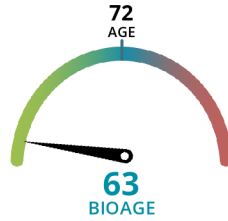




FOOD AND SUGAR INFLAMMATION PROFILE
WITH GENETIC COMPONENT, TELOMERES MEASUREMENT
AND BIOLOGICAL AGE EVALUATION

MEDICAL REPORT

BIOAGE



Telomere length: **6.05Kb**

DIAGNOSIS: FOOD PROFILE

Wheat and Gluten



Yeast



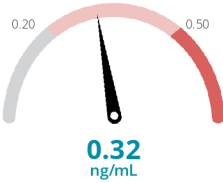
DIAGNOSIS: SUGAR PROFILE

Sugar

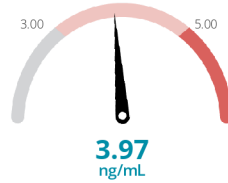


FOOD INFLAMMATION

BAFF

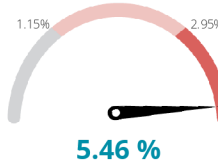


PAF

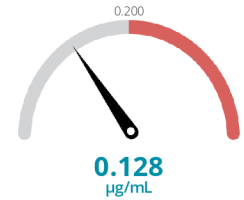


SUGAR INFLAMMATION

Glycated Albumin (GA)



Methylglyoxal (MGO)



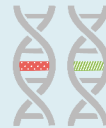
GENETIC PREDISPOSITIONS

GENE: TCF7L2



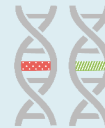
The genetic predisposition related to the development of type 2 diabetes is present

GENE: FTO



The genetic predisposition related to the development of overweight and obesity is present

GENE: PNPLA3



The genetic predisposition related to the development of hepatic steatosis is present

TNFSF13B GENE



Absence of a genetic predisposition to the development of higher BAFF levels

RECEIPT

Key points

On the following pages you will find the results of the family test you have recently taken. It can be useful and helpful to you, but it is not a substitute for a visit to your GP or other health professional.

What's in it?

- as a baseline measure of your ability to absorb and utilize nutrients from the food you eat, your blood glucose levels are measured.
- you will also be able to see your ability to utilize the energy from ATP and TAT. We also measure the level of iron in your blood to check whether you are getting enough iron from your diet. Iron is essential for the production of red blood cells and is important for the transport of oxygen in the blood.
- you will also be able to see your ability to regulate the release of insulin into the blood and whether you are getting enough insulin from your diet. Insulin is essential for the regulation of blood glucose levels and is important for the transport of glucose into the cells.
- you will also be able to see your ability to regulate the release of cortisol into the blood. Cortisol is essential for the regulation of blood glucose levels and is important for the transport of glucose into the cells.

You will be able to read all the contents within your report



Dr. Anita Gordon MD
Chief Consultant Nutritionist



IF I HAVE PROBLEMS OR DOUBTS, WHO DO I CONTACT?

Call 01203 200000, 24 hours free access to my 24hr helpline. All our calls are free and you can speak with a nutritionist. For more information visit <http://www.perme.com> or call 01203 200000.

London 01203 200000

London 01203 200000

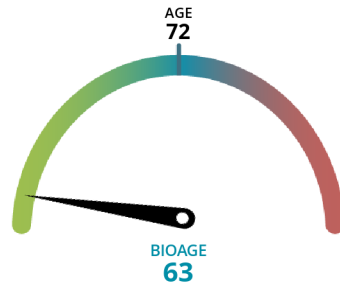


BE YOUR OWN BOSS, TEST WITHIN 12 MONTHS

The PerMè test is a simple and easy way to check your blood glucose levels. It is a simple and easy way to check your blood glucose levels. It is a simple and easy way to check your blood glucose levels. It is a simple and easy way to check your blood glucose levels.



RESULTS



Telomere length **6.05 kb**

Note: Average telomere length of the leukocyte population (LTL) expressed in kilobases (Kb). The estimation of telomere length in Kb was performed according to the methods of O'Callaghan^(B24) and Calado^(B25).

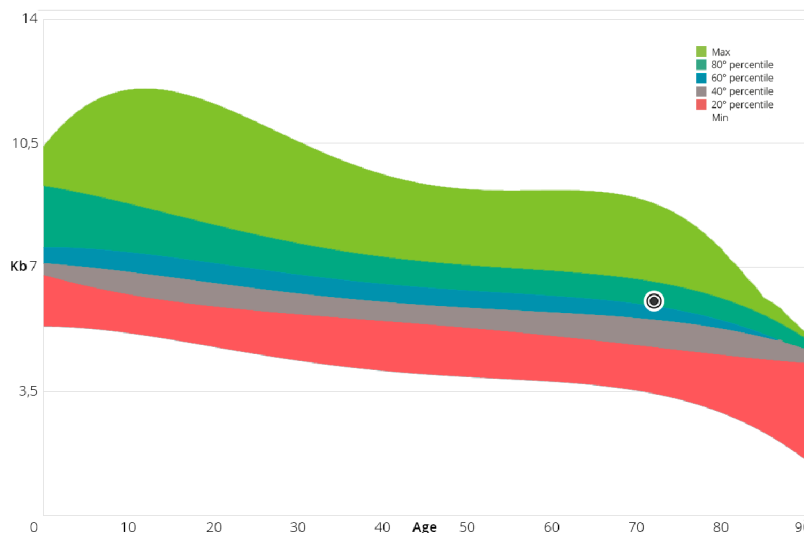
The LTL is a true indicator of a person's BioAge. The longer the telomeres remain, the younger our cells are, ensuring us a better health status. Regardless of chronological age, the speed of telomere shortening is a partially modifiable factor that strictly depends on a person's lifestyle. The test result captures the effects of your past and recent lifestyle.

The result indicates that the average length of your telomeres is much higher than that of the reference population of your age. Your BioAge appears to be lower than your chronological age.

It is important to maintain the correct dietary habits and healthy lifestyle which contribute in keeping you “younger”. The presence of longer-than-average telomeres, corresponding to a lower BioAge, is also to be interpreted as an important potentiality of your body, received as family inheritance or acquired through the lifestyle you maintained up to now.

However, it is important to monitor any changes and the speed of telomere shortening over the time. Periodically repeating this test (for example after 18-24 months) allows you to keep track of any changes that may have occurred and detect any anomalies that deserve correction.

In the event of particular pathologies in progress, it is advisable to refer to your trusted doctor for a more precise check.



Distribution graph

The graph represents the distribution of the mean telomeric length values of the reference population. The reference database was created by GEK and is constantly updated and expanded in order to provide increasingly precise information. Each band represents 20 percentiles and pinpoint indicates your position. Bands above the center line indicate a higher than average telomere length compared to the reference population.



PERMITS & REGULATIONS

4 Physical activity

Subsidence is defined as the downward movement of the ground surface. It is a natural process that occurs over time due to the weight of the soil and the weight of the buildings and structures above it. It is a gradual process that can be caused by a variety of factors, including natural processes such as soil consolidation and the extraction of groundwater, and human activities such as the construction of buildings and structures.

What can I do? Regular inspections should be conducted with regular intervals, at a minimum, every 12 months. If any signs of subsidence are observed, the owner should immediately contact a professional surveyor to investigate the cause of the subsidence. The surveyor will provide a detailed report on the cause of the subsidence and recommend appropriate remedial measures. The owner should also ensure that the building is properly maintained and that any necessary repairs are carried out in a timely manner.

5 Trees and shrubs

Subsidence can also be caused by the removal of trees and shrubs. The roots of trees and shrubs help to stabilize the soil and prevent it from shifting. If the roots are removed, the soil can become loose and unstable, leading to subsidence. Therefore, it is important to consider the impact of tree and shrub removal on the stability of the ground. If trees or shrubs are to be removed, it is recommended that a professional surveyor be consulted to assess the risk of subsidence and to recommend appropriate measures to mitigate the risk.

You will be able to read all the contents within your report

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6 Drains

Subsidence can also be caused by blocked drains. If the drains are blocked, water can accumulate in the ground around the building, leading to subsidence. Therefore, it is important to ensure that the drains are kept clear and that any blockages are removed in a timely manner. Regular inspections of the drains should be conducted to identify any potential blockages and to recommend appropriate measures to clear them.

What can I do? Regular inspections of the drains should be conducted with regular intervals, at a minimum, every 12 months. If any signs of blocked drains are observed, the owner should immediately contact a professional surveyor to investigate the cause of the blockage. The surveyor will provide a detailed report on the cause of the blockage and recommend appropriate measures to clear the drains. The owner should also ensure that the drains are properly maintained and that any necessary repairs are carried out in a timely manner.

PERME REPORT JULY 2015

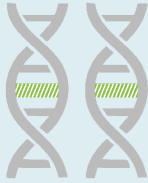
- 1. What is a settlement?**
A settlement is a legal agreement between two or more parties to resolve a dispute. It is a voluntary agreement that is enforceable by law. Settlements can be reached at any stage of a lawsuit, and they can be reached before or after a trial. Settlements are often used to resolve disputes that are too costly or time-consuming to litigate.
- 2. Why are settlements important?**
Settlements are important because they allow parties to resolve their disputes without the need for a trial. This can save time and money, and it can also help to avoid the stress and uncertainty of a trial. Settlements can also be used to resolve disputes that are too complex or technical to litigate.
- 3. Why is it important to have a personal budget?**
It is important to have a personal budget because it helps you to manage your money and to avoid financial problems. A budget can help you to track your income and expenses, and it can help you to identify areas where you can save money. A budget can also help you to set financial goals and to track your progress towards those goals.

You will be able to read all the contents within your report

- 4. When to report the cost?**
The cost of a settlement should be reported to the court as soon as the settlement is reached. This is because the court needs to know the cost of the settlement in order to ensure that the settlement is fair and reasonable. The cost of a settlement can include the cost of legal fees, the cost of court costs, and the cost of the settlement itself.

GENIC COMPONENT

TNFSF13B GENE



We have analysed from your DNA one particular gene of chromosome 13 (TNFSF13B) related to BAFF's production. The results showed that:

the gene corresponds to the most frequent variant present in the population (BAFF-wt)*

(The gene variant TNFSF13B BAFF-var was examined with the Custom TaqMan SNP Genotyping test (Assay ID: ANZTJ7R) (Applied Biosystems, California, USA) performed with Real-Time PCR Rotor-Gene Q (Qiagen, Germany). The allelic discrimination analysis was carried out with the Rotor-Gene Q Series Software 2.1.0 (Qiagen, Germania).*

Absence of a genetic predisposition to the development of higher BAFF levels

The analysis of your DNA did not detect the presence of the specific variant in the gene encoding BAFF. This is certainly a favourable result that, in case of high levels of this cytokine, indicates that the control of lifestyle, including nutrition, physical activity and personalized integration, can effectively modulate these levels.

BAFF production depends on the immunological response to external stimuli as well as endogenous ones. Among these, as explained by Lied^(F3), nutrition has a primary role, and repeated contact with the same foods contributes to keeping high levels of the inflammatory cytokine. BAFF is involved in most of the body's defensive processes and is strongly implicated in the regulation of antibodies production. An unjustified increase in BAFF can lead, for example, to the excessive synthesis of autoantibodies, favouring the development of autoimmune diseases. BAFF itself can play a role in many of the most common and frequent diseases and disorders, involving the skin, joints, muscles, endocrine system, and metabolism.

Controlling the increase of BAFF is a reliable clinical significant tool for the proper and effective prevention of these diseases. Therefore the levels of BAFF measured and currently present in your organism depend mostly on environmental factors and your diet has a decisive role. BAFF rises when food or groups of immunologically similar foods are consumed in excess or repeated over time^(F1-F3). The suggested dietary approach will, therefore, allow modulating inflammatory responses and the correlated BAFF levels.

QUALITY CONTROL

Interpretation of the laboratory result

With our tests, PerMè can detect and identify the microorganisms that are present in your water samples.

perMè is a tool that can be used to monitor the water quality in your home to ensure the correct use of the water supply network.

The perMè kit provides 20 tests for the detection of 10 different types of bacteria.

Each test is a simple test that can be done at home. The results are provided in a simple and easy-to-understand format.

Each test is a simple test that can be done at home. The results are provided in a simple and easy-to-understand format.

The presence of a specific microorganism may indicate a water quality issue. It is important to know if the water is safe to drink.

perMè is a simple test that can be done at home. The results are provided in a simple and easy-to-understand format.

You will be able to read all the contents
within your report



GENETIC PREDISPOSITION

<p>GENE: TCF7L2 increases the risk of developing type 2 diabetes</p>  <p>The presence of the TCF7L2 gene variant increases the risk of developing type 2 diabetes.</p>	<p>GENE: FTO increases the risk of developing obesity</p>  <p>The presence of the FTO gene variant increases the risk of developing obesity.</p>	<p>GENE: PNPLA3 increases the risk of developing liver disease</p>  <p>The presence of the PNPLA3 gene variant increases the risk of developing liver disease.</p>
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GENETIC PREDISPOSITION

In order to better guide the patient's lifestyle, our genetic analysis also includes the prediction of the genetic predisposition to all

You will be able to read all the contents within your report

the results have an impact on the patient's health, it is important to know the genetic predisposition to all the diseases that can be inherited.

There is a strong correlation between the genetic predisposition to all the diseases that can be inherited and the lifestyle. In order to better guide the patient's lifestyle, our genetic analysis also includes the prediction of the genetic predisposition to all the diseases that can be inherited.



PERMÈ® THE MULTIMETER LEVEL 3



The digital reading of the test is used to generate a color-coded graph of a substrate's overall permeability, which allows you to track the water vapor level.

EAP is a measure of the permeability of a substrate. It is the ratio of the permeability of a substrate to the permeability of a reference substrate.

PAP is a measure of the permeability of a substrate. It is the ratio of the permeability of a substrate to the permeability of a reference substrate.

You will be able to read all the contents within your report



PERMÈ® IN LINE ON 1/2"

Optimal Alkalinity (dKH)



Methylglucosid (dKH)



Optimal Alkalinity (dKH) is the concentration of bicarbonate and carbonate ions in the water. It is important to maintain a stable level of alkalinity in the water to ensure the health of the fish and the stability of the pH. The optimal range for most freshwater fish is between 7.5 and 8.5 dKH. A low level of alkalinity can lead to a drop in pH, which can be harmful to the fish. A high level of alkalinity can lead to a rise in pH, which can also be harmful to the fish. It is important to test the alkalinity of the water regularly and to adjust it if necessary.

You will be able to read all the contents within your report

Methylglucosid (dKH) is the concentration of methylglucosid in the water. It is important to maintain a stable level of methylglucosid in the water to ensure the health of the fish and the stability of the pH. The optimal range for most freshwater fish is between 0.1 and 0.2 dKH. A low level of methylglucosid can lead to a drop in pH, which can be harmful to the fish. A high level of methylglucosid can lead to a rise in pH, which can also be harmful to the fish. It is important to test the methylglucosid of the water regularly and to adjust it if necessary.



DIAGNOSIS OF FOOD PROFILE

The Great Food Groups

The IgG values have indicated an excessive or repeated use of the foods present in the groups of:

Wheat and Gluten



Yeast



ALLERGIES (IgE)

The antibodies evaluated in this test are Immunoglobulins G, whose level can decrease to almost zero when a food has not been consumed in a long time. Anyone who has experienced IgE-mediated allergies to certain foods, or who has had anaphylactic reactions after eating certain foods, should NOT include them in their dietary plan (even if indicated in the report), except in the case of direct medical supervision.

1.6 FOODS



Group information sheet
WHEAT AND GLUTEN

WHEAT AND GLUTEN



Wheat and gluten are found in many different types of food, including bread, pasta, pizza, rice, and other grains. They are also found in many processed foods, such as cereals, soups, and snacks. It is important to be aware of these ingredients if you have a wheat or gluten intolerance.

The purpose of this sheet is to provide information on the different types of wheat and gluten products that are available. It also provides information on the different types of wheat and gluten products that are available.

It is important to be aware of these ingredients if you have a wheat or gluten intolerance.

You will be able to read all the contents within your report

Wheat and gluten are found in many different types of food, including bread, pasta, pizza, rice, and other grains.

THE FOOD GROUPS



Group information sheet

YEASTS AND FERMENTED PRODUCTS

INCLUDED IN THIS GROUP



PIZZA



BEER



CHEESE



MUSHROOMS



HONEY

The content of this archive is the result of revisions and adjustments that, over the years, have led us to consider more broadly the range of foods that must be controlled when there is a food-related inflammation caused by this Great Group.

The diet is not limited to foods that effectively contain yeast, but to all those products that have undergone any type of fermentation, even if no brewer's yeast, natural yeasts or chemical leavening agents have been added.

It is important to read this sheet carefully because yeast, unlike milk or wheat, is not always found on the product labels. All fermented foods are considered part of this group, as well as those with an effective presence of yeast.

In other words, you will not find "yeast" in the list of yoghurt, tea or honey ingredients; but they are considered part of the Yeasts and Fermented Products group.

All industrial food products containing "fermentation agents" in the list of ingredients should also be constrained. Bicarbonate, cream of tartar and other chemical leavening agents must be avoided during diet days too.

ATTENTION TO MASTICATION

Chew the food as much as possible before swallowing it. The pieces of food that have not been masticated enough will inevitably stay longer in the stomach, leading to a fermentation process. Avoiding bread in order to stay away from fermented products is equally important as not allowing food to ferment in the stomach because of poor chewing. You can help yourself by remembering to "put down your fork" after each bite; in order to be conscious of putting food in your mouth, an act that most of the time is done without thinking, instinctively and in a rush. Finish chewing a bite before getting the next one. It is a simple change, but with great repercussions for those people who find it hard to eat more slowly.

THE FOOD GROUPS



Foods included in the group

YEASTS AND FERMENTED PRODUCTS

- **All flavored baked goods** such as eating bread, rolls, buns, cookies, pastries and bread-like products, including those that are "toasted" or "crisped". This includes all bakery products containing all yeast products, including those that are "toasted" or "crisped". This includes all bakery products containing all yeast products, including those that are "toasted" or "crisped".
- **Medicines** such as yeast, Bifidus, Lactobacillus, and other probiotics
- **All classes of yeast** including a variety of other yeasts, such as those used in bread, beer, wine, and other fermented products
- **Yeast extract**, whether in powder or liquid form
- **Many** of these products are available in a variety of sizes and quantities

You will be able to read all the contents within your report

- **Fermented beverages** such as beer, wine, kombucha, and other fermented drinks
- **Other** fermented products such as sauerkraut, kimchi, and other fermented vegetables
- **Medicines** such as yeast, Bifidus, Lactobacillus, and other probiotics

ROTATION DIET

The rotation diet

You can begin your new nutritional approach with the understanding that, as with infant weaning, over the course of a few months, food-related inflammation will be under control with a marked improvement in your overall health and well-being.



Diet meals

Conform your meals with foods from the always allowed food list.



Free meals

Incorporate all the foods that you usually eat, including also those on the list of food to avoid during the diet meals.

Standard rotation: the first 8 weeks

The initial nutritional scheme must be applied every day, except for a midweek day (generally Wednesday) and 4-weekend meals (usually Saturday's dinner and all Sunday).

	mon	tue	wed	thu	fri	sat	sun
Breakfast	🔄	🔄	😊	🔄	🔄	🔄	😊
Lunch	🔄	🔄	😊	🔄	🔄	🔄	😊
Dinner	🔄	🔄	😊	🔄	🔄	😊	😊

Standard rotation: the following 8 weeks

Follow-up rotation diet.

	mon	tue	wed	thu	fri	sat	sun
Breakfast	🔄	🔄	😊	🔄	🔄	😊	😊
Lunch	🔄	🔄	😊	🔄	🔄	😊	😊
Dinner	🔄	😊	😊	🔄	🔄	😊	😊

Maintenance

	mon	tue	wed	thu	fri	sat	sun
Breakfast	😊	🔄	😊	😊	🔄	😊	😊
Lunch	😊	🔄	😊	😊	🔄	😊	😊
Dinner	😊	🔄	😊	😊	🔄	😊	😊

Special rotation diet (children under 14, holidays)

The following diet is indicated for children under 14 years of age, who need a more varied food intake, and for adults during holidays or vacation periods.

	mon	tue	wed	thu	fri	sat	sun
Breakfast	😊	🔄	😊	😊	🔄	😊	😊
Lunch	😊	🔄	😊	😊	🔄	😊	😊
Dinner	😊	🔄	😊	😊	🔄	😊	😊

10.1.1.1

When to repeat the test

Re-test should be performed a year or so after the first test and a second test 12 months after the previous test if you are given the result of abnormal results to further investigate your health.

Pregnant women

For the most accurate result, it is recommended to follow the test as a urinary glucose test. This test may be performed during pregnancy. It is important to follow the instructions of your physician. It is important to follow the instructions of your physician. It is important to follow the instructions of your physician.

You will be able to read all the contents
within your report



FOOD REPORT

ALWAYS ALLOWED FOODS

Free Group (March 2020 - 2 Jun 2020) Food



- 1. Introduction
- 2. Food
- 3. Data
- 4. Consumption
- 5. Protein
- 6. Fats
- 7. Carbohydrate
- 8. Beverages
- 9. Fruit & veg & nut seeds
- 10. Dairy
- 11. Eggs
- 12. Cereals
- 13. Protein
- 14. Fats
- 15. Carbohydrate
- 16. Beverages
- 17. Fruit & veg & nut seeds
- 18. Dairy
- 19. Eggs
- 20. Cereals
- 21. Protein
- 22. Fats
- 23. Carbohydrate
- 24. Beverages

You will be able to read all the contents within your report

- 25. Summary
- 26. Appendix
- 27. Notes for the 24 hours of the challenge
- 28. Additional info
- 29. Contact info
- 30. Services
- 31. Information
- 32. Contact info

10.10.2020

10.1	10.1.1	10.1.2
10.2	10.2.1	10.2.2
10.3	10.3.1	10.3.2
10.4	10.4.1	10.4.2
10.5	10.5.1	10.5.2
10.6	10.6.1	10.6.2
10.7	10.7.1	10.7.2
10.8	10.8.1	10.8.2
10.9	10.9.1	10.9.2
10.10	10.10.1	10.10.2
10.11	10.11.1	10.11.2
10.12	10.12.1	10.12.2
10.13	10.13.1	10.13.2
10.14	10.14.1	10.14.2
10.15	10.15.1	10.15.2
10.16	10.16.1	10.16.2
10.17	10.17.1	10.17.2
10.18	10.18.1	10.18.2
10.19	10.19.1	10.19.2
10.20	10.20.1	10.20.2
10.21	10.21.1	10.21.2
10.22	10.22.1	10.22.2
10.23	10.23.1	10.23.2
10.24	10.24.1	10.24.2
10.25	10.25.1	10.25.2
10.26	10.26.1	10.26.2
10.27	10.27.1	10.27.2
10.28	10.28.1	10.28.2
10.29	10.29.1	10.29.2
10.30	10.30.1	10.30.2
10.31	10.31.1	10.31.2

You will be able to read all the contents within your report

Unità di Zucchero




INDICAZIONI SETTIMANALI

15
UNITÀ ZUCCHERO

3
N° PASTI LIBERI

Può assumere **15 Unità Zuccherine settimanali**, distribuite in un massimo di **3 pasti**

Questi pasti sono da scegliere tra i **pasti liberi**  della sua dieta

You will be able to read all the contents within your report

Sollecitazioni

In espansione, vedi il...

Da evitare

Cereali e carboidrati raffinati

(pasti pane griglia...)

Occasionalmente

Cereali e carboidrati integrali

(pasti pane griglia...)

In modo prevalente

Modelli di consumo

di cui sono stati...

Preferibilmente alimenti

Supplementi suggeriti

Integratore contenente Calcio 100 mg/die 1 al dì

Integratore contenente Acido Alfa lipoico 400 mg/die 1 al dì (primero il colà da 1 mese all'anno)



GIORNATA DI ALCI

ALIMENTI (KCAL)	Valori Nutrizionali	
Torta 1 porzione (ca. 100 g)		5
Pasticcini vegani 1 pezzo (ca. 30-40 g)		2
Fetta di pasticciera 1 pezzo (ca. 100-120 g)		5
Salato e soffritto 1 radice (2 pezzi)		5
Budino vegano a base latte 1 uovo (ca. 125 g)		4
Budino a base latte 1 uovo (ca. 175 g)		4
Cioccolato al latte 30 g		3
Cioccolato fondente 30 g		2

You will be able to read all the contents within your report

Tempo (min)		2
Yogurt acidificato 1 uovo (ca. 125 g) tempo (solo acqua)		3
Yogurt proteico acidificato 1 uovo (ca. 125 g) tempo (solo acqua, latte, yogurt, integratore di probiotici, acqua, uovo di uovo)		3
Uovo 30 g		3
Frutto deidratato grande 1 pezzo tempo (latte e albume e prugne secche e prugne deidratate fresche)		1
Frutto deidratato piccolo 7-8 frutti tempo (acqua, latte e prugne)		1
Pancake industriale 40 g		2

GIORNATA GLU, 2021

Quantità / Unità	Valore Saccarico	
vinco 1 cake (250 ml)		5
vinco 1 media (100 ml)		7
Cornetti dolci / pasticcini 1 zucchero 200 ml		7
1 brick di succo di frutta 1 bicchiere 200 ml		5
1 superavocado 1 bicchiere 10 ml		5
Alcune confetture 1 litro (100 ml) tempo colt / 8 pezzi / marcato / grande avogadro verde / 100 ml vino anche vino zucchero		7
spremuta d'arancia 2 arance		4

You will be able to read all the contents within your report

Caramelle gommose 25 gomme (1 pezzo)		3
Sorbetto da macchiare anche dolcificato con polveri / gomme zucchero 3		1
Zucchero bianco integrale 1 cucchiaino		1
vino 1 cucchiaino rosso		1
Tea flavore 2 gomme 1 compressa		1

Quantità / Unità	Valore Saccarico	
Quattro tipi di frutta 50g		3

