



# Pet Results Guide

Begin your pet's path to optimal health and well-being

# Thank you for choosing to test with us

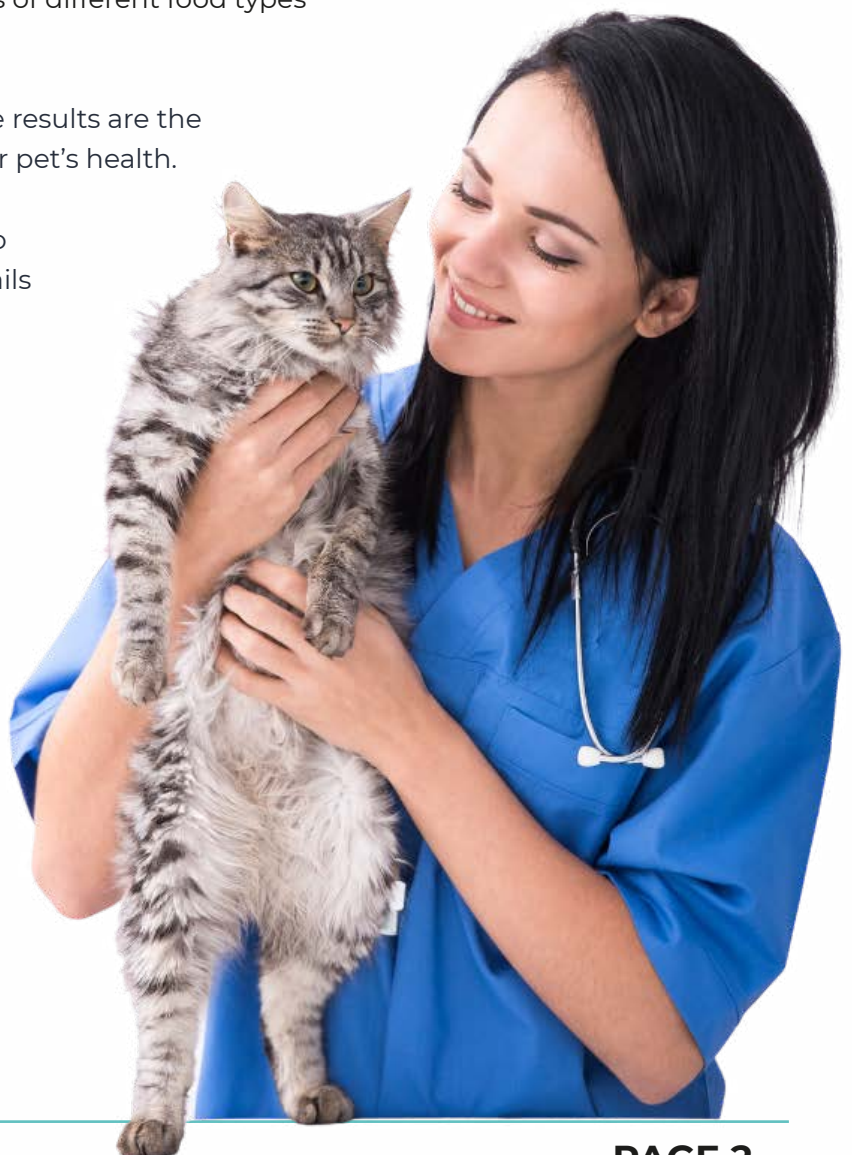
**We believe your pet's report and the help and advice sections form the beginning of a journey towards better health, enabling you to make positive changes to your pet's daily diet and environment.**

This guide will give you guidance on what to do next, how to complete the elimination diet guide and includes a handy food diary template to keep note of what foods you eliminate from your pets diet and the symptoms you notice.

It also explains in further detail the roles of different food types and more in-depth analysis.

Good luck, and I'm sure you'll find these results are the first step on a journey to improving your pet's health.

If you still have any questions relating to your results please use the contact details on the last page of your results.



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## Disclaimer

USE AT YOUR OWN RISK: This report guide is for informational purposes only. Consult a physician before undertaking any nutritional plan or diet program. It is your responsibility to evaluate your own medical and physical condition, or that of your clients, and to independently determine whether to perform, use or adapt any of the information or content on this report or on our website.



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Please consider the environment before printing. We can all do our bit to help the planet.

# How to interpret your pets results

Interpreting your results is of course the important part! To help you with this you will find a breakdown of your reactivity to each item tested. All items tested are rated as follows:

## ● **High Reactivity / Outside Range**

These are the items that our testing shows your pet is most likely to be sensitive to.

These may be causing or contributing to physical symptoms. We would recommend the removal of these items from your pets daily diet for 6-8 weeks using a structured elimination diet, followed by a gradual reintroduction.

## ● **Moderate Reactivity**

These are the items that our testing shows your pet may be sensitive to.

These may have the potential to cause or contribute to physical symptoms. We would always recommend prioritising the removal of the high reactivity items first and then considering the removal, and subsequent reintroduction, of moderate reactivity items thereafter.

It is also worth considering that having these items in isolation may not cause symptoms, however having a number of moderate reactivity items in the same meal or day may lead to symptoms due to an accumulative effect.

## ● **No Reactivity / Within Range**

These are the items that our testing shows your pet does not have a sensitivity to.



# Interpreting your pets results

## Sensitivity NOT Allergy

It is important to reiterate that this test is NOT for allergy. It is easy to confuse allergy and sensitivity or intolerance as the different terms are often used interchangeably, which leads to misinterpretation. Allergy and sensitivity are not the same. Of course if someone is allergic to a food item it could be described as being 'sensitive' however as a health condition allergy is different from sensitivity or intolerance.

There are a couple of fundamental differences between allergy and sensitivity; having food sensitivity may be uncomfortable and cause symptoms that, whilst unpleasant or even debilitating, do not have the potential to be life-threatening like those caused by food allergy; food sensitivity can also change over time, it can often be overcome through implementation of a food elimination diet, however food allergy tends to be lifelong.

The physiological process, which takes place in the body during an allergic reaction, is also entirely different to that of sensitivity. An allergic reaction involves the immune system and cells called antibodies, whereas this is not involved in sensitivity. Hair testing does not test antibody levels therefore this is why it cannot be used to test for allergy.

## Known Allergy

Your pet may have a known allergy; so let's help you to interpret sensitivity results to this item.

### Scenario 1

The item your pet is allergic to shows as a moderate or high reactivity item.

This means that as well as a food allergy your pet has a food sensitivity. If you have already removed this item from your pet's diet you do not need to take any action. If you have not removed it previously, it is worth considering doing so, however we would not recommend reintroduction following the elimination diet.

### Scenario 2

The item your pet is allergic to shows as a no reactivity item.

This means that your pet does not have food sensitivity to this item however the result does not question or contradict the presence of a food allergy to the item. It does NOT mean you should reintroduce the item to their diet, you should respect the symptoms or test results your pet has had previously with regards to allergy. **Remember this test does not test for allergy.**

# How our testing works

## What is Bioresonance testing?

Bioresonance therapy is one of a number of procedures including homeopathy, acupuncture and other naturopathic procedures within the area of empirical healing.

The fundamental principles of the following hypothesis for bioresonance therapy have been confirmed by the latest discoveries in quantum mechanics and biophysics, but have not yet been accepted by current expert opinion within orthodox medicine.

Bio Resonance hair testing is based upon quantum physics. This is a pretty complex area of science, but in very basic terms quantum physics is about the behaviour of matter and energy of the very small, so atoms and subatomic particles and waves. Quantum physics recognises that everything around us emits a frequency, which can be measured. It also recognises a phenomenon called entangled states.

Bio Resonance testing uses the information from a living organism, which gives out energy, in this case a sample of hair. The energy, or frequencies, in the hair are tested. These frequencies are compared to the frequencies of all the items tested for; food items, non-food items, vitamins, minerals, metals, enzymes and bacteria, in order to establish their levels in the body and their level of sensitivity.

The hair sample provided for the testing can be thought of as a fingerprint of a individual/animal. When this is combined with the personal information from the submission form, it provides all the information required to conduct the test itself.



### **“Now what, my pet’s list seems huge please help me.”**

Now you’ve got your pets results you now have all the information you need to start working on eliminating the items that have been raised as ‘High reactivity’. This helpful guide will explain where to start and give you information on the different categories of items tested.

## Your next steps

# This is where your pet's journey to a healthier life begins

You have read through all of your pets results, so what now? As we said at the beginning of the report we believe that these test results can be the start of your pets journey towards a healthier life.

The next step we would recommend is the completion of an elimination diet. This entails the removal of all reactive foods for a period of time followed by reintroduction. The elimination diet is a powerful tool, which Provide much clarity for pet owners on which food work for their pet and which do not.

## Aims and objectives

Before your pet embarks upon any new project, venture or undertaking, in this case making positive dietary changes, it is always good to write down your aims and objectives. You can refer back to these notes in times of doubt or to reflect on whether you have achieved your objectives.

You can use the notes section below to jot down any key pieces of information from the test results and also your objectives for your pets elimination diet and beyond.

[illegible]

# Elimination diet

## What is an elimination diet?

It is conducted over a short period of time, normally around 6-8 weeks. In certain cases it may be recommended to conduct a longer elimination diet, however generally around four weeks is sufficient time to get good results. At the end of this period you can reintroduce items to your pet one by one at the same time as monitoring your pets symptoms and general wellbeing.

1

### How does it work?

In the removal and then reintroduction of items you get a clear understanding of those foods which make your pet feel well and which ones make them feel unwell.

2

### Elimination phase

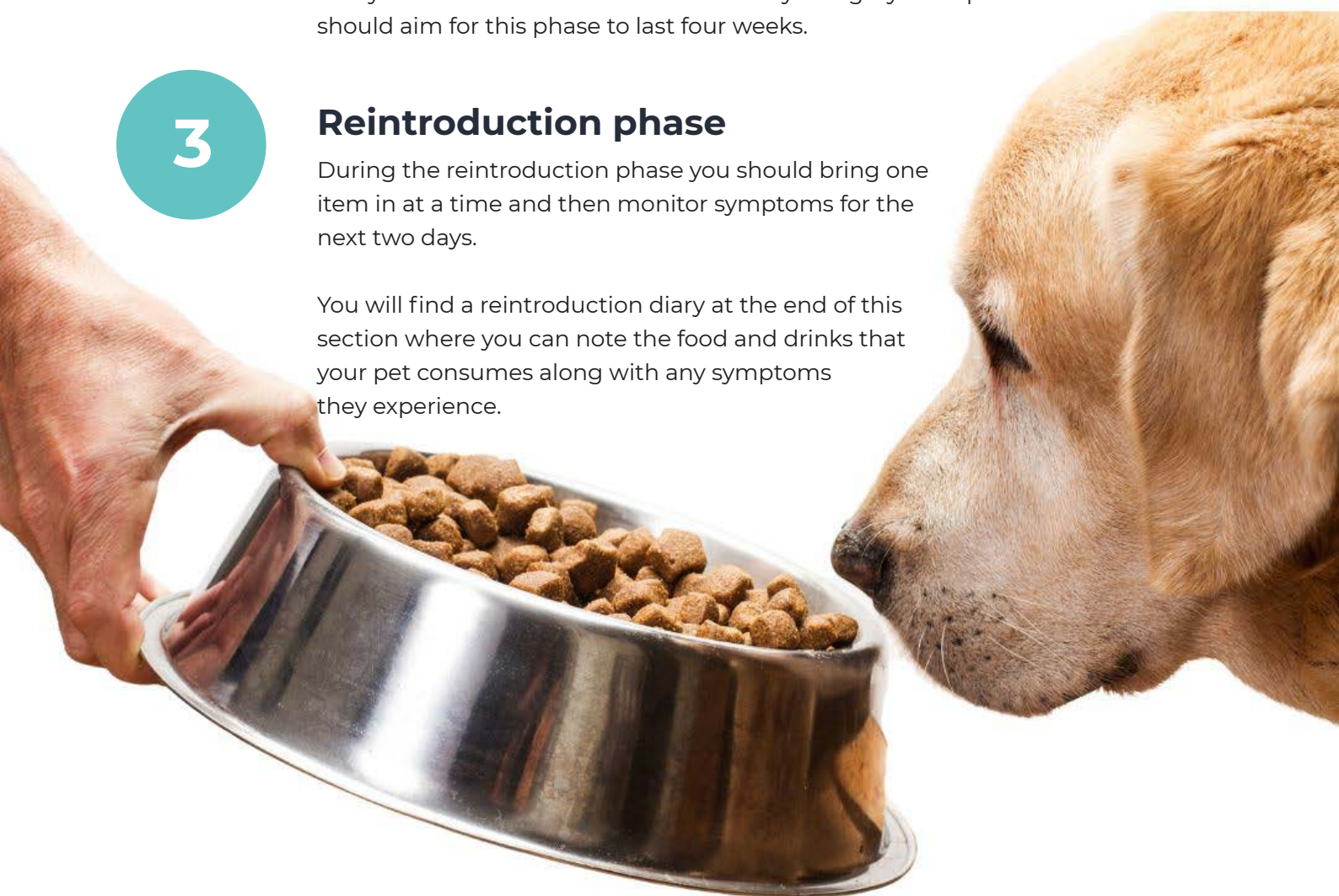
All high and medium reactive foods are removed from the diet, along with any known allergy or intolerant foods. Your pet can eat freely from those foods in the no reactivity category. Your pet should aim for this phase to last four weeks.

3

### Reintroduction phase

During the reintroduction phase you should bring one item in at a time and then monitor symptoms for the next two days.

You will find a reintroduction diary at the end of this section where you can note the food and drinks that your pet consumes along with any symptoms they experience.



## What can't you eat on an elimination diet?

Each pet will be different in the foods they should eliminate during the elimination phase. The priority items to remove are those, which are shown in the high reactivity category. If eliminating these items alone seems like a big undertaking stick with the removal of only these items. However if you feel your pet can also achieve the removal of those foods in the medium reactivity category during the elimination phase also do so.

You must also respect any known allergies or intolerances. For example if you know your pet is allergic to wheat or lactose intolerant and it comes up in the no reactivity section, do not bring them back into your pets diet.

## What can you eat on an elimination diet?

Your pet can eat any items, which are shown as having no reactivity, except any to which your pet have known allergies or intolerances.

## What's important during an elimination diet?

In removing items from your pets diet your also removing nutrients. Whilst it is only for a short period of time it remains important that your pet maintains a good daily intake of vitamins and minerals through their diet.



## What happens after an elimination diet?

Following an elimination diet you should have good clarity on which foods work well for your pet and which provoke symptoms or make your pet feel less than it's best. If you do find there are items or food groups, which provoke symptoms, it is worth considering the reduction or removal of these items from your pets diet.

Should you choose to greatly reduce or eliminate an item or food group from your pet diet ensure you replace the nutrients your pet would have got from the item or food group with alternative sources.

To get the best out of your pets diet and to support their health and wellbeing ensure that, in the most part, their food comes from non-processed, natural sources and contains a breadth of vitamins and minerals.

# Reintroduction diary

Start date: \_\_/\_\_/\_\_

## Typical symptoms to record:

Paw biting & licking

Upset stomach

Vomiting

Hair loss

Gas / flatulence

Itchy / inflammed skin

Constant scratching

Tired / sluggish

|       | Morning Food | Morning Symptom | Afternoon Food | Afternoon Symptom | Evening Food | Evening Symptom |
|-------|--------------|-----------------|----------------|-------------------|--------------|-----------------|
| Day 1 |              |                 |                |                   |              |                 |
| Day 2 |              |                 |                |                   |              |                 |
| Day 3 |              |                 |                |                   |              |                 |
| Day 4 |              |                 |                |                   |              |                 |
| Day 5 |              |                 |                |                   |              |                 |
| Day 6 |              |                 |                |                   |              |                 |
| Day 7 |              |                 |                |                   |              |                 |

For each food that you reintroduce, think about the symptoms on your list and use none, mild, moderate, or severe to describe your reaction to it in the boxes provided. This will help you remember later when you look back.

# Complementary and alternative medicine

## What is Complementary and Alternative Medicine?

**Bioresonance therapy and testing is categorised as a complementary and alternative medicine (CAM). This is a diverse group of therapies, practices and products, which fall outside of conventional medicine or healthcare.**

A complementary therapy is used alongside conventional medicine or treatment, whilst alternative therapy is used in place of conventional medicine or treatment.

Some therapies or practices could be used as either complementary or alternative; it depends on whether it is combined with conventional medicine alongside or not.

Other therapies and practices, which are considered complementary and alternative medicine:

- Aromatherapy
- Acupuncture
- Homeopathy
- Massage therapy
- Naturopathy
- Osteopathy
- Pilates
- Yoga

## Finding Complementary and Alternative Medicine Practitioners

When using complementary and alternative medicine it is important that you look for a veterinarian who is registered with a regulatory body for their field of expertise.

If you think your pet has a health condition always seek advice from a veterinarian first.



# Food sensitivities



## What is a food sensitivity?

Food sensitivity happens when your pet has difficulty digesting a particular food. Having a food sensitivity can cause symptoms such as hot spots, paw biting and licking, coughing, excessive shredding, runny nose, watery and red eyes, itching and ear infections.



## What is a food allergy?

Food sensitivity should not be confused with food allergy. This test is for food sensitivity ONLY. Food allergy symptoms include coughing, sneezing, runny nose/eyes, itchy mouth/eyes, swelling of the lips/face, rashes, worsening of eczema and/or asthma, wheezing, breathing difficulties, vomiting, diarrhoea and, in rare cases, anaphylaxis. Testing for food allergy can only be done through a blood, skin prick or patch test. If you suspect your pet has a food allergy please see your veterinarian.



## Everyday Foods

It is common for a food item consumed in the daily diet or very frequently, to test as a moderate or high sensitivity item. This can happen with food sensitivity and may be due to the body suddenly struggling to process or breakdown particular constituents of the food. This could be caused by overconsumption of a food group or could be down to an imbalance in gut bacteria or the presence of low-level inflammation in the gut.

Whatever the cause do not despair. We are talking about food sensitivity and NOT allergy; therefore completing a food elimination diet with subsequent reintroduction can help. This may mean your pet needs to eliminate a favourite food or staple in their diet for a period of weeks but you will be able to reintroduce the item. Eliminating food items for a period of time can allow the gut time to 'rest' from trigger foods and the reintroduction of items can allow you to assess how a food or food group makes your pet feel.

## Gut Nourishment

In most cases carrying out an elimination diet is enough to improve symptoms and allow for a greater understanding of any foods, which aren't agreeing with your pets body. It is also worth considering the nourishment of the digestive tract and addressing any gut bacteria imbalances to further improve gut function and reduce digestive symptoms.

### Complementary Alternative Medicine (CAMs)

Our sensitivity tests are carried out using bioresonance therapy and is categorised under Complementary and Alternative Medicines (CAMs) which covers a wide range of therapies that fall outside mainstream medicine. Tests and related information provided do not make a medical diagnosis nor is it intended to be a substitute for professional medical advice, diagnosis or treatment.

Always seek the advice of your veterinarian service or other qualified health provider if your pet has a medical condition or any questions you may have regarding a medical condition and/or medical symptoms your pet has.



# Sources of vitamins

## Water-soluble vitamins

### B Vitamins

Oats, whole wheat, rye, buckwheat, brown rice, Brewer's yeast, peanuts, mushrooms, soybean flour and soybeans, split peas, pecans, sunflower seeds, lentils, cashews, chickpeas, broccoli, hazelnuts, peppers.

### B12

Oysters, mussels, scallops, liver, mackerel, tuna, salmon, sardines, crab, beef, eggs, yogurt, Swiss cheese, fortified products.

### Vitamin C

Red peppers, guavas, kale, kiwi, broccoli, Brussel sprouts, strawberries, raspberries, blackberries, blueberries, oranges, tomatoes, peas, mange tout, papaya, mango, pineapple, melon.

## Fat-soluble vitamins

### Vitamin A

(Retinol) Liver, beef, lamb, cod liver oil, mackerel, salmon, tuna, pâté, goat's cheese, eggs, cheddar, cream cheese, butter, goat's cheese.

### Beta Carotene

#### (Precursor to vitamin A)

Sweet potato, carrots, kale, spinach, collards, Swiss chard, pak choi, butternut squash, pumpkin, cos lettuce, romaine lettuce, mango, dried apricots, prunes, peaches, melon, red peppers, tuna fish, mackerel, butter.

### Vitamin D

Salmon, trout, swordfish, mackerel, tuna, buttermilk, some yogurt, mushrooms, eggs, fortified products.

### Vitamin E

Spinach, kale, broccoli, Swiss chard, turnip greens, collards, avocado, almonds, hazelnuts, pistachios, sunflower seeds, prawn/shrimp, crayfish, salmon, smoked salmon, swordfish, herring, trout, olive oil, sunflower oil, sweet potato, squashes, kiwi, mango, peach, nectarines, apricots, guava, raspberries, blackberries.

### Vitamin K

Kale, spinach, mustard greens, spring onions, cress, basil, thyme, coriander, sage, parsley, Brussel sprouts, cabbage, chilli powder, paprika, fennel, leeks.

## Minerals

### Calcium

Watercress, kale, broccoli, low fat mozzarella, low fat cheddar, yogurt, pak choi, tofu, sugar snap peas, almonds, tinned sardines in oil with bones, tinned pink salmon.

### Magnesium

Buckwheat, rye, millet, brown rice, whole wheat, kelp, almonds, cashews, brazil nuts, peanuts, walnuts, tofu, coconut, soya beans, figs, apricots, dates, prawns, corn, avocado, spinach, kale, broccoli swiss chard, turnip greens, collards.

### Zinc

Rye, spinach, beef, lamb, pumpkin seeds, sesame seeds, sunflower seeds, cashew nuts, cocoa powder, dark chocolate, pork, chicken, chickpeas, baked beans, mushrooms.

### Iron

Rye, whole wheat, pumpkin seeds, sunflower seeds, sesame seeds, chicken liver, oysters, mussels, clams, cashews, pine nuts, hazelnuts, peanuts, almonds, beef, lamb, lentils, white beans, soybeans, kidney beans, chickpeas, lima beans, oatmeal, spinach, Swiss chard, kale, dark chocolate.

### Manganese

Rye, oats, brown rice, barley, mussels, hazelnuts, pine nuts, pecans, lima beans, chickpeas, aduki beans, lentils, pumpkin seeds, sesame seeds, sunflower seeds, pineapple, spinach, kale, tofu, soybeans, sweet potato, blueberries, raspberries, strawberries.

### Copper

Rye, oats, sesame seeds, cashews, soybeans, mushrooms, sunflower seeds, tempeh, garbanzo beans, lentils, walnuts, lima beans, liver, spirulina, dark chocolate, collard greens, Swiss chard, spinach, kale.

### Phosphorus

Brown rice, oats, rye, whole wheat, chicken, turkey, pork, liver, sardines, scallops, salmon, mackerel, crab, milk, yogurt, cottage cheese, sunflower seeds, pumpkin seeds, Brazil nuts, pine nuts, almonds, pistachios, cashews.

### Potassium

Dried apricots, salmon, mackerel, tuna, monkfish, white beans, lentils, kidney beans, avocado, butternut squash, spinach, mushrooms, bananas, potatoes, low fat yogurt.

### Selenium

Brazil nuts, brown rice, rye, whole wheat, mushrooms, shrimp, sardines, oysters, tuna, sunflower seeds, liver, eggs, beef, turkey, cottage cheese.

# Additives



## What are additives?

Additives are substances, which are added to food for a specific reason such as; to improve the look or taste of a food, to preserve a food and make it last longer on the shelf, to aid food processing and manufacturing, to stabilise a food and keep it safe to eat.

The main types of additives are colourings, flavour enhancers, sweeteners, antioxidants, emulsifiers, stabilisers and preservatives. They can be natural, man-made but nature identical or artificial.



# Environmental sensitivities



## What is a non-food sensitivity?

Environmental items can, just like food items, cause your pet's body to react, which leads to the production of symptoms such as headaches and fatigue. If you suspect your pet has an allergy please see your veterinarian. It is important to note that this is not an allergy test. Any known pollen, dust mite or mould allergies you know you have may or may not come up in this test.



# Nutrition sensitivities



## What is a nutritional sensitivity?

Non-food items can, just like food items, cause the body to react, which leads to the production of symptoms such as headaches and fatigue. If you suspect your pet has an allergy please see your veterinarian. It is important to note that this is not an allergy test. Any known pollen, dust mite or mould allergies you know your pet have may or may not come up in this test.



# Metal & mineral sensitivities



## What is metal toxicity?

Metal toxicity is the build-up of large amounts of heavy metals in the soft tissues of the body. The heavy metals most commonly associated with toxicity are lead, mercury, arsenic and cadmium. Exposure usually occurs through industrial exposure, pollution, food, medication, improperly coated food containers or the ingestion of lead-based paints. Symptoms vary between the different types of heavy metals.

## What to do if your pet has high levels of exposure?

It is important to look at lowering your pets day-to-day level of exposure. Consider your pets environment, the foods they eat, water, cosmetics and cleaning products.

Your pet's body is constantly detoxifying things from their everyday environment such as chemicals in foods, cleaning products, medications and even their own hormones. You can help your pets body with detoxification processes by ensuring they drink plenty of water, eat a diet that is as wholefood as possible, avoid processed foods and exercise regularly.

## Potential sources in your pet's environment

Heavy metals are a part of our everyday life and at low levels are detoxified by the body causing no issue. However it is beneficial to have a greater awareness of where your pet may come into contact with metals and therefore help your pets reduce their potential exposure.

**Food** – Pesticides, insecticides and herbicides used on crops can lead to contaminated food produce. Contaminated water can result in fish and seafood containing heavy metals.

**Water** – Pipework that water runs through is the most likely cause of any heavy metals in drinking water. For this reason it is always best to filter your pets water.

**Air** – Pollution from vehicles such as cars, trains and aeroplanes contributes to heavy metals, which can be inhaled. Industrial factories and agricultural areas, which use pesticides on crops are also ways metals get into the air we breathe.

**Cosmetics** – Lead, arsenic, mercury, aluminium, zinc and chromium can be found in many cosmetics such as lipstick, whitening toothpaste, eyeliner, nail polish, moisturiser, sunscreen, foundation, blusher, concealer and eye drops. Some metals are added as ingredients whilst others are contaminants.

**Cleaning products** – Everyday household cleaning products like polish, all purpose sprays and garden products like insecticides and pesticides contain heavy metals.

## Low mineral levels

There are recommended daily amounts of each mineral that should be consumed on a daily basis. However mineral requirements do vary from person to person depending upon life stage, activity level, stress level, health conditions and medications.

Low mineral levels occur when the dietary intake is lower than required or when the body is struggling to effectively absorb minerals from the food.



### What are phyto nutrients?

Phytonutrients are natural chemicals produced by plants to help them protect themselves from things like insects and the sun. By eating foods which contain phytonutrients, pets can benefit from these natural compounds and use them for health benefits.

Unlike minerals there are no recommended daily amounts to consume. However we do know that the different phytonutrients confer different health benefits in the body such as supporting cardiovascular health, strengthening the immune system, improving eye health, reducing cholesterol and boosting energy. Therefore these nutrients are recommended for optimal health.

## What should you do if you have low mineral or phytonutrient levels?

The daily diet is the first consideration if you have low mineral levels. It is the most natural and best way of improving mineral or phytonutrient intake. Minerals come from the soil, and the greater the quality and richness of the soil, the greater the mineral density of a plant. The best sources of minerals are fruits, vegetables, grains, pulses, nuts and seeds. By including such produce in your diet you will also benefit from phytonutrients. For guidance on specific minerals and the foods where they are found see 'The role of food types' in the Food Sensitivity section.

Ideally nutrients should all be consumed through the diet, however if this is not possible due to dietary restrictions or dislikes supplementation is an option. Please note it is always recommended that any supplementation is taken under the advice and monitoring of a health professional.

Should you suspect that you could have a mineral deficiency please seek the advice of a medical professional.



# Metal potential sources

## **Aluminium**

Can be found in: Cans, foils, kitchen utensils, window frames and beer kegs

## **Antimony**

Can be found in: Batteries, low friction metals and cable sheathing

## **Argon**

Can be found in: Welding and light bulbs

## **Arsenic**

Can be found in: Rat poisons and insecticides

## **Barium**

Can be found in: Paints, fireworks, some medicines and the process of making glass

## **Beryllium**

Can be found in: Springs, electrical contacts and spot-welding electrodes

## **Bismuth**

Can be found in: Usually mixed with other metals

## **Boron**

Can be found in: Clay pots, detergent, glass, flares and fibreglass

## **Bromine**

Can be found in: Flame-retardants, water purification systems and dyes

## **Cadmium**

Can be found in: Re-chargeable batteries

## **Caesium**

Can be found in: Atomic clocks and photoelectric cells

## **Cerium**

Can be found in: Air conditioners, computer and ovens

## **Chlorine**

Can be found in: Bleach, papermaking, swimming pools

## **Chromium**

Can be found in: Stainless steel cutlery, wood preservatives, dyes and pigments

## **Cobalt**

Can be found in: Cutting tools and dyes

## **Copper**

Can be found in: Electrical generators and motors

## **Dysprosium**

Can be found in: Lasers and many alloys

## **Fluorine**

Can be found in: Toothpaste and etched glass

## **Gadolinium**

Can be found in: Many alloys

## **Gallium**

Can be found in: Electronics, alloys and thermometers

## **Germanium**

Can be found in: Glass lenses, fluorescent lights, electronics and many alloys

## **Gold**

Can be found in: Jewellery

## **Hafnium**

Can be found in: Many alloys

## **Holmium**

Can be found in: Lasers

## **Indium**

Can be found in: Electronics and mirrors

## **Iridium**

Can be found in: Alloys and materials that need to withstand high temperatures

## **Lead**

Can be found in: Lead-acid storage batteries

## **Lithium**

Can be found in: Rechargeable non-rechargeable batteries, some medications and alloys

## **Mercury**

Can be found in: Batteries, fluorescent lights, felt production, thermometers and barometers

## **Molybdenum**

Can be found in: Many alloys

## **Nickel**

Can be found in: Stainless steel

## **Palladium**

Can be found in: Car exhaust manufacture, dental fillings and jewellery

## **Platinum**

Can be found in: Jewellery, decoration and dental work

## **Radium**

Can be found in: Some medicines and glowing paints

## **Rhenium**

Can be found in: Many alloys and flash photography

## **Rhodium**

Can be found in: Spark plugs and highly reflective materials

## **Rubidium**

Can be found in: Many alloys and amalgams

## **Ruthenium**

Can be found in: Many alloys and corrosion resistant metals

## **Samarium**

Can be found in: Many alloys and audio equipment

## **Silicon**

Can be found in: Glass, pottery, computer chips and bricks

## **Silver**

Can be found in: Jewellery

## **Strontium**

Can be found in: Firework production, tin cans (food)

## **Sulphur**

Can be found in: Medicines, fertilisers, fireworks and matches

## **Tantalum**

Can be found in: Surgical equipment and camera lenses

## **Tin**

Can be found in: Alloying metal

## **Titanium**

Can be found in: Alloying metal

## **Vanadium**

Can be found in: Alloying metal

## **Zinc**

Can be found in: Many alloys, paint, fluorescent lights and the process of making plastic

## **Zirconium**

Can be found in: Corrosion resistant alloys, magnets and some gem stones

# Thank you

Please get in touch  
if you have any questions



## Disclaimer

USE AT YOUR OWN RISK: This report guide is for informational purposes only. Consult a physician before undertaking any nutritional plan or diet program. It is your responsibility to evaluate your own medical and physical condition, or that of your clients, and to independently determine whether to perform, use or adapt any of the information or content on this report or on our website.



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