

Bullseye's Results Report



Pet Name: Bullseye,

We are delighted to present your pets test results!

Your results

Your pets results are divided into sections by the type of items tested. Within each section you'll find an overview page, this is to ensure your pets results are as clear and concise as possible and your attention is drawn to the information that is of greatest value to you. You can see the full list of items tested in the detailed analysis page.

Your pets results report is designed to provide the utmost clarity including the actions we would recommend.

We believe that in providing you with your test results and relevant information in each section, your results can form the beginning of a journey, enabling you to make positive changes to your pets daily diet and environment.

In doing so we want you to be able to take steps towards designing a diet, which is nutritious and enjoyable for your pet.

If you have any further questions please do not hesitate to get in touch with us.

Healthy regards,
Endeavour DNA Inc

info@easydna.co.uk - easydna.co.uk

Complementary Alternative Medicine (CAMs)

Our sensitivity tests are carried out using bioresonance therapy and is categories 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 a professional medical advice, diagnosis or treatment. Always seek the advice of your veterinarian service or other qualified health provider if your cat has a medical condition or any questions you may have regarding a medical condition and/or medical symptoms your cat has.

Table of Contents

Your Results Explained	page 4
Food Sensitivities Analysis	page 8
Non-food Sensitivities Analysis	page 14
Metal Sensitivities Analysis	page 18
Minerals and Nutrients Analysis	page 23
Vitamins Analysis	page 27
Results Summary	page 31
Summary & Actions	page 33
Contact	page 36

Your Results Explained

A sensitivity test is not an allergy test

It is important to reiterate that this test is NOT for allergies. 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 annoying, embarrassing 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 and/or improving gut health, 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 allergies.

Pet Health Testing utilizes bio resonance technology that will identify temporary imbalances in the body that may be causing symptoms such as upset stomach, constant scratching, fur loss, hot spots, paw biting and grass eating. These are non-life threatening responses and can take anywhere from several hours or several days to appear.

This product does not test your pet for allergies, nor makes a medical diagnosis or is it intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your vet or other qualified health provider if you think your pet has an allergy or medical condition.

Foods affecting digestion

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 over consumption 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 for your pet with subsequent reintroduction can help. This may mean you need to eliminate a favourite food or staple in your pets 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 your pet is handling certain foods.

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 the 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.

Customer Testimonials



We take great pride in helping our customers, here are a few examples of how we have helped our pet community.

Amazing how much we've learned ★★★★★

My dog has been frequently itchy to the point that he was breaking skin scratching so hard. Thanks to Pet Health Testing, we found out that he was sensitive to barley. It's been almost 4 weeks since we got him barley free food and his itching is minimal! He's definitely getting better!
- John & Rebecca

The best test available ★★★★★

I have wanted to know what my dog was sensitive to. The test offers an extensive check without the expensive price. My test kit was delivered in 48 hrs; the process was easy, and my results were in in about five days. The report was easy to read and understand, I would recommend this to anyone!
- Broderick Family

The brutal truth indeed ★★★★★

Who would have thought that beef caused my puppy to have stomach problems. So happy I took this intolerance test for my dog. I cut beef out of his diet entirely and since he hasn't shown any signs of discomfort and definitely has even more energy than before. This Fur sensitivity test has been an absolute lifesaver.
- Charlotte

Food Sensitivities Analysis



Your results explained

Understanding your results is of course the important part! To help you with this you will find an overview of your food sensitivity results. This overview summarises the items to focus on, along with the relevant actions to take. All items tested are rated as either Sensitive, Mild or No Reaction, in the overview section you will see only those items, which tested as Sensitive or Mild. The No Reaction items can be found in the detailed analysis section.

Sensitive Reaction

These are the food items that our testing shows you have sensitivity to.

Mild Reaction

These are the food items that our testing shows you could potentially have sensitivity to.

No Reaction

These are the food items that our testing shows you do not have sensitivity to.

Your Food Sensitivities: Overview

Sensitive Reaction

Acai Berries	Crab	Sprats
Chicken	Fennel	Strawberry
Chicken Fat	Fish Oil	Wild Boar
Chicken Oil	Lemon	

These food items have been identified as those, which may be causing or contributing to physical symptoms.

We would recommend the removal of these items from your pets daily diet using a structured elimination diet.

Your Food Sensitivities: Overview contd.

Mild Reaction

Duck
Herring
Mint
Mullet
Raspberries
Whitebait

These food items have been identified as those, which may have the potential to cause or contribute to physical symptoms.

We would always recommend prioritising the removal of the Sensitive Reaction items first and then considering the removal of Mild Reaction items thereafter.

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

Your Food Sensitivities: Detailed Analysis

Cheese

- Brie
- Cheddar Cheese
- Colby Cheese
- Cottage Cheese
- Cream Cheese
- Mozzarella Cheese
- Parmesan Cheese
- Ricotta Cheese
- Swiss Cheese

Dairy and Egg

- Egg White
- Egg Yolk
- Greek Yoghurt
- Milk from Cows
- Milk from Goats
- Milk from Sheep
- Soy Milk
- Yak Milk

Fruit

- Apple
- Apricot
- Banana
- Blackberries
- Blackcurrant
- Blueberry
- Cantaloupe
- Cherry
- Coconut
- Cranberries
- Cucumber
- Kiwi
- Lemon
- Mango
- Melon

- Nectarine
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Raspberries
- Redcurrants
- Rosehip
- Strawberry

- Tangerines
- Watermelons
- Whitecurrants
- Yeast

Gluten-free Cereals and Grains

- Buck Wheat
- Maize Flour
- Millett
- Oat Flour
- Oats
- Rice - Bran
- Rice - Brown/Whole Grain
- Rice - White
- Rice Flour
- Rye
- Soy Flour
- Spelt
- Spelt Protein
- Wheat Bran
- Wheat Flour
- Wheat Germ
- Whole Wheat Flour

Herbs and Spices

- Cilantro
- Cinnamon

- Dill
- Fennel
- Ginger
- Milk Thistle
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Turmeric

Legumes and Pulses

- Lentils

Meat

- Alpaca
- Beef
- Chicken
- Chicken Fat
- Chicken Heart
- Chicken Kidney
- Chicken Liver
- Chicken Meal
- Corned Beef
- Duck
- Elk
- Emu
- Goat
- Goose
- Ground Beef
- Ground Chicken
- Ground Duck
- Ground Lamb
- Ground Turkey
- Guinea Fowl
- Ham
- Hare

Your Food Sensitivities: Detailed Analysis contd.

■ Horse	■ Butylated Hydroxyanisole (BHA)	■ Rapeseed Oil
■ Kangaroo	■ Butylated Hydroxytoluene (BHT)	■ Salmon Oil
■ Lamb	■ Carob	■ Sea Buckthorn Oil
■ Lamb Heart	■ Charcoal	■ Sesame Oil
■ Lamb Kidney	■ Chicken Gravy	■ Soy Bean Oil
■ Lamb Liver	■ Chicory	■ Sunflower Oil
■ Mutton	■ Collagen	Seafood and Fish
■ Ostrich	■ Fructo-oligosaccharides	■ Carp
■ Ox	■ Glucosamine	■ Catfish
■ Ox Heart	■ Hemp	■ Clams
■ Ox Kidney	■ Honey	■ Crab
■ Ox Liver	■ Mannan-Oligosaccharides	■ Eel
■ Partridge	■ Seaweed	■ Flounder
■ Pheasant	■ Spirulina	■ Green Lipped Mussel
■ Pig Ear	■ Valerian Root	■ Grouper
■ Pig Heart	Nuts and Seeds	■ Haddock
■ Pig Kidney	■ Coconut	■ Halibut
■ Pig Liver	■ Fenugreek Seeds	■ Herring
■ Pigeon	■ Flax Seeds	■ Herring
■ Pork	■ Linseed	■ Kelp
■ Quail	■ Natural Peanut Butter	■ Lobster
■ Rabbit	■ Quinoa	■ Mackerel
■ Rawhide	Oils and Condiments	■ Mullet
■ Tripe	■ Apple Cider Vinegar	■ Mussels
■ Turkey	■ Chicken Oil	■ Octopus
■ Turkey Liver	■ Coconut Oil	■ Oysters
■ Venison	■ Cod Liver Oil	■ Plaice
■ Wild Boar	■ Evening Primrose Oil	■ Prawns
Miscellaneous	■ Fish Oil	■ Salmon
■ Algae	■ Flax Seed Oil	■ Sardine
■ Artificial Beef Flavour	■ Krill Oil	■ Scallops
■ Artificial Duck Flavour	■ Malt Vinegar	■ Sea Bass
■ Artificial Turkey Flavour	■ Olive Oil	■ Shrimp
■ B-Glucans	■ Palm Oil	■ Sole
■ Brewers Yeast	■ Peppermint Oil	■ Sprats

Your Food Sensitivities: Detailed Analysis contd.

- | | |
|---|--|
| <input checked="" type="checkbox"/> Squid | <input checked="" type="checkbox"/> Yuca |
| <input checked="" type="checkbox"/> Swordfish | <input checked="" type="checkbox"/> Zucchini |
| <input checked="" type="checkbox"/> Tilapia | |
| <input checked="" type="checkbox"/> Trout | |
| <input checked="" type="checkbox"/> Tuna | |
| <input checked="" type="checkbox"/> Whitebait | |
| <input checked="" type="checkbox"/> Whitefish | |

Vegetables

- ☒ Beet Pulp
- ☒ Beetroot
- ☒ Broccoli
- ☒ Brussel Sprouts
- ☒ Butternut Squash
- ☒ Capsicum (green)
- ☒ Capsicum (red)
- ☒ Capsicum (yellow)
- ☒ Carrots
- ☒ Cauliflower
- ☒ Celery
- ☒ Garden Peas
- ☒ Green Beans
- ☒ Kale
- ☒ Mangetout
- ☒ Mushrooms
- ☒ Parsnips
- ☒ Peas
- ☒ Potato
- ☒ Pumpkin
- ☒ Reishi Mushroom
- ☒ Spinach
- ☒ Sugar Beet
- ☒ Sugar Snap Peas
- ☒ Swede
- ☒ Sweet Potatoes
- ☒ Sweetcorn Kernels

Non-Food Sensitivities Analysis





What is a non-food 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 you have an allergy please see your physician. 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.

Your results explained

Understanding your results is of course the important part! To help you with this you will find an overview of your non-food sensitivity results. This overview summarises the items to focus on, along with the relevant actions to take. All items tested are rated as either Sensitive, Mild or No Reaction, in the overview section you will see only those items, which tested as Sensitive or Mild. The No Reaction items can be found in the detailed analysis section.

Sensitive Reaction

These are the non-food items that our testing shows you have sensitivity to.

Mild Reaction

These are the non-food items that our testing shows you could potentially have sensitivity to.

No Reaction

These are the non-food items that our testing shows you do not have sensitivity to.

Your Non-food Sensitivities: Overview

Sensitive Reaction

Algae
Sword Fern
Zinnia

Mild Reaction

Beech Tree
Colonial Bent Grass

These non-food items have been identified as those, which may have the potential to cause or contribute to physical symptoms.

We would always recommend prioritising the removal of the Sensitive Reaction items first and then considering the avoidance of Mild Reaction items thereafter.

It is also worth considering that contact with these items in isolation may not cause symptoms, however having contact with a number of Mild Reaction items in the same day may lead to symptoms due to an accumulative effect.

Your Non-food Sensitivities: Detailed Analysis

<div></div> Algae	<div></div> Colonial Bent Grass	<div></div> Perfume
<div></div> Alyssum	<div></div> Coreopsis	<div></div> Persian Violet
<div></div> Aster	<div></div> Corn Plant	<div></div> Petunia
<div></div> Bamboo	<div></div> Cotton	<div></div> Pine
<div></div> Bark	<div></div> Currant Bush	<div></div> Polkadot Plant
<div></div> Barley Plant	<div></div> Dandelion	<div></div> Pollen
<div></div> Bee	<div></div> Dust	<div></div> Poplar Tree
<div></div> Bee Pollen	<div></div> Echevaria Succulents	<div></div> Rape Plant
<div></div> Beech Tree	<div></div> Elm Tree	<div></div> Rose Plant
<div></div> Bermuda Grass	<div></div> Gerber Daisy	<div></div> Rosehip
<div></div> Bifidobacterium Animalis	<div></div> Gloxinix	<div></div> Rosesnap Dragons
<div></div> Birch Tree	<div></div> Grass	<div></div> Seaweed
<div></div> Blackberry Bush	<div></div> Hawthorn Tree	<div></div> Spider Plant
<div></div> Blue Daisy	<div></div> Hazel Tree	<div></div> Start Jasmine
<div></div> Boston Fern	<div></div> Impatiens	<div></div> Stinging Nettle
<div></div> Bottlecrush Tree	<div></div> Leather	<div></div> Storage Mite
<div></div> Buttercup Flower	<div></div> Maize Plant	<div></div> Sunflower
<div></div> Camelia	<div></div> Marigold Flowers	<div></div> Sword Fern
<div></div> Canna	<div></div> Mint	<div></div> Viola
<div></div> Ceolsia Plumosa	<div></div> Moss	<div></div> Wasp
<div></div> Cherry Tree	<div></div> Nasturtium	<div></div> Willow Tree
<div></div> Chile Pine	<div></div> Nylon	<div></div> Wool
<div></div> Chrysanthemum	<div></div> Oak Tree	<div></div> Zinnia
<div></div> Clover	<div></div> Pampass Grass	

Metal Sensitivities Analysis





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 you have high levels of exposure?

It is important to look at lowering your day-to-day level of exposure.

Consider your environment, the foods you eat, water, cosmetics and cleaning products. The body is constantly detoxifying things from your everyday environment such as chemicals in foods, cosmetics and cleaning products, caffeine, alcohol, medications and even your own hormones.

You can help your body with detoxification processes by ensuring you; drink plenty of filtered water, eat a diet that is as wholefood as possible, avoid processed foods, reduce caffeine and/or alcohol consumption, lower nicotine usage and exercise regularly.

Potential sources in your 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 you may come into contact with metals and therefore help you reduce your 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 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.

Your results explained

To help you interpret your results you will find an overview of your metal sensitivities. This overview summarises the items to focus on along with the relevant actions to take. All items tested are rated as either Sensitive, Mild or No Reaction, in the overview section you will see only those items, which tested as Sensitive or Mild. The No Reaction items can be found in the detailed analysis section.

Ideally the metals will show No Reaction in testing. If however there are metals identified as Mild or Sensitive Reaction do not panic. Through lowering daily exposure and helping your body with detoxification processes your body can reduce its own toxicity levels.

Sensitive Reaction

These are the metals that our testing shows are at a level that could lead to toxicity.

Mild Reaction

These are the metals that our testing shows risk being at a level that may lead to toxicity.

No Reaction

These are the metals that our testing shows are not at a level that could lead to toxicity.

Your Metal Sensitivities: Overview

Sensitive Reaction

No items have been identified as sensitive according to our testing parameters.

Mild Reaction

No items have been identified as mild according to our testing parameters.

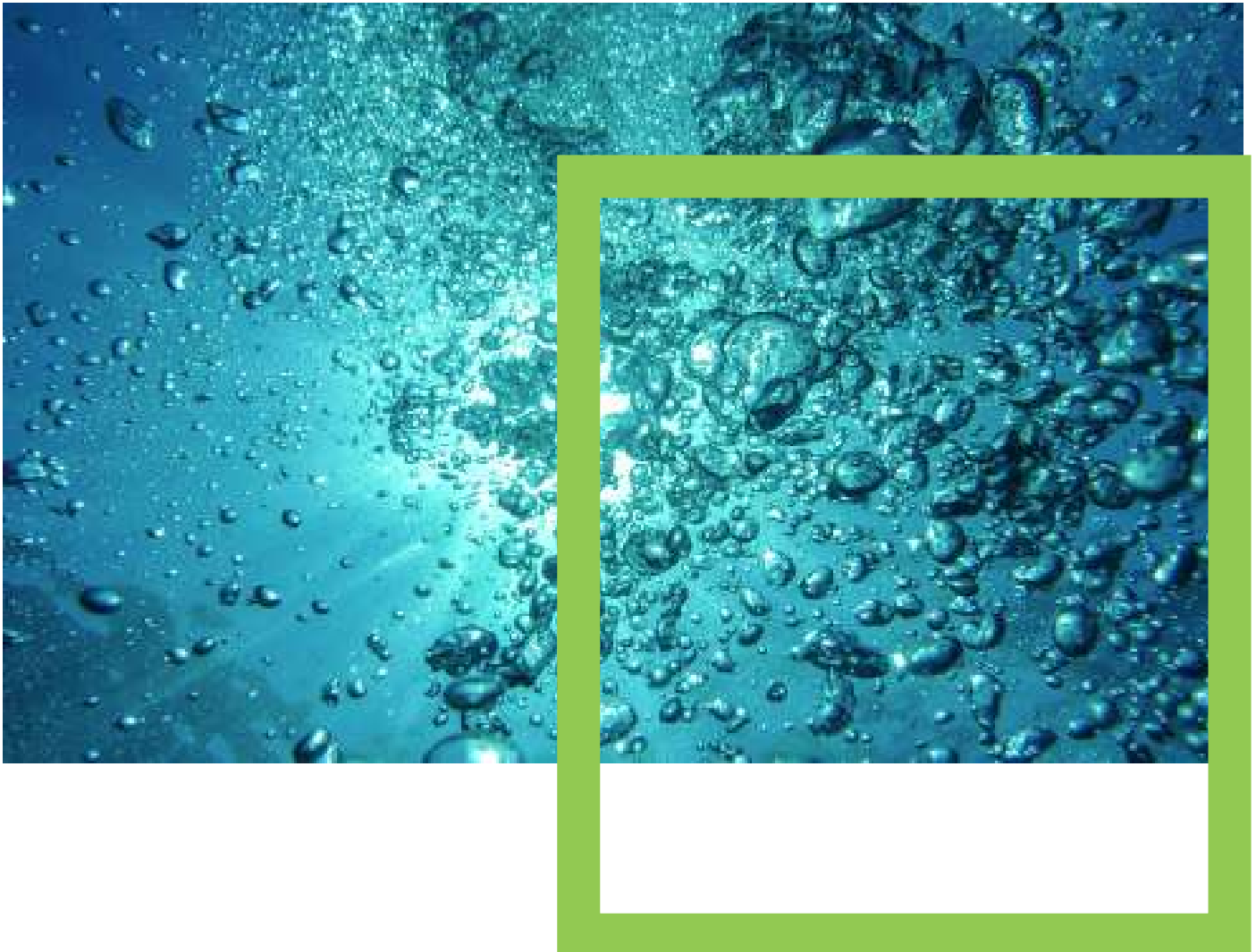
No Reaction

Aluminium	Lead	Selenium
Cadmium	Manganese	Sodium
Chromium	Mercury	Sulphur
Copper	Molybdenum	Zinc
Flourine	Nickel	
Iodine	Potassium	

Your Metal Sensitivities: Detailed Analysis

- Aluminium
- Cadmium
- Chromium
- Copper
- Flourine
- Iodine
- Lead
- Manganese
- Mercury
- Molybdenum
- Nickel
- Potassium
- Selenium
- Sodium
- Sulphur
- Zinc

Minerals and Nutrients Analysis



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 lifestage, 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 phytonutrients?

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 we, as humans, 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 your physician.

Out Of Balance

The level of the mineral or other nutrients in your body are out of balance according to our testing parameters.

In Balance

The level of the mineral or other nutrients in your body are balanced according to our testing parameters.

Out Of Balance

Omega 3
Omega 6

These minerals and/or other nutrients have been identified as falling below the normal range. Look to increase the nutrient density of your daily diet through fruits, vegetables, grains, pulses, nuts and seeds. For more specific guidance on where to find each mineral please see 'The role of food types' in the Food Sensitivity section.

In Balance

Copper
Folic Acid
Iodine
Iron
L-Carnitine
Magnesium
Manganese
Niacin

These minerals and/or other nutrients have been identified as falling within the normal range. Keep up the good work, maintaining a nutrient-rich daily diet to ensure your mineral levels remain consistent.

Your Minerals and Nutrients: Detailed Analysis

- Copper

Folic Acid

Iodine

Iron
- L-Carnitine

Magnesium

Manganese

Niacin
- Omega 3

Omega 6

Vitamins Analysis





Low vitamin levels

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

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

What should you do if you have low vitamin levels?

The daily diet is the first consideration if you have low vitamin levels. It is the most natural and best way of improving intake. Vitamins come from a variety of sources, the richest sources being unrefined choices. For guidance on specific vitamins 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 vitamin deficiency please seek the advice of your physician.

Your results explained

Outside Range

The level of the vitamin in your body falls below the normal range according to our testing parameters.

Within Range

The level of the vitamin in your body falls within the normal range according to our testing parameters.

Your Vitamins: Overview

Outside Range

No items have been identified as sensitive according to our testing parameters.

Within Range

Biotin	Vitamin B2	Vitamin D3
Thiamine	Vitamin B6	Vitamin E
Vitamin A	Vitamin C	Vitamin K
Vitamin B1	Vitamin D	Zinc
Vitamin B12	Vitamin D3	

These vitamins have been identified as falling within the normal range. Keep up the good work, ensuring a nutrient-rich daily diet to ensure your vitamin levels remain consistent.

Your Vitamins: Detailed Analysis

- Biotin

Thiamine

Vitamin A

Vitamin B1

Vitamin B12
- Vitamin B2

Vitamin B6

Vitamin C

Vitamin D

Vitamin D3
- Vitamin D3

Vitamin E

Vitamin K

Zinc

Results Summary

Here is a summary of all our findings.

Category	Intolerances (Sensitive Reaction)	Intolerances (Mild Reaction)
Food Sensitivities	Acai Berries Chicken Chicken Fat Chicken Oil Crab Fennel Fish Oil Lemon Sprats Strawberry Wild Boar	Duck Herring Mint Mullet Raspberries Whitebait
Non-food Sensitivities	Algae Sword Fern Zinnia	Beech Tree Colonial Bent Grass
Metals		

Results Summary contd.

Category	In balance	Out of balance
Minerals	Copper Folic Acid Iodine Iron L-Carnitine Magnesium Manganese Niacin	Omega 3 Omega 6
Vitamins	Biotin Thiamine Vitamin A Vitamin B1 Vitamin B12 Vitamin B2 Vitamin B6 Vitamin C Vitamin D Vitamin D3 Vitamin D3 Vitamin E Vitamin K Zinc	

Summary And Actions



This is where your journey to a healthier life begins

You have read through all of your 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 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 provides much clarity for individuals on which foods work for them and which do not.

Aims and objectives

Before you embark 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 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 the elimination diet and beyond.