
Pork	0	Mackerel	0	Tuna	0
Turkey	0	Prawns	0	Crayfish	0

### Action Needed

The laboratory reports that your blood has been successfully analysed for reactions against 18 types of meat and fish. There were no food specific IgG reactions to any of the antigens tested.

If you have any questions or concerns about your Meat or Seafood intake, you should speak with the practitioner that arranged the test for you.

### Notes



## Nuts, Seeds and Beans

Nuts, Seeds and Beans are often used as snacking options, as well as ingredients in popular meals. These foods offer a range of nutrients, essential amino acids and dietary fibre. Therefore, if any reactions that are encountered within this section, it will be important to discuss adequate nutritional replacements with your Brunel Health Practitioner.

### Your reaction to Nuts, Seeds and Beans

Food Type	Reaction Level	Food Type	Reaction Level	Food Type	Reaction Level
Almond	0	Walnut	0	Cocoa Bean	0
Brazil Nut	0	Coconut	0	Green Bean	0
Cashew Nut	0	Flax Seed	0	Haricot Beans	0
Hazelnut	0	Sesame Seed	0	Kidney Beans	0
Peanut	0	Sunflower Seed	0	Soybean	0
Pistachio	0				

### Action Needed

The laboratory reports that your blood has been successfully analysed for reactions against 16 nuts, seeds and beans. There were no food specific IgG reactions to any of the antigens tested.

If you have any questions or concerns about your Nut, Seed or Bean intake, you should speak with the practitioner that arranged the test for you.

### Notes



## Herbs, Spices and Oils

Herbs, Spices and Oils are often overlooked as potential reactive ingredients they are commonly encountered in many meals and snacks. If reactions are shown in this section, you should look to use other ingredients to flavour and enhance your diet. Your Brunel Health Practitioner will discuss these options in more detail.

### Your reaction to Herbs, Spices and Oils

Food Type	Reaction Level	Food Type	Reaction Level	Food Type	Reaction Level
Cinammon	0	Vanilla	0	Olive Oil	0
Garlic	4	Coconut Oil	0	Peanut Oil	0
Ginger	0	Corn Oil	0	Sesame Oil	0
Flaxseed Oil	0	Sunflower Oil	0	Paprika	0

### Action Needed

The laboratory reports that your blood has been successfully analysed for reactions against 12 herbs, spices and oils, and has identified a food specific IgG reaction to one of the antigens tested.

If you have any questions or concerns about your Herbs, Spice or Oil intake, you should speak with the practitioner that arranged the test for you.

### Notes



## Vegetables

A wide range of Vegetables are enjoyed as part of a healthy and balanced diet. Vegetables contribute vitamins, minerals and fibre. If there are reactions to Vegetables, there will be suitable replacements that can be used as alternatives that provide a similar nutritional profile. Your Brunel Health Practitioner will discuss how you may remove them.

### Your reaction to Vegetables

Food Type	Reaction Level	Food Type	Reaction Level	Food Type	Reaction Level
Avocado	0	Lettuce	0	Spinach	0
Broccoli	0	Mushroom	0	Sweet Potato	0
Cabbage	0	Onion	0	Sweetcorn	0
Carrot	0	Pea, Garden	0	Tomato	0
Cauliflower	0	Peppers	0	Turnip	0
Chick Pea	5	Scallion	0	White Potato	0
Cucumber	0				

### Action Needed

The laboratory reports that your blood has been successfully analysed for reactions against 19 vegetables, and has identified a food specific IgG reaction to one of the antigens tested.

If you have any questions or concerns about your Vegetable intake, you should speak with the practitioner that arranged the test for you.

### Notes



## Fruit

Often enjoyed as a snack in many diets, Fruits are found as ingredients in many prepared dishes and drinks that are consumed regularly. Fruit intake contributes a large proportion of vitamins and minerals for most, and therefore it is important to ensure any reactive fruits are adequately replaced. You can discuss this with your Brunel Health Practitioner.

### Your reaction to Fruit

Food Type	Reaction Level	Food Type	Reaction Level	Food Type	Reaction Level
Apple	0	Grape - White	0	Peach	0
Apricot	0	Grapefruit	0	Pear	0
Banana	0	Honeydew Melon	0	Pineapple	0
Blackberry	0	Lemon	0	Raisins	0
Blueberry	0	Lime	0	Raspberry	0
Cantaloupe Melon	0	Mango	0	Strawberry	0
Cherry	0	Olive	0	Sultana	0
Cranberry	0	Orange	1	Watermelon	0
Grape - Red	0				

### Action Needed

The laboratory reports that your blood has been successfully analysed for reactions against 25 fruits, and has identified a food specific IgG reaction to one of the antigens tested.

If you have any questions or concerns about your fruit intake, you should speak with the practitioner that arranged the test for you.

### Notes



## Drinks

IgG reactions can be triggered by drinks as well as foods of course. Most people consume hot and cold beverages on a daily basis, so it is important to act on results within this section if any reactions are shown. Your Brunel Health Practitioner will help with suggestions of suitable replacements.

### Your reaction to Drinks

Food Type	Reaction Level	Food Type	Reaction Level	Food Type	Reaction Level
Almond Milk	0	Coffee	0	Oatmilk	0
Black Tea	0	Green Tea	0	Rice Milk	0
Cacao	0	Hazelnut Milk	0	Soya Milk	0
Cashew Milk	0	Hemp Milk	0	White Tea	0
Coconut Milk	0				

### Action Needed

The laboratory reports that your blood has been successfully analysed for reactions against 13 drink types. There were no food specific IgG reactions to any of the antigens tested.

If you have any questions or concerns about your drink intake, you should speak with the practitioner that arranged the test for you.

### Notes



## Protein Supplements

For those partaking in a physical training regime, or for people looking to increase their protein intake, Protein Supplements are a popular choice. Often consumed daily, reactions to these supplements can occur. If you have any reactions in this section, your Brunel Health Practitioner will recommend suitable replacements.

### Your reaction to Protein Supplements

Food Type	Reaction Level	Food Type	Reaction Level	Food Type	Reaction Level
Casein Protein Isolate	0	Pea Protein Isolate	0	Soy Protein Isolate	0
Hemp Protein Isolate	0	Rice Protein Isolate	0	Whey Protein Isolate	0

### Action Needed

The laboratory reports that your blood has been successfully analysed for reactions against 6 protein supplement types. There were no food specific IgG reactions to any of the antigens tested.

If you have any questions or concerns about your protein intake, you should speak with the practitioner that arranged the test for you.

### Notes



## Other

Sometimes overlooked are the small ingredients and flavourings that go into our everyday food and drink preferences, for example, Yeast and Vinegar which are consumed daily by most people. Identifying consumption of ingredients in this category may involve looking at the ingredients included in any pre-made or packaged foods. Your Brunel Health Practitioner will help you to identify these and will recommend suitable alternatives.

### Your reaction to Other

Food Type	Reaction Level	Food Type	Reaction Level	Food Type	Reaction Level
Baker's Yeast	0	Hemp	0	Mustard	0
Balsamic Vinegar	0	Hops	0	Vanilla Essence	0
Brewer's Yeast	0	Lentils	0	Wheatgrass	0
Citric Acid	0	Malt Vinegar	0		

### Action Needed

The laboratory reports that your blood has been successfully analysed for reactions against 11 extra food types. There were no food specific IgG reactions to any of the antigens tested.

If you have any questions or concerns about your food intake, you should speak with the practitioner that arranged the test for you.

### Notes