

## FLOW Integral Health Hair Test Analysis Report 1

Dear

I have pleasure in enclosing the results of your FLOW INTEGRAL HEALTH TEST. The test and report have been designed to help you understand the 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 using the DNA taken from the bulb of your Hair follicle. 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!

1. Introduction and results summary
2. Primary finding priority
3. Suggested Solution to 1<sup>st</sup> stage of treatment
4. Nutritional Program & YOUR Action List
5. Food Intolerance results
6. Additional Toxins to avoid (if applicable)
7. Preparing your body

<b>Patient Details:</b>	<b>Home Phone:</b>	
Jo Ford	<b>Re-test</b>	
Mr YOUR NAME Kingston	<b>Follow up</b>	
	<b>Test Date:</b>	September 2006
<b>Primary Stress Findings/Priority:</b> This is the factor which is currently putting the most stress on your system and needs to be tackled.		
<b>Parasite/Pathogen</b>	<b>PRIORITY</b>	
Fungus	2 <sup>ND</sup> STAGE WATCH	
Toxic Metals	WATCH	
Chemicals and Hydrocarbons	WATCH	
Bacteria (INC H Plyori)	WATCH	
Post Virus	CLEAR	
Virus	CLEAR	

**YOUR FLOW INTEGRAL HEALTH TEST**

The findings above pinpoint the factor(s) that could be contributing to your health problems. The underlying finding and areas we need to concentrate on are caused by pathogens or toxins or sometimes both.

**Action** This is the item which is currently causing you problems and needs to be tackled. The herbal and homeopathic remedies suggested on *YOUR ACTION LIST* are designed to help your body get rid of the priority symptom.

**Watch** Is not yet causing real problems but is worth keeping an eye on in case it requires action. We suggest you read the relevant sections in the health guide for further information.

**Clear** This falls within normal levels and needs no further action. Often there is a combination of factors that are affecting your health, but normally there will be one which needs dealing with as a priority.

Read the suggestions of the action we are going to 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 underway.

## **Parasitic overgrowth**

It is commonly recognized that intestinal "dysbiosis" frequently is accompanied by, or caused by, infestation with intestinal parasites. "Dysbiosis" refers to a disorder of the natural biological state of the intestines, such as a Candida or other fungus or yeast overgrowth, or the presence of pathogenic bacteria or parasites.

**Parasites exist in 3 stages: adults in the gut, which lay eggs in the gut.**

These hatch to produce hatchlings so small they go through the gut wall into the circulation. Parasites have no digestive system and rely on our digested food to thrive. Their by-products of phenol and ammonia cause damage to gut lining and brain irritation respectively. Parasites thrive on digested food and therefore compete for absorption of the vital nutrients from these foods.

Parasite is an organism that lives on or in other organisms from which it obtains nutrients to live and causes harm in the process. Its name comes from the Greek word para that means beside, and sitos, which means food.

Most parasites require a host to complete their life cycle. Animals can also serve as a host.

Parasites worms can invade your bodies through food and water intake or through a transmitting agent. Once established, they will eat the same foods you eat or they will eat you.

People with intestinal parasite infections are usually under-nourished and weak, infected with viral, fungal, or bacteria, and have various types of chemical and metal poisoning. Human intestinal parasites can be present in any disease, in any person, at any age.

*They are responsible for many health problems because they secrete toxins and steal the vital nutrients from our bodies. They can irritate or exaggerate other health problems you may be experiencing. Everyone is at risk and under their mercy during parasitic infections.*

**We create the perfect living environment for parasites when the bowel becomes ineffective in the elimination of our waste products. The build-up of fecal material on the walls of the colon is attributed to constipation and the amounts of junk food, chemicals, bad fats and sweets we consume.**

We poison ourselves from our own toxic waste and the waste from these creatures (auto intoxication) when this ideal habitat for is created.

**Longterm implications:** many chronic conditions like gut dysbiosis, IBS, Ulcerative Colitis, heartburn and skin conditions, arthritis, diabetes, cardiovascular disease and ME/CFS have been linked to toxic activity in the body.

**Recommended Supplements:**

Your treatment protocol will use Herbs and homoeopathy to deal with the parasite, vitamins and minerals to support the immune system, essential fatty acids to protect cell membrane wall.

**Foods you MUST avoid:** There is a connection between leaky gut and skin problems Altered Immunity & the Leaky Gut Syndrome links this and other digestive and auto-immune diseases including eczema -- the toxins that leak through a permeable intestinal wall can affect the health of the whole body. The leaky gut syndrome is almost always associated with autoimmune disease and reversing autoimmune disease depends on healing the lining of the gastrointestinal tract. Any other treatment is just symptom suppression. An autoimmune problem is defined as one in which the immune system makes antibodies against its own tissues. Understanding the leaky gut phenomenon not only helps us see why allergies and autoimmune diseases develop but also helps us with safe and effective therapies to bring the body back into balance.

RED – HIGH PRIORITY      BLACK - IMPORTANT

Wheat,

dairy,

coffee,

sugar,

tropical fruit, (banana, mango, pineapple, pawpaw)

Mushroom,

citrus fruit (orange, grapefruit, lemon, lime),

artificial sweetener,

mono sodium glutamate (MSG),

tyramine, soft drinks,

fluoride,

partially/ hydrogenated vegetable oil/fat,

pork.

**Additional advice from FLOW:** Tyramine is mainly the product of fermented or spoiled food but may also occur naturally. You find tyramine in: all canned meat, yeast extracts such as marmite and Saurerkrot, caffeine such as tea coffee and colas, full bodied redwines, beers especially draft beers, Dairy products especially cheese and yoghurts.

**Special note: Support your system** 2L water, bottled or online filter daily, **Gentle exercise is crucial. The key to help relieve symptoms is to not over-exert yourself with strenuous activity as this can cause too much dehydration, but instead incorporate light exercise into your daily lifestyle.** Fibre from vegetables, Millet, oats and natural SHORT grain brown rice (to mop up toxins from your system). Organic produce where possible.

**Prescription information**

You may be required to take an initial dose of some supplements. This requires you, to take the quantity stated as your first dose and then follow the dosage instructions as normal. For example: On the day you receive your nutrition take the initial dose, if there is one, immediately. Then later that day take your second dose according to the quantity stated, continue to follow as normal for the balance of the prescription. Your dosage may also change half way through the course, it is normal that the amounts may be reduced over time. Please try and follow the other instructions as closely as possible as this will aid the absorption and effectiveness of the nutrition.

### **Important information**

**Many of the items are specialist products created for practitioners and are always pure, additive free supplements which greatly enhance the therapeutic effect. If you use products from other sources, the outcome of your treatment will be affected.**

**Failure to use the correct nutrition or follow the advice given will compromise your treatment and may even lead to a worsening of symptoms.**

**Consult your dispensing practitioner if taking prescription medication.**

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 physician if you experience any medical problems.

### Nutritional Requirements

<b>Patient Name &amp; Address:</b>		<b>Home Phone:</b>								
Jo Ford										
<b>Mobile:</b>										
<b>Email:</b>										
<b>Test Date:</b>		September 2006								
<p><b>YOUR Action list:</b></p> <p><b>Nutritional Requirements:</b></p> <ol style="list-style-type: none"> <li>1. Treatment centers on reversing the imbalance of intestinal mucosa &amp; flora.</li> <li>2. Adjusting the diet so it continues to be deprived of and cannot feed upon sugar or refined carbohydrates.</li> <li>3. Recovering from the nutritional deficiencies and low immunity..</li> <li>4. It is also possible that Parasite-induced liver sluggishness impairs the liver's ability to degrade toxins causing them to accumulate in the body's fatty tissues e.g liver /brain area</li> <li>5. The next stage will help you enhance immunity as well as acting against toxins.</li> <li>6. Psyllium and linseeds can form part of a bowel-cleansing programme in conjunction with beneficial bacteria.</li> </ol>	C=capsule L=liquid	Initial Dose	Qty	Time Per Day	No. of Weeks	With Meal	Before Meal	After Meal	Between Meal	Other

<p><b>Wormwood formula:</b> Wormwood anesthetizes a worm enough so that it loses its grip on the intestines so that it can be eliminated. This said, wormwood has some other properties that qualify it for an antiparasitic protocol: it reduces stomach pain and helps to relieve the anemia that often accompanies parasitization of red blood cells. Please ORDER via the Nutri-centre in London 0207 637 8436</p>	C	1	2	3	10 min		
<p><i>Then reduce to</i> <b>Black Walnut tincture DS with 4, parasites, lymph, MM</b> Anti-fungal and anti-parasite and acts as a laxative which expells worms and parasites from the body. Black walnut extract greatly assists the removal of parasites from extracellular fluids, such as the blood and lymph, and in organs such as the liver, kidneys, brain, heart and intestinal tract. <b>Metabolics 01380 812799</b></p>	L	1 20	1 1	3 6	10 min 10 min		Drops in a little water

C	2	2	3	3	*	*
<p><b>YOUR VITAMIN AND MINERAL DEFICIENCIES ARE:</b></p> <p>NAD : known as coenzyme 1, It is the coenzymatic form of vitamin B3. It is involved in the production of energy in every cell. It supports healthy neurotransmitter functions. . Niacin plays an important role in ridding the body of toxic and harmful chemicals. It also helps the body make various sex and stress-related hormones in the adrenal glands and other parts of the body. Niacin is effective in improving circulation and reducing cholesterol levels in the blood. Vitamin B3 is required for the proper function of more than 50 enzymes. Without it, your body would not be able to release energy or make fats from carbohydrates. Vitamin B3 is also used to make sex hormones and other important chemical signal molecules</p> <p><b>Please ORDER via the Nutri-centre in London 0207 637 8436</b></p>						
<p><i>Then reduce to</i></p> <p>Selenium cysteine: Trace mineral with potent antioxidant effects; component in sulfur bearing amino acid production - recent clinical evidence of cancer preventive properties. A powerful anti-oxidants &amp; reduce the toxicity. They act as powerful oral chelators and free radical scavengers and parasites and support the white blood cells that carry toxins out of the body.</p> <p><b>Please ORDER via the Nutri-centre in London 0207 637 8436</b></p>	1	2	3	6	*	*

FLOW NUTRITION

[WWW.FLOWFOOD4HEALTH.COM](http://WWW.FLOWFOOD4HEALTH.COM)

TEL: 07769 587 177

CLINIC: 0208 255 1471

**Special note from Dr Sam and FLOW:**

Ensure where possible chemical free soap, detergent, skin and hair care products.  
<http://www.nutricentre.com/FF4Health.aspx>  
Avoid burning anything when grilling. Continue with aerobic exercise and possibly increase by 10%.

**PLEASE ORDER USING THIS NUMBER GIVING YOUR PRACTITIONER'S NAME**

**When you order your products listed above, order through The Nutri-centre in London 0207 637 8436**

they are extremely as you are my client of FLOW. You will need to give them this code when you order.

**Remember to state the items are Metabolics products.**

NUTRI-CENTRE Your special code - **your special code**

Please order Homeopathic Items from Metabolics 01380 812799

**ANY PROBLEMS WITH ORDERING - CALL ME!**

Please refer to Nutrition Plans given to you at your appt for further advice.

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