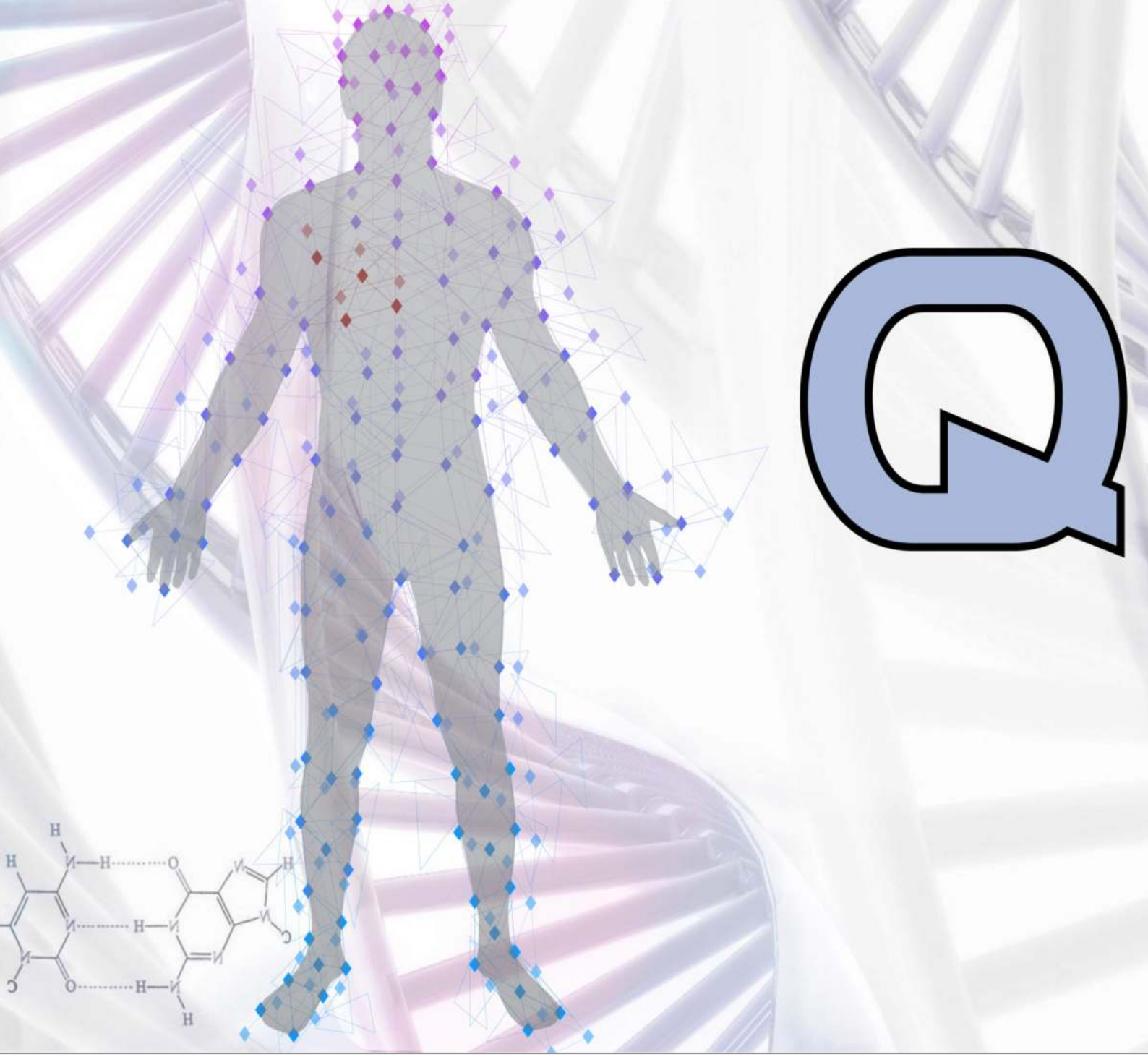


NAME

Super One

2022-10-18 01:56:00 PM

Biostar Organix Healthcare Association
Private Medical Membership
Los Angeles, California, USA
www.bxha.org
+1 (800)787-6404 / +1(323)698-8777
e-mail: info@bxha.org

Dear Client,

I am delighted to present your test results!

Your Solution to better Health Starts here

Your results are divided into sections by the categories and items tested. Within each section you'll find an overview page, this is to ensure your results are as clear and concise as possible and your attention is drawn to the information that is of greatest value to you. Your results report is designed to provide the utmost clarity on your results.

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 daily diet and environment. In doing so we want you to be able to take steps towards eating a diet, which is nutritious and enjoyable and living a life, which is healthy and happy.

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

Healthy regards,

Lizelle Henrico
Bioresonance and Sound Therapist (T/DR 000 10854/001)
+27 (0)82 551 7355 | lizelle@biobody.co.za | https://biobody.co.za/
Garsfontein X10, Pretoria East

Your Results Explained

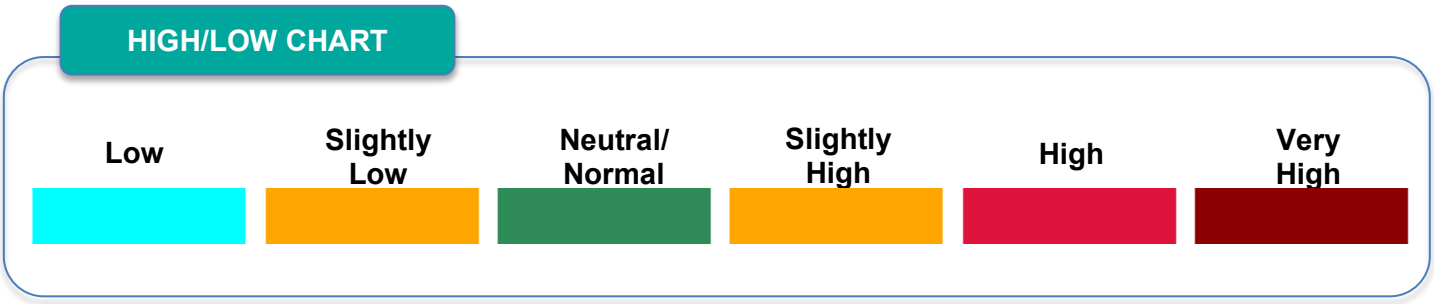
Energy Analysis and Insight

This report contains critical indicators that are indicating where you are at an energetic level. Most of us have energetic blocks and imbalances as well as energy-sabotaging habits, which prevent us from accessing our full vitality, which leads us to feel exhausted, scattered, dull… even ill.

These results are *not a diagnostic* tool. They indicate energetic patterns of information to help you on your health journey.

The good news is that it doesn't have to continue!

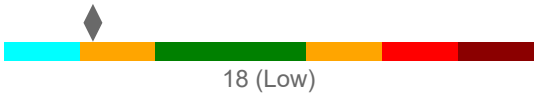
The result(s) association with the item being analyzed, will be displayed as a diamond icon. The placement of this icon on the high/low chart will depict the energetic pattern that the item is *currently (at the time of the scan)* emitting.



Insight

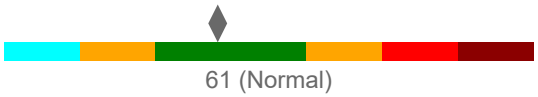
Spirit

3 -> VITAL ENERGY (for Healing)



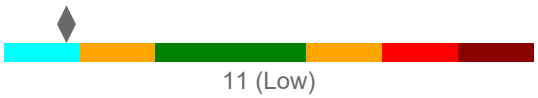
Level 6 vibration is LOW, Underactive Stomach/Spleen/Lung Chakra 3, Increase Yellow/E Use: Artemesia
Emotional: Worry/Decisions, swings from procrastination to workaholic, lacks ideas and action, gets stuck

2 -> LIFE FORCE (for Expression)



Level 8 vibration is NORMAL, Minerals, Hydration - Chakra 5, Color: Blue/G Herb: Rhodiola/Moomyio

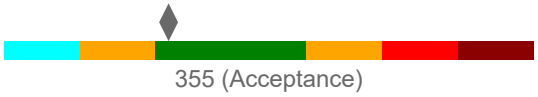
1 -> NADI ENERGY (for Change)



Level 1 vibration is LOW, Excess Heavy Toxins affects Chakra 1, Increase Dark-Red/C Use: Reishi
Emotional: Self power issues, no action in life, ability to self direct in jeopardy

Subconcious

0 -> LEVEL OF CONCIOUSNESS



Level 4 vibration is ACCEPTANCE, Liver/GB/P - Chakra 2, Color: Orange/D Herb: Olive Leaf

Brain Balance

Right side/Left Brain/Creative -> 2. Adequate

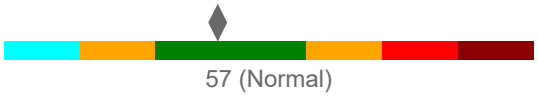
Level 8 vibration is FEMALE THINKING, Minerals, Hydration - Chakra 5, Color: Blue/G Herb: Rhodiola/Moomyio

Left Side/Right Brain/Logical -> 0. Deficient

Level 2 vibration is MALE THINKING, Blood circulation - Chakra 1, Color: Red/C# Herb: Blueberry

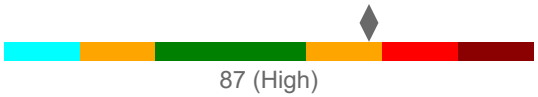
Organs

Tw -> San-Jiao - Chest and Breathing function



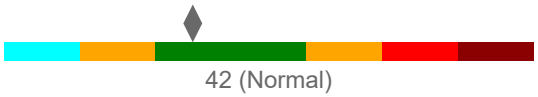
Level 10 vibration is NORMAL, Thyroid gland, metabolism - Chakra 5, Color: Blue/G Herb: Jujube

Th -> Thyroid - produces iodine-containing hormones



Level 10 vibration is HIGH, Overactive Thyroid gland, metabolism affects Chakra 5, Decrease Blue/G Use: Jujube
Physical: processes of: enzymes/digestion. gall bladder, lower back, prostate and sciatic nerve, parasympathetic

St -> Stomach - aids in food digestion, enzymes and HCl

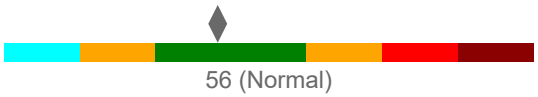


Level 8 vibration is NORMAL, Minerals, Hydration - Chakra 5, Color: Blue/G Herb: Rhodiola/Moomyio

Sp -> Spleen – filters out old RBC waste, reserve of blood

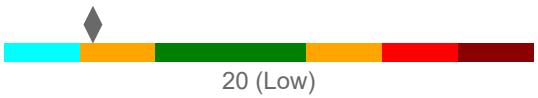
Level 4 vibration is VERY LOW, Underactive Liver/GB/P affects Chakra 2, Increase Organge/D Use: Olive Leaf
Emotional: Sexuality/Feelings, self approval issues, always complain as self therapy, fix other peoples issues

Si -> Small Intestine - absorbs nutrients minerals from food



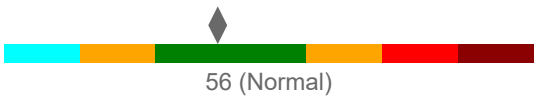
Level 11 vibration is NORMAL, Immunity, Adrenals, Endocrine - Chakra 6, Color: Indigo/A/A# Herb: MyGensing

Re -> Reproductive - anatomical sexual organs, hormones



Level 10 vibration is LOW, Underactive Thyroid gland, metabolism affects Chakra 5, Increase Blue/G Use: Jujube
Emotional: Intuition/Manifest, Tension, Hearing loss, Arthrosis/arthritis in the shoulder/hand/finger joints

Pc -> Pericardium - A sac around the heart



Level 2 vibration is NORMAL, Blood circulation - Chakra 1, Color: Red/C# Herb: Blueberry

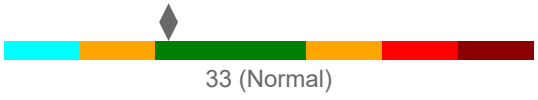
Pa -> Pancreas – enzymes, regulate blood sugar levels

Level 8 vibration is VERY LOW, Diffecient in Minerals, Hydration affects Chakra 5, Increase Blue/G Use: Rhodiola/Moomyio
Emotional: Expression/Acceptance, can't prioritize physical issues or deal with low mood/deepening depression

Ly -> Lymphatic - contains waste products, cellular debris

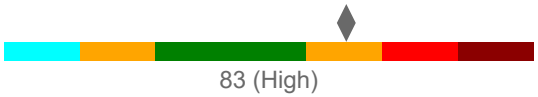
Level 2 vibration is VERY LOW, Underactive Blood circulation affects Chakra 1, Increase Red/C# Use: Blueberry
Emotional: Confidence, Security, hard on themselves/others (hidden). Can also be defensively sarcastic

Lv -> Liver - responsible for 500 functions, 20% RBC Oxygen



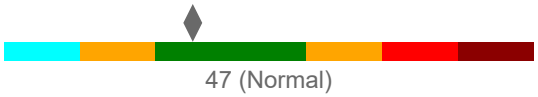
Level 9 vibration is NORMAL, Nutri/Lg. Intestine, Colon - Chakra 5, Color: Blue/G Herb: Lactoflor/Aminos

Lu -> Lung – regulation of blood, nerve, microbiome



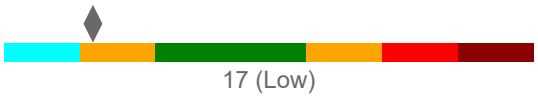
Level 6 vibration is HIGH, Excess Stomach/Spleen/Lung affects Chakra 3, Decrease Yellow/E Use: Artemesia
Physical: kidney, bladder, enviro. allergies duodenum, ears and eye nerves, pancreas, sinuses and tongue

Li -> Large Intestine - absorbs water and nutrients from food



Level 9 vibration is NORMAL, Nutri/Lg. Intestine, Colon - Chakra 5, Color: Blue/G Herb: Lactoflor/Aminos

Ki -> Kidney – excretes waste produced by metabolism

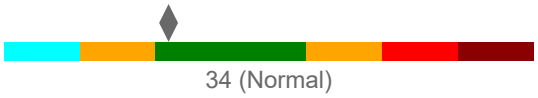


Level 6 vibration is LOW, Underactive Stomach/Spleen/Lung Chakra 3, Increase Yellow/E Use: Artemesia
Emotional: Worry/Decisions, swings from procrastination to workaholic, lacks ideas and action, gets stuck

Hr -> Heart - pumps blood through the blood vessel

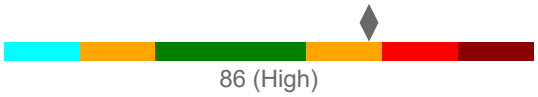
Level 6 vibration is VERY LOW, Underactive Stomach/Spleen/Lung Chakra 3, Increase Yellow/E Use: Artemesia
Emotional: Worry/Decisions, swings from procrastination to workaholic, lacks ideas and action, gets stuck

Gb -> Gallbladder - store bile for the digestion of fats



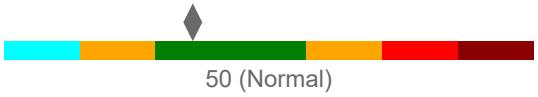
Level 2 vibration is NORMAL, Blood circulation - Chakra 1, Color: Red/C# Herb: Blueberry

Br -> Brain - provides coherent control over the body



Level 6 vibration is HIGH, Excess Stomach/Spleen/Lung affects Chakra 3, Decrease Yellow/E Use: Artemesia
Physical: kidney, bladder, enviro. allergies duodenum, ears and eye nerves, pancreas, sinuses and tongue

Bl -> Bladder Urinary – collects and holds urine

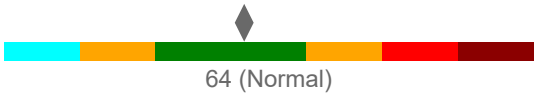


Level 6 vibration is NORMAL, Stomach/Spleen/Lung Chakra 3, Color: Yellow/E Herb: Artemesia

As -> Inflammatory score

Level 2 vibration is VERY LOW, Underactive Blood circulation affects Chakra 1, Increase Red/C# Use: Blueberry
Emotional: Confidence, Security, hard on themselves/others (hidden). Can also be defensively sarcastic

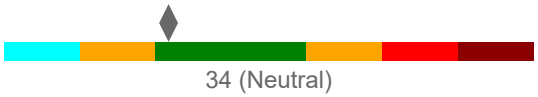
Ai -> Immune Defense



Level 10 vibration is NORMAL, Thyroid gland, metabolism - Chakra 5, Color: Blue/G Herb: Jujube

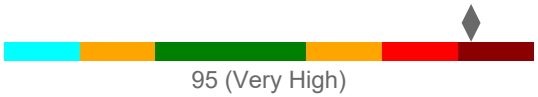
Distortions

.7 -> Distortion



Level 11 vibration is NEUTRAL, Immunity, Adrenals, Endocrine - Chakra 6, Color: Indigo/A/A# Herb: MyGensing

.6 -> Level of Toxicity (Body)

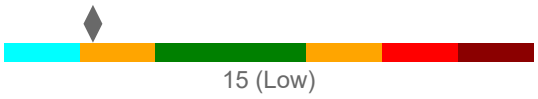


Level 12 vibration is VERY HIGH, Overactive Nervous System, Brain affects Chakra 7, Decrease Violet/B Use: Cordyceps
Physical: CNS/electrical body, memory, EMF causing: esophagus, arms, hands, large intestines, colon and trachea

.5 -> Negative Decisions Taken (Karma)

Level 10 vibration is VERY LOW, Underactive Thyroid gland, metabolism affects Chakra 5, Increase Blue/G Use: Jujube
Emotional: Intuition/Manifest, Tension, Hearing loss, Arthrosis/arthritis in the shoulder/hand/finger joints

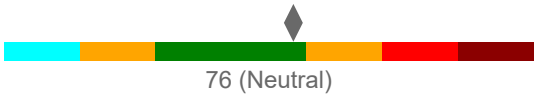
.4 -> External Influences (Destiny)



Level 1 vibration is LOW, Excess Heavy Toxins affects Chakra 1, Increase Dark-Red/C Use: Reishi
Emotional: Self power issues, no action in life, ability to self direct in jeopardy

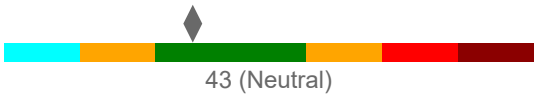
Chakra

7 -> Violet- Creativity



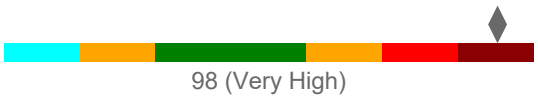
Level 9 vibration is NEUTRAL, Nutri/Lg. Intestine, Colon - Chakra 5, Color: Blue/G Herb: Lactoflor/Aminos

6 -> Indigo - Intuition - seat of the mind



Level 6 vibration is NEUTRAL, Stomach/Spleen/Lung Chakra 3, Color: Yellow/E Herb: Artemesia

5 -> Blue - Communication, Expressing Truth

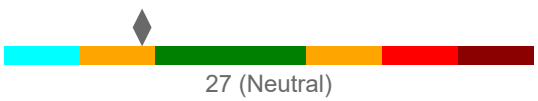


Level 11 vibration is VERY HIGH, Overactive Immunity, Adrenals, Endocrine affects Chakra 6, Decrease Indigo/A/A# Use: MyGensing
Physical: EMF repair CNS, physical body, eyes, EMF: bladder, lungs, chest, knees, affects all m/f sex organs

4 -> Green - Love and relationship, space of healing

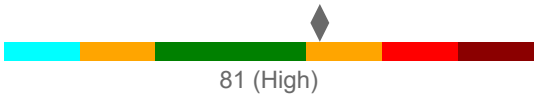
Level 5 vibration is VERY LOW, Underactive Hormones/Reproductive affects Chakra 2, Increase Organge/D Use: Cyperus
Emotional: Appetite/Body, holds information within, won't share real emotions, sensitive to self-judgment

3 -> Yellow - Strength of character, power, personality



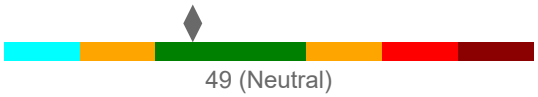
Level 7 vibration is NEUTRAL, Heart/Kidney/Bladder - Chakra 4, Color: Yellow-Green/F Herb: Lotus/NRG

2 -> Orange - Emotional integrity



Level 10 vibration is HIGH, Overactive Thyroid gland, metabolism affects Chakra 5, Decrease Blue/G Use: Jujube Physical: processes of: enzymes/digestion. gall bladder, lower back, prostate and sciatic nerve, parasympathetic

1 -> Red - Sense of security and stability

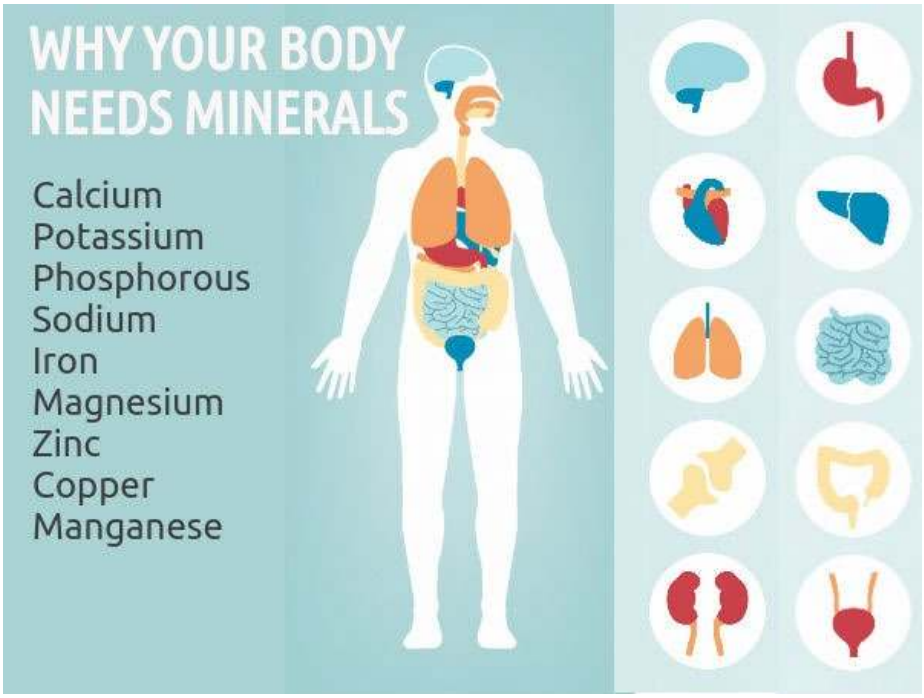


Level 11 vibration is NEUTRAL, Immunity, Adrenals, Endocrine - Chakra 6, Color: Indigo/A/A# Herb: MyGensing

Food Intolerance Analysis

The role of food types

As well as providing energy for the body food also contains nutrients in the form of vitamins and minerals. Vitamins and minerals are considered essential as they enable the body to complete literally hundreds of tasks, which are vital for day-to-day function, health, and wellbeing. To name a few vitamins and minerals facilitate energy production, hormone production, wound healing, immune system function, blood clotting and foetal development. The diagram below gives an overview of a few of the richest sources of each nutrient. You can refer to this diagram to ensure that in removing items from the diet you replace the relevant nutrients through other dietary sources.



Your Results Explained

Food Intolerances, Heavy Metals, Toxins and Additives

Understanding your results is of course the important part! To help you with this you will find an Eliminating Diet Guideline.

1 Level 1 GREEN
These are the food items that show an emotional response. They are OK to consume.

2 Level 2 YELLOW
These are the food items that you should consume in moderation. Over consumption of these items could cause an intolerance to develop.

3 Level 3 RED
These are the items that show a high intolerance in the body. So, you would use this test as a tool to be aware that something is happening within your body when consuming these foods.

4 Level 4 DARK RED
High quantities of these will give a very strong intolerance in the body.

Nutrition

0 Need – Shows low retention of these vitamins/minerals after consumption. Supplementation of these items may be beneficial.

1 Fair – Shows normal retention of these vitamins/minerals after consumption

2 Best – Shows an ideal retention of these vitamins/minerals after consumption.

3 High – Shows an excess retention of these vitamins/minerals after consumption

4 Level 4 DARK RED – High quantities of these will give a vert strong intolerance in the body

A sensitivity test is not an allergy test

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 “'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 it cannot be used to test for allergy.

Known Allergies

You may have a known allergy so let's help you to interpret sensitivity/intolerance results to this item.

Case A

The item you are allergic to shows as a Mild or Sensitive Reaction item. This means that as well as a food allergy you have food sensitivity. If you have already removed this item from your 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.

Case B

The item you are allergic to shows as a No Reaction item. This means that you do not have food sensitivity to this item however the result does not question or contradict the presence of your food allergy to the item. It does NOT mean you should reintroduce the item to your diet, you should respect the symptoms or test results you have had previously with regards to allergy. Remember this test does not test for allergy.

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 does 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 you need to eliminate a favourite food or staple in your diet for a period of weeks, but you will be able to reintroduce the item. Eliminating food items for a period 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 you feel. Be able to reintroduce the item. Eliminating food

items for a period 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 you 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 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.

Water-soluble vitamins

B Vitamins

Oats, whole wheat, rye, buckwheat, brown rice, Brewer's yeast, peanuts, mushrooms, soybean lour 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, Brussels sprouts, strawberries, raspberries, blackberries, blueberries, oranges, tomatoes, peas, mange tout, papaya, mango, pineapple, melon.

Fat-soluble vitamins

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 A

(Retinol) Liver, beef, lamb, cod liver oil, mackerel, salmon, tuna, pâté, goat's cheese, eggs, cheddar, cream cheese, 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, sunflowers 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, Brussels sprouts, cabbage, chili 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.

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.

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.

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.

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.

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, liver, eggs, beef, turkey, cottage cheese.

Zinc

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

What is a food sensitivity?

Food sensitivity happens when the body has difficulty digesting a particular food. Having food sensitivity can cause symptoms such as bloating, bowel movement changes, headaches, and fatigue. It can also contribute towards symptoms experienced by those with chronic conditions such as irritable bowel syndrome, chronic fatigue, arthritis and many more.

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.

Elimination Diet

Introduction

An elimination diet is an eating plan that omits a food or group of foods believed to cause an adverse food reaction, often referred to as a "food intolerance." By removing certain foods for a period and then reintroducing them during a "challenge" period, you can learn which foods are causing symptoms or making them worse. We often think of food reactions as a rapid allergic reaction, such as when a person has anaphylactic reaction to eating peanuts, and their throat swells up.

However, there are other ways our bodies can react to foods that may not be so immediate. The slow progression of intolerance 'build-up' can slow down your body systems and organs. Food intolerances may also alter your mood, affect your thoughts, and not leave you feeling the greatest. Experience has shown that combining these Quantum Feedback tests and elimination diets are two of the best tools for identifying food intolerances and giving you confidence making the CHOICE to eliminate that item.

Take Aways

Symptoms of food intolerance can vary widely. They can include stomach and bowel irritation, headaches, hives, itching, and even vague feelings of being unwell, such as flu-like aches and pains, unusual tiredness, or concentration problems. Certain foods and food groups are also known to exacerbate symptoms in people with specific conditions such as auto-immune disorders, migraines, irritable bowel syndrome, gastroesophageal reflux (GERD), and others.

Symptoms and their severity are unique to the individual. They are influenced by specific compounds, a person's sensitivity level, and how much of certain foods are eaten. If the same food is eaten repeatedly, or different foods with the same compound are eaten together or often, the body may reach a threshold or a tipping point where symptoms begin to occur. **

Natural Food Substances

Even "healthy" foods contain many different naturally occurring chemicals that can be a problem for some people. Substances common to many other foods, such as salicylates, amines, and glutamate, may cause symptoms for different individuals. It is beyond the scope of this report to provide detail about the different categories of natural substances that may cause symptoms, but this can be explored with a practitioner who is comfortable working with elimination diets (not all practitioners are).

Individual Variation

The individual result varies. Because people are unique genetically and have different eating patterns, elimination diets must be based on each unique individual. Eliminating the most offending food or multiple foods and substances all at one time is the most reliable way to find out which foods may be contributing to symptoms. A healthcare practitioner may recommend a specific plan to follow based on symptoms, typical dietary choices, and food cravings.

Additives Sensitivities Analysis

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.

Many people are concerned that they may have an intolerance to food additives.

Of the thousands of additives that the food industry uses, experts believe that only a relatively small number cause problems. The following food additives can cause adverse reactions in some people:

- **Nitrates:** These preservatives are common in processed meats, and the symptoms of an intolerance can include headaches and hives.
- **Monosodium glutamate (MSG):** This flavor enhancer can cause headaches, chest tightness, nausea, and diarrhea in those with an intolerance.
- **Sulfites:** Common sources of these preservatives include wine, dried fruits, fresh shrimp, and some jams and jellies. People with an intolerance may experience chest tightness, hives, diarrhea, and sometimes, anaphylaxis.

Environmental Sensitivities Analysis

Environmental sensitivities/intolerance are an immune response to something in your surroundings that's typically otherwise harmless. Symptoms of environmental allergies vary from person to person but can include sneezing, coughing, and fatigue.

Environmental sensitivities/intolerance are somewhat different than food sensitivities/intolerance because they're not a reaction to something you've ingested for nutrition. Instead, environmental allergies are a response to triggers you come into contact within your surroundings or inhale during your day-to-day activities.

The symptoms of environmental sensitivities/intolerance can be like a cold, but they're not caused by the same thing. A virus causes a cold while sensitivities/intolerance are a reaction caused by an immune system response to certain substances in your surroundings.

Some of the symptoms of environmental sensitivities/intolerance include:

- sneezing
- runny nose
- shortness of breath
- itching
- headaches
- wheezing
- fatigue

Epithelial Sensitivities Analysis

Recent discoveries have highlighted the key role of the epithelium in sensing several components within allergenic sources and regulating the outcome of the allergic response. While allergens are innocuous to most non-allergic, in susceptible individuals, allergenicity may arise from a mistaken identity wherein the host responds to certain components of allergenic sources as potential threats.

It is now clear that epithelial cells at mucosal surfaces play a dominant role in allergic diseases. The healthy epithelium is key to maintaining mucosal homeostasis and may potentiate immune tolerance to often-encountered allergens.

https://www.ncbi.nlm.nih.gov/

Amino Acids Analysis

What are Amino Acids?

The body needs 20 different amino acids to maintain good health and normal functioning. People must obtain nine of these amino acids, called the essential amino acids, through food. Good dietary sources include meat, eggs, tofu, soy, buckwheat, quinoa, and dairy.

Amino acids are compounds that combine to make proteins. When a person eats a food that contains protein, their digestive system breaks the protein down into amino acids. The body then combines the amino acids in various ways to carry out bodily functions.

A healthy body can manufacture the other 11 amino acids, so these do not usually need to enter the body through the diet.

Amino acids build muscles, cause chemical reactions in the body, transport nutrients, prevent illness, and carry out other functions. Amino acid deficiency can result in decreased immunity, digestive problems, depression, fertility issues, lower mental alertness, slowed growth in children, and many other health issues.

Each of the essential amino acids plays a different role in the body, and the symptoms of deficiency vary accordingly.

Heavy Metals Sensitivity 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 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.

Lead

Occupational exposure to lead is one of the most prevalent over-exposures. Industries with high potential exposures include construction work, most smelter operations, radiator repair shops, and firing ranges.

Most people know about the dangers of lead. Several studies concluded that Beethoven died due to lead poisoning from lead-based treatments from his doctor! Hair analysis of Beethoven's hair confirmed high levels of lead.

Many older homes still contain dangerous levels of lead. It's most often in the old paint, sometimes hidden under newer layers of non-lead paint.

A child chewing on the windowsill of an old home can consume toxic levels of lead. Old doorframes, porches, banisters, and railings are other sources of lead. Flaking lead paint from the outside of a home can contaminate nearby soil and play areas.

Playground surfaces made from lead-containing shredded rubber are another source of harmful lead. Be aware of lead sources in the environment.

Mercury

Common sources of mercury exposure include mining, production, and transportation of mercury, as well as mining and refining of gold and silver ores. High mercury exposure results in permanent nervous system and kidney damage.

Arsenic

Common sources of exposure to higher-than-average levels of arsenic include near or in hazardous waste sites and areas with high levels naturally occurring in soil, rocks, and water. Exposure to high levels of arsenic can cause death.

Cadmium

Cadmium is an extremely toxic metal commonly found in industrial workplaces, particularly where any ore is being processed or smelted. Several deaths from acute exposure have occurred among welders who have unsuspectingly welded on cadmium-containing alloys or with silver solders.

https://www.frontiersin.org/articles/10.3389/fphar.2021.643972/full

Foods

1. Dairy

- 3 Beta-Lactoglobulin
- 3 Butter, Cow
- 3 Butter, Goat
- 3 Cheese, Swiss
- 3 Cheese, Stilton
- 3 Cheese, Pepper Jack
- 3 Cheese, Provolone
- 2 Cheese, Cottage
- 2 Cheese, Roquefort
- 1 Creme fraiche
- 1 Yogurt, Goat
- 1 Cheese, Halloumi
- 1 Cheese, Cheddar
- 1 Cheese, Parmasan

1. Dairy-Alt

- 3 Milk, Hemp
- 3 Yogurt, Soya
- 2 Margarine, vegetable
- 2 Yogurt, Coconut

1. Egg

- 3 Chicken (egg whole)

2. Meats

- 3 Veal, Calf Cow
- 3 Goose
- 3 Rabbit
- 2 Mutton (mature sheep)
- 2 Venison (wild game)
- 2 Cervidae (deer)
- 2 Duck
- 1 Turkey
- 1 Bison
- 1 Beef (cow)
- 1 Liver (Turkey)

2. Seafood

3	Salmon (Australian)	3	Black cod/Sablefish	3	Trout, Rainbow	3	Trout, Brown
3	Squid	3	Seabass	3	Mahi Mahi (Coryphaena hippurus)	3	Oysters
3	Rainbow trout	3	Salmon (Atlantic)	3	Salmon (Chum)	2	Salmon (King)
2	Salmon (Pink)	2	Lobster	2	Crab Atlantic	2	Red Snapper
1	Crab Dungeness	1	Cod Atlantic				

3. Fruit

3	Kiwifruit (Actinidia)	3	Tomato	3	Raspberry (EU)	3	Peach (Prunus persica)
3	Passionfruit	3	Orange (Citrus sinensis)	3	Guava (Psidium guajava)	3	Grapes (Purple)
3	Gooseberry (Ribes uva-crispa)	3	Apple (Jazz)	3	Apricot (Prunus)	3	Apple (Gala)
3	Apple (Granny Smith)	2	Elderberry (Sambucus nigra)	2	Goji berry (Lycium chinense)	2	Zucchini (Cucurbita pepo)
2	Grapefruit (Citrus paradisi)	2	Cantaloupe (Melon)	2	Bilberry (Vaccinium myrtillus)	2	Avocado (Persea)
2	Organge Mandarine	2	Pomegranate	1	Raspberry (USA)	1	Eggplant (aubergine)
1	Pumpkin Squash	1	Cranberry (Vaccinium macrocarpon)	1	Apple (Golden Delicious)		

3. Vegetables

3 Olives-black	3 Cassava	3 Kale	3 Butter lettuce
3 Chives	3 Broccoli	3 Bok choy	3 Arugula
3 Spinach	3 Pea (Pisum sativum)	3 Iceberg lettuce	2 Onions
2 Escarole lettuce	2 Horseradish	2 Carrot	2 Capsicum-red
2 Button mushroom	2 Artichoke Jerusalem	1 Sweet potato	1 Rhubarb
1 Radish	1 Brussels sprout	1 Pak choi	1 Leek
1 Potato			

4. Condiments

3 Sugar (Brown Molasses)	3 Yeast	3 Vinegar, Malt	3 Vinegar, Apple Cider
3 Mint	3 Cinnamon	3 Caraway	3 Cardamom
3 Chocolate (Milk)	2 Cumin	2 Aniseed	2 Chocolate (Dark)
2 Sugar (Brown Cane)	2 Rosemary	2 Dill	1 Parsley
1 Horse Radish	1 Honey	1 Pepper, White	1 Fennel

4. Drinks

3 Pisco-brandy	3 Sake (fermented-rice)	3 Red wine	3 Sambucca (anise-liqueur)
3 Coffee-espresso	3 Whisky	3 Tea-black	3 Shaoxing wine (huangjiu)
2 Vermouth	2 Tea-earl grey	2 Lemonade	2 Cranberry juice
2 Beer-Lager	1 Tea-oolong		

4. Grains

3 Wheat protein (hydrolyzed)	3 Wheat grass	3 Rice (starch)	3 Rice (short-grained)
3 Pearl millet	3 Spelt (spelta)	3 Couscous (wheat durum)	2 Parkin (cake)
2 Quinoa	2 Rice (African)	2 Common millet	2 Buckwheat (bitter)
2 Rolled Oats	2 Buckwheat	2 Finger millet	2 Wheat (durum)
2 Wheat Gluten (gliadins)	1 Bread-brown	1 Wheat germ oil	1 Tapioca (starch)
1 Rice (long-grained)	1 Wheat berries		

4. Seed-Nuts

3	Chestnut	3	Hemp seed	2	Sea buckthorn	2	Brazil nut
2	Evening primrose	2	Flaxseed	2	Macadamia nut	2	Palm kernel
2	Pumpkin seed	1	Beech nut	1	Cottonseed		

5. Additives

3	E 553 b Talc	3	Plantain	3	E 230 Biphenyl	3	E 528 Magnesiumhydroxide
2	Larch	2	Maize				

Nutrition

6. Amino Acids

2 Leucine (Amino Acid)	2 Threonine (Amino Acid)	0 Carnitine (Amino Acid)	0 Cystine (Amino Acid)

6. Nutrition

3 Alpha-linolenic acid (EFA)	3 Bioflavonoids (Rutin)	3 Glutathione (GSH)	3 Vitamin B9 (Folic Acid)
3 Myo-Inositol	3 Omega 9 (Fatty Acid)	3 Vitamin B13 (Orotic Acid)	2 Vitamin B5 (Pantothenic Acid)
2 Vitamin B17 (Amygdalin)	2 Vitamin K1 (Phylloquinone)	2 Gamma-Aminobutyric Acid (GABA)	1 Vitamin B3 (Niacin)
1 Linoleic acid (EFA)	0 Bioflavonoids (Anthoxanthins)	0 Vitamin B6 (Pyridoxine)	0 Vitamin A (Retinyl Palmitate)

Heavy Metals

7. Heavy Metals

4 Aluminum	4 Tin	4 Silver	4 Vanadium
4 Lithium	4 Nickel	4 Zirconium	4 Antimony
4 Cesium	3 Copper	3 Mercury	3 Titanium
3 Bismuth	3 Osmium	3 Selenium	2 Uranium
2 Palladium	2 Phosphorous	2 Niobium	2 Molybdenum
2 Cadmium	1 Barium	1 Scandium	1 Chromium

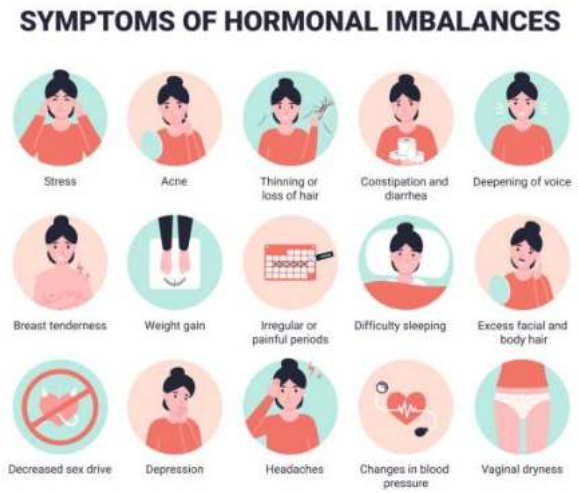
Toxins

5. Environmental

3 Goldenrod (Solidago virgaurea)	3 Willow Tree	3 Linden Tree	3 Wallflower (Cheiranthus cheiri)
3 Oak Tree (Quercus robur)	3 Velvet	3 Red fescue (Festuca rubra)	2 Currant bush
2 Kentucky bluegrass (Poa pratensis)	2 New Belgian Aster (aster novi belgii)	2 Trespe (Bromus mollis)	1 Quack grass (Agropyron repens)
1 Pear tree	1 Melde (Artiplex spp.)	1 Hyacinth (Endymion Non Sciptus)	

5. Epithelials

3 Rat (Fur)	2 Bee (Venom)	2 Dog (saliva or urine)	1 Mink Epithelium



Hormonal Balance Analysis

What is hormonal balance?

Hormonal imbalance is one of the most common causes of feeling unwell. So, there are many reasons for poor hormone health - poor diet, chronic stress, poor gut health, poor immune health, sedentary lifestyle, genetics, and increased exposure to endocrine-disrupting chemicals all play a role. All of these factors can cause hormonal imbalance by negatively influencing our steroidogenic pathway.

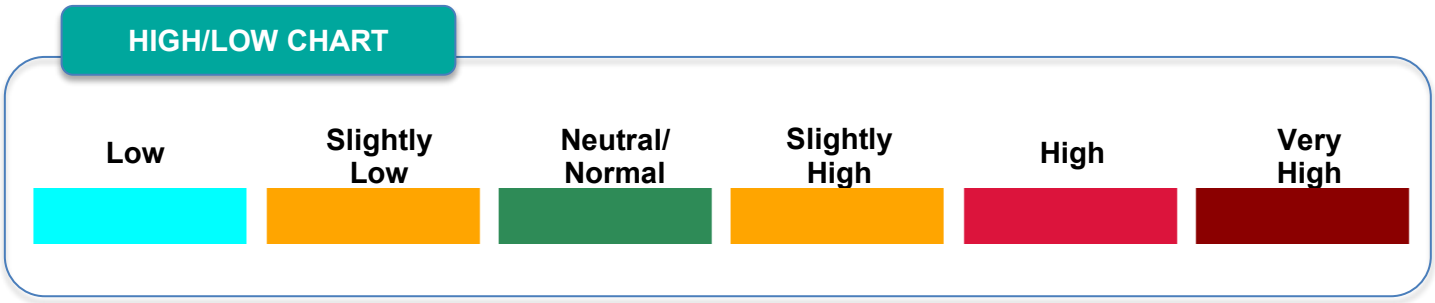
Due to our modern ways of living (think: poor diet, chronic stress, toxic environment), conditions such as PCOS, endometriosis, infertility, declining testosterone, and hormone sensitive metabolic disorders are becoming more common. Most of us are struggling with some sort of hormonal imbalance, however because it's become so common, we're often told symptoms are normal. If no results are reported in this section of this test, then please do not worry, it means that we have not identified any imbalance in our analysis.

Steroid Hormones

A steroid hormone is s Steroid that acts as a hormone. Steroid hormones are the crucial substances that for the proper functioning of the body. Steroid hormones **help control metabolism, inflammation, immune functions, salt and water balance, development of sexual characteristics, and the ability to withstand injury and illness**. The term **steroid** describes both hormones produced by the body and artificially produced medications that duplicate the action for the naturally occurring steroids. Steroid hormones are produced in the adrenal cortex, testis, ovaries and some peripheral tissues. All steroid hormones are derived from cholesterol and differ only in the ring structure and side chains attached to it. Enzymes which produce steroid hormones from cholesterol are located in the mitochondria and smooth endoplasmic reticulum. All steroid hormones are lipid (fat) soluble and water insoluble.

Your results explained

Understanding your results is of course the important part! To help you with this you will find an overview of your hormonal balance results.



The results show any hormonal imbalances that are currently present in your body, but don't worry these imbalances can be caused by many factors including:
stress, overactive / underactive thyroid, poor diet, being overweight, medication, food intolerances, puberty, menstruation, pregnancy, and menopause. Imbalanced items listed in your results can be alleviated with natural remedies like maintaining a healthy body weight, exercise and reducing stress.

Hormone Balance: Descriptions

Follicle Stimulating Hormone
Follicle stimulating hormone is produced by the pituitary gland. It regulates the functions of both the ovaries and testes. Lack or insufficiency of it can cause infertility or subfertility both in men and women.

Luteinizing Hormone
This is produced by the pituitary gland and is one that control the reproductive system.

Oestradiol
This is a steroid hormone made from cholesterol and is the strongest of the three naturally produced oestrogens. It is involved in the regulation of the oestrous and menstrual female reproductive cycles.

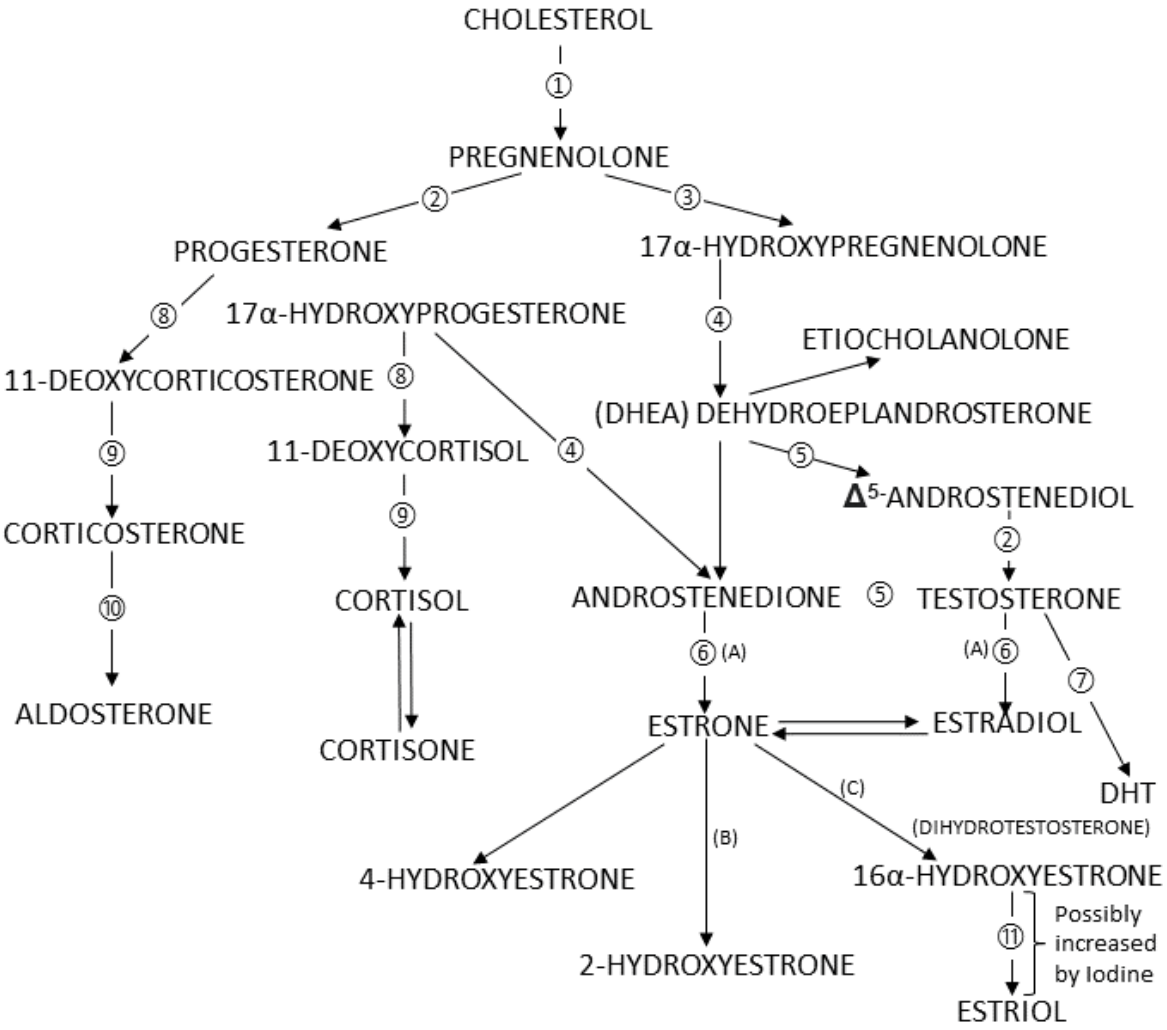
Testosterone
Testosterone is a hormone that is responsible for many of the physical characteristics specific to adult males. It plays a key role in reproduction and the maintenance of bone and muscle strength.

Thyroid Stimulating Hormone
Thyroid stimulating hormone is produced by the pituitary gland. Its role is to regulate the production of hormones by the thyroid gland.

Thyroxine (T4)
Thyroxine is the main hormone secreted into the bloodstream by the thyroid gland. It plays vital roles in digestion, heart and muscle function, brain development and maintenance of bones.

Triiodothyronine (T3)
Triiodothyronine is a thyroid hormone that plays vital roles in the body's metabolic rate, heart and digestive functions, muscle control, brain development and function, and the maintenance of bones.

STEROID HORMONE METABOLISM



ENZYMES

1 Cholesterol side-chain cleavage enzyme (CSCC)
2 3β-Hydroxysteroid dehydrogenase (3β-OHSD) and $\Delta^{5,4}$ Isomerase (reside on same protein)
3 17α-Hydroxylase**
4 17,20-Lysase**
5 17β-Hydroxysteroid dehydrogenase (17β-ohsd)
6 Aromatase
7 5α-Reductase and NADPH
8 21-Hydrolase
9 11β-Hydroxylase
10 18-Hydroxylase and 18-Hydroxydehydrogenase
11 16α-Hydroxylase
(A) Imhibited by Chrysin
(B) Increased by cruciferous vegetables (Indole-3-Carbinol) and flaxseed
(C) Decreased by cruciferous vegetables (Indole-3-Carbinol) and flaxseed

****NOTE**: 17α-Hydroxylase and C 17,20-Lysase activities reside on a single protein (designated $P450_{C17}$)

Aldosterone
Aldosterone is a steroid hormone secreted by adrenal glands. Its main role is to regulate salt and water in the body, thus influencing blood pressure.

Cholecystokinin

Cholecystokinin is a gut hormone released after a meal, which helps digestion and reduces appetite.

Adrenaline

Adrenaline is a hormone released from the adrenal glands and its major action, together with noradrenaline, is to prepare the body for 'fight or flight'.

Adrenocorticotropic hormone

Adrenocorticotropic hormone (ACTH) is produced by the pituitary gland. Its key function is to stimulate the production and release of cortisol from the cortex (outer part) of the adrenal gland.

Androstenedione

Androstenedione is a steroid hormone that has weak, androgenic actions on the body itself. However, it mainly acts as a steppingstone in the manufacture of testosterone and oestrogen within the body.

Alternative names for androstenedione

Andro; andros; 4-Androstenedione. 17 keto-testosterones; 4-androsten-3,17-dione

Angiotensin

Angiotensin is a protein hormone that causes blood vessels to become narrower. It helps to maintain blood pressure and fluid balance in the body.

Alternative names for angiotensin

The different forms of angiotensin are denoted by Roman numerals, angiotensin I–IV. The hormones and the way they are activated are often referred to together as the renin–angiotensin system.

Anti-diuretic hormone

Anti-diuretic hormone acts to maintain blood pressure, blood volume and tissue water content by controlling the amount of water and hence the concentration of urine excreted by the kidney.

Alternative names for anti-diuretic hormone

Vasopressin; arginine vasopressin; AVP; ADH

Anti-Müllerian hormone

Anti-Müllerian hormone is a protein hormone which is important in the development of the reproductive tract in a male fetus and is also produced (before birth) by the testes and ovaries.

Alternative names for anti-Müllerian hormone

AMH; Müllerian inhibiting factor; MIF; Müllerian-inhibiting hormone; MIH; Müllerian-inhibiting substance; MIS

Calcitonin

Calcitonin is a hormone that is produced and released by the C-cells of the thyroid gland. Its biological function in humans is to have a relatively minor role in calcium balance.

Alternative names for calcitonin

CT; thyrocalcitonin

Cholecystokinin

Cholecystokinin is a gut hormone released after a meal, which helps digestion and reduces appetite.

Alternative names for cholecystokinin

Cholecystokinin used to be known as pancreozymin due to its actions on the

pancreas but now it is commonly abbreviated to CCK; CCK-PZ

Corticotrophin-releasing hormone

Corticotrophin-releasing hormone is the main element that drives the body's response to stress. It is also present in diseases that cause inflammation. Too much or too little corticotrophin-releasing hormone can have a range of negative effects.

Alternative names for corticotrophin-releasing hormone

Corticotropin-releasing hormone; corticotrophin-releasing factor; corticotropin-releasing factor; corticoliberin; CRH; CRF

Cortisol

Cortisol is a steroid hormone that regulates a wide range of processes throughout the body, including metabolism and the immune response. It also has a very important role in helping the body respond to stress.

Cortisol

Cortisol is a steroid hormone that regulates a wide range of vital processes throughout the body, including metabolism and the immune response. It also has a very important role in helping the body respond to stress.

Alternative names for cortisol

Hydrocortisone

Dehydroepiandrosterone

Dehydroepiandrosterone is an important precursor hormone and is the most abundant circulating steroid present in the human body. It has little biological effect on its own but has powerful effects when converted into other hormones such as sex steroids.

Alternative names for dehydroepiandrosterone

DHEA; 3-beta-Hydroxy-5-androsten-17-one; synthetic versions – prastera, prasterone, fidelin and fluasterone

Dihydrotestosterone

Dihydrotestosterone, a hormone with powerful androgenic actions, causes the body to mature during puberty and is responsible for many of the physical characteristics associated with adult males.

Alternative names for dihydrotestosterone

DH; 5α-dihydrotestosterone

Erythropoietin

Erythropoietin is a hormone, produced mainly in the kidneys, which stimulates the production and maintenance of red blood cells.

Alternative names for erythropoietin

Erythropoietin is commonly referred to as EPO. It is also called haematopoietin or haemopoietin, but these names are rarely used today.

Follicle stimulating hormone

Follicle stimulating hormone is produced by the pituitary gland. It regulates the functions of both the ovaries and testes. Lack or low levels of it can cause subfertility in both men and women.

Alternative names for follicle stimulating hormone (FSH)

follitropin

Gastrin

Gastrin is a hormone produced by the stomach, which stimulates gastric motility and the release of gastric acid.

Ghrelin

Ghrelin is produced by the stomach. Among its numerous functions, ghrelin increases

appetite and stimulates the release of growth hormone.

Glucagon

Glucagon is produced to maintain glucose levels in the bloodstream when fasting and to raise very low glucose levels.

Glucagon-like peptide 1

Glucagon-like peptide 1 is a hormone produced in the gut and released in response to food. It causes reduced appetite and the release of insulin.

Alternative names for glucagon-like peptide 1

GLP-1; incretin; glucagon-like peptide

Glucose-dependent insulinotropic peptide

Glucose-dependent insulinotropic peptide is a hormone produced by the small intestine in response to eating food. Its main action is to encourage the release of insulin into the bloodstream to control blood sugar levels.

Alternative names for glucose-dependent insulinotropic peptide

GIP; incretin; gastric inhibitory polypeptide; glucose-dependent insulinotropic polypeptide

Gonadotrophin-releasing hormone

Gonadotrophin-releasing hormone is released from the hypothalamus in the brain. It controls the production of luteinizing hormone and follicle stimulating hormone from the pituitary gland.

Alternative names for gonadotrophin-releasing hormone

GnRH; gonadotropin-releasing hormone; luliberin; luteinising-hormone-releasing hormone; LHRH; luteinizing-hormone-releasing hormone

Growth hormone

Growth hormone is produced by the pituitary gland. It has many functions including maintaining normal body structure and metabolism.

Alternative names for growth hormone

Somatotropin; GH; human growth hormone; HGH

Growth hormone-releasing hormone

Growth hormone-releasing hormone stimulates the secretion of growth hormone, an important regulator of growth, metabolism and body structure.

Alternative names for growth hormone-releasing hormone

Growth hormone-releasing factor; GRF; GHRF; GHRH

Human chorionic gonadotrophin

Human chorionic gonadotrophin is a reproductive hormone that is essential for establishing and maintaining early pregnancy.

Alternative names for human chorionic gonadotrophin

Human chorionic gonadotrophin; hCG

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Alternative names for human chorionic gonadotrophin

Human chorionic gonadotrophin; hCG

Insulin

Insulin is an essential hormone produced by the pancreas. Its main role is to control glucose levels in our bodies.

Kisspeptin

Kisspeptin is a protein that is essential for reproductive hormone secretion and fertility. The gene (which provides the blueprint for the kisspeptin protein) was first discovered in 1996 by a group of researchers working in Hershey, Pennsylvania in the USA. It is therefore named after the city's chocolate 'Kisses', which are made in Hershey.

Alternative names for kisspeptin

Metastin

Leptin

Leptin is a hormone secreted from fat cells that helps to regulate body weight. The name leptin is derived from the Greek word 'leptos' meaning thin. It is sometimes referred to as the 'Fat Controller'.

Alternative names for leptin

There are no other names used for the hormone but the gene, which encodes leptin, is known as the 'ob' gene.

Luteinizing hormone

Luteinizing hormone is produced by the pituitary gland and is one of the main hormones that control the reproductive system.

Alternative names for luteinising hormone

Interstitial cell stimulating hormone; luteinizing hormone; lutropin; LH

Melanocyte-stimulating hormone

Melanocyte-stimulating hormone describes a group of hormones produced by the pituitary gland, hypothalamus and skin cells. It is important for protecting the skin from UV rays, development of pigmentation and control of appetite.

Alternative names for melanocyte-stimulating hormone

MSH; α-melanocyte-stimulating hormone; alpha-MSH; α-MSH; alpha-melanotropin; alpha-melanocortin; alpha-intermedin; melanophore-stimulating hormone

Melatonin

Melatonin is mainly produced by the pineal gland and, although it appears not to be essential for human physiology, it is known to have a range of different effects when taken as a medication.

Alternative names for melatonin

N-acetyl-5-methoxytryptamine

Oestradiol

Oestradiol is an important reproductive hormone that has a wide range of actions in both men and women.

Alternative names for oestradiol

E2; estradiol; 17-beta (o)estradiol

Oestriol

Oestriol is a hormone made during pregnancy that can be used to measure fetal health and predict when birth may happen.

Alternative names for oestriol

E3; estriol

Oestrone

Oestrone is a hormone produced by the ovaries, adrenal glands and fat. It is one of the major oestrogens in postmenopausal women.

Alternative names for oestrone

E1; estrone

Oxytocin

Oxytocin is a hormone that acts on organs in the body (including the breast and uterus) and as a chemical messenger in the brain, controlling key aspects of the reproductive system, including childbirth and lactation, and aspects of human behavior.

Alternative names for oxytocin

Alpha-hypophamine; manufactured versions – syntocinon and pitocin (both synthetic oxytocin); carbetocin (an analogue of oxytocin with similar structure)

Parathyroid hormone

Parathyroid hormone is secreted by the parathyroid glands and is the most important regulator of blood calcium levels.

Alternative names for parathyroid hormone

PTH; parathormone; parathyrin

Peptide YY

Peptide YY is a hormone made in the small intestine. It helps to reduce appetite and limit food intake.

Alternative names for peptide YY

PYY; peptide tyrosine tyrosine; pancreatic peptide YY3-36; pancreatic peptide YY

Progesterone

Progesterone is a hormone released by the corpus luteum in the ovary. It plays important roles in the menstrual cycle and in maintaining the early stages of pregnancy.

Prolactin

Prolactin is a hormone produced in the pituitary gland, named because of its role in lactation. It also has other wide-ranging functions in the body, from acting on the reproductive system to influencing behavior and regulating the immune system.

Alternative names for prolactin

In everyday language, prolactin is referred to as the ‘milk hormone’; PRL; luteotropic hormone; LTH

Prostaglandins

The prostaglandins are a group of lipids made at sites of tissue damage or infection that are involved in dealing with injury and illness. They control processes such as inflammation, blood flow, the formation of blood clots and the induction of labor.

Alternative names for prostaglandins

Prostaglandin D_2; prostaglandin E_2; prostaglandin F_2; prostaglandin I_2 (which is also known as prostacyclin); a closely related lipid called thromboxane

Relaxin

Relaxin is a hormone produced by the ovary and the placenta with important effects in the female reproductive system and during pregnancy. In preparation for childbirth, it relaxes the ligaments in the pelvis and softens and widens the cervix.

Somatostatin

Somatostatin is a hormone that inhibits the secretion of several other hormones, including growth hormone, thyroid stimulating hormone, cholecystokinin and insulin.

Alternative names for somatostatin

SS, SST or SOM; growth hormone inhibitory hormone (GHIH); somatotropin release inhibiting factor (SRIF); somatotropin release inhibiting hormone (SRIH)

Testosterone

Testosterone is a hormone that is responsible for many of the physical characteristics specific to adult males. It plays a key role in reproduction and the maintenance of bone and muscle strength.

Alternative names for testosterone

Testo (brand name for testosterone formulations); 4-androsten-17β-ol-3-one

Thyroid stimulating hormone

Thyroid stimulating hormone is produced by the pituitary gland. Its role is to regulate the production of hormones by the thyroid gland.

Alternative names for thyroid stimulating hormone

TSH; thyrotropin, thyrotrophin

Thyrotropin-releasing hormone

Thyrotropin-releasing hormone is produced by the hypothalamus. It plays an important role in the regulation of thyroid gland activity.

Alternative names for thyrotropin-releasing hormone

Thyrotrophin-releasing hormone; TRH

Thyroxine

Thyroxine is the main hormone secreted into the bloodstream by the thyroid gland. It plays vital roles in digestion, heart and muscle function, brain development and maintenance of bones.

Alternative names for thyroxine

T4; tetraiodothyronine; thyroxin

Triiodothyronine

Triiodothyronine is a thyroid hormone that plays vital roles in the body's metabolic rate, heart and digestive functions, muscle control, brain development and function, and the maintenance of bones.

Alternative names for triiodothyronine

T3

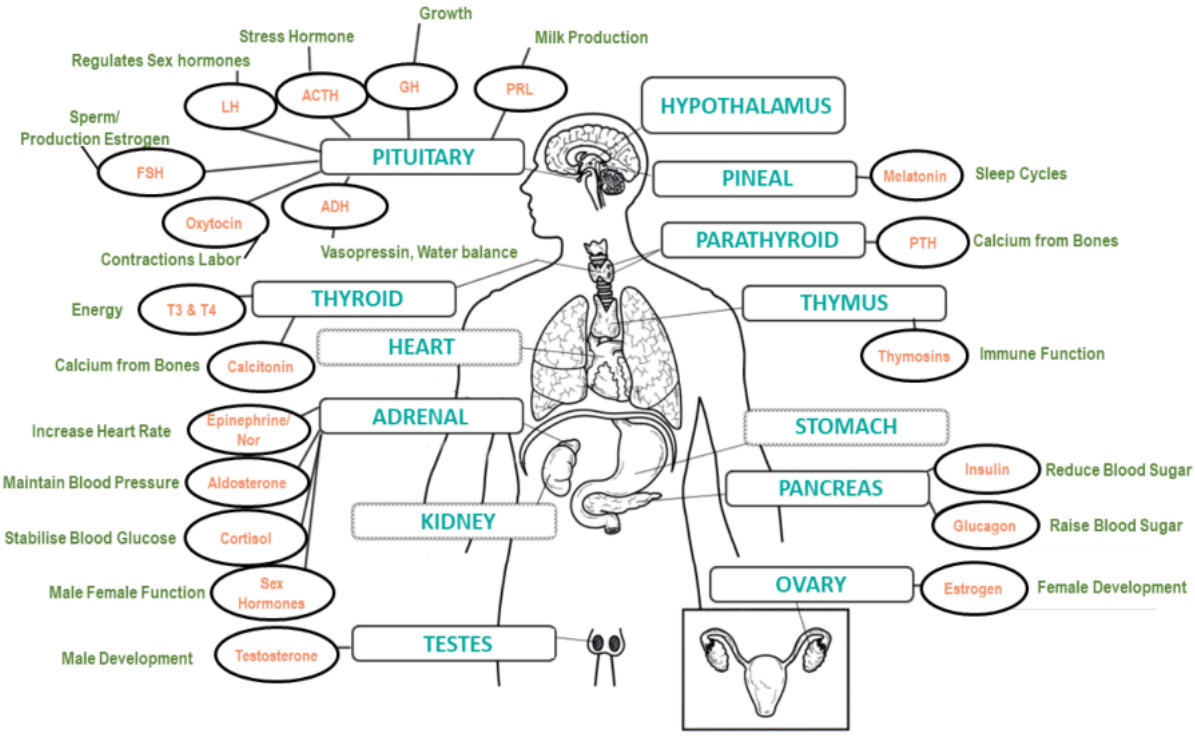
Vitamin D

Vitamin D is a hormone produced by the kidneys that helps to control the concentration of calcium in the blood and is vital for the development of strong bones.

Alternative names for vitamin D

Calcitriol (or 1,25-dihydroxyvitamin D); ergocalciferol (vitamin D_2); cholecalciferol (vitamin D_3); calcidiol (25-hydroxyvitamin D)

Other Hormones


Growth
Stress Hormone
Milk Production
Regulates Sex hormones
GH
ACTH
PRL
LH
HYPOTHALAMUS
Sperm/
Production Estrogen
PITUITARY
PINEAL
Melatonin
Sleep Cycles
FSH
ADH
Oxytocin
PARATHYROID
PTH
Calcium from Bones
Contractions Labor
Vasopressin, Water balance
Energy
T3 & T4
THYROID
THYMUS
HEART
Thymosins
Immune Function
Calcium from Bones
Calcitonin
ADRENAL
STOMACH
Increase Heart Rate
Epinephrine/
Nor
Insulin
Reduce Blood Sugar
Maintain Blood Pressure
Aldosterone
PANCREAS
KIDNEY
Glucagon
Raise Blood Sugar
Stabilise Blood Glucose
Cortisol
OVARY
Estrogen
Female Development
Male Female Function
Sex
Hormones
Male Development
Testosterone
TESTES

Burdens

Rate							
Bromine [33]			●				
N-methyltransferase [9]	●						
Diamine oxidase (DAO) [27]		●					
Saccharomyces cerevisiae [36]			●				
Candida glabrata [30]		●					
Fluorine [36]			●				
Candida krusei [24]		●					
Candida parapsilosis [12]	●						
Candida albicans [30]		●					
Klebsiella pneumoniae [42]			●				
Herpesvirus 1 [60]			●				
Formaldehyde [54]			●				
Herpesvirus 4 [51]			●				
Chlorine [42]			●				
Glyphosate [75]				●			
Helicobacter pylori [72]				●			
Giardia lamblia [81]					●		
Cryptosporidium [90]						●	

Thyroid

Rate							
Albumin [54]			●				
Parathyroid Hormone (PTH) [93]						●	
Reverse (T3) [21]		●					
T4-binding globulin [63]			●				
Thyroid peroxidase (TPO) [78]				●			
Thyroxine (T4) [27]		●					
Transthyretin [42]			●				
Triiodothyronine (T3) [6]	●						

Hormone

Rate							
(11 Beta)-Hydroxylase [69]				●			
(11)-Deoxycorticosterone [93]						●	
(11)-Deoxycortisol [75]				●			
(16 Alpha)-Hydroxyestrone [51]			●				
(16 Alpha)-Hydroxylase [45]			●				
(17 Alpha)-Hydroxylase [36]			●				
(17 Apha)-Hydroxypregnenolone [3]	●						
(17 Apha)-Hydroxyprogesterone [18]		●					
(17 Beta)-Hydroxysteroid dehydrogenase [90]						●	
(17/20)-Lysase [42]			●				
(18)-Hydroxydehydrogenase [72]				●			
(18)-Hydroxylase [60]			●				
(2)-Hydroxyestrone [9]	●						
(21)-Hydrolase [3]	●						
(3 Beta)-Hydroxysteroid dehydrogenase Isomerase [15]		●					
(4)-Hydroxyestrone [84]					●		
(5 Alpha)-Reductase [57]			●				
(Delta 5)-Androstenediol [24]		●					
(Reduced)-Nicotinamide adenine dinucleotide phosphate (NADPH) [18]		●					
7-Keto-DHEA [51]			●				
Aldosterone [96]							●
Androstenedione [78]				●			
Aromatase [57]			●				

Cholesterol [3]	●						
Cholesterol side-chain cleavage (CSCC) [15]		●					
Chrysin [84]					●		
Corticosterone [66]				●			
Cortisol [6]	●						
Cortisone [48]			●				
DHEA [27]		●					
Dihydrotestosterone (DHT) [6]	●						
Estradiol [9]	●						
Estriol [33]			●				
Estrogen [54]			●				
Estrone [18]		●					
Etiocholanolone [87]					●		
Indole-3-Carbinol [69]				●			
Nicotinamide adenine dinucleotide phosphate (NADP) [33]			●				
Pregnenolone [87]					●		
Progesterone [72]				●			
Testosterone [42]			●				

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