

AIWO

NAME : SAMPLE REPORT
 REF. BY : SELF
 TESTS ASKED : FOOD INTOLERANCE PROFILE

SAMPLE COLLECTED AT :
 AIWO WELLNESS

Foods	Value	Foods	Value	Foods	Value	Foods	Value
Barley	70	Cane Sugar	<15	Kiwi	<15	Radish	<15
Ginkgo	58	Caper	<15	Lamb	<15	Raisin	<15
Milk (Cow)	52	Carob	<15	Leek	<15	Rapeseed	<15
Yeast (Brewer's)	50	Carp	<15	Lemon	<15	Raspberry	<15
Glutadin	45	Carrot	<15	Lentil	<15	Razor Clam	<15
Yeast (Baker's)	43	Cashew Nut	<15	Lettuce	<15	Redcurrant	<15
Casein	41	Cauliflower	<15	Lime	<15	Rhubarb	<15
Milk (Sheep)	38	Caviar	<15	Liquorice	<15	Rice	<15
Pea	37	Cayenne	<15	Lobster	<15	Rocket	<15
Bean (Red Kidney)	36	Celery	<15	Lychee	<15	Rosemary	<15
Egg White	33	Chard	<15	Macadamia Nut	<15	Rye	<15
Corn (Maize)	32	Cherry	<15	Mackerel	<15	Saffron	<15
Milk (Goat)	26	Chestnut	<15	Malt	<15	Sage	<15
Plum	21	Chicken	<15	Mango	<15	Salmon	<15
Wheat	20	Chickpea	<15	Marjoram	<15	Sardine	<15
Pistachio	17	Chicory	<15	Marrow	<15	Scallop	<15
Cola Nut	16	Chilli (Red)	<15	Milk (Buffalo)	<15	Sea Bream (Gilthead)	<15
Agar Agar	<15	Cinnamon	<15	Millet	<15	Sea Bream (Red)	<15
Alga Espaguette	<15	Clam	<15	Mint	<15	Sesame Seed	<15
Alga Spirulina	<15	Clove	<15	Monkfish	<15	Shallot	<15
Alga Wakame	<15	Cockle	<15	Mulberry	<15	Sole	<15
Almond	<15	Cocoa Bean	<15	Mushroom	<15	Soya Bean	<15
Aloe Vera	<15	Coconut	<15	Mussel	<15	Spelt	<15
Alpha-Lactalbumin	<15	Cod	<15	Mustard Seed	<15	Spinach	<15
Amaranth	<15	Coffee	<15	Nectarine	<15	Squid	<15
Anchovy	<15	Coriander (Leaf)	<15	Nettle	<15	Strawberry	<15
Aniseed	<15	Couscous	<15	Nutmeg	<15	Sunflower Seed	<15
Apple	<15	Crab	<15	Oat	<15	Sweet Potato	<15
Apricot	<15	Cranberry	<15	Octopus	<15	Swordfish	<15
Artichoke	<15	Cucumber	<15	Olive	<15	Tangerine	<15
Asparagus	<15	Cumin	<15	Onion	<15	Tapioca	<15
Aubergine	<15	Cuttlefish	<15	Orange	<15	Tarragon	<15
Avocado	<15	Date	<15	Ostrich	<15	Tea (Black)	<15
Banana	<15	Dill	<15	Ox	<15	Tea (Green)	<15
Barnacle	<15	Duck	<15	Oyster	<15	Thyme	<15
Basil	<15	Durum Wheat	<15	Papaya	<15	Tiger Nut	<15
Bass	<15	Eel	<15	Parsley	<15	Tomato	<15
Bayleaf	<15	Egg Yolk	<15	Partridge	<15	Transglutaminase	<15
Bean (Broad)	<15	Fennel (Leaf)	<15	Peach	<15	Trout	<15
Bean (Green)	<15	Fig	<15	Peanut	<15	Tuna	<15
Bean (White Haricot)	<15	Flax Seed	<15	Pear	<15	Turbot	<15
Beef	<15	Garlic	<15	Peppermint	<15	Turkey	<15
Beetroot	<15	Ginger	<15	Perch	<15	Turnip	<15
Beta-Lactoglobulin	<15	Ginseng	<15	Pike	<15	Vanilla	<15
Blackberry	<15	Goat	<15	Pine Nut	<15	Veal	<15
Blackcurrant	<15	Grapefruit	<15	Pineapple	<15	Venison	<15
Blueberry	<15	Guava	<15	Plaice	<15	Walnut	<15
Brazil Nut	<15	Haddock	<15	Polenta	<15	Watercress	<15
Broccoli	<15	Hake	<15	Pomegranate	<15	Watermelon	<15
Brussel Sprout	<15	Hazelnut	<15	Pork	<15	Wheat Bran	<15
Buckwheat	<15	Herring	<15	Potato	<15	Wild Boar	<15
Cabbage (Red)	<15	Honey	<15	Quail	<15	Winkle	<15
Cabbage (White)	<15	Hops	<15	Quinoa	<15	Yuca	<15
Camomile	<15	Horse	<15	Rabbit	<15		

Reference Range:

Elevated > 30 U/mL

Borderline : 24-30 U/mL

Normal : < 24 U/mL

Sample Collected on (SCT) : 01/06/2022 08:37 AM
 Sample Received on (SRT) : 02/06/2022 01:48 AM
 Report Reported on (RRT) : 04/06/2022 04:00 AM
 Sample Type : Serum
 Labcode : 1S0602716/AG588
 Barcode : YSA09162



Dr. Prachi Sinkar MD (PATH)



Dr. Caesar Sengupta MD (MICRO)

AIWO

Interpretation of Result

A numerical value is displayed in a coloured box adjacent to each food. This represents the concentration of IgG antibodies detected (in U/ml) for each food and the higher the value assigned, the stronger your body's immune response to that particular food. Depending upon the antibody level detected, foods are categorised as: ELEVATED, BORDERLINE or NORMAL. Colour-coding of these categories allows 'problem' foods to be easily identified and avoided.

ELEVATED	BORDERLINE	NORMAL
Indicates that a high antibody reaction was detected	Indicates that a moderate antibody reaction was detected	Indicates that no significant reaction was detected
These are the primary 'problem' foods, which should be eliminated from your diet for at least 3 months. Substitute with NORMAL (green) foods from the same food group.	These are moderate 'problem' foods, which should be reduced and rotated for at least 3 months to avoid an increase in intolerance. Substitute with NORMAL (green) foods from the same food group. Please refer to 'Test Report: Food Groups'.	These foods can be eaten without restriction, unless they have previously caused an adverse reaction. If you have a known allergy to a specific food that triggers a rapid-onset of symptoms (Type I allergy), this food should be avoided.

If any foods are listed as ELEVATED or BORDERLINE, they should be eliminated or rotated for at least 3 months. Most foods are relatively straightforward to eliminate from the diet and can be replaced with NORMAL foods from the same food group. However, foods such as wheat, gluten, dairy, eggs, soya and yeast are more difficult to eliminate from the diet completely, as they are widely used in everyday foods.



Food Intolerance Test Report Essentials

We are excited that you have taken this positive step towards a healthier life.

The report enclosed consists of information regarding your immune system's response to certain foods, spices, herbs and condiments

Depending on which test(s) were ordered by your practitioner, antibody type IgG is measured using an fusion technology of most advanced MicroArray with the time tested, Enzyme linked Immunosorbent assay, or ELISA.

In understanding your report, it is helpful to have some background information on what are defined as Adverse Reactions to Foods.

Under this broad category, we have reactions involving the body's immune system, called immune-mediated reactions, or allergies, and non-immune-mediated reactions, or food intolerances. Food intolerances are many.

A common example is the inability to digest the milk sugar, lactose, known as lactose intolerance. Other types of intolerances include reactions to various food additives.

The result shows you whether you have developed IgG antibodies to the foodstuffs tested. It is possible in this way to state whether you have a type III food allergy or not.

Such a reaction is preceded by an affection of the intestine. This means that the intestine has become permeable and that components of foods can penetrate it the wrong way.

Thus, it is only possible to show many different reactions or to show no reaction at all. It is therefore extremely rare that the persons affected only react to a single foodstuff.

Your practitioner may want you to follow a different, but similar diet guideline. Please speak with your practitioner about the specific foods he/she would like for you to avoid and/or rotate. You can alter your personalized diet accordingly.

These suggestions do not constitute or replace professional medical advice.

You should discuss any dietary changes with your healthcare practitioner before undertaking them, and immediately consult your practitioner if you experience weight loss or other health-related concerns.

Provided for you in this packet is an easy to patient report guide book for your reference.

This booklet includes other important information including the science behind Adverse Reactions to Foods and meal planning tips.

The first few days of your new diet may be challenging, and a portion of people eliminating their reactive foods may experience symptoms similar to withdrawal, such as headaches and food cravings. If this occurs, contact your practitioner; the symptoms may be due to food elimination or may be due to something else.

You have already achieved your first step towards a larger goal in health by pursuing food sensitivity testing. Be kind to yourself and take this path in health one rotation day at a time.

Sincerely yours in good health and better tomorrow!