



Root & Reveal

— HAIR HEALTH TEST —

Discover. Understand. Thrive.

Our hair test reveals insights into food & drink sensitivities, gut health, vitamin levels and more—so you can take control of your health and feel your best.



FOOD & DRINK
SENSITIVITIES



GUT
HEALTH



IMMUNE
INSIGHTS



VITAMIN &
MINERAL LEVELS



SLEEP &
STRESS



SKIN, ENERGY
& WELLBEING

— Personalised Insights. Real Results. —

Frequently Asked Questions

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How is a hair sample tested for sensitivities?

A hair sample is tested for sensitivities through a process called Bio resonance Testing. This method involves analysing the electromagnetic frequencies emitted by the hair sample. The test evaluates the body's response to these frequencies, which correspond to various substances or items. By detecting changes in electromagnetic waves, bio resonance testing identifies potential sensitivities or intolerances to certain foods, environmental factors, or other substances.

During the test, the hair sample is exposed to specific frequencies associated with different items or substances, and the equipment measures the body's reaction, providing insights into potential sensitivities. This non-invasive method is suitable for most individuals.

What is Bioresonance Testing?

Bio resonance testing is a diagnostic technique rooted in the principles of quantum physics. It involves analysing the energetic frequencies emitted by a hair sample, which acts as a unique "biological fingerprint" of an individual. These frequencies are compared against a database containing information on various substances such as foods, non-food items, vitamins, minerals, metals, enzymes, and bacteria. Recognising that all matter emits specific frequencies, bio resonance testing assesses the body's response to different substances. By measuring the hair sample's frequencies and comparing them to those of substances in the database, the test can identify potential sensitivities or imbalances within the body.

The process begins with submitting a hair sample and relevant personal information, which helps contextualise the test results. Advanced bio resonance equipment then analyses the sample, detecting energetic deficits or deviations associated with specific substances. The comprehensive database used allows for thorough assessments of an individual's health profile, and a detailed report is generated after testing, outlining any identified potential sensitivities or imbalances and guiding the development of personalised wellness plans tailored to address specific health needs.

How accurate is testing by hair?

Bio resonance testing is quickly growing in popularity. As an alternate and non-invasive method for identifying potential intolerances. It offers a great balance of accuracy, speed and affordability. This ensures your client can get the answers they're looking for to enabling them to make changes to their diet. Your client can stop experiencing the unpleasant and uncomfortable symptoms of food intolerances.

Throughout our many years of bio resonance hair testing, thousands of customers have informed us how these tests have changed their life and eased their unwanted symptoms. Sensitivity testing is a great starting point to identify potential dietary and lifestyle changes which can have a profound impact upon one's life.

Please note, bio resonance therapy is categorised under Complementary and Alternative Medicines (CAMs) which covers a wide range of therapies that fall outside mainstream medicine. Tests and related information provided do not make a medical

diagnosis nor is it intended to be a substitute for professional medical advice, diagnosis or treatment.

Always seek the advice of their doctor or other qualified health provider if your client has a medical condition or with any questions they may have regarding a medical condition and/or medical symptoms.

Does this test for allergies?

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 being '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 sensitivities can also change over time, it can often be managed through implementation of a food elimination diet and/or dietary changes, however food allergy tends to be lifelong.

The physiological response occurring in the body during an allergic reaction differs entirely from that of intolerance or sensitivity. Allergic reactions entail the activation of the immune system and the involvement of antibodies, whereas intolerance or sensitivity does not. Since hair testing does not assess antibody levels, it cannot be employed to test for allergies.

What if my client has a known allergy and it doesn't show in their results?

Below we have two scenarios to consider for if your client has a known allergy.

Scenario 1: The item they are allergic to shows as a moderate or high reactivity item. This means that as well as a food allergy they may have a food sensitivity. If they have already removed this item from their diet, they do not need to take any action. If they have not removed it previously, it is worth considering doing so, however we would not recommend reintroduction following the elimination diet.

Scenario 2: The item they are allergic to shows as a no reactivity item. This means that they do not have food sensitivity to this item however the result does not question or contradict the presence of their food allergy to the item. It does NOT mean they should reintroduce the item to their diet, they should respect the symptoms, or test results they have had previously with regards to allergy.

Will this test confirm a lactose intolerance or coeliac disease?

No, this test will not confirm a lactose intolerance or coeliac disease. The sensitivity test provided is specifically designed to identify sensitivities to various individual substances but does not test for whole lactose intolerance or coeliac disease. It's important to understand that the test does not have the capability to detect allergies, lactose

intolerance, coeliac disease, or medical conditions. This test can indicate the presence of a potential sensitivity to a particular individual item only.

What do the sensitivity reactivity results mean?

Every item tested is classified to one of the following three reactivity levels indicated by a coloured circle next to the allergen name on your client's results:

Red circle = High Reactivity

These may be causing or contributing to physical symptoms. We would recommend the removal of these items from their daily diet for 6-8 weeks using a structured elimination diet, followed by a gradual reintroduction.

Red circle = Outside Range

These are the items that our testing shows your client is most likely to be sensitive to or fall outside of optimal range. We suggest taking steps to raise them to the optimal level.

Orange circle = Moderate Reactivity

These are the items that our testing shows your client may be sensitive to. These may have the potential to cause or contribute to physical symptoms. We would always recommend prioritising the removal of the high reactivity items first and then considering the removal of moderate items for 4-6 weeks, and subsequent reintroduction. It is also worth considering that having these items in isolation may not cause symptoms, however having a number of moderate reactivity items in the same meal or day may lead to symptoms due to an accumulative effect.

No Reactivity / Within Range

These are the items that our testing shows your client does not have sensitivity to or falls within optimal range.

What should my client do after receiving their results?

We recommend conducting an elimination diet for the suggested duration, tailored to their item reactivity. High reactivity 6-8 weeks or Moderate reactivity 4-6 weeks. After this period, gradually reintroduce individual items while closely monitoring their symptoms and overall well-being.

How does an elimination diet work?

In the removal and then reintroduction process, your client can get a clear understanding of those foods which make them feel good, allow them to think with clarity and leave them feeling energised and those which make them feel lethargic, sluggish, sap their energy levels and provoke symptoms like bloating or headaches.

Elimination phase

All high and medium reactive foods are removed from the diet, along with any known allergy or intolerant foods. They can eat freely from those foods in the no reactivity category.

Reintroduction phase

During the reintroduction phase they should bring one item in at a time and then monitor symptoms for the next two days. There is a reintroduction diary included in all tests, where your client can note the food and drinks that they consume along with any symptoms they experience.

Please note: If your client has a known allergy to any particular item they have been tested for, they need to avoid consuming this item entirely. If your client suspects they are having an allergic reaction, we highly recommend they seek medical advice immediately and speak with an allergy specialist.

Can sensitivities improve over time and should we re-test?

Symptoms related to sensitivities can potentially be improved through various dietary and lifestyle changes, depending on an individual's circumstances. These changes may include avoiding trigger foods, managing stress levels, improving gut health, and addressing any underlying health conditions. It's very much about monitoring their symptoms and overall-wellbeing.

As for when to re-test for sensitivities, it largely depends on the individual's situation. It is generally recommended to re-test after a significant period of time has passed since the initial testing, 2-3 years or if there have been substantial changes in diet, lifestyle, or health status. Additionally, re-testing may be considered if there is a recurrence or persistence of symptoms despite previous interventions.

What does the result 'out of range' mean?

'Out of range' refers to values that are either lower or higher than the optimal range. In most cases, 'out of range' indicates a value lower than the optimal level. When an item is flagged as out of range, it means it falls outside the optimal parameters within our testing equipment.

'Out of range' will feature in the following categories;

- Minerals
- Vitamins
- Gut Health
- Digestive Health
- Anti-aging
- Sleep
- Stress & Inflammation

What does an 'out of range' gut health result mean?

If your client's gut health is out of range for specific strains, it means that they are below optimal level. The food choices they make have a great impact on the levels of beneficial bacteria in their gut. Probiotic foods are those that contain live micro-organisms and can positively affect the levels of bacteria in the gut. Probiotic foods include good quality live yoghurt, kefir, sauerkraut, miso, tempeh, kimchi, goat's cheese, olives, good quality dark chocolate and spirulina. Bacteria need to feed on insoluble fibre foods, known as prebiotic foods, from our diet in order to flourish. Prebiotic foods include onion, garlic,

leeks, cabbage, asparagus, chicory, artichoke, banana, apple, wheat bran, flaxseed and root vegetables.

What does an 'out of range' Collagen or Hyaluronic acid result mean?

Collagen and Hyaluronic Acid production does naturally decline in the body with age. Factors such as unprotected exposure to UV rays, pollution and tobacco smoke, can speed up this natural decline. The best way to maintain levels is through drinking plenty of water to maintain hydration and consuming foods that aid the body's production of them such as: bone broth, soy, tofu, oranges, kale, almonds, edamame, sweet potatoes, chicken, leafy greens, peppers, legumes. Equally hyaluronic acid and/ or collagen supplements can be used alongside a healthy diet.

What does an 'out of range' Cortisol result mean?

Cortisol is a steroid hormone produced by the adrenal glands, which are located on top of each kidney. Cortisol is often referred to as the stress hormone as it is released in response to acute stress as part of a normal and adaptive response. It also plays a crucial role in various other physiological processes within the body such as blood sugar regulation, metabolism, blood pressure regulation, and immune system function.

If your client's cortisol levels are out of range it means they fall below our optimal testing parameters. Chronic or prolonged elevated cortisol levels due to chronic stress or medical conditions can have negative effects on health such as a weakened immune system, weight gain, cardiovascular issues, digestive issues and it can impact mental health. Managing stress through healthy lifestyle habits, relaxation techniques, and seeking support when needed is crucial for maintaining balanced cortisol levels and overall well-being.

What does an 'out of range' Melatonin result mean?

Melatonin is a hormone naturally produced by the pineal gland, a small pea-sized gland located in the brain. It plays a vital role in regulating the sleep-wake cycle, also known as the circadian rhythm. Melatonin levels in the body increase in the evening and remain elevated throughout the night, promoting sleep and relaxation, and decrease in the morning, helping the body to awaken and maintain wakefulness during the day.

The natural production of melatonin is influenced by exposure to light with darkness stimulating the release of melatonin, signalling the body to prepare for sleep. Exposure to light, especially blue light emitted by electronic devices and certain light sources, can suppress melatonin production and interfere with the sleep-wake cycle.

In addition to its role in sleep regulation, melatonin also acts as an antioxidant, helping to protect cells from oxidative stress and damage, and is involved in the regulation of immune function, blood pressure, body temperature, and hormone production.

If your client's melatonin levels are out of range it means they fall below our optimal testing parameters. We suggest addressing factors such as exposure to light, electronic devices before bed, room temperature, stress and pain, looking at the diet can also help improve levels. Ensure a good source of protein, magnesium, vitamin B12, calcium, melatonin and serotonin including foods such as:

- Fish and seafood
- Oysters, mussels, scallops, liver, mackerel, tuna, salmon, crab, tinned sardines
- in oil with bones, tinned pink salmon
- Meat
- Beef, chicken, turkey, pork
- Dairy and eggs
- Milk, eggs, low fat mozzarella, low fat cheddar, yogurt
- Nuts, seeds and legumes
- Peanuts, edamame beans, pumpkin seeds, oats, almonds, cashews, Brazil
- nuts, walnuts
- Fruit and vegetables
- Bananas, figs, apricots, dates, spinach, kale, broccoli, swiss chard, turnip
- greens, collards, pak choi, sugar snap peas, watercress
- Grains
- Buckwheat, rye, millet, brown rice, whole wheat

What does it mean if Stress & Inflammation is out of range?

Stress is a physiological response that happens in the body when faced with challenges, demands, or changes that require adaptation or adjustment. It is a natural and automatic reaction that prepares the body to cope with various situations. Stress can be triggered by both external factors, such as work demands, relationships, or environmental changes, and internal factors, such as thoughts and emotions. Whilst acute stress is short term, manageable and can be motivating for some, chronic stress can lead to chronically elevated cortisol levels, internal inflammation, and have negative effects on health.

The inflammation section is about mild low-level inflammation, which can occur within the body. Unlike acute inflammation, which is a normal and essential response to injury or infection, low-grade inflammation is characterised by a prolonged and subtle inflammatory response that can persist for a longer period of time. Stress and inflammation are closely related through complex biological pathways. Chronic stress can dysregulate the normal inflammatory response leading to prolonged and harmful inflammation.

We recommend trying to follow the below;

- Reduce inflammatory foods and increase anti-inflammatory foods
- Reduce use of personal or household products topically
- Reduce alcohol and tobacco consumption
- Manage and reduce stress levels (emotional and physical)
- Improve sleep to help with repair and regeneration
- Ensure your client has the essential vitamins, minerals, and fatty acids which help their body to repair
- Reduce excess body fat
- Exercise regularly

What does an 'out of range' result for vitamins mean?

If your client finds themselves low in certain vitamins, there are several steps they can take to address this deficiency. First, refer to our 'Sources of vitamins' page for guidance on incorporating foods rich in the vitamins they are lacking. This could include fruits, vegetables, nuts, seeds, whole grains, and other nutrient-dense foods. Additionally, they may consider supplementing with vitamins; however, we strongly advise seeking medical advice beforehand to ensure proper dosage and suitability for their individual needs. Consulting with a healthcare professional will help tailor a plan that addresses their specific deficiencies and health goals effectively.

What does an 'out of range' result for Hormones mean?

If a specific hormone is showing as out of range, this can mean that it falls below our optimal testing parameters. Firstly, since hormones play a crucial role in overall health and well-being, it's recommended to consult with a doctor or physician for further investigation, especially if they are experiencing symptoms of over or underactive thyroid or any other hormonal imbalance. Seeking medical advice will help determine the underlying cause of the hormonal imbalance and guide appropriate treatment options.

In addition to seeking medical advice, it's essential to ensure that the daily diet supports hormone function. However, prior to making dietary recommendations it's important to consult with a healthcare professional or a registered nutritionist to fully understand any imbalances present and ensure dietary recommendations are tailored towards specific needs and health goals.

What does an 'out of range' result for Minerals mean?

Any minerals that flag are an indication of lower than optimal levels. This isn't a test for deficiency.

The daily diet is the first consideration if your client has low mineral levels. It is the most natural and best way of improving mineral or phytonutrient intake. Minerals come from the soil, and the greater the quality and richness of the soil, the greater the mineral density of a plant. The best sources of minerals are fruits, vegetables, grains, pulses, nuts and seeds. By including such produce in your client's diet they will also benefit from phytonutrients. For guidance on specific minerals and the foods where they are found see 'The role of food types' in the Food Sensitivity section.

Ideally nutrients should all be consumed through the diet, however if this is not possible due to dietary restrictions or dislikes supplementation is an option. Please note it is always recommended that any supplementation is taken under the advice and monitoring of a health professional. Should you suspect that your client may have a mineral deficiency please advise they see their physician or a medical professional.

If my client shows high/moderate reactivity to X why are they not sensitive to X?

For example, if your client displays sensitivity to yeast, but beer appears as "Green" on their test, it may be due to the percentage of yeast present in the product consumed.

However, we always recommend eliminating all items from their diet during the elimination phase to ensure accuracy. Therefore, in this case, we advise removing all items containing yeast from their diet.

My client experiences unwanted symptoms to certain foods but they haven't shown up as a sensitivity?

It is possible that items triggering uncomfortable or unwanted symptoms for your client may not have been identified on the list due to limitations in our testing methodology. While our testing primarily aims to identify sensitivities, it's important to acknowledge that sensitivity is just one potential contributor to symptoms. If certain potential trigger items did not appear on the list, it's possible that there may be other underlying reasons for their symptoms that our testing isn't equipped to detect.

If your client continues to experience persistent symptoms despite not showing sensitivity to certain foods on the test, it could be beneficial to explore other potential causes with the guidance of a healthcare professional.

My client had a test completed by another provider, but their results are different

Tests from different companies will often return different results. This is because in order to be able to accurately compare two tests it is imperative that uniformity across all aspects of testing for accurate comparison, including the type of test, the equipment used, the manufacturer of the testing equipment, the test protocol and the reporting ranges. If one variable is different, tests are not comparable.

Can children use these tests?

We believe that any symptoms experienced by young children under the age of 6 should be looked into and explored by a medical professional or physician. This is because the body, including the digestive and immune systems of an infant or toddler, is still undergoing rapid development and change.

We understand that you may have clients interested in our testing services for their children. If they decide to proceed with testing, we recommend ensuring the child receives a balanced diet while following the elimination phase.

It's worth noting that even for older children certain sections aren't applicable in the same way as they are for adults, in particular - stress & inflammation, hyaluronic acid & collagen.

Can these tests be used by if a client is pregnant?

Optimum nutrition during pregnancy and breastfeeding is vital for mother and child. To reduce any possible risk to the mother or baby, it is our protocol not to offer tests, advice or lifestyle changes during pregnancy and/or breastfeeding.