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Dear Mr

We have pleasure in enclosing the results of your recent bionetics test.

The test and report have been designed to help you understand those underlying factors that could be contributing to your health problems, and the action that you can take to help your body overcome those issues.

The test has been conducted on the subtle energy fields that exist within your body. It will often detect factors that may not currently be obvious or which directly reflect the symptoms causing concern. Do not worry; the test is designed to identify the **underlying** cause of your problems, not just the symptoms.

Table 1.0

Results Summary Table –		
Test or programme	Your Results	Explanation
Primary Stress	Fungus	The primary stress, is the factor which produced the highest energy resonance readings during the test, and which is therefore the factor which is most likely to be causing your problems. The full test results can be found on Table 2
Eliminating Primary Stress	Nettle Root Oxypower	These are the herbal and or nutritional remedies that the test has indicated will work most effectively with your body chemistry to eliminate the primary stress. The full results can be found on Table 3
Nutritional Deficiencies	Zinc Vitamin E Selenium Methionine Betaine	These nutrients were indicated as being required by your body at the time of the test. These deficiencies can cause ill health. Further details can be found in Tables 4 & 9.
Food Sensitivities	Buckwheat Oats Courgette Banana Red Cherry Sesame Blueberry Corn Grapefruit Coffee	This is the list of foods that the test has identified as being likely to cause an intolerant reaction. This sensitivity causes stress. Items highlighted on the list should be avoided. Full results appear in Table 5.

The full results of each test can be found on the following pages along with explanations of how best to interpret the information.

You will also find a page which explains how to get the most out of your programme, and a detailed Action Plan

Further information can be found in the Bionetics Health Guide which you can download 'free of charge' from your login page on the website.

Your login details are:

Username:

Password: **biopassword**

In the coming week or two you will probably be contacted by one of our advisers who will be able to answer any of your questions regarding the report or help you with the implementation of your programmes. Or if you prefer please contact us on 0845 456 0570 and we'll more than happy to answer your questions.

We hope that you will find the report interesting, and that implementation of the results will help you get back on the road to wellbeing.

With our best wishes for a healthy and happy future

Kind regards

The Customer Care Team at Bionetics

A few important notes:

The herbs and nutrients that we suggest you use to help your body purge itself of the primary stress factors are designed to have a cleansing effect on the body. This can sometimes lead to a temporary worsening of symptoms. The reaction usually goes unnoticed, but it can occasionally cause discomfort. This phase normally passes fairly quickly, but if you are at all concerned please don't hesitate to contact us.

Our intention has been to produce a report that provides information and advice which is clear and understandable. However, if you would like to gain a greater understanding of the process and would like the opportunity to talk on a one to one basis with one of our customer service team about your personal situation, our Consultation service is a good option.

If the subject of this report is a child then please ensure that you (the parent or guardian) have read the Health Guide section on children's dosages. We strongly recommend that herbal courses for the under 12's are undertaken through direct consultation with a qualified herbalist. If you are pregnant or suspect that you might be, please consult us before taking any of the recommended products. Some herbal and homeopathic remedies are not recommended during pregnancy and you may require the services of a qualified herbalist.

If you are taking prescription medicine, you should advise your GP or prescribing practitioner about any dietary and nutritional changes that you intend to make. They will of course remain responsible for your general healthcare, and your use of prescription drugs on an on-going basis. You are responsible for ensuring that any supplements that you take are compatible with your medical regime.

If you have cancer, we recommend that you implement the findings of this report under the guidance of a qualified practitioner. These recommendations should only be used to complement other treatments that you maybe undergoing and are not a replacement for them.

Table 2.0

Your Primary Stress –	
Stress factors	Status
Pathogens	
Bacteria	Normal
Fungus	Action
Parasite	Normal
Post Virus	Watch
Virus	Normal
Toxins	
Chemicals and Hydrocarbons	Watch
Radiation	Normal
Toxic Metals	Normal

The Primary Stress Test identifies those factors causing the most serious stress to your body, and which are therefore the factor(s) most likely to have triggered your health problems. These stresses are normally caused by the presence of pathogens or toxins, or sometimes a combination of both.

Normal	Normal energy levels - needs no further action.
Watch	Factors which are not yet causing serious problems, but which have been identified as possible future factors. We suggest you read the relevant sections in the health guide for further information.
Action	This is the factor which the test has identified as being the Primary Stress, and the one most likely to have triggered the onset of your health problem. The herbal remedies suggested on page 4 will help you purge your body of this specific primary stress factor.

There are often combinations of factors that are affecting your health, but normally there will be one which needs dealing with as a priority.

Read the Health Guide for suggestions of the action you should take to alleviate the impact of those items marked **Watch**. Often the impact of these factors is reduced once the primary stress is under control and the nutritional course completed.

Primary Stress – Fungus

We have between 68 and 72 different varieties of fungus in our gut at any time. These are kept in check by our friendly bacteria, the probiotics. The most common fungus is Candida Albicans. Whenever we are exposed to antibiotics, steroids, the contraceptive pill and many other pharmaceutical drugs, these delicate probiotics are killed, and the balance is disturbed. This gives the fungus the opportunity to thrive.

Fungus feeds on sugar and as a by product releases a chemical similar to alcohol called acetaldehyde. It is ten times more potent than alcohol. Acetaldehyde can give rise to many toxic stress problems including indigestion, arthritis and mental disorders. Fungus fermentation activity also results in the release of the gas carbon dioxide. This causes wind, flatulence and bloating problems.

Long term implications –many chronic conditions including gut dysbiosis, IBS, ulcerative colitis, heartburn and skin conditions, arthritis, diabetes, cardio-vascular disease and ME have been linked to toxic fungus activity in the body.

Table 3.0

Eliminating the Primary Stress – Herbal Remedies (Fungus)
Nettle Root
Oxypower
For every primary stress, there are groups of known herbal and nutritional remedies which have established a proven track record of helping the body eliminate that specific problem. The above items have been specifically selected because the test has indicated that these products are best suited to your needs. Dosage information can be found in Table 8.0 of your Action Plan. We suggest that you read the section titled “How to implement the findings of your report” prior to commencing use of these remedies.

Table 4.0

Nutritional Deficiencies –			
Amino Acids			
L-Alanine	L-Ornithine	Magnesium	Co-Enzyme Q10
L-Arginine	L-Proline	Manganese	Vitamin A
L-Asparagine	L-Serine	Molybdenum	Vitamin B12
L-Carnitine	L-Taurine	Platinum	Vitamin B1
L-Carnosine	L-Threonine	Potassium	Vitamin B2
L-Citrulline	L-Tyrosine	Selenium	Vitamin B3
L-Cysteine	L-Valine	Silver	Vitamin B5
L-Cystine	N-Acetyl-Cysteine	Sulfur	Vitamin B6
L-Glutamine	Minerals	Tin	Vitamin C
L-Glycine	Boron	Vanadium	Vitamin D
L-Histidine	Calcium	Zinc	Vitamin E
L-Isoleucine	Chromium	Vitamins	Vitamin K
L-Leucine	Copper	Betaine	
L-Lysine	Gold	Biotin	
L-Methionine	Iodine	Carotenoids	
	Iron	Choline	

The table above lists all of the vitamins, minerals and amino acids against which your hair sample was tested.

Those marked in red have the highest resonance scores, which indicate a requirement. Those marked in yellow are of lower significance, but need watching.

Our recommendation is that you introduce those nutrients marked red and yellow, into your diet by eating foods that contain those nutrients. The bionetics health guide has a section on ‘nutritional food sources’.

If you do not like to eat the foods recommended, and/or would like to speed up the process, then you can still take action by taking the appropriate nutritional supplements.

A summary of the nutrients required can be found in Table 9.0. We suggest that you read the section titled “How to implement the findings of your report” prior to commencing use of these supplements.

If you decide to supplement your diet, have a look at the products in the ‘online shop’ found on the bionetics website www.bionetics.co.uk. All the products on the site are pure and additive free, and have been selected on the basis of quality and the bioavailability of their essential nutrients. Beware of apparently cheaper products which are full of fillers and other additives which can inhibit the body’s ability to absorb the required nutrient. They may be 30% cheaper but may only deliver 10% of the required nutrient.

Table 5.0

Food Sensitivities				
Dairy	Banana	Purple Grapes	Lamb	Cauliflower
Cheese	Bilberry	Purple Plum	Pork	Celery
Cows Milk	Black Cherry	Raspberry	Turkey	Courgette
Goats Milk	Black Grapes	Red Cherry	Venison	Cucumber
Sheep Milk	Blackberry	Redcurrant	Nuts & Seeds	Garlic
Unpasteurised Cheese	Blackcurrant	Rhubarb	Almond	Globe Artichoke
Drinks	Blueberry	Strawberry	Brazil Nuts	Green Beans
Chocolate	Citrus Fruits	Tropical Fruits	Cashew	Green Pepper
Coffee	Elderberry	Watermelon	Coconut	Kidney Beans
Tea	Gooseberry	Yellow Plum	Hazelnut	Leek
Food Intolerances	Grapefruit	Grains	Lentils	Lettuce
Eggs	Green Grapes	Barley	Peanuts	Mushroom
Fish	Greengage	Buckwheat	Pistachios	Olives
Cod	Kiwi	Corn	Safflower	Onion
Herring	Lemon	Millet	Sesame	Orange Pepper
Plaice	Loganberry	Oats	Soy	Parsnip
Prawn	Mango	Rice	Sunflower	Peas
Salmon	Mulberry	Rye	Walnut	Potatoes
Sole	Orange	Spelt	Vegetables	Red Pepper
Trout	Orange Melon	Wheat	Alfalfa	Spinach
Tuna	Pale Melon	Meats	Aubergines	Sprouts
Fruit	Paw Paw	Beef	Beetroot	Tobacco
Apple	Peach	Chicken	Broccoli	Tomatoes
Apricot	Pear	Duck	Cabbage	Yellow Pepper
Avocado	Pineapple	Goose	Carrot	

The Food Sensitivity Test identifies foods to which your body has become over sensitive or intolerant, and which when eaten can cause stress and weaken the body. We are born with the ability to cope with most foods. However, over time our digestive systems become clogged up, our immune systems weaken and our bodies become over toxic. By the time you start becoming intolerant to foods this is a good sign that the body is under too much overall stress and cannot cope. The test will occasionally list items which may not be part of your regular diet. This is normal. It just means that your body has the inbuilt potential to react if you were to digest the item. Avoiding the foods listed and taking the recommended supplements, will allow the body to purge itself of the underlying problems and rebuild its defences and digestive ability. Old favourites can often be reintroduced in moderation, after the programmes are complete. .

The test does **NOT** identify **allergies** as avoidance of foods can affect the results. The hair stores 3 to 4 months of information but if you have avoided a food for years the resonance scores can be very low and reflect a negative score. If you suspect or know you are allergic to a food please avoid it even if not marked on this list.

The signs of food sensitivity can be:

Indigestion, bloating, wind, tiredness after eating, constipation, diarrhoea and even an aversion to eating the food in the first place. Those foods marked with red are to be avoided; those with yellow reduced .and the balance can be eaten normally unless a known allergy exists.

Table 6.0

Toxins to avoid – (only if your primary stress is Chemicals or toxic metals)	

The **Toxin Test** identifies toxins which may be harming the body. These all have high resonance with your own body's energy and should therefore be avoided. Details of the sources of these toxins can be found in the bionetics Health Guide. On their own and in the small amounts that you ingest on a daily basis, most toxins tend not to be harmful. However the body can loose its ability to purge itself of these poisons and they can accumulate, causing health problems. Avoid these toxins if you can, and adopt the suggested nutritional programme which will help your body purge and cleanse itself of these potentially harmful agents.

Action Plan –

Programme 1 - Table 7.0 (Please follow this programme for 30 days before you start programme 2)

Correcting nutritional and other imbalances (please read below carefully) The results of your tests indicate that you are likely to be suffering from the following additional factors which will compound the effect of the primary stress factor. Poor digestive function. Excess acidity. High Free Radical activity. Low nutrient intake. Following programme 1 will correct these imbalances and strengthen your body before starting the other programmes.
Nano-Cal - 60 day supply (Plus Vitamin D See section in report before ordering)
Organic Green Barley - 60 day supply
Prime Selection- 60 day supply

Programme 2 - Table 8.0 (Please continue programme 1 whilst following programmes 2 & 3)

Eliminate Primary Stress (Please read below before taking these products) These are the specific herbal remedies, and doses, that the test has indicated will be most effective in eliminating your primary stress factor. If you are taking prescription medicine or are pregnant we recommend that you have a practitioner consultation before starting to use these products. For further advice please call us on 0845 456 0570.									
Product Please note that these are specific herbal and homeopathic remedies combined and dosed for your unique needs. Please DO NOT use alternatives from other sources.	Capsule or liquid	Normal Dose	Times Per Day	No. of Weeks	Reduced Dose	Times Per Day	No. of Weeks	Before Meals	Total number of capsules or drops to complete your course. Drops 1260 = 100ml 2520 = 200ml
Oxypower	L	10	2	3	5	2	3	✓	630
Nettle Root	C	1	2	3	1	2	3	✓	84

Programme 3 - Table 9.0 (Please continue programme 1 whilst following programmes 2 & 3)

Nutritional Requirements (Optional - please read below) The test indicated a requirement for the following nutrients. We suggest that you correct this situation by adding the nutrients to your diet by eating more of the foods containing these nutrients, details of which can be found in the bionetics health guide. If you would prefer to take these as supplements, they are available via the bionetics website or can be ordered by phone on 0845 456 0570
Zinc Picolinate - 120 Caps
Vitamin E - 90 Caps
Selenium Methionine – 60 Caps
Betaine - 90 Caps

Table 10.0

Food Intolerances (Please read below) We suggest that you avoid the foods listed below. Details of replacements for some of the intolerant foods can be found in the health guide. When avoiding foods it is important to ensure that you are maintaining an overall balanced nutritional intake. We suggest that you incorporate the nutrients listed in Table 7.0 into your daily regime to maintain a balanced nutritional intake.	
Avoid	Avoid
Coffee	Buckwheat
Banana	Corn
Blueberry	Oats
Grapefruit	Sesame
Red Cherry	Courgette

Table 11.0

Toxins to avoid (only if applicable)	<p>Nothing contained in this report is meant to infer or state that the products are for the diagnosis, treatment, cure or prevention of any disease or ailment. Always consult with your doctor if you experience any medical problems or you are taking prescription medicine. It is your responsibility regarding the products that you take.</p> <p>If you have any questions or are having problems ordering online please give us a call on: 0845 456 0570 or you may find it easier to email us on info@bionetics.co.uk</p>
Avoid	

How to implement the findings of your report

We have designed the nutritional recommendations to be as flexible as possible to fit both your budget and your time. You can choose which programme(s) best suits your needs and lifestyle in order to gain the most out of the course. Each programme is designed to work on its own; but completing all aspects of your personal Action Plan will deliver the best results.

Important

Please note that the dosages and product recommendations made in this report are based on those products available from the bionetics web shop. Products with similar names that may be available elsewhere may differ in content and strength and may not produce the desired results. We hope that you will understand that bionetics cannot accept responsibility for products sourced from other suppliers. Genuine bionetics approved supplements can be purchased from www.bionetics.co.uk in the on line shop.

Firstly, avoid the foods and toxins (if applicable) to which you are intolerant. These factors are stressing your body and are inhibiting your immune and healing capability. Removing tea, coffee and wheat completely sometimes can lead to a detox reaction and it may be necessary to reduce these slowly. You can discuss this with your advisor during your consultation if you are concerned.

Secondly, study the herbal and nutritional programme recommendations detailed below and decide which option(s) is/are best suited to you. None of the products suggested in this report are owned or manufactured by Bionetics. Our aim has been to search for products from around the World, which offer our clients the best combination of quality, effectiveness and value for money. For your convenience they are now all available in our web shop. You can order online or by phone and the products will be delivered direct to your home.

Programme 1 – Correcting nutritional and other imbalances

In addition to the specific factors outlined in your report there are other factors which will be undoubtedly hindering your path to good health. The presence of food intolerances strongly suggests poor digestion and over acidity in the body. Nutritional deficiencies are often the result of an impaired digestive system. These factors can cause imbalances in the body and compound the effect of the primary stress. By eliminating these factors the body is set up to tackle the primary stress in a more efficient and lasting way.

Programme 2 – Eliminating your Primary Stress Factor

Our recommendation is to use the herbal remedy specifically designed to help your body eliminate the Primary Stress identified in the bionetics test. This programme is described in Table 2.0 of your report. The specific products and dosages required are outlined in Table 8.0 of your Action Plan.

Programme 3 – Addressing Nutritional Requirements

The test indicated a requirement in your body of certain important nutrients. These are described in Table 4.0 of your report and Table 9.0 of your Action Plan. We suggest that you add foods containing these nutrients to your diet; a list of which can be found in the health guide. If you find this difficult or time consuming you can add nutritional supplements to your diet. If you are going to supplement your diet we recommend that you use pure, additive free nutrients only. For your convenience a selection of pure nutrients can be ordered from the www.bionetics.co.uk on line shop.

For the best results

Our experience indicates that the best results are obtained from a bionetics programme when the body has been nutritionally prepared. Many of us have bodies which have become over acidic and digestive systems which have become severely inhibited. These factors can hinder the effect of a specific nutritional programme designed to eliminate a primary stress factor. We therefore need to address these issues first to create the best possible environment for our attack on the primary stress. We suggest that you begin your programme by commencing with Programme 1 for 30 days before starting Programmes 2 and 3.

- **Acidity Levels** – the body has a natural acidity or pH level of 7.365. Modern diets have left many of us with a much lower pH or high acidic level. High acidity inhibits that body's normal functions and contributes to a host of degenerative diseases. Our recommendation is to adopt a diet which is more naturally alkaline; details can be found in the bionetics health guide. You can quickly and efficiently balance your pH by using **Nano-Cal** an activated calcium/magnesium/vitamin D supplement.
- **Nutrient and Antioxidant levels** – eat at least 7 portions of mixed fruit and vegetables per day, being careful to avoid any to which you are sensitive. If you find this difficult then you can supplement your diet with organic

wholefoods. We recommend **Prime Directive or Prime Selection** and **Organic Green Barley** as two of the best products you can buy to increase your nutrient and antioxidants levels.

- **Poor Digestion** – avoid food on your intolerance list. Eat 7 mixed portions of fruits and vegetables per day. Eat freshly prepared and organic food where possible. Avoid processed foods, trans-fats, sugar, tea, coffee, cakes, biscuits etc. Reduce red meat consumption and alcohol, and eat more fibre. Add nuts, grains and vegetables to your diet where allowable. Drink more bottled mineral or properly filtered water preferably 1.5 – 2.0 litres per day. You can help to improve your digestion by adding probiotics to your diet. We suggest **Prime Directive/Selection** an organic wholefood supplement with a super strain of 13 commonly occurring good bacteria.

Nano-Cal, Prime Directive and Organic Green Barley can all be ordered from the bionetics online shop. www.bionetics.co.uk

Ordering

Once you've decided which option(s) best suit your personal situation and needs then you can order the products online at www.bionetics.co.uk or call us on **0845 456 0570 to order by phone**.

Further Information

Our advisers are happy to answer your basic questions on the phone, or via email, free of charge. We are sometimes very busy on the phone and suggest that if you cannot get through that you leave us a message and we will get back to you as soon as we can. Alternatively, send us your queries via email to info@bionetics.co.uk

FREE 15 minute phone consultation

We are currently offering a FREE 15 minute phone consultation with all tests ordered. In order to organise your consultation please call 0845 456 0570 and we will book a convenient day and time for you. You do NOT need to have a consultation in order to start with your personal action plan, the choice of when to use the consultation is up to you if you decide to use this offer.

Friends and Family Discounts

If you have any friends or family who you feel would benefit from having a bionetics test you can add them to the site for only £54.95 per test for results online or £57.95 for postal results as well. There is no limit to the numbers of people you can add. Simply go to the applications page and login as an existing customer using the login details contained on page 2 of this report. Once logged in you can add friends and family by filling in the box and paying online. If you do not have internet access then please call us and we'll give you details over the phone.

Nano-Cal & Vitamin D

We recommend Nano-Cal for two specific reasons. Firstly, in order to help neutralise an internal acidic terrain and secondly, as a source of calcium. If taking Nano-Cal for acidity only then there is no need to take it with Vitamin D. However, if you are over the age of 50, suffer from Osteoporosis, post menopausal symptoms or want to take Nano-Cal as a calcium supplement then you should take additional vitamin D. Please order the Vitamin D listed in the website (1000iu's per capsule) and take one capsule daily.

If you order Nano-Cal and Vitamin D together then you can claim a 10% discount. Please use the following coupon code when ordering online or quote this code when ordering over the phone.

Coupon code: **Nano10**

Disclaimer

The contents of this report are not meant to infer any diagnosis, treatment or cure of specific conditions and illnesses. Although many illnesses can be linked to nutritional deficiencies and pathogenic or toxic influences, the presence of them in your report is not necessarily indicative of the illness itself. If you are concerned about your health then you should seek the advice of a qualified healthcare professional. When making changes to your diet and nutrition it is your responsibility to ensure that the products that you are taking are compatible. You can check this online using a 'drug safety checker' which will indicate when there are possible interactions with certain nutritional groups.

Frequently Asked Questions

Q. My test shows I'm cow's milk intolerant – does this mean all dairy?

A. No – only dairy products made from cows milk. Goats and sheep's milk is OK.

Q. My test shows I'm intolerant to wheat – does this mean any products containing wheat?

A. Yes – please check the labels carefully when buying products as many contain hidden wheat.

Q. Does being intolerant to wheat include gluten?

A. Not definitely, as gluten is the name given generally to insoluble protein, but intolerance to wheat, barley or oats could be indicative of gluten intolerance.

Q. My list contains foods that I don't eat – how could this be?

A. Just because the body is not in regular contact with a food does not mean that it cannot be intolerant to it. Some people have reactions the very first time they eat a food. Often these foods are avoided because they are not liked. This natural aversion to a food is a good indicator that the body doesn't like it.

Q. I have had an allergy test – is this the same?

A. Not exactly. The allergy test is measuring the immune response to an allergen, and we are measuring the body's overall energetic response. It is impossible to get the same results from two different measurements. If you believe you have an allergy to a food not on your list try getting a food allergy test done to make completely sure.

Q. I am currently taking other supplements – do I carry on taking these?

A. There is no need to take other supplements during the recommended course unless specifically guided to do so by a practitioner. This does not include medical drugs which should only be stopped under the direction of a GP.

Q. How quickly can the products be delivered?

A. Most are despatched within 24 hours of placing your order.

Q. Can you tell me which parasite or virus that I have and where it is in my body?

A. The test does not attempt to identify the specific pathogen or whereabouts it is in the body. The location is not identifiable and the exact pathogen test adds further cost and does not change the recommendations of the report.

Q. My primary stress is radiation – what could be the source?

A. Please see a copy of the health guide for further information about the sources of radiation.

Q. I think I have IBS – do the test results prove this?

A. No, the test is not designed to diagnose specific medical conditions but to look at what might be causing them. For example; the presence of a fungal infestation does not prove IBS but it is strongly indicative of a gut related illness.

Q. Are the items listed on my toxins list poisoning me?

A. Not necessarily, this list is of those items that the body reacts strongly to but this does not mean that they are currently at toxic levels in the body. The list is for guidance only so that you can eliminate any potential problem causers.

Q. How quickly can I expect to see results?

A. It varies from case to case. Some people feel the benefit within a few days of taking the programme 1 and others take to within a week of the end of the course. Because each case is unique there is no hard and fast rule. Please try and stick to the recommendations as closely as possible for the best results.

Q. How much will it all cost?

A. There are no exact or fixed costs these are flexible and there should be options to suit all budgets. You can avoid much of the cost of buying supplements by making the dietary and lifestyle changes recommended in the report and health guide. However if time is an issue then you can use the supplements in most cases or you can mix the approach. Please read the sections on the following pages for further information.