

AMATSUHEALTH

Screening Date

PRIVATE & CONFIDENTIAL

Dear .

Please find enclosed your Food Intolerance report.

The results are split into a series of sections all of which need to be adhered to if you are going to achieve the maximum results from this programme. The Food Intolerance programme aims to correct any imbalance your body may experience as a result of over burdening it with certain food groups, or hormones from foods (such as chicken), toxins and chemicals.

Step 1 : It is very important that your body is allowed to clear itself of negative elements that may prevent the correction in nutritional balance. To do this you may benefit from following a detox.

Step 2: By the end of the detox period your body will have started to re-balance. However, it is quite likely your body will be looking to balance its levels of vitamins and minerals. This part of the report advises you of the correct level of vitamins and minerals to take and the most appropriate sources. Prevent plc has developed its own view on vitamins and minerals based on experience.

Step 3: The acid/alkaline saliva tests, symptom analysis questions and nutrition diaries help provide results as to the best foods for you to avoid for the next 28 to 56 days. The report will advise you as to what to do and whether you are likely to have an intolerance to a food group or not.

There are a number of other issues revealed by the symptom analysis, such as histamine levels, glucose intolerance, stimulant imbalance, homocysteine levels, wheat imbalance, to name but a few. The results are set out for you along with actions to take, to improve the balance.

Step 4: Over the last 3 years we have collated the dietary, exercise, body composition (including fat levels), fitness levels and health results of more than 10,000 participants of our health screens. This unique data has allowed us to compile a dietary and exercise programme that we now know works for the vast majority of our clients. The programme we have produced is called 'The Optimal Health Plan' and will help you control or lose fat, increase energy, whilst ensuring maximum health.

We have included a nutrition diary for you to complete over the course of the next four weeks. Accurate information analysed against symptoms will help us decide how the sensitivity screening is working.

Yours sincerely

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AMATSUHEALTH

Confidential
Food Intolerance Programme
Report
for

Patient Code

Date

Introduction

The human body is a highly sophisticated structure of organs and systems formulated to achieve balance and harmony. It uses foods & fluids for nourishment, repair and maintenance, this is known as metabolism. Our systems and organs process these foods, keep what they need and eliminate the waste. A healthy body is able to detoxify quite naturally, but when we upset the balance an overload can result. The skin, liver, kidneys and lymph systems are all critical to the smooth running of this process.

Most people agree that they often do not feel 100% healthy.

Our bodies are taking in toxins all the time. Apart from absorbing toxins from carbon dioxide, we now absorb them from our food, water and the environment. Most of the time our bodies are able to deal with the toxins by continually going through a natural process of detoxification.

However, when the body has excess toxins from pesticides, herbicides, insecticides, artificial fertilisers, antibiotics, food additives, artificial colourings, alcohol, chemicals in water, medical drugs, cigarette smoke, heated oils and fats, yeasts and undigested food, they start to accumulate in tissues and organs.

The body will still function well under some extreme adverse conditions. However, the build up of stress, waste & toxins happens gradually and the body will adapt to these new conditions, but, each time it is required to adapt some of its efficiency is lost. Eventually, we start to get warning signs that it is time to implement some changes before irreversible damage is caused.

One of the first signs of toxic overload in the body is mental and/or physical fatigue. Another symptom is the increased vulnerability to food intolerances and sensitivities.

Step One: Food Intolerance Programme : 5 Day Detox

What does a detox do? Detoxing yourself is a preventative measure that will help rid your body of a build up of excess waste & toxins, accumulated over the years. The Food Intolerance programme is designed to fuel the body and teach it to use its own resources efficiently. It provides the body with the energy to operate, it will cleanse the system and give the body a 'kick start' to aid weight loss.

What you want to get out of a detox will determine how long you want the detox to last.

- > 3 day detox : Will rid the body of toxins and cleanse your blood
- > 5 day detox : Will start to rebuild the immune system

For maximum health you should try to detox twice a year.

Day One:

Always start the day with a glass of tepid or warm water.

Eat : Fruit, vegetables, nuts (max 2oz), seeds and whole grains such as brown rice.

Avoid: Caffeine, alcohol, tobacco, drugs, meat, fish, dairy, wheat, refined foods, fried food, sugar & salt.

Drink: Filtered water, fruit and vegetable juice and herbal tea

If you find detoxing difficult, then Day One can be done for 2 - 3 days before commencing Day Two.

Day Two:

Always start the day with a glass of tepid or warm water.

Eat: Fruit and fruit juices in the morning, vegetable salad for lunch and then fruit or vegetable salad in the evening. You can have fruit as a snack throughout the day, although don't eat the fruit until at least 1 hour after you have eaten vegetables to avoid fermentation in the gut.

Day Three:

Always start the day with a glass of tepid or warm water.

Eat: Fresh fruit and fruit juices

Green juice can be made from cabbage, kale, watercress and parsley. Green juice is very good for cleansing the blood. It can be sweetened by adding carrot or apple juice.

Vegetable juice is best produced from beetroot, cauliflower, celery, lettuce, broccoli, onion, radish and green pepper.

Fruit juices which are better in a detox are apple, pear, apricot, blackberry, blackcurrant, cranberry, grape, raspberry and peach.

All fruit juices should be diluted with 1 part juice to 3 or 4 parts water.

Day Four:

Should be the same as Day Two.

Day Five:

Should be the same as Day One.

Step One: Continued

When you finish the detox do not rush back into your normal diet. Take it gradually, by introducing additional foods each day until you are back to normal.

It is quite likely you will feel some side effects which could include acne, rashes, aching muscles and joints, fatigue headaches, blocked nose or excess mucus, bad breath, constipation and depression.

Caffeine elimination especially can often cause flu like symptoms (headaches and fatigue). If you have a high caffeine intake it is advisable to start reducing it a few days before commencing the programme.

The reason you may have the above side effects is because sudden changes in diet can put a strain on the body. It is usually preferable to have a detox when you are not under a lot of stress, for example on holiday or away from work. Ensure you have 2 litres of bottled water a day, avoid strenuous exercise & do gentle exercise such as walking outside in fresh air.

Do not attempt a detox if: you are under going medical treatment, taking prescribed or un-prescribed drugs recovering from an illness, pregnant or breast feeding or have any doubts about your health. Ensure you continue to take the vitamins and minerals recommended later in this report.

Step Two: Vitamins, Minerals and Essential Fatty Acids (EFA's)

Vitamins and minerals are needed for every chemical process the body makes including, balancing hormones, producing energy, the immune system, healthy skin, enhancing the brain and nervous system. They help protect the body against cancers, pollution and most importantly, the way your body treats sugars and fats.

Deficiency in minerals and vitamins can leave you vulnerable to ailments such as tiredness, aching, poor skin, high blood pressure, mood swings, osteoporosis and weight gain.

We obtain vitamins and minerals every day from the food we eat. However, many foods are produced in such a way that they do not contain the level of vitamins and minerals that we would expect. One example is oranges, which can contain almost no vitamin C by the time they reach UK shops, due to the length of storage time.

Using the symptom analysis questionnaire we have calculated the level of vitamins and minerals required.

Many people do not want to take more than the minimum number of supplements per day, and as such we have tested and now recommend supplements that provide the best overall nutrition.

Vitamin &/or mineral Normal Level	Your Requirement	
A	7500	ius
D	200	ius
E	100	ius
C	1000	mg
B1	25	mg
B2	25	mg
B3	50	mg
B5	50	mg
B6	50	mg
B12	5	mcg
Folic Acid	100	mcg
Biotin	50	mcg
O3+6	50	mg
Cal	150	mg
Mag	75	mg
Iron	10	mg
Zinc	10	mg
Mang	2.5	mg
Sel	25	mcg
Chro	20	mcg

1) We recommend everyone needs to take a Multi-vitamin and mineral. Minerals are particularly important because they are hardest to achieve naturally.

2) Vitamin C is a crucial element to immune systems and fighting off illness and we feel warrants individual attention. One way of taking vitamin C is by using soluble tablets in a glass of water or diluted in orange juice. This is particularly useful if you require a quick response of energy and are trying to reduce your daily intake of caffeine or sugary foods.

3) The third key supplement we feel people should take is Omega 3 & 6. The majority of people we have tested do not eat their weekly requirement of fish or nuts.

If you eat a lot of fish, then you may wish not to take any additional omega based supplements.

4) Due to latest research we also consider B6, B12 and Folic Acid as a potentially required supplement.

Supplements will not help you if you have a poor diet. You need fibre from fruit and vegetables as well.

In summary we recommend that you take the following vitamin and mineral supplements:

Multi-vitamin & mineral:	1 capsule daily	Recommend: Solgar VM2000
Vitamin C:	1000mg daily	Recommend: Haliborange 1000mg Effervescent
Omega 3&6&9:	1 capsule daily	Recommend: We are still testing various brands
B6, B12 and Folic Acid :	1 capsule daily	Recommend: Only take for 3 months a year

You can buy the above from all good health food shops or chemists.

Step Three: Food Sensitivity, Intolerance and Allergy

Food intolerance is not the same as food allergy. If you have an allergy you will probably already know about it. With an allergy, the body mistakenly identifies a food substance as a toxic invader. The immune system goes into overdrive causing a very obvious and visual reaction.

Food intolerance on the other hand is the inability of the body to properly digest a given food. In some cases the undigested food enters the blood stream through the gut wall and starts to cause problems such as irritable bowel syndrome. Food intolerance may be caused by damage to the lining of the gut, possibly due to prolonged or frequent use of antibiotics, infections and certain digestive problems.

Food sensitivity is caused by the way the body reacts to foods we eat every day. An example of one of these foods is chicken, which has become a food type eaten on a very regular basis. Due to the hormones fed to chickens it can unbalance the body and lead to intolerance.

The symptom analysis you have completed has allowed us to match you against thousands of people who have had similar symptoms and who have had their diagnosis and results tracked.

	Your Result	Comments
Milk Intolerance [*2 or more may suggests a milk intolerance]	0 *	This is an inability to digest lactose (milk sugar) causing symptoms such as bloating, flatulence, abdominal pain and diarrhoea. > Avoid cows milk for 28 days.
Glucose Intolerance [*5 or more may suggests a glucose imbalance]	0 *	Often similar to blood sugar imbalance (see later in the report) with symptoms such as fatigue, weakness, irritability, anxiety, forgetfulness, palpitations and difficulty concentrating. > Avoid the foods listed below for 28 days.
Acid Imbalance [*4 or more may suggests an acid imbalance]	0 *	An acid imbalance can cause the following: stomach and mouth ulcers, burning bladder pains, painful joints and headaches. > Avoid the foods listed below for 28 days. > Acid can be created by stress. Check your stress levels and reduce them where possible.
Gluten Intolerance [*1 or may suggest a Gluten Intolerance]	0 *	Gluten is a protein in wheat, rye and grains. Gluten causes damage to the lining of the intestines which become inflamed causing diarrhoea and bloating. > Avoid the foods listed for 28 days.
Blood Sugar Imbalance [*5 or more may suggests a blood sugar imbalance]	0 *	If you have this it is quite likely you crave sweet foods or stimulants such as tea, coffee or cigarettes. > Avoid sugar or foods containing sugar > Avoid coffee, tea or caffeinated drinks for 28 days > Avoid chocolate > Always have a substantial breakfast > Eat a high fibre diet rich in fruit and vegetables > Multi-vitamins & minerals especially vit C helps
Hormone Imbalance [*5 or more may suggest a hormone imbalance] Thyroid glands control the metabolism of your entire body by regulating energy production and oxygen uptake.	0 *	Blood tests can sometimes miss thyroid hormones, so it can often be better to go by the symptoms. > Stress can negatively affect thyroid function > Increase intake of Iodine from seafood & seaweed > Increase intake of zinc, selenium & protein foods *Do not take Iodine if you are on thyroid medication. > Take a 1000mg Tyrosine supplement plus a 50mg Zinc supplement per day.
Histamine Imbalance [*5 or more may suggest a high histamine level]	0 *	Having a high histamine level speeds up metabolism using up nutrients at a faster level. > A very simple test is to scratch the skin on your arm several times. If you still have red nail marks after 10 minutes then your histamine levels could be high.

> Increase your intake of vitamin C >
Increase your intake of calcium

Excess Adrenalin 0 *

[*5 or more may suggest you have excess adrenaline]

The adrenal glands and brain produce motivating Neurotransmitters. The adrenal glands also produce cortisol. Excess adrenaline causes stress & anxiety.

> If you are found to have excess adrenaline then cut back on stimulants and sugar
> Increase vitamin B and C content foods.

Adrenalin deficiency 0 *

[*3 or more may suggest you have adrenal deficiency]

Adrenal deficiency is the complete opposite of excess causing low energy, motivation and concentration.

> If you have low adrenaline then you may benefit from taking foods with B5 and Magnesium.

Homocysteine Balance 0 *

[*5 or more may suggest you have high homocysteine]

New evidence has revealed that high homocysteine levels can be the cause of mental health problems, Alzheimer's, depression, cancer, diabetes and particularly heart disease.

> Increase the amount of vitamin B6, B12 and folic acid plus additionally Omega-3 fats FROM FOOD.

Stimulant Imbalance 0 *

[*28 or more and you may have a stimulant imbalance - greater than 35 and you more than likely have]

Stimulants such as caffeine, sugar, chocolate, alcohol and cigarettes create toxins that imbalance digestion & hormones, increasing intolerance.

> We recommend you keep below 28 stimulants per week as an absolute maximum
> Greater than 35 points per week and we would recommend you cut out stimulants for an entire month to break the cycle of dependence on toxins.

Candida albicans 0 *

Women:

[150+almost certain yeast intolerance]
[90+ probable yeast intolerance]
[30+ possible yeast intolerance]

Men:

[110+almost certain yeast intolerance]
[60+ probable yeast intolerance]
[10+ possible yeast intolerance]

Candida albicans is a yeast present in the gut. Everyone has yeast in the gut, it is not a problem until it overgrows and/or migrates.

> Eliminate all yeast and sugar based products including alcohol.
> Take digestive enzymes to help rebalance the gut.
> Take a course of Acidophilus capsules for 3 months.
> Remember that yeast is stimulated by sugar.

Irritable Bowel Syndrome 0 *

[*A score of 2 or more could indicate possible IBS]

IBS is very common and can affect up to 7 out of 10 people. It is a condition that should be referred to a GP if symptoms persist.

NC = Not conducted or question not completed.

Based on the results of your Acalc and Symptom analysis we recommend you avoid the following foods for 28 days.

At the end of 28 days you can introduce each food and judge whether you have a reaction.

If you do have a reaction then remove the food from your diet for six months and try again.

Additionally, you may be surprised to find that some of the foods selected are ones, which you presently enjoy several times each week. In these cases it is quite likely that you have created an imbalance to that particular food.

There is very high chance that avoiding the foods listed will improve your symptoms.

Remember to complete the Nutritional diary, so you can start to monitor what you are eating and what symptoms you are feeling.

One method of finding out whether you have a sensitivity to foods is by checking your pulse. Firstly, take your pulse first thing in the morning when you are still in bed. This is your resting pulse. After each meal take your pulse again.

If your pulse has increased by 10 beats from your resting pulse, then it is quite likely that you are sensitive to a food that you have eaten during the meal.

Conclusion

If your report has revealed that your symptoms & results show you have a potential intolerance to a food, then yes you need to try the avoid and re-introduce strategy. However, there is less value in going to the trouble of doing this if you are not going to try to address the underlying issue.

Remember, many vitamins and minerals originate from fruit and vegetables. These are not simply important for their source of vitamins but particularly for their source of fibre which is vital in balancing digestion.

Additionally, the detox step is equally important to try to give your body every chance of succeeding along with having a more alkaline state coupled with a strong immune system and a effective digestive process.

We hope you enjoy the report but please remember, if you are concerned about your health, you should see your GP first. Our report is not a replacement for the advice you would normally receive from your GP.

Notes from the Practitioner:

You may be concerned about your results or even surprised at the foods that you are sensitive to. By taking this screen you have taken the first and most important step towards a healthier life.

Amatsuhealth is your partner in achieving this goal with you. As such we have a range of supplements to really optimise your health. Our De-Sensitisation programme will eliminate your food sensitivities identified in this report.

To benefit from being in an optimum healthy condition and eliminating your food sensitivities your body needs to be in an alkaline state to prevent ill health from taking hold. This has to be coupled with a strong immune system and an effective digestive process.

Our Living Foods Complex coupled with pH drops will provide your body with an alkaline state.

Our Glyconutrient Complex will super charge your immune system.

Our range of digestive enzymes will vastly improve your digestive process.

Finally our De-Sensitisation protocol will eliminate your food sensitivities.

Please refer to the enclosed leaflets for more details

Do not hesitate to contact us to order any of the above supplements (available to you at wholesale prices) or to book your De-Sensitisation session (please note only one food at a time can be de-sensitised) and receive a 10% discount off your first session.