

FOOD INTOLERANCE TEST

Dear Client,

Welcome and thank you for choosing the Plasma Saal Health Centre. At Plasma Saal we combine cutting edge technologies in the field of quantum medicine with a holistic approach to human health. We are happy to offer you the **Quantum Hair Sample Analysis (QSHA)** – a non-invasive, detailed and quick health assessment and analysis.

HOW DOES IT WORK?

Our bodies provide us with information about our emotional, mental and physical states. In the same way that the iris of an eye or a fingerprint contain unique information about each of us, hair also carries various types of energies which are a part of us. With just a small lock of hair we can assess vital information about your current health state, and assist you in a healing process.

Did you know that hair grows approximately 1 cm per month, and stays on a head 2-6 years before it falls out! So, a single hair sample gathers and stores all types of information about us. For example, a hair shaft (Fig. 1) absorbs and accumulates chemicals, and any toxins that our body is exposed to (e.g. food, water, air, environment).

Each of us is a unique individual, responding differently to similar environments and foods, and there is no “one-size-fits-all” formula. Therefore, the hair samples are unique bioindicators. They can, for example, reveal any mineral deficiencies, presence of heavy metals and other toxic elements, as well as food intolerance and/or nutrients overloads. Furthermore, the hair sample analysis can determine which supplements would be the best to support your health, for example homeopathic and Bach flower remedies, or types of essential oils (e.g. Young Living, doTerra).

INNOVATIVE TECHNOLOGY OF THE FUTURE

Quantum Hair Sample Analysis is based on the Quantum Response Technology, and provides both biofeedback and bioresonance analysis.

Quantum Response device applies scalar waves produced by Tesla coils to scan your hair sample and capture your unique energetic imprint. This imprint is stored and used to get a wide variety of information about your physical health, energetic, emotional and mental states.

TEST for FOOD INTOLERANCE

This type of QHSA test detects any type of food that you might be intolerant to. Food intolerance is not the same as food allergy, its symptoms are generally less serious and often involve responses in digestive system, skin and respiratory system.

If you frequently consume food you are intolerant to, it can cause various health symptoms, for example: weight gain, headaches, swelling, fatigue, nausea, diarrhea, bloating, rashes, runny nose, etc.

By detecting food intolerance and changing your diet accordingly (e.g. by avoiding certain types of food for a limited amount of time), it is possible to improve your health condition and prevent further complications.

ELEVATED SENSITIVITY

These food items have been identified as those, which may be causing or contributing to physical symptoms. We would recommend the removal of these items from your daily diet using a structured elimination diet.

MODERATE SENSITIVITY

These food items have been identified as those, which may have the potential to cause or contribute to physical symptoms.
We would always recommend prioritizing the removal of the high reactivity items first and then considering the removal of moderate reactivity items thereafter.
It is also worth considering that having these items in isolation may not cause symptoms, however having several moderate reactivity items in the same meal or day may lead to symptoms due to an accumulative effect. Do not consume every day !

LOW SENSITIVITY

These identified food items are safe for consumption but not in excess amount.

Additional notes:

*The food items that repeat in both elevated and moderate sensitivity sections are in the highest risk of potential intolerance

**The food that is not mentioned on the lists are safe for consumption

The Plasma Saal's QHSA test for food Intolerance includes 950 food items that you might be intolerant to. Food items that are listed in RED color (high sensitivity) might be responsible for your health symptoms. Based on our experience, we advise you to first eliminate identified food items that you don't like. Small changes in your diet can bring you significant improvements in your health. Food elimination diet should be performed during at least three months, or until the symptoms are improved. However, if your symptoms remain unchanged, we recommend additional testing for heavy metals, good bacteria and nutrient tests.

In addition, and based on these results, our experts can also provide you with specific detox protocol to support your healing process.

Please contact us at: plasmaaal@gmail.com, +385 99 4574 631; +44 7772 418878;

Alimentary Research

Name Name Surname (452)
Report Food Test Deluxe 950
Date 1/3/2020 10:41:00 AM

Results
High ▲▲ Vinegar (malt)
High ▲▲ Taro Leaves, Shoots
High ▲▲ Tapioca, Manioc, Cassava, Yucca
High ▲▲ Sturgeon
High ▲▲ Soy Sauce
High ▲▲ Shad Fish
High ▲▲ Seven Grain (non-sprouted)
High ▲▲ Salt (Sea)
High ▲▲ Rice, Basmati
High ▲▲ Rice Bran Oil
High ▲▲ Rice (white)
High ▲▲ Quark Cheese
High ▲▲ Pumpkin
High ▲▲ Prunes
High ▲▲ Potato, White with Skin
High ▲▲ Port de Salut Cheese
High ▲▲ Persian Melon
High ▲▲ Parmesan Cheese
High ▲▲ Oyster Mushroom
High ▲▲ Musk Melon
High ▲▲ Muenster Cheese
High ▲▲ Marshmallow Tea
High ▲▲ Lemonade
High ▲▲ Lemon Balm Tea
High ▲▲ Lard Pork
High ▲▲ Ground cherries, Cape Gooseberry, Poha
High ▲▲ Great Northern Beans
High ▲▲ Grape Seed Oil
High ▲▲ Goose
High ▲▲ Gelatin
High ▲▲ Filberts, Hazelnuts
High ▲▲ Eel
High ▲▲ Duck Egg
High ▲▲ Currants

High ▲▲ Cornflakes
High ▲▲ Cola Sodas
High ▲▲ Chia Seed Oil
High ▲▲ Caviar
High ▲▲ Cashew Nut
High ▲▲ Carp Roe
High ▲▲ Caper
High ▲▲ Candida glabrata
High ▲▲ Bell Pepper (green)
High ▲▲ Beans (green)
Med ▲ Yardlong Beans
Med ▲ White Pepper

Med ▲ Wheat, Whole Grain Emmer
Med ▲ Watermelon
Med ▲ Vinegar, all types
Med ▲ Turtle
Med ▲ Sucrose
Med ▲ Soy Sauce
Med ▲ Shad Fish
Med ▲ Salt (Sea)
Med ▲ Runner Beans
Med ▲ Rice Flour, White
Med ▲ Perch, Ocean
Med ▲ Pecorino Cheese
Med ▲ Parsley
Med ▲ Oyster
Med ▲ Mushroom, Straw
Med ▲ Mayonnaise
Med ▲ Liver, Beef
Med ▲ Lemon Grass, Citronella
Med ▲ Hops
Med ▲ Guinea Hen
Med ▲ Great Northern Beans
Med ▲ Granary Bread
Med ▲ Goose Egg
Med ▲ Fruit Pectin
Med ▲ Echinacea Tea
Med ▲ Dates
Med ▲ Currants
Med ▲ Cocoa
Med ▲ Carissa, Natal Plum
Med ▲ Candida glabrata
Med ▲ Butterfish

Med ▲	Bulgur Wheat Flour
Med ▲	Blackberries
Med ▲	Black Eyed Peas
Med ▲	Arugula
Med ▲	American Cheese
Low ▼	Yogurt Sheep
Low ▼	Yeast Extract Spread, Marmite
Low ▼	Wintergreen
Low ▼	Wheat, Sprouted
Low ▼	Vegetable Glycerine
Low ▼	Tangerine
Low ▼	Sunflower Seeds
Low ▼	Sunfish, bluegill
Low ▼	Squid, Calamari
Low ▼	Sorghum
Low ▼	Skate Fisk
Low ▼	Salmon, Chinook
Low ▼	Rosemary
Low ▼	Raspberries
Low ▼	Prawns
Low ▼	Potato
Low ▼	Pork
Low ▼	Pepper, Red Flakes
Low ▼	Pear Juice
Low ▼	Peach
Low ▼	Mustard, Wheat-free, Vinegar-free
Low ▼	Muskellunge
Low ▼	Mushrooms
Low ▼	Maple Syrup
Low ▼	Lupin Seeds
Low ▼	Lettuce
Low ▼	Lentils, all types
Low ▼	Jews Ear, Pepeao
Low ▼	Jack Fruit
Low ▼	Grape Nuts
Low ▼	Grape Juice
Low ▼	Flaxseed
Low ▼	Elderberry Juice
Low ▼	Duck
Low ▼	Cryptosporidium
Low ▼	Crenshaw Melon
Low ▼	Coffee (black)
Low ▼	Coconut Milk
Low ▼	Cocoa

Low ▼ Chestnut Mushroom
Low ▼ Butter Beans
Low ▼ Broccoli Leaves
Low ▼ Black Tea, all forms
Low ▼ Beet Greens
Low ▼ Beechnuts
Low ▼ Beans (green)
Low ▼ Bass, Sea
Low ▼ Balsam Pear, Bitter Gourd
Low ▼ Asparagus
Low ▼ Abalone

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