

Health Positive: Diagnostic Testing Available

Hair Mineral Analysis \$185

- gives a long term reading that is unaffected by recent meals, activities such as exercise, or emotional states.
- Toxic metals rarely remain in the blood or urine for long, but often deposit in the hair where they can be measured over a three month period.
- When mineral deficiencies occur, toxic metals often replace these vital minerals in the body.
- Various mineral imbalances are revealed by hair analysis.
- An affordable, non-invasive Hair Mineral Analysis can help practitioners establish a nutritional profile to be used by the patient to guide in the development of an effective wellness and nutritional balancing regimen.
- Minerals in the body are involved in almost all enzyme reactions, metabolic activity, and detoxification cycles.
- They are vital for the effective absorption and proper function of nutrients and vitamins. Our bodies cannot utilize vitamins and other nutrients without a correct balance of minerals, even in trace amounts.
- Improper mineral balance has been linked to chronic fatigue, weight gain/loss, headaches, depression, osteoporosis, and malabsorption.
- Various mineral imbalances as revealed in the hair analysis indicate metabolic dysfunctions before any physical symptoms manifest.
- HMA is a screening test that measures the levels of up to 60 essential minerals and toxic metals. With correct testing and interpretation, one can construct a complete metabolic profile of the human body.
- Hair is an excellent biopsy material. It is easy to sample, easily preserved, and transported, represents a soft tissue of the body, and is a storage and eliminative tissue. As hair grows it forms a permanent record of the body's nutritional deficiencies or excesses.
- After analysis, you will receive a report detailing nutritional assessment and risk factors based on the sample provided.
- Customized results will measure 15 toxic elements and 25 nutritional elements and are documented in an easy to read report, tabulated against similar control groups based on age/gender similarities.
- Best results are obtained when hair has not been treated. Dandruff shampoos containing zinc (Head & Shoulders), selenium (Selsun Blue) and lead (Grecian

Formula) or other medicated shampoos/conditioners should not be used prior to taking a sample. If hair is very short, clean thinning shears may be used.

- Minerals screened include calcium, magnesium, sodium, potassium, phosphorus, copper, zinc manganese, selenium, iron, and cobalt.
- Toxic metal screening includes lead, mercury, cadmium, arsenic, nickel, and aluminum.
- This information, along with dietary and nutritional evaluations, will provide the data needed for a nutritional balancing program to establish and maintain optimal levels of wellness.
- By correcting tissue mineral levels and ratios with proper diet, supplementary nutrients and lifestyle modifications, many physical and behavioral health conditions can be prevented or reversed.
- Repeat testing is recommended after 3 months from the initial test.

Food Sensitivity IgG Testing \$285

- Food sensitivities can result when the body reacts badly to certain foods.
- Quite often these are foods that are eaten regularly in the diet or foods that are craved that may be causing the problem.
- Research has shown that food sensitivities can be linked to IgG antibodies produced when these 'problem' foods are eaten.
- Normally these antibodies do not have any ill-effects, but if the immune or digestive system are not working optimally, their presence may provoke a wide range of symptoms.
- The efficacy of a diet based on the measurement of IgG antibodies specific for food components has been demonstrated in several health conditions, both in independent studies and clinical practice.
- Excellent results have been obtained in patients with migraine, IBS, bloating, asthma, dermatitis, tiredness, and obesity.
- Our Food Sensitivity Test helps to identify potential "problem" foods by detecting food-specific IgG antibodies in your blood.
- Using these results as a guide, you and your health care professional can adjust and plan appropriate dietary and lifestyle interventions.

IgG Food Sensitivity (Type III Allergy) and IgE Food Allergy (Type I Allergy)

- IgG food sensitivity reactions are known as Type III allergic reactions and must not to be confused with type I IgE allergic reactions.
- In type I allergic reactions, IgE antibody production is stimulated by the detection of potentially harmful proteins or antigens by our natural immune system.
- Response is of immediate onset and may be accompanied by potentially life-threatening symptoms.
- A type I allergic reaction will not show up in a food sensitivity test and an individual should therefore continue to avoid any food to which they have known allergies, regardless of their IgG food sensitivity test results.
- In contrast, IgG antibody reactions form part of our acquired immune response which is slower forming with delayed onset of symptoms by up to 72 hours.
- Our test provides a quantitative result for the presence of IgG food-specific antibodies to over 200 foods from a single finger prick blood sample.
- It is a unique product, based on microarray technology, offering significant benefits over traditional plate-based ELISA tests.
- Food extracts are 'printed' onto nitrocellulose pads on a glass microscope slide, together with calibration standards and controls for each patient.
- Each food is tested in duplicate. A blood sample provided by the patient is diluted and dispensed onto each printed microarray.
- Food IgG antibodies, if present, bind to the food extracts and the results are measured by a high-resolution scanner, before being calibrated against the standards using a reporting software to give quantitative results.
- This software then produces a tailor-made report of the final food IgG antibody result for each food on the requested food panel.

- An IgG antibody response to each food is represented as a numerical value and is color-coded.
- The former represents the concentration of IgG antibodies detected in U/mL for each food and the color code categorizes foods as either ELEVATED, BORDERLINE or NORMAL.
- The report is separated into individual food groups, e.g., dairy, grains, etc.
- Our test allows healthcare practitioners to create personalized dietary plans based on a patient's unique food sensitivities to improve health and wellbeing.
- Studies have found that chronic symptoms and conditions can be associated with food sensitivities including
 - IBS
 - migraines
 - Bloating
 - Constipation
 - Diarrhoea
 - Flatulence
 - Lethargy
 - Nausea
 - Stomach cramps / abdominal pain
 - dermatitis

- Do not use this test if taking immunosuppressants (e.g., steroids, methotrexate), cancer therapies, antibody therapies, or suffer from a blood clotting disease.
- Only suitable for patients aged 2 years old and above.
- We recommend that you follow your normal diet, so that the test will reflect what you usually eat.
- However, if you have specifically avoided a food for more than three months, e.g., cow's milk, and you would like it tested, unless you have symptoms when you reintroduce, we would recommend you reintroduce one normal portion daily for five days prior to testing.

- Repeat testing can be performed after 4 – 6 months to allow time for the immune system to respond to the dietary changes.
- This test also does not provide information for celiac disease, enzyme deficiencies such as lactose, histamine, tyramine, alcohol intolerance or other chemical sensitivities such as reactions to certain food additives.