

# Gut Health & U

Healing  
your Leaky  
Gut

Sample Report

# Sneha

My symptoms had been controlling my life for years. I am so thankful to Dr Nasr's team for shedding light upon 18 years of suffering, giving me my life back and handing back the key to my wellbeing. Thank you so much!

- DNA client





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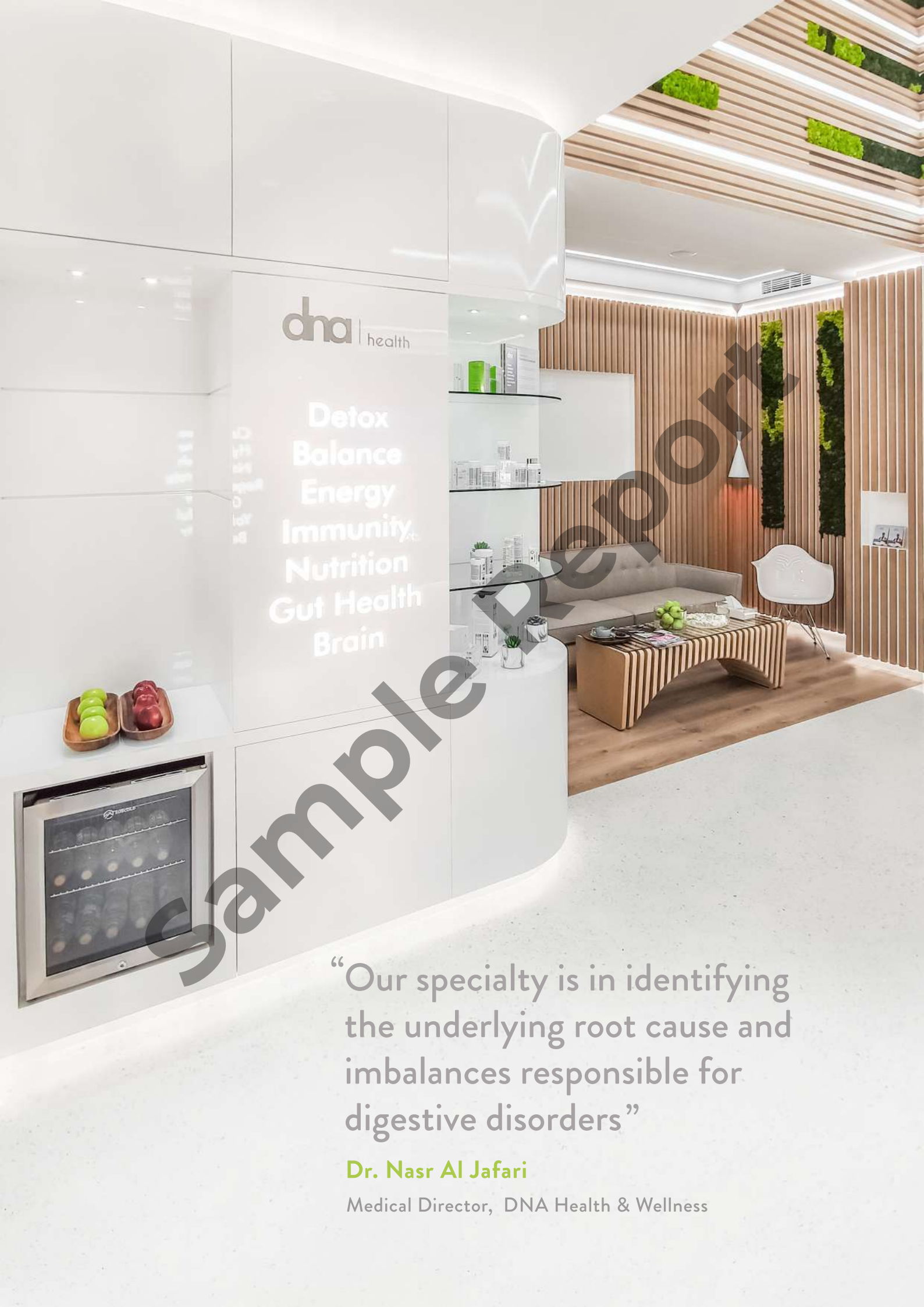
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Sample Report



dna | health

Detox  
Balance  
Energy  
Immunity  
Nutrition  
Gut Health  
Brain

“Our specialty is in identifying the underlying root cause and imbalances responsible for digestive disorders”

**Dr. Nasr Al Jafari**

Medical Director, DNA Health & Wellness

**dna** | health

## About Us



Your gut healing journey  
starts here

dna

# Tired of being alone on your gut healing journey?

Practitioners who care about you, want you to get back to enjoying your life again and who have the education, skills and experience to make it happen.



**Dr. Nasr Al Jafari**  
*Medical Director*

Dr Nasr Al Jafari, MD, is a Dubai-based Functional Medicine Practitioner and renowned functional gut health specialist. He has applied over 20 years of experience to develop a comprehensive scientifically-based program to help people heal their gut. He specializes in Irritable Bowel Syndrome (IBS), small intestinal bacterial overgrowth, chronic constipation, leaky gut and many more chronic digestive complaints.



**Dr. Yosef Alsaieq**  
*General Practitioner*



**Dr. Ivica Djupovac**  
*General Practitioner*



**Christine Choueiri**  
*Clinical Dietitian*

# Your Gut & U

Sample Report



## Your gut feeling

More than 2000 years ago, Hippocrates said ‘all disease begins in the gut’. But only now are we beginning to understand why the gut is so central to health and wellness.

We cannot under-estimate the impact on digestion of the shift in our eating habits and lifestyle.

As many as 85% of adults in the western world suffer with some form of gut problem annually. Irritable Bowel Syndrome (IBS) is becoming a significant healthcare burden worldwide, affecting around 11% of the global population.

Apart from the ever increasing incidence of primary gut disorders, an unhealthy gut can contribute to a wide range of diseases including obesity, diabetes, autoimmune disorders, hormonal imbalances, chronic fatigue, autism, depression and cardiovascular disease.

Therefore, not only is identifying the underlying root cause critical to eradicating symptoms, it is also critical to improving your long-term health.



# The Facts

## Leaky gut, fact or fiction?

The lining of the gut is made of millions and millions of cells. These cells join together to create a tight barrier that acts like a security system and decides what gets absorbed into the bloodstream and what stays out. When the gut becomes unhealthy, 'holes' can develop. This is determined largely by genetics and nutrition.

Whilst this is a relatively new discovery, there are strong links between leaky gut, inflammatory digestive conditions and a number of wider health issues.

## Understanding the gut

Since the discovery in 2000 of key regulators of intestinal permeability, better insights in to the ecosystem residing in our gut has provided support for the concept that a disruption of the gut environment may cause the onset of leaky gut and the exacerbation of many health conditions.

## More accurate and reliable testing

Our highly specialised functional gut testing, with significant supporting research, can actually identify and subsequently help us treat your underlying gut disorder. We utilise a unique Intestinal Permeability and Absorption (IPA) test focused on assessing intestinal permeability & damage, gut function, intolerances and the health of intestinal villi.



# What's going on inside?

*“ The presence of Leaky Gut is usually the sign of a larger problem and is often the root cause for wider health issues ”*

- Dr Nasr Al Jafari

'Leaky Gut' or intestinal permeability is a consequence of an unhealthy gut, leading to a weakening in the gut lining.

The gut is designed to absorb nutrients as small molecules (<40nm). When the bowel lining is altered or damaged, larger, undigested molecules are absorbed into the bloodstream and cause further inflammation, consequently preventing the absorption of beneficial nutrients.

## What causes leaky gut?

Increased intestinal permeability is primarily caused by the over-consumption of alcohol and processed drinks, pharmaceutical drugs, and diets consisting of low-fiber, high-fructose, preserved, and processed foods. Other factors such as stress, sleep disruption and intensive exercise has been shown to increase gut permeability.

## Leaky gut and inflammation

Gut inflammation is typically accompanied by

1. Impaired gut barrier function
2. Microbial imbalances
3. A hyperactive gut immune system

In other words, a compromised gut barrier, leading to increased intestinal permeability is required for gut inflammation to occur. However, the wrong gut bacteria, disrupted gut motility, or other factors (diet, medications, stress, etc) may be responsible for causing leaky gut in the first place.

## What are health consequences?

The effects can be varied and severe, ranging from fatigue and bloating to heightened food allergies, protein damage, detoxification inhibition, and a weakened immune system.

**Leaky Gut is associated with a wide range of chronic conditions, including allergies, obesity, diabetes, inflammatory bowel disease, skin conditions, and more.**

Unfortunately, many of these symptoms are unrecognized, and many cases of increased intestinal permeability are undiagnosed.

## So what next?

Healing Leaky Gut is a journey. Our Functional Medicine Team will work with you to help identify and treat your specific underlying causes, and put you on a nutritional & lifestyle plan to optimal health & wellness.

# How Does it Work?

Sample Report



# Your steps to better health

Get to the root cause of your leaky gut and other digestive symptoms through our personalized process designed to bridge the gap between functional medicine and clinical nutrition for clients with imbalances beyond the reach of diet and exercise alone

The typical client healing journey takes anywhere from 3 to 12+ months and follows our personalized process. For a more detailed breakdown of each step in the process,

## 1. Initial consultation

- Review your medical history
- Identify testing required
- Initial diet, lifestyle & supplement recommendations



## 2. Testing

- Advanced GI Functional testing (either in-clinic or home kit)
- Return (home) kit to clinic
- Kit is analysed at a specialised laboratory

## 3. Results & recommendations

- Follow-up consultation to review and interpret your test results
- A personalised gut healing protocol detailing diet and lifestyle
- Comprehensive supplement protocol
- Detailed written report with summary of results, recommendations and next steps

## 4. On-going support

- Regular consultations with one of our team to review your progress and update your protocol
- Access to further supplements and follow-up testing
- Email and tele-conferencing support available



**Note :** Tests, consultations and follow-ups depends on package purchased.

# Your Test Results

FFQ

Food Item	Value
Yeast	15
Crab	19
Tomato	49
Subsauce	49
Cherry	20
Watermelon	28
Gabbage	107
Milk	157
Egg	57
Pear	95
Corn	337
Pasta	899
Onion	99
Beans	110
Soyflower	205

## Your Test Results - Intestinal Permeability and Absorption Analysis (IPA Analysis)

### Absorption Capacity

Mannitol is a small sugar molecule that is used to measure absorption capacity and provide indirect evidence of inflammation in the small intestinal mucosa. Low levels of mannitol in urine indicates possible decreased nutrient absorption and indirect evidence of inflammation in the small intestinal mucosa.

Your Result: **280.588 - Normal**

Mannitol

Normal Range: >90

The absorption of nutrients is normal. No defects in intestinal mucosa transport mechanisms were detected



### Intestinal Permeability

Cellobiose is a large sugar consisting of two glucose molecules. It is typically indigestible and unabsorbable by humans, but may be absorbed if the small intestinal mucosa is inflamed. High levels of cellobiose in urine indicates inflammation in the small intestines and reflects increased intestinal permeability.

Your Result: **3.833 - Borderline**

Cellobiose

Normal Range: 0.000-3.000

Intestinal permeability is slightly abnormal. The intestinal mucosa has partially lost its selective absorption capacity, thus allowing the absorption of molecules that are potentially harmful to the immune system. This often causes an increase in antigenic intolerance, a condition that heightens allergic responses.



### Gastric Permeability

Sucrose (table sugar) does not usually cross the gastrointestinal lining unless the lining is damaged or inflamed. Sucrose is normally broken down rapidly in the small intestines and should not be detected in urine. The presence of sucrose in urine will indicate possible increased gastric permeability.

Your Result: **3.075 - Borderline**

Sucrose

Normal Range: 0.000-2.500

Gastric permeability is slightly abnormal. The mucosa has lost its selective absorption capacity, thus allowing early absorption of some molecules. The gastric walls are possibly experiencing chronic inflammation, with a consequent reduction of gastric secretions.



### Intestinal Damage

Raffinose is a trisaccharide that is indigestible in the human gut. It is a useful marker of intestinal villi health, as it may be absorbed in cases of inflammation. A high raffinose/ mannitol ratio is an indication of damage to the epithelial tissue in the duodenum.

Your Result: **0.004 - Normal**

Raffinose/Mannitol

Normal Range: 0.000-0.012

No structural lesions in intestinal mucosa were detected. No inflammation can be seen; the intestinal wall appears healthy.



### Lactose Intolerance

Lactose is a disaccharide found most commonly in milk. In a properly functioning gastrointestinal tract, the enzyme lactase metabolizes lactose. A lack of lactase or a reduced lactase activity leads to lactose intolerance. If the lactose/raffinose ratio is high, we can accurately detect lactose intolerance.

Your Result: **0.019 - Normal**

Lactose/Raffinose

Normal Range: 0.000-0.400

No alterations in lactase activity were detected, suggesting adequate lactose tolerance.



### Sucrose Intolerance

Sucrose (table sugar) is a disaccharide normally hydrolyzed by the enzyme sucrase in the duodenum. It should thus not be detected in urine. A sucrose/raffinose ratio helps detect sucrose intolerance. If the ratio is high this indicates sucrase deficiency, possibly secondary to gastroduodenal inflammation or damage.

Your Result: **0.142 - Normal**

Sucrose/Raffinose

Normal Range: 0.000-0.280

No deficit in the activity of sucrase is detected, suggesting healthy sucrose tolerance.





# PATIENT REPORT



**FOODPRINT<sup>®</sup>**

Food IgG Antibody Test

15/07/2021



Dear ,

Please find enclosed the Patient Report for your FoodPrint® IgG antibody test, which includes information about the specific food IgG antibodies detected in your blood sample and guidelines on how to make full use of the test results:

#### TEST REPORT

Two different types of Test Report are provided with every FoodPrint® IgG antibody test:

- 1) **Food Groups** – foods are listed according to their respective food group
- 2) **Order of Reactivity** – foods are ranked by strength of antibody reaction

A numerical value is displayed in a coloured box adjacent to each food, which represents the concentration of IgG antibodies detected for each food. Foods are categorised as **ELEVATED**, **BORDERLINE** or **NORMAL**, depending on the antibody level detected.

#### PATIENT GUIDEBOOK

- ✓ Information about food intolerance and commonly used terminology
- ✓ How to interpret the test results
- ✓ How to plan your diet
- ✓ Monitoring symptoms, re-introducing foods and avoiding new food intolerances
- ✓ How to avoid dairy, eggs, wheat, gluten and yeast
- ✓ Frequently asked questions

Any change in diet or removal of certain foods/food groups needs to be carefully managed to ensure that essential nutrients are maintained. Information provided in the Patient Guidebook is for general use only. If in doubt, please seek advice from a qualified healthcare professional.

Please note: the FoodPrint® IgG antibody test does NOT test for **classical allergies**, which involve the production of IgE antibodies and cause rapid-onset of symptoms such as rashes, swelling, violent sickness, difficulty breathing and anaphylactic shock. **If you have a food allergy, it is important to continue avoiding that food, regardless of the test results obtained.** This advice also applies if you have been diagnosed with Coeliac disease or any other food related condition such as lactose intolerance.

If you would like further information or wish to discuss any matters raised in the Patient Report, please do not hesitate to contact CNS on 01353 863279.

Kind regards  
Cambridge Nutritional Sciences

555-4-03



## Test Report : Food Groups

Patient Name:  
Patient Number:  
Date of Birth:

Sample Date:  
Analysis Date:  
Clinic:

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
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### DAIRY / EGG

22	Alpha-Lactalbumin	89	Egg White	107	Milk (Cow)
9	Beta-Lactoglobulin	26	Egg Yolk	64	Milk (Goat)
107	Casein	4	Milk (Buffalo)	83	Milk (Sheep)

### GRAINS (Gluten-Containing)\*

79	Barley	37	Malt	51	Wheat
26	Couscous	48	Oat	24	Wheat Bran
27	Durum Wheat	19	Rye		
63	Gliadin*	25	Spelt		

### GRAINS (Gluten-Free)

46	Amaranth	2	Millet	0	Tapioca
12	Buckwheat	3	Polenta		
75	Corn (Maize)	48	Rice		

### FRUIT

16	Apple	18	Guava	31	Pear
14	Apricot	5	Kiwi	9	Pineapple
14	Avocado	7	Lemon	37	Plum
4	Banana	19	Lime	34	Pomegranate
7	Blackberry	12	Lychee	28	Raisin
16	Blackcurrant	14	Mango	10	Raspberry
24	Blueberry	3	Melon (Galia/Honeydew)	8	Redcurrant
6	Cherry	0	Mulberry	38	Rhubarb
25	Cranberry	17	Nectarine	17	Strawberry
1	Date	3	Olive	17	Tangerine
5	Fig	58	Orange	7	Watermelon
18	Grape (Black/Red/White)	13	Papaya		
13	Grapefruit	16	Peach		

### VEGETABLES

14	Artichoke	10	Cauliflower	41	Potato
2	Asparagus	27	Celery	9	Quinoa
15	Aubergine	7	Chard	26	Radish
42	Bean (Broad)	11	Chickpea	3	Rocket
6	Bean (Green)	4	Chicory	2	Shallot
28	Bean (Red Kidney)	10	Cucumber	35	Soya Bean
80	Bean (White Haricot)	4	Fennel (Leaf)	15	Spinach
5	Beetroot	7	Leek	22	Squash (Butternut/Carnival)
8	Broccoli	26	Lentil	5	Sweet Potato
1	Brussel Sprout	3	Lettuce	11	Tomato
1	Cabbage (Red)	8	Marrow	6	Turnip
20	Cabbage (Savoy/White)	4	Onion	1	Watercress
7	Caper	90	Pea	13	Yuca
4	Carrot	4	Pepper (Green/Red/Yellow)		

Continued on next page...

Patient Name:  
Patient Number:  
Date of Birth:

Sample Date:  
Analysis Date:  
Clinic:

### FISH / SEAFOOD

56	Alga Espaguette	5	Haddock	3	Sardine
5	Alga Spirulina	6	Hake	5	Scallop
107	Alga Wakame	5	Herring	0	Sea Bream (Gilthead)
6	Anchovy	1	Lobster	9	Sea Bream (Red)
3	Barnacle	6	Mackerel	2	Shrimp/Prawn
4	Bass	4	Monkfish	2	Sole
3	Carp	11	Mussel	21	Squid
5	Caviar	6	Octopus	2	Swordfish
12	Clam	5	Oyster	4	Trout
6	Cockle	2	Perch	6	Tuna
5	Cod	8	Pike	3	Turbot
1	Crab	5	Plaice	15	Winkle
14	Cuttlefish	4	Razor Clam		
4	Eel	3	Salmon		

### MEAT

4	Beef	10	Ostrich	3	Turkey
2	Chicken	6	Ox	2	Veal
2	Duck	1	Partridge	6	Venison
5	Goat	4	Pork	1	Wild Boar
5	Horse	2	Quail		
3	Lamb	4	Rabbit		

### HERBS / SPICES

7	Aniseed	5	Dill	13	Nutmeg
13	Basil	4	Garlic	7	Parsley
13	Bayleaf	19	Ginger	21	Peppercorn (Black/White)
2	Camomile	69	Ginkgo	14	Peppermint
6	Cayenne	20	Ginseng	10	Rosemary
3	Chilli (Red)	26	Hops	2	Saffron
13	Cinnamon	5	Liquorice	4	Sage
5	Clove	3	Marjoram	1	Tarragon
8	Coriander (Leaf)	16	Mint	6	Thyme
7	Cumin	5	Mustard Seed	2	Vanilla
46	Curry (Mixed Spices)	11	Nettle		

### NUTS / SEEDS

70	Almond	73	Hazelnut	2	Rapeseed
64	Brazil Nut	3	Macadamia Nut	1	Sesame Seed
53	Cashew Nut	27	Peanut	53	Sunflower Seed
15	Coconut	23	Pine Nut	21	Tiger Nut
42	Flax Seed	68	Pistachio	11	Walnut

### MISCELLANEOUS

>160	Agar Agar	13	Cocoa Bean	6	Tea (Black)
42	Aloe Vera	4	Coffee	3	Tea (Green)
27	Cane Sugar	85	Cola Nut	9	Transglutaminase
24	Carob	2	Honey	53	Yeast (Baker's)
8	Chestnut	22	Mushroom	77	Yeast (Brewer's)

\* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.

## Test Report : Order of Reactivity

Patient Name:  
Patient Number:  
Date of Birth:

Sample Date:  
Analysis Date:  
Clinic:

### ELEVATED FOODS (≥30 U/ml)

>160	Agar Agar	70	Almond	48	Rice
107	Alga Wakame	69	Ginkgo	46	Amaranth
107	Casein	68	Pistachio	46	Curry (Mixed Spices)
107	Milk (Cow)	64	Brazil Nut	42	Aloe Vera
90	Pea	64	Milk (Goat)	42	Bean (Broad)
89	Egg White	63	Glutadin*	42	Flax Seed
85	Cola Nut	58	Orange	41	Potato
83	Milk (Sheep)	56	Alga Espaguette	38	Rhubarb
80	Bean (White Haricot)	53	Cashew Nut	37	Malt
79	Barley	53	Sunflower Seed	37	Plum
77	Yeast (Brewer's)	53	Yeast (Baker's)	35	Soya Bean
75	Corn (Maize)	51	Wheat	34	Pomegranate
73	Hazelnut	48	Oat	31	Pear

### BORDERLINE FOODS (24-29 U/ml)

28	Bean (Red Kidney)	26	Couscous	25	Spelt
28	Raisin	26	Egg Yolk	24	Blueberry
27	Cane Sugar	26	Hops	24	Carob
27	Celery	26	Lentil	24	Wheat Bran
27	Durum Wheat	26	Radish		
27	Peanut	25	Cranberry		

### NORMAL FOODS (≤23 U/ml)

23	Pine Nut	16	Apple	13	Cocoa Bean
22	Alpha-Lactalbumin	16	Blackcurrant	13	Grapefruit
22	Mushroom	16	Mint	13	Nutmeg
22	Squash (Butternut/Carnival)	16	Peach	13	Papaya
21	Peppercorn (Black/White)	15	Aubergine	13	Yuca
21	Squid	15	Coconut	12	Buckwheat
21	Tiger Nut	15	Spinach	12	Clam
20	Cabbage (Savoy/White)	15	Winkle	12	Lychee
20	Ginseng	14	Apricot	11	Chickpea
19	Ginger	14	Artichoke	11	Mussel
19	Lime	14	Avocado	11	Nettle
19	Rye	14	Cuttlefish	11	Tomato
18	Grape (Black/Red/White)	14	Mango	11	Walnut
18	Guava	14	Peppermint	10	Cauliflower
17	Nectarine	13	Basil	10	Cucumber
17	Strawberry	13	Bayleaf	10	Ostrich
17	Tangerine	13	Cinnamon	10	Raspberry

Patient Name:  
Patient Number:  
Date of Birth:

Sample Date:  
Analysis Date:  
Clinic:

NORMAL FOODS ...continued

10	Rosemary	5	Cod	3	Melon (Galia/Honeydew)
9	Beta-Lactoglobulin	5	Dill	3	Olive
9	Pineapple	5	Fig	3	Polenta
9	Quinoa	5	Goat	3	Rocket
9	Sea Bream (Red)	5	Haddock	3	Salmon
9	Transglutaminase	5	Herring	3	Sardine
8	Broccoli	5	Horse	3	Tea (Green)
8	Chestnut	5	Kiwi	3	Turbot
8	Coriander (Leaf)	5	Liquorice	3	Turkey
8	Marrow	5	Mustard Seed	2	Asparagus
8	Pike	5	Oyster	2	Camomile
8	Redcurrant	5	Plaice	2	Chicken
7	Aniseed	5	Scallop	2	Duck
7	Blackberry	5	Sweet Potato	2	Honey
7	Caper	4	Banana	2	Millet
7	Chard	4	Bass	2	Perch
7	Cumin	4	Beef	2	Quail
7	Leek	4	Carrot	2	Rapeseed
7	Lemon	4	Chicory	2	Saffron
7	Parsley	4	Coffee	2	Shallot
7	Watermelon	4	Eel	2	Shrimp/Prawn
6	Anchovy	4	Fennel (Leaf)	2	Sole
6	Bean (Green)	4	Garlic	2	Swordfish
6	Cayenne	4	Milk (Buffalo)	2	Vanilla
6	Cherry	4	Monkfish	2	Veal
6	Cockle	4	Onion	1	Brussel Sprout
6	Hake	4	Pepper (Green/Red/Yellow)	1	Cabbage (Red)
6	Mackerel	4	Pork	1	Crab
6	Octopus	4	Rabbit	1	Date
6	Ox	4	Razor Clam	1	Lobster
6	Tea (Black)	4	Sage	1	Partridge
6	Thyme	4	Trout	1	Sesame Seed
6	Tuna	3	Barnacle	1	Tarragon
6	Turnip	3	Carp	1	Watercress
6	Venison	3	Chilli (Red)	1	Wild Boar
5	Alga Spirulina	3	Lamb	0	Mulberry
5	Beetroot	3	Lettuce	0	Sea Bream (Gilthead)
5	Caviar	3	Macadamia Nut	0	Tapioca
5	Clove	3	Marjoram		

\* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.

# Your Gut Recovery Plan



Sample Report

## Heal your Leaky Gut

Dear SAMPLE REPORT,

It has been a pleasure to welcome you to our Clinic. The entire DNA Health team feels privileged to be a part of your journey to wellness and longevity.

### 1. Personal Goals and Tests

During your time with us you have highlighted the following personal goals;

- ✓ Find out Root Cause of Gut Issues
- ✓ Lose Weight
- ✓ Improve Energy & productivity

To help us assess and provide a basis to attain your goals we have carried out the following tests;

Test Performed
Food IgG Intolerance
Intestinal Permeability & Absorption Analysis

*Note: Please refer to Laboratory Tests section for full test results. If you would like your test results sent to you electronically please do let us know.*

The multidisciplinary team at DNA Health has thoroughly reviewed your test results. This data, along with the information you have provided, has enabled us to produce this highly specialised holistic management plan.

### 2. Key Findings of Test Results

We have highlighted certain tests results below, which we believe should be brought to your attention and may need further investigation.

Selected Test Results	Summary	Comments
Food IgG Intolerance	Inflammatory Marker	Multiple Elevated Foods
Gut Permeability	Fat Controller	Borderline
Intestinal Damage	High Insulin	Borderline
Lactose Intolerance	Sign of chronic stress	Normal
Sucrose Intolerance	-	Normal

*Note: Please refer to Laboratory Tests section for full test results. If you would like your test results sent to you electronically please do let us know.*

**Dr Nasr Al Jafari: Medical Director and Functional Medicine Practitioner**

**Summary**

**Recommendations**

**Nutritional**

- 1.
- 2.
- 3.

**Exercise**

- 1.
- 2.
- 3.

**Stress Control**

- 1.
- 2.
- 3.

**Sleep**

- 1.
- 2.
- 3.

Sample Report

Executive Summary

**Supplements**

- 1.
- 2.
- 3.

**Further Investigations**

**Follow-up**

**Attachments**

- Guide to Homemade Bone Broth
- Guide to Dairy Alternatives
- Guide to Gluten Free
- Guide to Meditation

Kind regards

Dr Nasr Al Jafari





# Your Lifestyle Guide

We Put  
U  
at the  
Center  
of Your  
Health &  
Wellness



Sample Report

# Homemade Bone Broth

Bone broth soothes hunger pangs and provides salt and other electrolytes, making fasting much easier



**Cook Time : 3-25 hrs**



**Serving Size : Varies**

## Ingredients

- 2-3 lbs of bones
- 1 Onion, coarsely chopped
- 2 carrots, coarsely chopped
- 2 stocks of celery, coarsely chopped
- 2 tbsp of raw, unfiltered apple cider vinegar
- 1 tbsp of salt
- 1 tsp of whole peppercorns
- Other herbs and spices

## Directions

1. (Optional) Roasting the bones in the oven on a roasting pan at 350°F / 177°C for 30 minutes gives it a nice flavour.
2. Place the bones into a pot and pour cool water to cover. Add raw unfiltered apple cider vinegar and let sit for 30 minutes to help release the nutrients.
3. Add the vegetables and dried herbs and bring to a vigorous boil, then reduce to a simmer.
4. Periodically remove any impurities that rise to the surface.
5. When 30 minutes are remaining, add any fresh garlic or herbs.
6. Remove from heat and let cool for 5 minutes, then strain.

## Simmering Times

Chicken / Poultry  
**8 to 24 hours**

Cattle / Bison  
**2 to 24 hours**

Fish  
**8 hours**

## Don't fancy making your own?

We recommend

[www.bonebroth.ae](http://www.bonebroth.ae)

[www.cleanlivingcompany.ae](http://www.cleanlivingcompany.ae)



# Dairy Alternatives

## Common Sources of Dairy Include

Cheese, Milk, Buttermilk, Ice Cream & Yogurt

Here is a list of Dairy-Free alternatives for milk, cheese & yogurts



### Calories and Numbers

	Cow's Milk	Soy	Almond	Coconut	Rice
Calories	110	110	60	80	120
Protein	8g	8g	1g	1g	1g
Fat	2.5g	4.5g	2.5g	5g	2.5g
Carbohydrates	12g	9g	8g	7g	23g

### Vitamins and Minerals

Calcium	30%	45%	45%	80	120
Phosphorus	25%	25%	N/A	N/A	15%
Potassium	10%	10%	1%	1%	15%
Riboflavin	25%	30%	30%	N/A	N/A
Vitamin B-12	20%	50%	50%	50%	50%
Vitamin A	10%	10%	10%	10%	10%
Vitamin D	25%	30%	25%	25%	25%

■ Naturally Occurring

Good Source 10% -19% DV

Excellent Source 10% DV



# Homemade Recipes

## Almond Milk

### Ingredients

- 4 Cups filtered water
- 1 Cup whole, raw almonds  
(soaked overnight for at least 12 – 16 hours)
- 2-4 Pitted medjool dates, for sweetness (optional)

### Preparation

- Drain and rinse almonds with filtered water
- Place whole almonds into a blender, with 4-cups of filtered water
- Blend on full power for 1 – 2 minutes
- Using a mesh milk bag, strain the almond milk mixture by placing it over a large bowl and slowly pour the milk mixture
- Squeeze the milk bag as needed to release all milk
- Rinse the blender, add the dates (for sweetness if desired) with the milk, blend further on low power
- Place into a glass jar and store in the fridge for no more than 3-days

## Flax Milk

### Ingredients

- 3 cups Water
- ½ cup whole Flax Seeds
- 2-4 Medjool Dates, pitted, for sweetness (optional)
- ½ – 1 cup additional Water, after straining
- Pinch of cinnamon or nutmeg (optional)

### Preparation

- Place flax seeds into a blender, with 3-cups of filtered water
- Blend on full power for 1 – 2 minutes
- Using a mesh milk bag, place it over a large bowl and slowly pour the flax mixture
- Squeeze the milk bag as needed to release all milk
- Rinse the blender, add the dates with the milk and ~1-cup water, blend further on low power
- Add any additional spices as needed
- Place into a glass jar and store in the fridge for no more than 3-days



# A Guide to Eating Gluten-free

Cutting gluten out of your diet may seem difficult and restrictive. Fortunately, there are many healthy and delicious foods that are naturally gluten-free. These include fruits, vegetables, meat and poultry, fish and seafood, dairy products, beans legumes, and nuts.

## Grains, Flours, and Starches

Cutting gluten out of your diet may seem difficult and restrictive. Fortunately, there are many healthy and delicious foods that are naturally gluten-free. These include fruits, vegetables, meat and poultry, fish and seafood, dairy products, beans legumes, and nuts.

## Gluten-free

- Amaranth
- Arrowroot
- Bean flours (garbanzo, fava, Romano, etc.)
- Buckwheat, buckwheat groats (kasha)
- Cassava flour
- Chia seeds
- Corn (maize), cornmeal
- Flax, flax meal
- Hominy
- Manioc flour
- Mesquite flour
- Millet
- Montina flour
- Nut flours a& meals (almond, coconut, hazelnut, etc.)
- Oats (gluten-free)\*
- Pea flour
- Potato flour, potato starch
- Quinoa
- Rice (all), rice bran
- Sago
- Sorghum flour
- Soy flour
- Tapioca flour
- Teff
- Yucca



\* Gluten-free oats have a similar structure to gluten-containing grains. Also, they may be contaminated with gluten-containing grains during processing. Because of these factors, gluten-free oats may cause negative symptoms in some patients. Those with celiac disease and gluten intolerance should use caution when consuming oats.

## Grains, Flours, and Starches

# Gluten-Contain

- Amaranth
- Barley
- Bulgar (bulgur)
- Cereal binding
- Chapatti flour (atta)
- Couscous
- Kinkel
- Durum
- Einkorn
- Emmer
- Farina
- Farrow
- Fu
- Gluten, gluten flour
- Graham flour
- Kamut
- Malt (malt beverages, extract, flavoring, syrup, vinegar, etc.)
- Matzoh meal
- Oats (oat bran, oat syrup)\*
- Orzo
- Rye
- Seitan (“wheat meat”)
- Semolina
- Spelt
- Textured vegetable protein (typically contains gluten)
- Triticale
- Wheat, all varieties (bran, germ, starch)

## Gluten-Free Substitutes

Gluten-free alternatives to typical gluten-containing foods are now widely available in most grocery stores. This makes eating a gluten-free diet less of a hassle. But keep in mind that many products made with gluten-free alternatives include additives and fillers that help mimic the texture of gluten-containing products you're used to eating. Rather than relying on gluten-free convenience foods, it is important to base your diet around naturally gluten-free foods like fruits, vegetables, and other foods listed above.



## Foods may or may not be hidden sources of gluten

The following foods may or may not be hidden sources of gluten. Read labels carefully when shopping, and ask restaurant staff to confirm that foods have not been dusted with flour or cross-contaminated in deep fryers.

foods may or may not

- Brown rice syrup (made with barley enzymes)
- Candy, candy bars
- Cheesecake filling
- Eggs prepared in restaurants (sometimes include pancake batter)
- Energy bars
- French fries
- Granola bars
- Marinades
- Meat substitutes (vegetarian burgers, vegetarian sausage, imitation bacon, imitation seafood, etc.)
- Multi-grain or “artisan” tortillas and tortilla chips
- Pizza, gluten-free (restaurants offering gluten-free crusts do not always keep gluten-free items separate from the rest of the kitchen)
- Potato chips
- Pre-seasoned meats
- Processed lunch meats
- Salad dressings
- Self-basting poultry
- Soup
- Soy sauce
- Starch or dextrin (in meat or poultry products)
- Tater tots



## Tips for Buying and Storing Gluten-Free Food

- Read labels. Remember that “wheat-free” is not the same thing as “gluten-free”. When in doubt, only purchase products with the certified gluten-free label.
- Read ingredient lists for any processed or packaged foods you buy, especially any foods that are cream-based. Wheat is often used in these products as a thickener.
- Many personal care products and nutritional supplements contain gluten. Be sure to choose brands that are gluten-free.
- Many gluten-free breads and pastas are stored in the refrigerated or frozen sections in the grocery store.
- If you can't find gluten-free grains or products in your regular grocery store, try looking in a specialty or health food store.
- Do not purchase gluten-free grains from the bulk section of the grocery store unless they are kept in a separate area from gluten-containing grains. The possibility for cross-contamination with gluten is much higher when gluten-containing and gluten-free grains are sold side by side.
- If not everyone in your household follows a gluten-free diet, store all gluten-free products in a separate cabinet or a separate shelf. Keep gluten-free foods on the top shelves away from gluten-containing foods on the lower shelves. Use separate toasters and pans, if necessary. This will help you avoid cross contamination.
- When purchasing beers, choose gluten-free brands that are made from gluten-free grains. Some gluten-free beers are made from gluten-containing grains that have been mechanically separated, and these beers may include up to 10 parts per million (10 ppm) of gluten per bottle. If gluten-free beer is not available, opt for cider, wine, or distilled spirits.





# Meditate your way to a healthier gut

There is simply no way to avoid stress in normal, everyday life, so dealing with it is important and a great way to do this is to incorporate mindfulness meditation. Make mindfulness your first and last activity of the day.

**We recommend the following Apps to help get you going**

- [www.headspace.com](http://www.headspace.com)

- [www.calm.com](http://www.calm.com)

## How to Meditate

Meditation is simpler than most people think. Read these steps, make sure you're somewhere where you can relax into this process, set a timer, and give it a shot.

### 1. Take a seat

Find a place to sit, stand or lie down that feels calm and quiet to you.

### 2. Set a time limit of between 5 -10 minutes

If you're just beginning, it can help to choose a short time, such as five or 10 minutes. Pay attention to the environment, listening to the sounds, smelling what is around you, and feeling the temperature of the room.

### 3. Notice your body

You can sit in a chair with your feet on the floor, you can sit loosely cross-legged, you can kneel—all are fine. Just make sure you are stable and in a position you can stay in for a while.

### 4. Feel your breath

Follow the sensation of your breath as it goes in and as it goes out.

### 5. Notice when your mind has wandered

Inevitably, your attention will leave the breath and wander to other places. When you get around to noticing that your mind has wandered—in a few seconds, a minute, five minutes simply return your attention to the breath.

### 6. Be kind to your wandering mind

Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.

### 7. Close with kindness

When you're ready, gently lift your gaze (if your eyes are closed, open them). Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions.



# Your Health Questionnaire



## Functional Medical Intake Form

### Your Details

---

**Name**

Sample Report

**Email**

nas@dnahealthcorp.com

**Gender**

Female

### Current Health Concerns

---

Please rank current and ongoing health concerns in order of priority

Bloating

Constipation

Fatigue

Brain fog

### Your Medical History

---

The biggest challenge(s) to reaching nutrition and/or health goals

Limited time to prepare

Not sure what my underlying issues is

Google is confusing and everyone has an opinion

Nothing seems to work

If you could change 3-things about your health and nutritional habits, what would they be:

Erratic

### Medical History: Illnesses/Conditions

---

**Gastro-intestinal**

Yes

As described - last 3 yrs

**Musculoskeletal**

No

**Neurological**

Yes

BRAIN FOG

**Respiratory**

No

**Skin**

No

**Immune**

No



## Medical History: Illnesses/Conditions

---

Urinary	Cardiovascular	Endocrine/Metabolic
No BRAIN FOG	No	YesYes
Eyes, Ears, Nose and throat	Mental Health	Cancer
No	Yes Low Mood	No

Do you take any medications and /or supplements?

Vitamin B-Complex  
Zinc  
Vitamin D3  
Probiotics

## For Women Only

---

Are you pregnant?

Weeks

Are you breastfeeding?

How often do you breastfeed?

## Dental History

---

Check if you have any of the following, and provide number if applicable:

None of the Above

## Nutritional Habits

---

What diets, behaviors, etc. have been tried in the past?

Low Carb, Low Calorie, Keto-Diet



**On average, how many meals do you eat everyday?**

1 - 2 Meals

**In the past 30 days, how many times did you eat out at restaurants?**

10 or more times

**Average percentage of Home Cooked Meals**

50 %

**Average percentage of Ready Made/Delivery Meals**

50%

**Do you suffer with any food allergies or intolerances?**

Do not know what though

**Do you follow any of these dietary restrictions? (Please select all that apply)**

I do not follow any dietary restrictions

**Smoking Habits? If yes. how many cigarettes and what type?**

No

**On average, how many cups of the following do you drink daily?**

**Vegetable Juices**

Zero

**Black Tea**

1 - 3

**Green Tea**

Zero

**Others**

**Fruit Juices**

Zero

**Milk**

Less than 1

**Soft Drinks (reg/diet)**

Zero

**Alcohol**

Less than 1

**Coffee**

1 - 3

**Herbal Tea**

1 - 3



## **Diet**

---

Please record what you eat on a typical day:

### **Breakfast**

Skip

### **Lunch**

Salad, rice or bread, Meat/fish

### **Dinner**

Lighter version of above

### **Snacks**

chocolate at night

### **Fluids**

water, tea, coffee

## **Exercise Routine**

---

What type of exercise or activity do you do?

Yoga / Pilates

Cardio or Aerobics - What's the duration of the exercise?

How many days a week?



**Strength Training - What's the duration of the exercise?**

How many days a week?

**Yoga / Pilates - What's the duration of the exercise?**

45 How many days a week? 3

**Other Leisure Sports - What's the duration of the exercise?**

How many days a week?

**What time of day do you exercise?**

Early Morning (5 AM to 7 AM), Morning (7 AM - 11 AM)

**Any reason for not being able to be active?**

work busy

**On a scale of 1 (low) to 10 (high), how would you describe your energy levels?**

6

## **Sleep & Stress**

**How many hours do you sleep on average?**

7

**What time do you go to sleep on weekdays?**

10:00 PM

**What time do you go to sleep on weekends?**

10:00 PM

**Do you have trouble sleeping?**

Yes, I wake up many times at night

**Have you experienced any major physical or emotional trauma in the past 5 years?**

No

**On a scale of 1 to 10, what level of stress do you feel you are experiencing at this time?**

7

**Do you use any coping mechanism?**

No but open for suggestions



## **Your Environment**

---

**Are you married? if yes How many kids? (ages)**

Yes

Do you have Kids ?

Yes

Ages

3, 3, and 6 monthd

**Do you have any pets or farm animals?**

No

**Do your pets or farm animals live:**

**In your work or home environment are you regularly exposed to:**

None

**Share any thoughts or questions you would like to discuss during our meeting**

No particularly above and beyond the aforementioned





# “Eat Better Live More”

DNA Health & Wellness

dna | health

Cleanse

Hydrate

Nourish

Regenerate

Glow

Youthful

Beauty

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**Realise Your Potential**

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