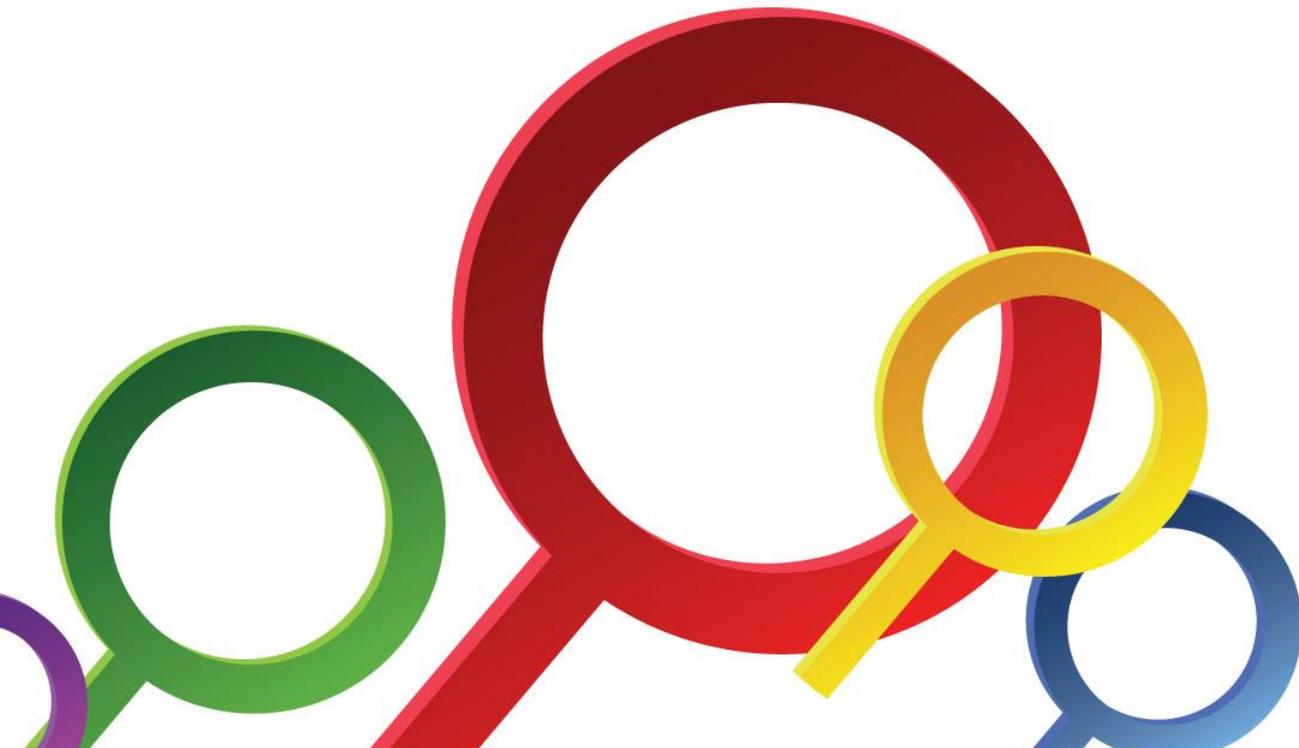


Sample ID: PNR200-44C854

Name: John DOE



Food Intolerance Test Results



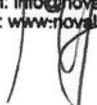
Dear Mr John DOE,

Please find the enclosed results of your Pinnertest food intolerance test. The test analyzed your blood sample for food specific (IgG) reactions by MicroArray+ Technology.

We know, from our research, that the majority of patients who alter their diet in accordance with their test results show a significant improvement in their symptom(s) within three weeks. We hope that you are one of them and we would be interested to learn of your progress and improvement in due course.

We wish you good health,

NOVALAB S.r.l.
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IMPORTANT: This is a food intolerance test, not an allergy test. If you suffer classic allergic (IgE) reactions to any of these foods, DO NOT eat them even if they are on the green column. Your test results are complementary to and not a substitute for the best medical help. This test will not identify all the different types of food sensitivity (such as lactose intolerance), and it is not diagnostic for celiac disease. 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.

HOW TO UNDERSTAND YOUR PINNERTEST REPORT:

RED COLUMN (AVOID)

The red column indicates you have an intolerance to these particular foods and **it is suggested that you should try to eliminate them completely from your diet.**

GREEN COLUMN (NO REACTION)

The green column indicates that you do not have an intolerance to these particular foods. The foods in the green column may be eaten without restriction, **unless you already know that these foods do cause you any negative effects such as food allergies or discomfort.**

DEGREES:

The numbers in your report next to the foods you are intolerant to, are the reaction levels. **However, the varying levels suggest that your body has a reaction to those foods and should be avoided.**

- +1..... LOW REACTION
- +2.....MODERATE REACTION
- +3.....HIGH REACTION

Your Pinnertest Food Intolerance Report

Mr. John DOE

Sample ID: PNR200-44C854

	Reaction (Avoid)	No Reaction
Grains		
		Barley
		Buckwheat
	Corn (+2 degree)	
		Kamut
		Millet
		Oat
		Quinoa
		Rice
		Rye
		Spelt
		Wheat
Legumes		
		Black Bean
		Chickpea
		Fava Bean
		Kidney Bean
		Lentils
		Peanut
		Pinto Bean
		Soybean
Dairy/Eggs		
		Cow's Milk
		Egg White
		Egg Yolk
		Goat's Milk
		Sheep's Milk
Meat		
		Beef
		Chicken
		Duck
		Lamb
		Pork
		Rabbit
		Quail
		Turkey
Fish/Seafood		
		Anchovy
		Bluefish
		Clam
		Cod

Your Pinnertest Food Intolerance Report

Mr. John DOE

Sample ID: PNR200-44C854

Reaction (Avoid)

No Reaction

Reaction (Avoid)	No Reaction
	Crab
	Eel
	Haddock
	Herring
	Lobster
	Mackerel
	Mussel
	Octopus
	Oyster
	Red Snapper
	Salmon
	Sardine
	Sea Bass
	Shrimp
	Sole
	Squid
	Sword Fish
	Tilapia
	Trout
	Tuna
Vegetables	
	Artichoke
	Arugula
	Asparagus
	Beet
	Bell Pepper
Broccoli (+3 degree)	
	Brussel Sprouts
	Cabbage
	Carrot
	Cauliflower
Celery (+3 degree)	
	Chard
	Cucumber
	Eggplant
	Endive
	Fennel
	Grape Leaf
	Kale
	Leek
	Lettuce

Your Pinnertest Food Intolerance Report

Mr. John DOE

Sample ID: PNR200-44C854

Reaction (Avoid)

No Reaction

	Mushrooms
	Okra
	Onion
	Parsley
	Pea
	Potato
	Pumpkin
	Radicchio
	Radish
	Rutabaga
	Spinach
	Butternut Squash
	String Bean
	Sweet Potato
	Tomato
	Turnip
	Watercress
	Zucchini
Fruits	
	Acai Berry
	Apple
	Apricot
	Avocado
	Banana
	Blackberry
	Blueberry
	Cantaloupe
	Cherry
	Cranberry
	Currant
	Date
	Fig
	Grape
	Grapefruit
	Guava
	Kiwi
	Lemon
	Lime
	Lyvhee
	Mango
	Nectarine

Your Pinnertest Food Intolerance Report

Mr. John DOE

Sample ID: PNR200-44C854

Reaction (Avoid)

No Reaction

Reaction (Avoid)	No Reaction
	Olive
	Orange
	Papaya
	Peach
	Pear
	Pineapple
	Plum
	Pomegranate
	Raspberry
	Rhubarb
	Strawberry
	Watermelon
Seeds/Nuts	
	Almond
	Brazil
	Cashew
	Chestnut
	Coconut
	Flaxseed
	Hazelnut
	Hemp
	Macadamia
	Pine Nut
	Pistachio
	Sesame Seed
	Sunflower Seed
	Walnut
Spices/Herbs	
	Allspice
	Anise Seed
	Basil
	Capers
	Cardamom
	Carob
	Chili Pepper
	Chive
	Cilantro
	Cinnamon
	Clove
	Coriander
	Cumin

Your Pinnertest Food Intolerance Report

Mr. John DOE

Sample ID: PNR200-44C854

	Reaction (Avoid)	No Reaction
		Dill
		Garlic
		Ginger
		Lavender
		Mint
		Mustard Seed
		Nutmeg
		Oregano
		Paprika
		Peppercorn
		Poppy Seed
	Rosemary (+1 degree)	
		Saffron
		Sage
		Tarragon
		Thyme
		Turmeric
		Vanilla
Drinks		
		Black Tea
		Chamomile
		Chicory
		Cocoa Bean
		Coffee
		Cola Nut
		Ginseng
		Hibiscus
		Hops
		Jasmin
		Rooibos
Others		
		Agar
		Agave
		Aloe Vera
		Amaranth
		Aspartame
		Baking Powder
		Baking Soda
		Cane Sugar
		Canola Oil
		Fructose

Your Pinnertest Food Intolerance Report

Mr. John DOE

Sample ID: PNR200-44C854

Reaction (Avoid)

No Reaction

	Gluten (Gliadin)
	Honey
	Maple Syrup
	Pectin
	Saccharin
	Sucralose
	Tapioca
	Yeast

Useful Information About Some Foods That You Are Intolerant To:

Corn



When you have an intolerance to corn (maize), your body produces an inflammatory response to the proteins, present in foods or drinks containing corn. You cannot digest the proteins in corn.

Corn can be removed from the diet fairly easily. The following foods that should be avoided if you have a corn intolerance:

- Corn on the cob
- Canned sweet corn
- Baby sweet corn
- Corn flour tortillas, tacos or enchiladas
- Corn or maize crisps or chips

Other Names

Corn is used to manufacture many different food ingredients.

The following list of ingredients should be avoided if you have corn intolerance:

- Dextrin-maltose
- Dextrin
- Dextrose
- Fructose
- Glucose and Glucose syrup
- Cereal starch

Useful Information About Some Foods That You Are Intolerant To:

- Modified starch
- Vegetable oil
- High fructose corn syrup (HFCS)

Replacements for a balanced diet

If you are experiencing corn intolerance symptoms, you could include the following alternatives in your diet (if you are not intolerant to them):

- Wheat
- Rye
- Rice
- Lentils

** Information provided above regarding Food is intended to provide nutritional advice for dietary optimization. Pinnertest recommend that you discuss any medical concerns you have with a GP before undertaking Pinnertest suggestions.*

Q&A

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Q&A

Food Intolerance

- **What is "Food Intolerance?"**

"Food Intolerance" refers to difficulty in digesting certain foods.

People with food intolerance may have symptoms such as diarrhea, bloating, stomach cramps, weight gain, migraine, IBS, skin problems and many others.

The symptoms of food intolerance usually occur several hours after eating the food. Food intolerances can be temporary or permanent.

- **What is Temporary Food Intolerance?**

Temporary Intolerances can be caused by:

- Eating too much of a particular food.
- Reactions to food additives.
- High pollen season or high mold seasons that may cause reactions in some people.
- Viruses such as cold, flu or gastric viruses.
- Taking medication such as antibiotics. Overgrowth of candida, which is a yeast infection.
- Women are more likely to have temporary food intolerances at ovulation in mid-cycle or when they're pre-menstrual. Hormonal changes in menopause, during or after pregnancy, childbirth or breastfeeding can also bring on temporary food intolerances.

- **What is Permanent Food Intolerance?**

The main causes of Permanent Food Intolerances are the absence of an enzyme needed to fully digest that food or chronic leaky gut syndrome.

- **What is an Enzyme and what is an Enzyme Deficiency?**

Enzymes are specialized proteins built in the body to accomplish a variety of tasks. In the metabolism, enzymes help the body break down, transport, and transform food products that people ingest. They are found in the digestive tract, liver, kidneys, and other structures of the body and are involved at every level, from cellular metabolism to the gross breakdown of chemical compounds processed in the liver.

In a person with an enzyme deficiency, the body does not produce enough of certain enzymes for digestion. This is usually because of a genetic error where the code for producing the enzyme is not present or is distorted in some way. Symptoms of an enzyme deficiency can appear very shortly after birth, and may lead to a variety of health problems. Patients may experience a build up of toxins in the body, a decline in organ function, and Food Intolerances.

- **What is Leaky Gut Syndrome?**

A possible cause of leaky gut syndrome is an increased intestinal permeability or intestinal hyper permeability.

That could happen when tight junctions in the gut, which control what passes through the lining of the small intestine, don't work properly and could leak substances into the bloodstream.

Q&A

- **Are You Really Gluten Intolerant?**

Currently, 30% of Americans adhere to a gluten-free diet, believing them selves to be gluten intolerant. According to the National Foundation for Celiac Awareness, only 5% of Americans have (non-celiac) gluten intolerance that is 6 times more than the actual number of intolerant people.

In actuality, people who remove gluten from their diet, usually benefit from the removal of other ingredients contained in those foods, such as yeast, dairy products and a host of other food ingredients, thinking that the benefit was from Gluten.

Taking a The Pinnertest will identify your precise food intolerances, yielding better health and physical comfort.

- **What are The Main Symptoms of Food Intolerance?**

When you experience a food-specific IgG reaction or 'intolerance' to a particular food or drink, the body can produce a variety of inflammatory responses as it incorrectly identifies the ingredient as a threat.

Unlike allergic reactions, these immune responses can be delayed up to 72 hours and vary in severity, affecting digestion, skin, joints, respiration, energy levels and even psychological health.

- **What Is the Difference Between a Food Intolerance and Food Allergy?**

Food Allergy

A Food allergy is quite rare, affecting about 2% of the adult population. During an allergic reaction, the body's immune system believes it is being 'invaded' and produces IgE (Immunoglobulin E) antibodies to fight off the food or drink ingredient it mistakenly considers to be harmful.

The body's inflammatory response in this circumstance can vary from mild to severe and can affect one or more systems in the body, such as the digestive system, respiratory system or the skin. In extreme cases, the immune system triggers a response throughout the whole body, resulting in a systemic reaction (anaphylaxis), which is potentially fatal.

Food Intolerance

Unlike allergies, a food intolerance usually involves a delayed biological reaction, which although uncomfortable and unpleasant, is not life threatening. A Food intolerance is much more common than a food allergy and affects more than half of the world population.

- **How Does Food Intolerance Cause IBS, Bloating and Gastrointestinal Problems?**

When food intolerance occurs, your body fills with histamines, prostaglandins, and other immune system chemicals. These chemicals have extremely irritating effects that cause inflammation. Medical studies show that the inflammation in our gastrointestinal system causes digestion disorder that causes side effects such as IBS, bloating, diarrhea, or constipation.

* <http://pinnertest.com/wp-content/uploads/2014/08/13-Dietary-Treatment-of-the-Irritable-Bowel-Syndrome.pdf>

A Pinnertest can detect the certain foods that are causing the inflammation and Gastrointestinal Problems and other distressing symptoms.

The University of York conducted a survey* to help understand the benefits of elimination diets based on the results of a food intolerance test.

Out of the 777 people who reported IBS symptoms, 84% reported an improvement having removed their 'trigger' foods. We define these, as foods, which show a positive IgG reaction to antibodies in

Q&A

the blood.

Overall in the study, 76% of people who rigorously followed the recommended diet reported a benefit, 68% of which experienced this after 3 weeks.

Out of 576 people who reported bloating, 92% reported an improvement, having removed their 'trigger' foods. We define these as foods, which show a positive IgG reaction to antibodies in the blood.

* <http://pinnertest.com/wp-content/uploads/2014/08/1-Dietary-advice-based-on-food-specific-IgG-results.pdf>

- **How Does Food Intolerance Cause Migraines?**

Serotonin secretion can be decreased because of food intolerance. Decreased serotonin secretion triggers migraine attacks.

A Pinnertest can detect certain foods that are causing the Migraines, inflammation, and other complaints.

Scientific studies show there is a close relationship between migraine attacks and food intolerance.

* <http://pinnertest.com/wp-content/uploads/2014/08/6-A-Prospective-Audit-of-Food-Intolerance-Among-Migraine-Patients-in-Primary-Care-Clinical-Practice.pdf>

The University of York conducted a survey* to understand the benefits of elimination diets based on the results of a food intolerance test.

Out of the 259 who experienced migraine headaches, 76% reported an improvement having removed their 'trigger' foods. We define these as foods that show a positive IgG reaction to antibodies in the blood. Overall in the study, 76% of people who rigorously followed the recommended diet reported a benefit, 68% of which experienced this after 3 weeks.

* <http://pinnertest.com/wp-content/uploads/2014/08/1-Dietary-advice-based-on-food-specific-IgG-results.pdf>

- **How does Food Intolerance Cause Tiredness and Fatigue?**

Most of us have common complaints like headaches, an inability to get up in the morning, fatigue, etc. If you've battled chronic fatigue for many years, you may well have **Chronic Fatigue Syndrome**. According to scientific studies, Chronic Fatigue is caused by **food intolerance and chronic infections in the body**.

A Pinnertest can detect certain foods that are causing the inflammation and tiredness, fatigue and other complaints.

The University of York conducted a survey* to help understand the benefits of elimination diets based on the results of a food intolerance test.

Out of 436 who reported experiencing fatigue, 87% reported a boost to their energy levels having removed their 'trigger' foods. We define these as foods, which show a positive IgG reaction to antibodies in the blood.

Overall in the study, 76% of people who rigorously followed the recommended diet reported a benefit, 68% of which experienced this after 3 weeks.

* <http://pinnertest.com/wp-content/uploads/2014/08/1-Dietary-advice-based-on-food-specific-IgG-results.pdf>

Q&A

- **How Does Food Intolerance Cause Brain Fog?**

One of the most important causes of brain fog is "**Food Intolerance**".

Brain fog describes the experience of feeling like a cloud limits visibility or mental clarity. People can become forgetful and feel detached, discouraged or depressed. *Brain fog* is common and affects adults and children. This condition may contribute to problems in employment and at school, unhappy relationships, low self-esteem, frustration, and difficulty functioning successfully in society.

If you are intolerant to some foods, they produce a drug-like effect on the central nervous system and lead to brain fog. Food reactions can also trigger irritability and confusion.

Living with a cognitive dysfunction like brain fog, can make you lose self-confidence and lower your self-esteem. The most taxing part of having brain fog, can be the stress and depression that affects your daily life. If you have the right tools, it's much easier to cope and live with this condition. Research has proven the effectiveness of eliminating foods that you are intolerant to and its help in reducing your **Brain Fog symptoms**.

- **How Does Food Intolerance Cause Rheumatoid Arthritis?**

When food intolerance occurs, your body fills with histamines, prostaglandins, and other immune system chemicals. These chemicals have extremely irritating effects that cause inflammation, and may result in joint tissue damage that cause disorders like Rheumatoid Arthritis.

A Pinnertest can detect the foods that are causing Rheumatoid Arthritis, inflammation, and other complaints.

The University of York conducted a survey* to help understand the benefits of elimination diets based on the results of a food intolerance test.

Out of the 177 people who reported general aches and pains, including joint pain, 88% reported an improvement having removed their 'trigger' foods. We define these as foods, which show a positive IgG reaction to antibodies in the blood.

Overall in the study, 76% of people who rigorously followed the recommended diet reported a benefit, 68% of which experienced this after 3 weeks.

* <http://pinnertest.com/wp-content/uploads/2014/08/1-Dietary-advice-based-on-food-specific-IgG-results.pdf>

- **How Does Food Intolerance Cause Eczema, Skin Diseases, and Acne?**

Eczema, or atopic dermatitis, is a type of skin rash characterized by itchiness, redness, and scaliness. Eczema may be accompanied by oozing blisters surrounded by red or discolored areas from frequent scratching. It most commonly appears on the knees, elbows, cheeks, and extremities, though it can be seen on other parts of the body as well. Scientific studies show that food intolerances are among several triggers that can cause or worsen eczema.

A Pinnertest can detect certain foods that are causing the Eczema, inflammation, and other complaints.

The University of York conducted a survey* to help understand the benefits of elimination diets based on the results of a food intolerance test.

Q&A

Out of the 183 who reported experiencing eczema, 83% reported an improvement having removed their 'trigger' foods. We define these as foods, which show a positive IgG reaction to antibodies in the blood.

Overall in the study, 76% of people who rigorously followed the recommended diet reported a benefit, 68% of which experienced this after 3 weeks.

The Relationship Between Gaining Weight and Food Intolerance

- **Why Do We Overeat?**

The main reason for overeating is "not feeling full" or "feeling depressed". But why do we sometimes not feel full, although we have eaten more than enough? And why don't we feel satisfied, but want to eat more after a big meal? Actually both hunger and depression are related to one important reason: "Lack of Serotonin in our body". Serotonin (5-hidroksitriptamin) is most commonly believed to be a neurotransmitter, although some consider the chemical to be a hormone. It is well known for its effect on mood. However, it has another very important affect: "Making us feel full and satisfied." In scientific research, it has been proven that the people who do not have healthy serotonin secretion do not feel full even after a heavy meal, and their depression rate is much higher compared to healthy individuals.

- **Where Is Serotonin Produced in Our Body?**

Though people associate serotonin only with the brain, due to its role as a neurotransmitter, the brain only synthesizes and houses about 5 percent of the body's supply of serotonin. The small intestine produces the rest, which is 95%.

- **What Are the Causes of Serotonin Deficiency**

For healthy serotonin production, we must have a healthy digestive system. If our intestines are inflamed, the production of serotonin declines and may result in side effects.

Food Intolerance Causes Severe Inflammation in Our Intestines

This inflammation causes the serotonin deficiency explained above and we enter a vicious cycle that will result in weight gain.

As a Summary:

Food intolerance causes inflammation in your digestive system

Inflammation inhibits serotonin production

Low serotonin levels cause hunger, depression, and overeating; that result in weight gain.

- **Where Can I Find the Medical Studies About "Food Intolerance" And "IgG Method Food Intolerance Tests?"**

You can find the studies at <http://pinnertest.com/for-us-practitioners/>