

Assessment Results

Confidential Client Information

Allergy-Sensitivity Profile, Environmental Sensitivity List, Food Sensitivity List

Advanced Plus+ , Sample Test

Date: June 11, 2026

Amplification Level: 6

DOB: 01/01/2000

Sex: Female

Filter Test / Balancing Item

Additional Ingredients (65)

Starch - Rice (FL)

Air Pollutants (43)

Dust (ES)

Alcoholic Beverages (41)

Brandy (FL)

Ancient Grains (43)

Buckwheat (FL)

Despite its name, buckwheat is not related to wheat, as it is not a grass. Instead, buckwheat is related to sorrel, knotweed, and rhubarb and is classified as a seed.

Animal Danders (78)

Dog (ES)

Beverages (68)

Black Tea (FL)

Beverages (30)

Carbonated Drinks (FL)

Beverages (30)

White Tea - Decaffeinated (FL)

Chemical Families (36)

Detergents (ES)

Chemical Families (35)

Dyes (ES)

Chemical Families (39)

Industrial Pollutants (ES)

Chemical Families (74)

Solvents (ES)

Dairy (43)

Butter - Sheep (FL)

Dairy (80)

Hard Cheese - Buffalo Milk (FL)

Hard cheeses are quite firmly packed into large forms and aged for months or years. The process gives the cheeses a dense, hard texture and a distinctive sharp taste. They are dry and often crumbly. Examples: Parmesan, Grana Padano, Mimolette, Di Bruno Bros, Asiago D'allevo, Pecorino Romano, Queso añejo .

Dairy (64)

Milk - Soy (FL)

Dairy (41)

Ripened Cheese (with mold) - Cow Milk (FL)

Ripened cheeses begin firm and rather chalky in texture but are aged from the exterior inwards by exposing them to specific types of mold. It allows to form a flexible white crust and contributes to the smooth, runny, or gooey textures and intense flavors. Depending on a type of mold and a way of production, ripened cheeses have different crust colours, from a while to pink to orange. Examples: Brie, Camembert, Vacherin, Munster, Coulommiers, Saint-André, Coeur de Chevre, Neufchatel.

Dairy (57)

Soft Cheese - Cow Milk (FL)

Also called Fresh Cheese, Soft Cheeses sre made without additional preservatives and can spoil in a matter of days. Examples: Cottage Cheese, Cream Cheese, Feta, Curd Cheese, Ricotta, Anari, Fromage Blanc, Queso Fresco, Paneer, Halloumi, Sirene, Boursin, Buchette, Mascarpone, Burrata, Mozzarella.

Dairy (76)

Yogurt - Goat (FL)

Dairy (57)

Yogurt - Sheep (FL)

Dairy Panel (43)

Milk Solids

Fish & Seafood (57)

Salmon (FL)

Food Additives (group 1) (60)

Glycol

Food Additives (group 1) (71)

Orange coloring

Food Additives (group 1) (67)

Potassium Bromate

Food Additives (group 2) (64)

Benzoic Acid

Food Additives (group 2) (87)

Gum Arabic (acacia)

Food Additives (group 2) (41)

Gum Tragacanth

Food Additives (group 3) (37)

BHT Butylated Hydroxytoluene

Fossil Fuels (57)

Gasoline - Unleaded (ES)

Fruit (60)

Apricot (FL)

Fruit (60)

Banana (FL)

Fruit (61)

Plum (FL)

Fruit (58)

Watermelon (FL)

Grains (68)

Rice - White (refined)

Meat Alternatives & Imitations (36)

Quorn (FL)

Nuts & Seeds (63)

Almond (FL)

Nuts & Seeds (39)

Cashew (FL)

Nuts & Seeds (78)

Peanut (FL)

Peanut, also known as a groundnut, goober, pindar, or monkey nut, is not, actually, a nut. It is truly a legume crop.

Nuts & Seeds (57)

Sesame Seed (FL)

Oils & Fats (75)

Sunflower Oil (FL)

Phenolic Signatures (38)

Piperine

Indications: arthritis, congestion, sneezing, burning feeling of the skin on the face and chest. Occurs naturally in the following foods: brandy, chili powder, cucumber, black pepper, red and green pepper, and sage. It is also found in household insecticides and pesticides.

Problematic Nutrients (57)

Exorphins (FL)

Exorphins are opioid peptides (bits of amino acids) that largely are digestion byproducts of gluten-containing food (mostly wheat) and milk, which can create a myriad of symptoms. Interestingly, exorphins can cause cravings to very foods that are armful. Gluten appears to be the most common endorphin producer, with 5 different opioids; spinach has two; soybeans have at least one, and milk has its own unique exorphins. Interestingly, wheat and milk are the most common foods that produce a wide variety of allergic symptoms.

Problematic Nutrients (70)

Oxalates (FL)

Oxalates (also referred to as oxalic acid) are natural compounds found in a variety of food sources, with the highest quantities in sesame seeds, beans, black and brown varieties of millet, nuts, soy, spinach, rhubarb, swiss chard, chocolate, black tea, broccoli, black pepper, beets, and sweet potatoes.


Oxalates often bind to minerals such as calcium, preventing the body from absorbing this vital nutrient. There are many potential consequences of calcium malabsorption: from muscle pain and kidney stones formation to osteoporosis, fatigue, and cardiovascular issues. Cooking can partially neutralize oxalates.

 Problematic Nutrients (42)


 Phytoestrogens (FL)


Phytoestrogens are plant-based compounds that have similar effects to estrogen produced in the body. By binding to estrogen receptors, phytoestrogens can stimulate or suppress certain enzymes and hormones. The primary phytoestrogens in the diet are obtained from soybeans and soy products. Tempeh, flaxseeds, sesame seeds, wheat, fenugreek, oats, barley, beans, lentils, yams, rice, alfalfa, mung beans, apples, carrots, pomegranates, rice bran, lupin, kudzu, coffee, licorice root, mint, ginseng, hops, bourbon whiskey, beer, fennel, anise, and red clover are also a source of phytoestrogens.

 Problematic Nutrients (37)


 Solanine (FL)

Solanine can be found in nightshade vegetables like eggplant, peppers, potatoes, and tomatoes. Although this is a beneficial antinutrient in most cases, in high levels and for those who are sensitive to nightshades, it can cause digestive issues, headaches, and dizziness.


 Search: "Gluten" (71)


 Gluten (FL)

Known to be one of the most difficult-to-digest plant proteins, gluten is an enzyme inhibitor that has become notorious for causing gastrointestinal distress. All grains are the source of gluten with wheat, barley, and rye being the most famous ones. The severe form of gluten sensitivity, a true gluten allergy, is the celiac disease — but gluten can also cause other less severe symptoms in a much larger percentage of people, including joint pain, headaches, fatigue, and poor memory.


 Search: "Pollens" (73)

 Grass/Pollens (NAET)


 Spices & Herbs (59)

 Mustard Seed (FL)


 Vegetables (83)

 Peppers - Red (Nightshade) (FL)

 Vegetables (41)

 Squash (FL)

 Vegetables (57)

 Turnip (FL)