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## ALLERGY & NUTRITIONAL DEFICIENCY DNA TEST SUBMISSION INSTRUCTIONS:

Please complete the following:

- 1) Complete the **Test Submission Form** which is found on page 2
- 2) Take a few **strands of your hair** and place them into a small zip-lock bag. If possible, pull/pluck strands of hair from the root of your head that are within 2 inches of your scalp.
- 3) **Mail out** the Test Submission Form below, along with a small zip-lock bag containing your hair (3-5 strands) to the following international UK address. You will need 1 international stamp (just over \$1) to mail out your envelope.

The Intolerance Testing Group  
PO Box 8164  
Castle Donington, Derby, DE74 2BZ, United Kingdom



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**Website:** [LeanOutNow.com](http://LeanOutNow.com)

**Email:** [Info@LeanOutNow.com](mailto:Info@LeanOutNow.com)

**Point of Contact:** Noura Salman

**Direct Email:** [Noura@NouraKnowsBest.com](mailto:Noura@NouraKnowsBest.com)

## TEST SUBMISSION FORM

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### Personal Information:

Title: \_\_\_\_\_ (Mr/Mrs/Miss/Dr)

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ (XX/XX/XXXX)

Zip Code: \_\_\_\_\_

Email Address: \_\_\_\_\_

**This is where you will receive your test results.**

# FREQUENTLY ASKED QUESTIONS

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## **WHAT WILL I RECEIVE?**

You will receive 3 separate emails with PDFs containing your:

- 1) Food and Non-Food Intolerances
- 2) Nutritional Deficiencies
- 3) Heavy Metal Intolerances

## **WHEN WILL I GET MY RESULTS?**

You will receive your results via the email address that you provided above, within 7-17 business days from when this document and your hair sample are received, depending on which address you send your package to. Again, for fast processing, please send your package internationally to the UK address.

## **WHAT SHOULD I DO NOW?**

Take out all of your food, non-food, and heavy metal intolerances as possible for at least 4 weeks. For the food/non-food items, you can bring them back in, one by one, and see how you react; so you can isolate your response and see how the item really affects you personally. However, if possible, leave these items out of your diet and lifestyle completely, to ensure optimal health.

To address your nutritional deficiencies, focus on the foods that will help you get the nutrition that you are currently missing and do what you can to prioritize getting these food and nutrients in your diet. Have these food items often and regularly and re-test yourself after a few months, to ensure that you have resolved these deficiencies.

## **HOW IS THIS TESTING COMPLETED?**

Via advanced biofeedback testing reads the energetic resonance that emanates from the hair sample. It is so much more than an allergy test, completed via urine, blood, or skin-prick tests, as it can identify imbalances and disturbances within *the entire body*.