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City	Istanbul		
State or Province	34		
Zip or Postal Code	80300		
Country	Turkey		

Confidential Client Information

Client Number	00374	Visit Number	1
Name	baykal, emine	Date and Time	15.01.2007 16:51:12
		User Name	enis

Hold Reading Report

Hold: Sensitivity Hold

Group\Sub-Group

Items Tested	Dilution	Point ID	Max	Drop	
Info-Color					
1. Blue	Stress Test	AL-1L	41	0	
2. Green	Stress Test	AL-1L	43	0	
3. Indigo	Stress Test	AL-1L	44	0	
4. Infra Red	Stress Test	AL-1L	42	0	
5. Orange	Stress Test	AL-1L	50	0	
6. Red	Stress Test	AL-1L	39	0	
7. Yellow	Stress Test	AL-1L	39	0	
Info-Dental\Dental Materials					
8. Silver Amalgam	Stress Test	AL-1L	40	0	
9. Non Gamma Amalgam	Stress Test	AL-1L	47	0	
10. Zahngold	Stress Test	AL-1L	39	0	
Info-Nutrition\Fatty Acids					
11. Eicosapentaenoic acid - EPA	Stress Test	AL-1L	21	0	
12. Alpha-linolenic acid	Stress Test	AL-1L	38	2	
13. Linoleic acid	Stress Test	AL-1L	21	0	
14. Gamma-linolenic acid - GLA	Stress Test	AL-1L	17	0	
15. Arachidonic acid	Stress Test	AL-1L	17	0	
Info-Nutrition\Minerals					
16. Calcium - min	Stress Test	AL-1L	16	0	
17. Boron - min	Stress Test	AL-1L	30	1	
18. Chromium - min	Stress Test	AL-1L	21	0	
19. Iron - min	Stress Test	AL-1L	19	0	
20. Magnesium - min	Stress Test	AL-1L	22	0	
21. Iodine - min	Stress Test	AL-1L	37	0	
22. Potassium - min	Stress Test	AL-1L	33	3	
23. Selenium - min	Stress Test	AL-1L	18	0	

equipment does not prov
sh

* Kırmızı işaretli olanlarda 40-45 arası az yenmesi gerekenler
40 altı kesinlikle uzak kalınması gerekenler
* Sarı işaretli olanlarda 60-65 arası az yenmesi gerekenler
65 üstü 2 ay müddetle bırakılarak 2 ay sonunda haftada bir öğün
Olarak az miktarlarda yenerek başlanabilir
* Vitamin mineral seviyelerinde 30-60 arası normal seviyeleri 30 altı ise
düşük seviye olmaktadır.

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24. Zinc - min	Stress Test	AL-1L	29	0	
25. Sodium - min	Stress Test	AL-1L	28	0	

Info-Nutrition\Vitamins

26. Beta-Carotene	Stress Test	AL-1L	36	0	
27. Folic Acid Folacin	Stress Test	AL-1L	26	0	
28. Vitamin B1 Thiamine	Stress Test	AL-1L	18	0	
29. Vitamin B12 Cyanocobalamin	Stress Test	AL-1L	20	0	
30. Vitamin B2 Riboflavine	Stress Test	AL-1L	19	0	
31. Vitamin B3 Niacin	Stress Test	AL-1L	23	0	
32. Vitamin B6 Pyridoxine	Stress Test	AL-1L	20	0	
33. Vitamin C Ascorbic Acid	Stress Test	AL-1L	25	0	
34. Vitamin D Cholecalciferol	Stress Test	AL-1L	30	1	
35. Vitamin E Tocopherol	Stress Test	AL-1L	25	0	
36. Vitamin K	Stress Test	AL-1L	35	0	

Info-Sensitivity Screening by Groups\Environmentals\Household Chemicals

37. Cleaning Supplies-Temizlik urunleri	Stress Test	AL-1L	43	1	
38. Hair Spray-Sac spreyi	Stress Test	AL-1L	46	0	

Info-Sensitivity Screening by Groups\Environmentals\Epidermals\Hayvan Kili ve Epitel dokusu

39. Cat Hair-Kedi kili	Stress Test	AL-1L	44	0	
40. Dog Hair-Kopek tuyu	Stress Test	AL-1L	52	0	
41. Koyun yun Kili	Stress Test	AL-1L	43	0	

Info-Sensitivity Screening by Groups\Environmentals\Epidermals\ Kumas ve Hammadeler

42. Acrylic-Akrilik	Stress Test	AL-1L	47	0	
43. Cotton-Koton(Pamuk)	Stress Test	AL-1L	51	0	
44. Leather-Deri	Stress Test	AL-1L	41	0	
45. Mohair-Moher	Stress Test	AL-1L	42	0	
46. Nylon fabric-Nylon Kumas	Stress Test	AL-1L	42	0	
47. Polyester	Stress Test	AL-1L	40	0	

Info-Sensitivity Screening by Groups\Environmentals\Inhalants/solunum yolu ile\Flower Blossoms/Olgunlasmis Cicekler

48. Flower Pollen 1	Stress Test	AL-1L	41	0	
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Info-Sensitivity Screening by Groups\Environmentals\Inhalants/solunum yolu ile\Miscellaneous/Cesitli

49. House Dust-Ev Tozu	Stress Test	AL-1L	44	0	
50. House Dust Mite-Ev tozu kurtu	Stress Test	AL-1L	41	0	
51. Sigara ve tutunu	Stress Test	AL-1L	38	1	
52. Fiberglass-Cam elyaf	Stress Test	AL-1L	47	0	

Info-Sensitivity Screening by Groups\Environmentals\Inhalants/solunum yolu ile\Trees

53. Poplar, White- Kavak	Stress Test	AL-1L	49	1	
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Info-Sensitivity Screening by Groups\Food\Baking & Cooking Ingredients

54. Uzum sirkesi	Stress Test	AL-1L	47	0	
55. Elma sirkesi	Stress Test	AL-1L	48	0	
56. Cikolata	Stress Test	AL-1L	37	0	
57. Iyotlu Tuz	Stress Test	AL-1L	36	0	
58. Kabartma tozu	Stress Test	AL-1L	46	0	
59. Vanilya	Stress Test	AL-1L	43	0	
60. Tuz	Stress Test	AL-1L	46	0	

Info-Sensitivity Screening by Groups\Food\Beverages-Icecekler

61. Beyaz Sarap	Stress Test	AL-1L	46	0	
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Weakened



Balanced



Stressed

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62. Bira	Stress Test	AL-1L	38 0	
63. Cay	Stress Test	AL-1L	52 0	
64. Kirmizi Sarap	Stress Test	AL-1L	40 0	
65. Viski	Stress Test	AL-1L	52 0	
66. Votka	Stress Test	AL-1L	48 0	
67. Coca Cola	Stress Test	AL-1L	50 0	
68. Fanta	Stress Test	AL-1L	45 0	
69. Kahve	Stress Test	AL-1L	45 0	
70. Turkish Mercan Raki	Stress Test	AL-1L	47 0	

Info-Sensitivity Screening by Groups\Food\Cooking Oils-Yemeklik yaglar

71. Misir yagi	Stress Test	AL-1L	49 2	
72. Soya Yagi	Stress Test	AL-1L	53 0	
73. Zeytinyagi	Stress Test	AL-1L	49 0	
74. Tereyagi	Stress Test	AL-1L	27 0	
75. Aycicek yagi	Stress Test	AL-1L	51 0	

Info-Sensitivity Screening by Groups\Food\Dairy-Sut urunleri

76. Kasein - Inek	Stress Test	AL-1L	40 0	
77. Kefir	Stress Test	AL-1L	43 0	
78. Laktoz - Sut sekeri	Stress Test	AL-1L	37 0	
79. Margarin	Stress Test	AL-1L	29 0	
80. Peynir - Beyaz	Stress Test	AL-1L	30 0	
81. Sutu - Inek	Stress Test	AL-1L	41 0	
82. Yogurt - Inek	Stress Test	AL-1L	38 0	
83. Yumurta - Butun	Stress Test	AL-1L	42 0	
84. Peynir - Krem	Stress Test	AL-1L	36 0	
85. Peynir - Koyun	Stress Test	AL-1L	36 0	

Info-Sensitivity Screening by Groups\Food\Fish-Balik

86. Hamsi	Stress Test	AL-1L	48 0	
87. Mackerel-Uskumru	Stress Test	AL-1L	49 0	
88. Sardines-Sardalye	Stress Test	AL-1L	51 0	
89. Trout, Rainbow -Alabalik	Stress Test	AL-1L	47 0	
90. Turbot- Kalkan	Stress Test	AL-1L	50 0	
91. Whiting-Mezgit baligi	Stress Test	AL-1L	52 0	

Info-Sensitivity Screening by Groups\Food\Fruit-Meyve

92. Armut	Stress Test	AL-1L	50 0	
93. Cilek	Stress Test	AL-1L	47 0	
94. Elma	Stress Test	AL-1L	50 0	
95. Greyfurt	Stress Test	AL-1L	50 0	
96. Limon	Stress Test	AL-1L	49 0	
97. Mandalina	Stress Test	AL-1L	45 0	
98. Portakal	Stress Test	AL-1L	52 0	
99. Muz	Stress Test	AL-1L	42 0	
100. Uzum (Yesil & Kirmizi)	Stress Test	AL-1L	52 0	
101. Erik	Stress Test	AL-1L	46 0	
102. Kayisi	Stress Test	AL-1L	47 0	
103. Kiraz	Stress Test	AL-1L	50 2	
104. Watermelon-karpuz	Stress Test	AL-1L	40 0	
105. Rockmelon-Kavun	Stress Test	AL-1L	43 0	
106. Seftali	Stress Test	AL-1L	49 2	



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Info-Sensitivity Screening by Groups\Food\Grains-Tahillar

107. Bugday, Beyaz un	Stress Test	AL-1L	38	0	
108. Gluten	Stress Test	AL-1L	43	0	
109. Misir	Stress Test	AL-1L	46	0	
110. Cavdar	Stress Test	AL-1L	41	0	
111. Bugday, Organik	Stress Test	AL-1L	53	0	
112. Bugday - Kepek	Stress Test	AL-1L	37	0	
113. Yulaf	Stress Test	AL-1L	43	0	
114. Pirinc, Beyaz	Stress Test	AL-1L	42	0	
115. Pirinc, Jasmine	Stress Test	AL-1L	51	0	
116. Pirinc, Kahverengi	Stress Test	AL-1L	47	0	

Info-Sensitivity Screening by Groups\Food\Legumes - Beans/Baklagiller - Fasulyeler

117. Kurufasulye	Stress Test	AL-1L	52	0	
118. Kirmizi Mercimek	Stress Test	AL-1L	47	0	
119. Soya Fasulyesi	Stress Test	AL-1L	46	0	
120. Yesil Mercimek	Stress Test	AL-1L	50	0	
121. Nohut	Stress Test	AL-1L	51	0	

Info-Sensitivity Screening by Groups\Food\Meat - Poultry / Kumes hayvanlari - et

122. Chicken-Tavuk	Stress Test	AL-1L	50	0	
123. Kuzu ve Koyun eti	Stress Test	AL-1L	38	0	
124. Turkey -Hindi	Stress Test	AL-1L	42	0	
125. Veal -Dana eti	Stress Test	AL-1L	41	0	

Info-Sensitivity Screening by Groups\Food\Nuts - Seeds/kabuklu yemisler-Tohumler

126. Hazelnut-Findik	Stress Test	AL-1L	50	0	
127. Chestnut-Kestane	Stress Test	AL-1L	41	0	
128. Flax Seed-Keten Tohumu	Stress Test	AL-1L	48	0	
129. Peanut-Yerfistigi	Stress Test	AL-1L	46	0	
130. Pistachio-Sam fistik	Stress Test	AL-1L	47	0	
131. Walnut-Ceviz	Stress Test	AL-1L	50	0	

Info-Sensitivity Screening by Groups\Food\Shellfish-Kabuklu Deniz hayvanlari

132. Shrimp-Karides	Stress Test	AL-1L	49	0	
133. Mussel-Midye	Stress Test	AL-1L	43	0	

Info-Sensitivity Screening by Groups\Food\Spices-Baharatlar

134. Paprika-Kirmizi biber	Stress Test	AL-1L	47	0	
135. Pepper, Black-Karabiber	Stress Test	AL-1L	47	0	

Info-Sensitivity Screening by Groups\Food\Sugars & Sweeteners/Sekerler-Tatlandiricilar

136. Aspartame - Equal	Stress Test	AL-1L	46	0	
137. Saccharin - Tatlandirici	Stress Test	AL-1L	52	0	
138. Seker - Kahverengi	Stress Test	AL-1L	49	0	
139. Bal	Stress Test	AL-1L	47	0	
140. Fructose	Stress Test	AL-1L	43	0	
141. Seker - Kamis	Stress Test	AL-1L	39	0	
142. Seker - Pancar	Stress Test	AL-1L	44	0	

Info-Sensitivity Screening by Groups\Food\Vegetables-Bitkisel

143. Bean - Green String-Taze Fasulye	Stress Test	AL-1L	47	0	
144. Cauliflower-Karnabahar	Stress Test	AL-1L	51	0	
145. Cabbage-Lahana	Stress Test	AL-1L	40	1	



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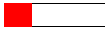



















Client Number	00374	Visit Number	1
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146. Eggplant-Patlican	Stress Test	AL-1L	45 0 
147. Yesil ve Kirmizi sivri biber	Stress Test	AL-1L	54 0 
148. Tomato-Domates	Stress Test	AL-1L	47 0 
149. Onion-Sogan	Stress Test	AL-1L	49 1 
150. Spinach-Ispanak	Stress Test	AL-1L	45 0 
151. Avocado-Avokoda	Stress Test	AL-1L	39 0 
152. Broccoli-Brokoli	Stress Test	AL-1L	40 0 
153. Brussel Sprouts-Bruksel Lahanasi	Stress Test	AL-1L	48 0 
154. Carrot-Havuc	Stress Test	AL-1L	51 0 
155. Celeriac Celery-Kereviz	Stress Test	AL-1L	46 0 
156. Endive-Hindiba	Stress Test	AL-1L	49 0 
157. Leek-Pirasa	Stress Test	AL-1L	51 0 
158. Mushroom-Mantar	Stress Test	AL-1L	42 1 
159. Pea - Green/ Yesil bezelye	Stress Test	AL-1L	47 0 
160. Radish-Kirmizi Turp	Stress Test	AL-1L	48 0 
161. Zucchini-kabak	Stress Test	AL-1L	52 0 
162. Artichoke-Enginar	Stress Test	AL-1L	54 0 
163. Sarimsak	Stress Test	AL-1L	50 0 
164. Olive, ripe-Olgun zeytin	Stress Test	AL-1L	41 0 
165. Patates	Stress Test	AL-1L	54 1 




Info-Sensitivity Screening by Groups\Food\Condiments-Baharatlar

166. Ketchup - Domates	Stress Test	AL-1L	37 0 
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Info-Vertebrae

167. Cervical 5	Stress Test	AL-1L	37 0 
168. Cervical 6	Stress Test	AL-1L	43 0 
169. Cervical 7	Stress Test	AL-1L	27 0 
170. Lumbar 3	Stress Test	AL-1L	45 0 
171. Lumbar 4	Stress Test	AL-1L	39 0 
172. Lumbar 5	Stress Test	AL-1L	37 0 
173. Sacral 1	Stress Test	AL-1L	45 0 
174. Thoracic 1	Stress Test	AL-1L	43 0 
175. Thoracic 2	Stress Test	AL-1L	43 0 
176. Thoracic 2	Stress Test	AL-1L	38 1 
177. Thoracic 3	Stress Test	AL-1L	46 0 
178. Thoracic 4	Stress Test	AL-1L	45 0 
179. Thoracic 5	Stress Test	AL-1L	46 0 
180. Thoracic 6	Stress Test	AL-1L	44 0 
181. Thoracic 7	Stress Test	AL-1L	54 0 
182. Thoracic 8	Stress Test	AL-1L	46 0 
183. Thoracic 9	Stress Test	AL-1L	42 0 
184. Thoracic 10	Stress Test	AL-1L	41 0 
185. Thoracic 11	Stress Test	AL-1L	50 0 
186. Thoracic 12	Stress Test	AL-1L	41 0 

Info-Gems

187. Copper - gem	Stress Test	AL-1L	43 0 
188. Gold - gem	Stress Test	AL-1L	41 0 
189. Silver - gem	Stress Test	AL-1L	45 0 

Info-Meridians\Circulation

190. CI-7L	Stress Test	AL-1L	50 0 
191. CI-7R	Stress Test	AL-1L	51 0 

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192. CI-9L	Stress Test	AL-1L	41	0	
193. CI-9R	Stress Test	AL-1L	50	0	

Info-Meridians\Gallbladder

194. GB-43L	Stress Test	AL-1L	23	0	
195. GB-43R	Stress Test	AL-1L	34	0	

Info-Meridians\Heart

196. HE-7L	Stress Test	AL-1L	48	0	
197. HE-7R	Stress Test	AL-1L	49	1	
198. HE-9L	Stress Test	AL-1L	26	0	
199. HE-9R	Stress Test	AL-1L	41	0	

Info-Meridians\Kidney

200. KI-1-1L	Stress Test	AL-1L	37	0	
201. KI-1-1R	Stress Test	AL-1L	47	0	

Info-Meridians\Large Intestine

202. LI-2L	Stress Test	AL-1L	46	0	
203. LI-2R	Stress Test	AL-1L	53	0	
204. LI-11L	Stress Test	AL-1L	49	0	
205. LI-11R	Stress Test	AL-1L	46	0	

Info-Meridians\Lung

206. LU-9L	Stress Test	AL-1L	45	0	
207. LU-9R	Stress Test	AL-1L	54	0	

Info-Meridians\Liver

208. LV-2L	Stress Test	AL-1L	45	0	
209. LV-2R	Stress Test	AL-1L	46	0	
210. LV-8L	Stress Test	AL-1L	43	0	
211. LV-8R	Stress Test	AL-1L	47	0	

Info-Meridians\Small Intestine

212. SI-3*L	Stress Test	AL-1L	44	0	
213. SI-3*R	Stress Test	AL-1L	43	0	
214. SI-8L	Stress Test	AL-1L	37	0	
215. SI-8R	Stress Test	AL-1L	40	0	

Info-Meridians\Spleen

216. SP-2L	Stress Test	AL-1L	43	0	
217. SP-4L	Stress Test	AL-1L	44	0	
218. SP-5L	Stress Test	AL-1L	40	0	

Info-Meridians\Stomach

219. ST-41L	Stress Test	AL-1L	39	0	
220. ST-41R	Stress Test	AL-1L	35	0	
221. ST-45L	Stress Test	AL-1L	40	0	
222. ST-45R	Stress Test	AL-1L	36	0	

Info-Meridians\Triple Warmer

223. TW-3L	Stress Test	AL-1L	16	0	
224. TW-3R	Stress Test	AL-1L	27	0	

Info-Meridians\Urinary Bladder

225. UB-65L	Stress Test	AL-1L	44	0	
226. UB-65R	Stress Test	AL-1L	37	0	

Weakened Balanced Stressed

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227. UB-67L
228. UB-67R

Visit Number 1
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Stress Test AL-1L 40 0
Stress Test AL-1L 24 0



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