



**THE TEST  
CLINIC**

TEST SMART - LIVE SMART

**BIOSCAN NEURO DIVERGENCE  
WELLNESS REPORT**

DECEMBER 2025

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**SAMPLE NAME**

Dear Parent,

### **Your Bioscan Gold Analysis Results**

Thank you for purchasing The Test Clinic Bioscan Neuro Divergence Wellness Analysis. This test provides a deeper, holistic insight into your child's health by identifying areas of stress, nutritional imbalances and potential sensitivities that could be affecting their performance, behaviour and well being. We aim to provide our reports in an easy to understand manner, so that you may make informed decisions about your health under the guidance of your GP or Health Advisor.

Through advanced DNA analysis (using a blood sample), the Bioscan Neuro Divergence Wellness Analysis assesses how your child's system is responding to various foods, environmental factors, nutrient imbalances, internal stressors and more. This non-invasive screening helps pinpoint areas that may need attention or adjustments before they become bigger health concerns.

The enclosed report contains a summary of your child's results. It is important to understand that the results of this report are not to be regarded as a medical diagnosis. If you have a particular nutritional deficiency that you are already aware of, it is important to continue addressing that deficiency, regardless of the test results obtained.

Any change in diet or removal of certain foods/food groups needs to be carefully managed to ensure that essential nutrients are maintained. Please note that you should not use the information herein as a substitute for consultations with qualified health care professionals. At all times, you are encouraged to refer back to your GP or Health Practitioner as the information provided in this may help them further in their investigations.

Once again, thank you for choosing The Test Clinic. We hope you had a pleasant experience with us and look forward to serving you again.

Yours sincerely  
Wellness Team

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# ABOUT THE NEURO DIVERGENCE TEST

The Bioscan Neuro Divergence Wellness Analysis is a complimentary, innovative approach to health screening, offering an alternative method of body analysis.

Through investigation of your child's DNA sample, body scanning on a cellular level has been carried out, providing a bioenergetic assessment of some of their key body organs, nutritional imbalances, intolerances and more.

## Screening Method

This method of screening engages the principles of bioresonance (also known as bioenergetic screening) and expert human analysis using a DNA sample.

Such screening aids detection of frequency changes in vital organs that, although not independently diagnostic, may precede anatomical findings and prompt early investigation and prevention.

This screening is widely used as an alternative method of analysis, looking at the human body in totality to collect an additional set of physiological and pathological information.

## How you can use this report

The results in this report highlight areas where abnormalities have been detected and can provide detailed insights into the state and functionality of your child's overall health and can help aid in identifying the root causes of various conditions.

This in turn, can help you and your healthcare provider with further analysis.

The Bioscan Gold analysis is adjunctive to conventional scans and can provide additional information to assist in further health tests.

Advanced  
Laboratory  
Testing with  
EU Certified  
Technology



**The Bioscan Gold does not replace MRI, CT or any other form of examination and is not to be regarded as a medical diagnostic tool.**

**IMPORTANT / DISCLAIMER:** The contents of this report are not meant to infer any diagnosis, treatment or cure of specific conditions and illnesses. The information provided above is for information purposes only and should not be regarded as a medical diagnosis under any circumstances. Information is provided on the understanding that medical services/advice are not offered. You should not use the information herein as a substitute for consultations with qualified health care professionals and at all times, you are encouraged to refer back to your specialist.

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**Scan results of bioenergetic assessment (page 1 of 29):**

**INDICATION :**

This GoldScan was carried out to explore how this child's body may currently be responding at a functional and energetic level, with particular focus on neurodivergence-related patterns such as attention, emotional regulation, anxiety, nervous system balance and growth support.

The scan does not diagnose medical or developmental conditions. Instead, it looks for patterns of stress, imbalance or reduced efficiency across key systems that may influence behaviour, focus, emotional regulation and overall wellbeing.

In this case, the scan findings have been considered alongside the following background information:

- Male child, aged .....
- Nervous tics
- Growth hormone insufficiency
- Poor concentration and attention
- Difficulty coping with change
- Emotional regulation challenges and anxiety
- High levels of physical energy

The aim of this report is to help build a clearer picture of how different systems (including the nervous system, digestion, nutrition, hormones and detoxification pathways) may be interacting and influencing one another.

Understanding these relationships can help guide gentle, supportive and age-appropriate steps that work alongside any existing medical care.

This report is intended to be read as part of a wider support picture and does not replace medical advice, diagnosis or treatment. Any medical conditions, including growth hormone concerns, should continue to be managed by the appropriate healthcare professionals.

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**Scan results of bioenergetic assessment (page 2 of 29):**

**1 HORMONAL HEALTH AND ENDOCRINE BALANCE :**

**1.1 Findings**

The scan highlighted patterns relating to hormonal regulation and signalling, rather than hormone production alone.

Specifically, the scan showed resonance with:

- Urocortin — a regulatory peptide hormone involved in stress response and nervous system regulation
- Galanin — a regulatory peptide involved in nerve signalling, emotional regulation and sensory processing

Additional patterns suggest:

- Hormonal messages may not always be fully utilised or responded to at tissue level
- A close relationship between hormonal regulation and nervous system activity
- The body may be operating in a more stress-responsive or protective mode, rather than prioritising growth and consolidation

These findings sit alongside the known growth hormone insufficiency, but suggest that regulation and responsiveness are also important parts of the overall picture.

**1.2 Explanation of Findings**

- Hormones act through signalling pathways and must be recognised and responded to by tissues throughout the body. The scan suggests that, at present, some hormonal messages may not always be acted upon as efficiently as they could be.
- The presence of urocortin suggests that the body may be placing greater emphasis on managing stress and regulating alertness. When this pathway is active, the nervous system can remain in a more heightened or reactive state.
- Galanin is involved in modulating nerve signalling and helping balance stimulation and calming within the nervous system. Resonance here suggests the body may be actively working to regulate emotional responses and sensory input.

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Scan results of bioenergetic assessment (page 3 of 29):

## 1 HORMONAL HEALTH AND ENDOCRINE BALANCE (CONT.):

### 1.2 Explanation of Findings

- When stress-adaptation pathways are dominant, the body may prioritise coping and vigilance over processes such as growth, repair and deep rest.
- In children, ongoing nervous system activation can make it harder for the body to fully switch into growth and recovery modes, even when medical hormone support is in place.
- This pattern helps explain why challenges such as emotional regulation difficulties, anxiety, nervous tics, high baseline energy and difficulty coping with change may occur together.
- These findings do not suggest that growth hormone support is inappropriate or ineffective. Instead, they highlight the importance of supporting overall regulation and calming so that growth and developmental signals can be better received and used by the body.

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Scan results of bioenergetic assessment (page 4 of 29):

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## NUTRITIONAL STATUS:

### 2.1 Findings

The scan highlighted patterns suggesting increased nutritional demand, particularly in nutrients involved in nervous system regulation, energy metabolism, emotional balance and stress resilience.

Key nutritional needs identified include:

- **Chromium**
- **Selenium**
- **Vitamin B2 (Riboflavin)**
- **Zinc**
- **Omega fatty acids**

In addition, the scan showed patterns relating to:

- Tyrosine metabolism, an amino acid pathway closely linked with neurotransmitter production and focus
- Increased demand on cellular energy and metabolic regulation

These findings suggest that nutrition may be a key factor influencing focus, emotional regulation, energy levels and nervous system balance.

### 2.2 Explanation of Findings

- The scan suggests that certain nutrients may be used more quickly than usual, particularly those involved in brain signalling, stress regulation and energy production.
- Chromium plays a role in blood sugar regulation and energy stability. When demand is higher, fluctuations in energy and concentration can be more noticeable, particularly in children with high activity levels.
- Selenium supports antioxidant protection and hormonal signalling. Adequate selenium is important for overall regulation and resilience, particularly when the body is under ongoing demand.

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**Scan results of bioenergetic assessment (page 5 of 29):**

## **2 NUTRITIONAL STATUS (CONT.):**

### **2.2 Explanation of Findings**

- Vitamin B2 (Riboflavin) is essential for cellular energy production and nervous system function. Increased demand here can be associated with mental fatigue, reduced concentration and sensitivity to stress.
- Zinc is closely involved in brain development, neurotransmitter activity, emotional regulation and immune balance. Suboptimal zinc status can influence focus, mood stability and stress tolerance.
- Omega fatty acids are fundamental for brain structure, nerve signalling and emotional regulation. They play an important role in attention, learning, sensory processing and calming responses within the nervous system.

The scan also showed involvement of tyrosine metabolism, which is relevant because tyrosine is a building block for key neurotransmitters involved in attention, motivation and emotional regulation. When demand is higher, the nervous system may benefit from strong nutritional foundations to support these pathways.

Tyrosine is obtained from dietary protein and is best supported through regular, balanced meals rather than supplementation. Including adequate protein throughout the day helps ensure a steady supply of amino acids to support neurotransmitter production, particularly when combined with stable blood sugar and sufficient micronutrients.

Overall, these findings suggest that targeted nutritional support, rather than broad supplementation, may be particularly helpful in supporting nervous system balance, focus and emotional regulation.

Supporting these foundations can also help the body better cope with stress and developmental demands.

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## Scan results of bioenergetic assessment (page 6 of 29):

### 3 DIGESTIVE HEALTH :

#### 3.1 Findings

The scan highlighted patterns suggesting that digestive efficiency and gut balance may be under strain, which can influence nutrient absorption, nervous system regulation and overall resilience.

Key findings include:

- Indicators of gut lining and intestinal integrity support needs
- Patterns suggesting benefit from **L-glutamine**
- Resonance with beneficial bacteria, specifically:
  - **Bifidobacterium infantis**
  - **Bifidobacterium breve**
- Indicators suggesting reduced tolerance to **lactose**, with benefit from **lactase** enzyme support
- Signs that digestive load may be influencing **detoxification and liver support pathways**

These findings suggest that digestion may be working, but not always optimally, particularly under stress or increased metabolic demand.

#### 3.2 Explanation of Findings

- The gut plays a central role not only in digestion, but also in nervous system regulation, immune balance and emotional resilience. When digestive efficiency is reduced, these systems can all be affected.
- The scan suggests that the intestinal lining may need support, which is why L-glutamine was highlighted. L-glutamine is a key fuel for gut lining cells and supports intestinal integrity, helping improve tolerance, absorption and overall gut resilience.

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Scan results of bioenergetic assessment (page 7 of 29):

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## DIGESTIVE HEALTH (CONT.):

### 3.2 Explanation of Findings

- Resonance with **Bifidobacterium infantis** and **Bifidobacterium breve** suggests that these beneficial bacteria may be linked with:
  - Gut-brain communication
  - Emotional regulation
  - Immune calming
  - Digestive comfort

This may be particularly important in this case. These species are commonly associated with supporting children who experience anxiety, emotional sensitivity or regulation challenges.

- The appearance of lactase suggests that lactose may currently place extra strain on digestion. Reduced lactase activity can lead to bloating, discomfort and fermentation, which in turn can increase nervous system irritation and behavioural sensitivity.
- When digestion is under strain, the liver and detoxification pathways often have to work harder. The scan suggests that digestive inefficiency may be contributing to increased background detoxification load, rather than there being a primary liver issue.
- This increased load can divert energy away from growth, focus and emotional regulation, particularly in children with high activity levels or sensitive nervous systems.
- Supporting digestion and gut balance can therefore help:
  - Improve nutrient absorption
  - Reduce internal stress signals
  - Support calmer nervous system responses
  - Ease pressure on detoxification pathways

Overall, these findings suggest that digestive support forms a key foundation for improving focus, emotional regulation and overall wellbeing. Strengthening gut function can have wide-reaching benefits across multiple systems, particularly in neuro-divergent children.

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## Scan results of bioenergetic assessment (page 8 of 29):

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### PATHOGEN STRESS:

#### 4.1 Findings

The scan highlighted patterns suggesting a **low-level background microbial load**, rather than active infection or illness.

Human-relevant findings included resonance with:

- **Common bacterial groups** typically found within the human gut environment, including:
  - **Streptococcal species**
- Indicators suggesting that microbial balance may be less well regulated, particularly when digestion and gut defences are under strain

These findings **do not** indicate infection. Instead, they suggest that normally present microbes may be placing a slightly higher background demand on the system.

#### 4.2 Explanation of Findings

- The human gut naturally contains a wide range of bacteria. In healthy balance, these organisms coexist without causing problems and are regulated by digestion, stomach acid, beneficial bacteria and immune function.
- The scan suggests that digestive efficiency and gut balance may currently be less robust, allowing normally harmless bacteria to require more immune attention than usual.
- **Streptococcal species** are very commonly present in the human body, particularly in the mouth, upper airways and gut. Their appearance here does not indicate illness but suggests that microbial regulation may be under mild strain.

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Scan results of bioenergetic assessment (page 9 of 29):

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## **PATHOGEN STRESS (CONT.):**

### **4.2 Explanation of Findings**

- When low-level microbial load is present:
  - The immune system may remain subtly activated
  - Digestive efficiency can be reduced
  - Energy may be diverted away from growth, focus and emotional regulation
- In children with sensitive nervous systems, this type of background immune and digestive load can contribute to:
  - Increased irritability
  - Heightened anxiety
  - Reduced tolerance to stress or change
  - Fluctuations in focus and energy
- These findings link closely with the digestive section, reinforcing the importance of:
  - Supporting gut balance
  - Strengthening beneficial bacteria
  - Improving digestive efficiency

Overall, the scan suggests that **microbial balance**, rather than pathogens themselves, is the key focus. Supporting digestion and beneficial bacteria can help reduce this background load and allow the immune and nervous systems to function more calmly and efficiently.

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Scan results of bioenergetic assessment (page 10 of 29):

## 5 FOOD INTOLERANCES (CONT.):

### 5.1 Findings

The scan showed that certain foods may be creating additional stress or inflammation within the system. Items regarded as 'high-reactive' represent substances to which the blood sample showed a higher sensitivity response during testing.

If any of the items marked 'high-reactive' are regularly consumed, it may be a consideration to explore temporarily removing them to observe whether any changes are noticed in general well being.

#### High-reactive intolerances:

- **Cow's & Goat's Milk Products** including:
  - Lactose
  - $\beta$ -lactoglobulin (a dairy protein)
- **Animal proteins** including:
  - Salmon
  - Beef
- **Egg** (both white and yolk)

#### Low-reactive intolerances (moderate or rotate):

- **Fish**
  - White fish
  - Mackerel
  - Sardine
- **Rapeseed oil**
- **Nuts and seeds**
  - Pine nuts
  - Peanuts
  - Cashew
- **Apple**

For a full list of all items that were tested, please see appendix C at the end of this report.

'A food intolerance is when you have difficulty digesting certain foods or ingredients in food.' - Ref: NHS UK

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Scan results of bioenergetic assessment (page 11 of 29):

## 5 FOOD INTOLERANCES (CONT.):

### 5.2 Explanation of Findings

- Food intolerances differ from allergies. They are usually linked to how well foods are broken down and tolerated, rather than the food itself being harmful.
- The appearance of lactose and  $\beta$ -lactoglobulin suggests that dairy may currently place a higher demand on digestion and immune regulation. This aligns with earlier findings indicating reduced lactase activity and digestive efficiency.
- Reactions to egg and certain animal proteins suggest that protein digestion may be under strain. When digestion is less efficient, proteins can be harder to break down fully, increasing digestive and immune workload.
- Foods showing a high level of reactivity are more likely to place ongoing strain on digestion and immune balance. For this reason, these foods are best fully avoided for a minimum of three months. This period of avoidance allows the digestive system and immune responses time to settle and reduces background stress on the body. After this period, foods can usually be reintroduced slowly and one at a time, observing tolerance and digestive comfort.
- Foods showing lower or mild reactivity do not usually require full removal. These foods are often better managed through rotation and moderation, particularly while digestive support is in place.
- In children with sensitive nervous systems, ongoing exposure to highly reactive foods can contribute to:
  - Increased anxiety
  - Emotional dysregulation
  - Digestive discomfort
  - Reduced tolerance to change
- Reducing dietary stress can therefore support calmer nervous system responses, improved focus and better overall regulation.

Overall, these findings suggest that structured dietary management, rather than long-term restriction, is likely to be most supportive.

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Scan results of bioenergetic assessment (page 12 of 29):

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## ENVIRONMENTAL TOXINS:

### 6.1 Findings

The scan highlighted patterns suggesting increased sensitivity to everyday environmental exposures, which may be contributing to background immune and nervous system load.

Higher levels of reactivity were identified with:

- **Silver**
- **Coumarin** (a naturally occurring aromatic compound found in some plants, foods and fragranced products)
- **Farnesol** (a naturally occurring compound commonly used in fragrances and personal care products)
- **Feathers**
- **Environmental mould** exposure, including patterns consistent with:
  - Penicillium species
  - Cladosporium species
  - Alternaria species
  - Aspergillus species
- **Grass pollens**
- **Horse dander**
- **House dust mite**

These findings suggest that environmental exposures may be adding to overall body load, rather than causing acute or allergic reactions.

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## ENVIRONMENTAL TOXINS (CONT.):

### 6.2 Explanation of Findings

- Environmental exposures are encountered daily through air, indoor environments, personal care products and household materials. When detoxification, immune or nervous system regulation is under strain, tolerance to these exposures can be reduced.
- In hot climates such as Dubai, several factors can increase environmental load, including:
  - Heavy reliance on air conditioning, which can affect indoor air quality if systems are not regularly cleaned
  - Higher indoor humidity in some buildings, particularly bathrooms and utility areas
  - Increased use of fragranced cleaning products, air fresheners and personal care items
- Silver, while often viewed as neutral, can still place a detoxification demand on the body when sensitivity is present. Silver reactivity may also occur thorough administration of certain antibiotics, many of which contain silver as an active ingredient.
- Coumarin and farnesol are naturally occurring compounds but are also widely used in fragranced products, essential oils, air fresheners and personal care items. Sensitivity here suggests that scented environments may contribute to background load.
- Reactivity to feathers, house dust mite, grass pollens and animal dander (including horse dander) reflects immune system load rather than allergy. These exposures are common in both indoor and outdoor environments and can be more significant when windows are kept closed and air circulation is limited.
- The identification of environmental mould patterns, including *Penicillium*, *Cladosporium*, *Alternaria* and *Aspergillus* species, suggests that airborne mould exposure may be contributing to internal stress. In warm climates, mould exposure can arise from:
  - Air-conditioning units and ducting
  - Condensation in bathrooms and kitchens
  - Poorly ventilated indoor spaces
  - Outdoor air and dust

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## ENVIRONMENTAL TOXINS (CONT.):

### 6.2 Explanation of Findings

- Even low-level, ongoing exposure can place additional demand on immune and detoxification pathways, particularly in children with sensitive nervous systems.
- This type of background environmental load can contribute to:
  - Heightened anxiety
  - Increased nervous system reactivity
  - Sensory sensitivity
  - Reduced tolerance to stimulation or change

Overall, the scan suggests that **reducing avoidable environmental exposure** where practical, particularly mould exposure and fragranced products, may help lower background body load and support calmer immune and nervous system regulation.

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## NEUROLOGICAL AND SENSORY ORGANS:

### 7.1 Findings

The scan suggests that your child's nervous system and sensory processing pathways may currently be working harder than usual. This can affect how emotions, energy levels and sensory input (such as sound) are managed.

Key themes identified include:

- Patterns linked with areas of the brain involved in emotional regulation and stress response
- Signs that the nervous system may find it harder to shift smoothly between alertness and calm
- Indicators relating to nerve signalling and movement control
- Involvement of sensory processing pathways, including those linked with hearing and sound sensitivity
- A tendency for the nervous system to remain in a more alert or reactive state

Overall, these findings suggest that the nervous system may be under increased demand as it works to manage emotions, physical energy and sensory input.

### 7.2 Explanation of Findings

- The nervous system plays a central role in attention, emotional regulation, movement and sensory processing. In this case, the scan suggests that the challenge lies in regulation, rather than any structural or neurological problem.
- Patterns involving emotional and stress-response areas of the brain suggest that your child may be highly sensitive to internal and external stimuli. This can make emotional regulation and coping with change more difficult.

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## NEUROLOGICAL AND SENSORY ORGANS (CONT.):

### 7.2 Explanation of Findings

- The scan also indicates that the nervous system may not always move easily between “on” and “off” states. This can show up as:
  - Feeling anxious or easily overwhelmed
  - Difficulty settling or switching off
  - High levels of physical energy
  - Reduced tolerance to changes in routine
- Signals linked with movement and nerve pathways help explain the presence of nervous tics. These are understood as involuntary responses linked to nervous system activation, rather than deliberate or behavioural actions.
- The involvement of auditory and inner ear processing pathways does not suggest a hearing problem. Instead, it indicates that sound and sensory input may require extra processing effort.
- When sensory filtering takes more effort, children may experience:
  - Sensitivity to noise
  - Increased distractibility in busy environments
  - Sensory overload
  - Stronger emotional reactions
- These nervous system patterns often interact with digestion, nutrition and environmental factors, which have been explored elsewhere in this report. This reinforces the importance of supporting the body as a whole, rather than focusing on one symptom in isolation.

Overall, the scan suggests that supporting nervous system calming, predictability and sensory regulation may help improve focus, emotional balance and physical restlessness over time.

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### ADDITIONAL FINDINGS:

#### 8.1 Findings

The scan indicated patterns suggesting that blood sugar regulation may fluctuate at times, rather than remaining consistently stable.

This finding aligns with earlier indications relating to:

- Energy regulation
- Nervous system activation
- Concentration and emotional regulation

No other additional significant patterns were identified outside of the systems already discussed.

#### 8.2 Explanation of Findings

- Blood sugar balance plays an important role in brain function, focus, emotional regulation and energy levels, particularly in children.
- The scan suggests that this child may experience periods of blood sugar instability, rather than a constant imbalance. This means energy and concentration levels may rise and fall more quickly than ideal.
- In children with neurodivergent traits, fluctuating blood sugar can:
  - Reduce concentration and attention span
  - Increase restlessness or hyperactivity
  - Worsen emotional regulation
  - Increase anxiety or irritability
  - Make transitions and changes more difficult

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## ADDITIONAL FINDINGS (CONT.):

### 8.2 Explanation of Findings

- When blood sugar drops or rises rapidly, the nervous system may respond by increasing alertness and stress signalling. This can amplify existing challenges with focus, impulse control and emotional regulation.
- These patterns often interact with:
  - High activity levels
  - Digestive efficiency
  - Food intolerances
  - Nutrient demands (such as chromium and B vitamins)
- Supporting stable meals, regular protein intake and balanced nutrition can therefore play an important role in helping maintain steadier energy, calmer nervous system responses and more consistent focus throughout the day.

Overall, this finding reinforces the importance of steady nutritional foundations, rather than quick-release sugars or irregular eating patterns, as part of supporting attention, behaviour and emotional balance.

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**Scan results of bioenergetic assessment (page 19 of 29):**

**9 SUMMARY OF KEY FINDINGS:**

This GoldScan suggests that this child's current challenges are best understood as the result of interacting systems, rather than a single isolated issue.

The main themes identified are:

**Nervous system regulation and sensory processing**

The scan indicates that the nervous system may remain in a more alert or reactive state, with increased demand on emotional regulation, motor control and sensory filtering. This helps explain difficulties with focus, emotional regulation, nervous tics, high energy levels and sensitivity to stimulation or change.

**Hormonal regulation and stress adaptation**

Patterns suggest that regulatory and stress-adaptation hormones may be prioritised over growth and consolidation. This does not indicate a lack of hormones, but suggests that nervous system load and stress regulation may influence how growth and developmental signals are used.

**Targeted nutritional needs**

The scan highlighted increased demand for specific nutrients involved in nervous system function, energy regulation and emotional balance, including chromium, selenium, vitamin B2, zinc and omega fatty acids. Supporting these foundations may help improve focus, regulation and resilience.

**Digestive efficiency and gut balance**

Digestive patterns suggest reduced efficiency and increased demand on gut lining integrity, beneficial bacteria and enzyme activity. This may influence nutrient absorption, immune balance and gut-brain communication, contributing to regulation challenges.

**Background microbial and immune load**

Low-level microbial patterns suggest increased immune demand rather than infection. This can subtly influence nervous system reactivity and emotional resilience when combined with digestive strain.

**Food intolerances contributing to internal load**

Several foods showed high reactivity and are likely to place ongoing strain on digestion and immune balance if not managed. Structured avoidance and careful reintroduction may help reduce background stress on the system.

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## SUMMARY OF KEY FINDINGS (CONT.):

### Environmental sensitivity

Sensitivity to moulds, dust, pollens, animal dander and fragranced compounds suggests that everyday environmental exposure may add to overall body load, particularly in a warm, air-conditioned environment such as Dubai.

### Blood sugar regulation

The scan also suggests that blood sugar balance may fluctuate at times, rather than remaining consistently stable. In children, particularly those with neurodivergent traits, these fluctuations can influence concentration, emotional regulation, anxiety and energy levels. Periods of unstable blood sugar can increase nervous system activation, making focus harder to sustain and emotional responses more intense. This finding supports the importance of regular, balanced meals and steady nutritional foundations as part of supporting attention, behaviour and overall regulation

Overall, the scan does not indicate any acute or concerning findings. Instead, it points to a body that is working hard to regulate input, energy and emotional responses. Progress is most likely to come from supporting regulation, digestion, nutrition and environmental load, rather than focusing on any single system in isolation.

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## **PERSONALISED RECOMMENDATION AND KEY STEPS:**

These recommendations are designed to be gentle, age-appropriate and time-limited, and to work alongside any existing medical care. Changes should be introduced gradually, not all at once, and reviewed after approximately 12 weeks.

### **1. Food-Based Foundation Support (Key Priority)**

The scan suggests that blood sugar regulation, neurotransmitter support and gut health are closely linked. For this reason, the most important foundation is consistent, balanced nutrition, rather than addressing each area separately.

The foods prioritised below play a triple role:

- Supporting stable blood sugar, helping regulate energy, focus and emotional responses
- Providing tyrosine, a building block for neurotransmitters involved in attention, motivation and emotional regulation
- Supplying natural sources of glutamine, which supports gut lining integrity and digestive resilience

By prioritising these foods regularly, the body is better supported to regulate energy, attention, emotions and digestion together.

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## PERSONALISED RECOMMENDATION AND KEY STEPS (CONT.):

### 1. Food-Based Foundation Support (Key Priority)

**Foods to Prioritise (All foods listed respect the identified intolerance profile).**

- **Protein (include at every meal and snack)**
  - Chicken
  - Turkey
  - Lamb
  - Lentils and pulses
  - Chick Peas
  - Hummus
- **Healthy fats (support slower energy release and nervous system regulation)**
  - Olive oil
  - Avocado
  - Coconut oil
  - Nut or seed butters made from tolerated sources only
  - (e.g. almond, sunflower seed, pumpkin seed or tahini)
  - Avoid peanut, cashew and pine nut-based products due to identified reactivity.
- **Complex carbohydrates & fibre**
  - Oats
  - Brown rice
  - Quinoa
  - Sweet potato
  - Well-cooked vegetables, particularly root vegetables and leafy greens
- **Fruit (always paired with protein or fat)**
  - Pear
  - Berries (e.g. blueberries, strawberries, raspberries)
  - Banana (small portions, paired with protein or fat to support blood sugar stability)

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## PERSONALISED RECOMMENDATION AND KEY STEPS (CONT.):

### 1. Food-Based Foundation Support (Key Priority)

#### Practical guidance

- Aim for three balanced meals and 1–2 planned snacks daily
- Avoid long gaps between meals
- Always pair carbohydrates with protein and/or healthy fat
- Favour warm, well-cooked meals, which are often easier to digest

This food-first approach supports steadier energy, improved focus, calmer emotional regulation and healthier gut–brain communication.

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## PERSONALISED RECOMMENDATION AND KEY STEPS (CONT.):

### 2. Food Intolerance Management (Essential Foundation)

The scan identified specific food intolerances that are likely to place ongoing strain on digestion, immune balance and nervous system regulation if not managed carefully.

#### Foods to Avoid (Minimum 3 Months)

The following foods should be fully avoided for at least three months:

- All dairy (due to reactivity to  $\beta$ -lactoglobulin, not just lactose), including:
  - Cow's, goat's and sheep's milk
  - Cheese, yoghurt, cream, butter
  - Whey protein, milk powders and milk solids
  - Lactose and milk-free dairy products
- Egg (white and yolk)
- Salmon
- Beef

#### Important:

Lactase enzyme may be used only in the event of accidental dairy exposure.  
It does not prevent reactions to dairy proteins and should not be relied upon as a solution.

#### Reintroduction (after 3 months)

- Reintroduce one food at a time
- Start with a small portion
- Leave 48–72 hours before another food
- Observe digestion, mood, behaviour, focus and sensory tolerance

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## PERSONALISED RECOMMENDATION AND KEY STEPS (CONT.):

### 3. Digestive & Gut Support

Supporting digestion helps improve nutrient absorption, immune balance and gut–brain communication.

- **Probiotic support (Bifidobacterium infantis and Bifidobacterium breve)**

- Dose: 1–3 billion CFU daily (combined)
- Timing: With food
- Duration: 8–12 weeks, then review

These strains are commonly associated with immune calming, emotional regulation and gut–brain signalling in children.

- **Lactase enzyme**

- Use: As needed only for accidental dairy exposure
- Duration: Short-term use only

### 4. Nutritional Supplement Support (Child-Appropriate & Time-Limited)

Supplements should be child-specific, introduced one at a time, and reviewed regularly. Food remains the primary source of nutrition.

#### Core Supplements

##### Chromium

- Dose: 10-15 mcg daily
- Timing: With food
- Duration: 8–12 weeks, then review
- Supports blood sugar stability and concentration.

#### IMPORTANT DISCLAIMER:

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Scan results of bioenergetic assessment (page 26 of 29):

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## PERSONALISED RECOMMENDATION AND KEY STEPS (CONT.):

### 4. Nutritional Supplement Support (Child-Appropriate & Time-Limited)

Supplements should be child-specific, introduced one at a time, and reviewed regularly. Food remains the primary source of nutrition.

#### Core Supplements

- **Chromium**
  - Dose: 10-15 mcg daily
  - Timing: With food
  - Duration: 8-12 weeks, then review
  - Supports blood sugar stability and concentration.
- **Selenium**
  - Dose: 15-25 mcg daily
  - Timing: With food
  - Duration: 12 weeks, then review
  - Supports antioxidant and regulatory pathways.
- **Vitamin B2 (Riboflavin)**
  - Dose: 0.5 mg daily
  - May be taken alone or as part of a children's B-complex, provided the B2 content stays within this range
  - Duration: 12 weeks, then review
  - **Supports cellular energy and nervous system function.**
- **Zinc**
  - Dose: 3-5 mg daily
  - Timing: With food
  - Duration: 8-12 weeks, then review
  - Supports emotional regulation, focus and immune balance.

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## PERSONALISED RECOMMENDATION AND KEY STEPS (CONT.):

### 4. Nutritional Supplement Support (Child-Appropriate & Time-Limited)

- **Omega-3 fatty acids (EPA + DHA)**
  - Dose: 250–500 mg combined EPA + DHA daily
  - Timing: With food
  - Duration: 3–6 months, then review
- **Vitamin D (Already being taken)**
  - The scan also indicates that ongoing vitamin D support remains beneficial.
  - This suggests that the child is continuing to make use of this nutrient, particularly in relation to immune regulation, nervous system function and overall resilience. Vitamin D supplementation should therefore be continued as currently advised, unless otherwise directed by a healthcare professional.
  - Supports brain development, attention and emotional regulation.

### 5. Environmental & Routine Support

- Maintain predictable daily routines
- Allow extra time for transitions
- Build in regular movement breaks
- Reduce sensory overload where possible
- Minimise exposure to fragranced products
- Ensure air-conditioning units are regularly cleaned (important in warm climates)
- Support good hydration throughout the day

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Scan results of bioenergetic assessment (page 28 of 29):

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## PERSONALISED RECOMMENDATION AND KEY STEPS (CONT.):

### 6. Review Point (around 12 weeks)

- After approximately 12 weeks, review:
- Focus and attention
- Emotional regulation
- Nervous tics
- Sensory tolerance
- Digestive comfort
- Energy levels and sleep

At this stage, some supplements may be reduced or stopped, while food-based foundations are maintained.

This scan suggests a child whose body is working hard to regulate energy, emotions and sensory input. The greatest benefit is likely to come from strong food-based foundations, supported by gentle, time-limited supplementation, rather than relying on supplements alone.

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## Scan results of bioenergetic assessment (page 29 of 29):

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### CONCLUSION:

The scan results highlight a pattern commonly seen in children with neuro-divergence tendencies — where the gut, immune system, and nervous system are all interacting in ways that may influence behaviour, focus, and emotional regulation.

The aim of this support plan is not only to help address symptoms, but to create a foundation of balance and resilience that supports your child's overall wellbeing.

By gently reducing inflammatory and environmental stress, improving digestion and detoxification, and supporting emotional and neurological balance, many children experience noticeable improvements in behaviour, energy, and learning capacity over time.

Previous history, current medications and supplementation have all been taken into account when interpreting the scan results and developing any subsequent recommendations, especially regarding supplement compatibility, potential interactions, and overall therapeutic direction.

Each step outlined is designed to be safe, manageable, and supportive for a developing child. Progress may be gradual, but small consistent changes can make a significant difference.

This is not a medical diagnosis. The Test Clinic Neuro-Divergence Wellness analysis is adjunctive to conventional scans and can provide additional information to assist in further health tests.



CLINIC MEMBER



CORPORATE MEMBER

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## APPENDIX

### A VITAMINS & MINERALS IMBALANCE TEST PANEL

#### Vitamins

- Vitamin A
- Vitamin B1
- Vitamin B2
- Vitamin B3
- Vitamin B5
- Vitamin B6
- Vitamin B7
- Vitamin B9 (Folic Acid)
- Vitamin B12
- Vitamin C
- Vitamin D3
- Vitamin E
- Vitamin K
- Vitamin P (Bioflavonoids)

#### Minerals

- Boron
- Calcium
- Chromium
- Cobalt
- Copper
- Iodine
- Iron
- Fluorine
- Magnesium
- Manganese
- Molybdenum
- Nickel
- Phosphorous

#### Minerals

- Potassium
- Selenium
- Silicon
- Strontium
- Vanadium
- Zinc
- Omega 3
- Omega 6
- Omega 7
- Omega 9
- EPA
- DHA
- ALA

### B ENVIRONMENTAL ALLERGENS / INTOLERANCES TEST PANEL

#### Flowers

- Chrysanthemum
- Dahlia
- Heather
- Bluebell
- Lupin
- Daisy Spp.
- Narcissus
- Primula
- Rose
- Tulip

#### Shrubs and Bushes

- Lilac
- Laburnum
- Golden Rod
- Elder
- Jasmin
- Privet
- Tamarisk
- Hawthorn

#### Trees

- Maple
- Birch
- Common Beech
- Oak
- Alder
- Ash
- Aspen
- Spruce
- Hornbeam
- Hazel
- Horse Chestnut
- Pine
- Scotts Pine
- Common Lime
- Willow
- Poplar
- Plane
- Locust
- Prosopis/Mesquite

#### Animals & Animal Hair

- Duck Feathers
- Turkey Feathers
- Chicken Feathers
- Dog
- Rabbit
- Cat
- Mouse
- Gnat/Mosquito
- Rat
- Cattle
- Goat
- Horse Fly
- Culicoides (Sweet Itch)
- Bee
- Wasp

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## APPENDIX

### B

### ENVIRONMENTAL ALLERGENS / INTOLERANCES TEST PANEL (Cont.)

#### Fibres

- Cotton
- Sheep Wool
- Polyester
- Silk

#### Environmental

- Chlorine
- Chloramine
- Flouride
- Disinfectant Mix
- Biological Laundry Powder/Liquid
- Non-Biological Laundry Powder/Liquid
- Fabric Softener
- Formaldehyde
- Grain Weevil/Storage Mite
- Latex
- Mixed Moulds
- Sodium Lauryl Sulfate
- Weed

#### Perfume Fragrances / Contents

- Oak Moss
- Eugenol Oil
- Eucalyptus Oil
- Geraniol
- Lemon Grass Oil
- Clove Oil
- Peppermint Oil
- Vanilla Oil
- Cedar Oil
- Cinnamon Aldehyde
- Lemon Oil
- Lavender Oil
- Bergamot
- Galbanum
- Ginger
- Vetiver
- Jasmine
- Patchouli
- Rose Geranium
- Rose Oil
- Benzyl Benzoate
- Citral
- Citronellol
- Coumarin
- Farnesol
- Geraniol
- Isoeugenol

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## APPENDIX

### C

## FOOD ALLERGENS / INTOLERANCES TEST PANEL

### Grains

- Buckwheat
- Spelt
- Barley
- Oats
- Millett
- Corn/Maize
- Rice
- Rye
- Sesame
- Soya
- Wheat
- Gluten
- Quinoa

### Fruits

- Pineapple
- Apple
- Apricots
- Banana
- Pear
- Strawberry
- Grapefruit
- Raspberry
- Cherry
- Kiwi
- Tangerine/Satsuma
- Orange
- Papaya
- Peach
- Grape
- Lemon
- Tomato
- Mango
- Fig
- Blackberry
- Plum
- Melon
- Blueberry

### Milk & Dairy

- Cows Milk
- Goats Milk
- Sheep Milk
- Milk Sugar / Lactose
- Yoghurt
- Cheese (Cow's milk)
- Tinned Evaporated Milk
- Cream
- Milk Fat
- Cow's Whey
- Camel Milk

### Meats

- Duck
- Chicken
- Calf
- Lamb
- Horse meat
- Turkey
- Beef
- Pork
- Venison

### Fats & Oils

- Sunflower oil
- Olive oil
- Butter
- Rapeseed oil
- Margarine
- Vegetable Oil
- Non-Dairy Margarine

### Vegetables

- Potato
- Radish Red
- Cabbage (savoy)
- Cauliflower
- Spinach
- Cabbage (Kohlrabi)
- Carrot
- Fennel
- Leek
- Onions
- Brussels Sprouts
- Celery
- Cucumber
- Aubergine
- Beetroot
- Zucchini
- Broccoli
- Lentil
- Peas
- Peppers
- Parsnip
- Chichory
- Green/Runner Beans
- Broad Beans
- Red Kidney Bean
- Chilli Pepper
- Lettuce (mixed)
- Mushroom
- Sweetcorn
- Sweet Potato
- Pumpkin
- Asparagus
- Chickpea
- White Bean

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## APPENDIX

### C

## FOOD ALLERGENS / INTOLERANCES TEST PANEL

### Condiments

- Apple Cider Vinegar
- Salt
- Malt Vinegar
- Sea Salt
- Pepper (Black & White)

### Fruits

- Pineapple
- Apple
- Apricots
- Banana
- Pear
- Strawberry
- Grapefruit
- Raspberry
- Cherry
- Kiwi
- Tangerine/Satsuma
- Orange
- Papaya
- Peach
- Grape
- Lemon
- Tomato
- Mango
- Fig
- Blackberry
- Plum
- Melon
- Blueberry

### Nuts & Seeds

- Pistachio
- Hazelnut
- Almond
- Walnut
- Coconut
- Peanut
- Soya Nuts
- Brazil Nut
- Cashew Nut
- Pine Nut
- Pecan
- Macadamia
- Pumpkin Seeds
- Sunflower Seeds
- Poppy Seed
- Linseed/Flaxseed

### Miscellaneous Food Items

- Egg Yolk
- Egg White
- Lactic Acid
- Sugar
- Yeast
- Honey
- Coffee Bean
- Cocoa
- Tea
- Gelatine
- Instant Coffee
- Algae
- Carob
- Cacao
- Malt
- Green Tea
- Milk Chocolate
- Dark Chocolate
- White Chocolate
- Molasses

### Herbs & Spices

- Anise
- Curry
- Caraway
- Paprika
- Parsley
- Nutmeg
- Chamomile
- Bayleaves
- Oregano
- Rosemary
- Cinnamon
- Tarragon
- Garlic
- Juniper
- Sage
- Basil
- Clove
- Dill
- Vanilla
- Fennel Seed
- Ginger
- Mint
- Thyme
- Cardamom
- Coriander
- Turmeric
- Cumin

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## APPENDIX

C

### FOOD ALLERGENS / INTOLERANCES TEST PANEL

#### Fish

- Eel
- Oyster
- Trout
- Prawn / Shrimp
- Herring
- Lobster
- Crab
- Crayfish
- Salmon
- Mussel
- Cod
- Sole
- Tuna
- Mackerel
- Clam
- Hake
- Squid
- Plaice
- Sardine
- Halibut

#### Alcohol

- White wine
- Beer
- Red Wine
- Champagne / Sparkling Wine
- Rose Wine
- Lager
- Vodka

#### Flavourings

- Eugenol
- Vannillin
- Tartaric acid
- Cinnamic aldehyde
- Citric acid

#### Food Colourings

- Tartrazine E102
- Amaranth E123
- Cochineal Red E120
- Brilliant Black E151
- Brilliant Blue E133

#### Emulsifiers

- Potassium Dihydrog orthophosphate
- Potassium phosphate dibasic
- Potassium phosphate tribasic
- Tricalcium diorthophosphate
- Guar gum
- Gum Arabic
- Monosodium Glutamate

#### Sweeteners

- Aspartame
- Fructose
- Sorbitol
- Maple Syrup
- High Fructose Corn Syrup
- Stevia
- Xylitol
- Saccharin

#### Preservatives

- Benzoic Acid E210
- Potassium Benzoate E212
- Thiabendazole E233
- Sodium Nitrate E251
- Potassium Nitrate E252
- Sulphur Dioxide E220
- Biphenyl E230
- Acetic Acid 260
- Ammonium Salt E510
- Potassium Metabisulphite E224

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