FIRST MEDICAL DIAGNOSTICS

Impacting Lives. Touching Lives

BETTER HEALTH.



First Medical Diagnostics offer's

Unique Wellness Diagnostics Test's Which analyse's the Root Cause of Disease and symptoms. We envision ourselves as Promoters of Mission Healthy Human Body.

We Address Health Problems By Means of Innovative Concepts.
They Combine Special Diagnostics
With Individualized Food and Services To Improve

Wellbeing & Quality of life.

Wellbeing



A HEALTHY MIND IN A HEALTHY BODY. WE WANT YOU TO BE TOTALLY COMFORTABLE BY GIVING YOUR BODY EXACTLY WHAT IT NEEDS.

Prevention



YOU ARE WHAT YOU EAT: WE WANT YOU TO STAY HEALTHY BY ADDRESSING HIDDEN AND YET UNKNOWN PROBLEMS.

Therapy

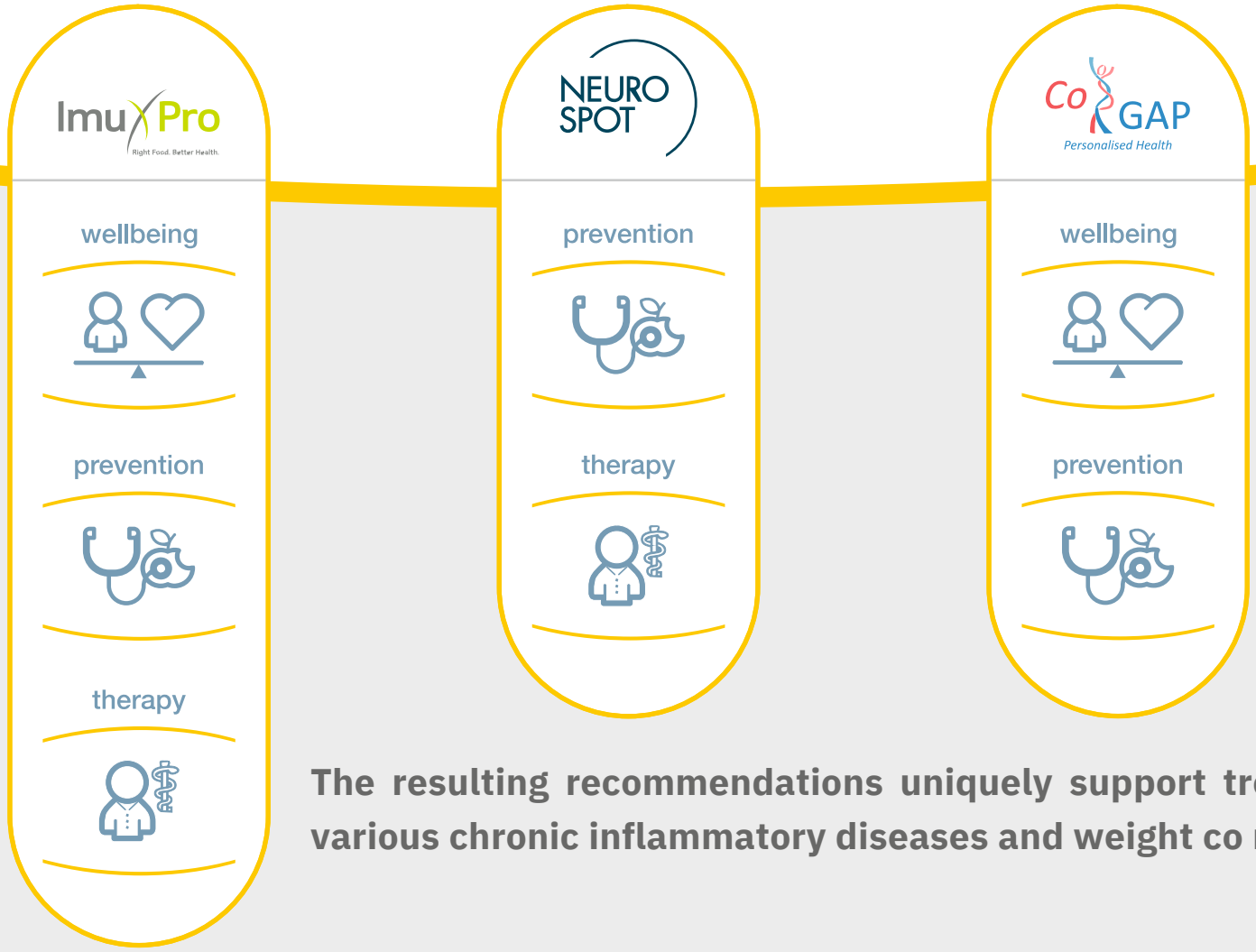


DECREASING INFLAMMATORY IMPACT MAY SUPPORT A MULTITUDE OF THERAPEUTIC APPROACHES.

FIRST MEDICAL DIAGNOSTICS
Impacting Lives. Touching Lives

Our Tests Examine:

- **Food hypersensitivity (IgG)**
- **Individual Genetic types of metabolism of macronutrients**
- **Stress Messengers (hormones and neurotransmitters)**



The resulting recommendations uniquely support treatments of various chronic inflammatory diseases and weight co ntrol.

Our special diagnostics, customized programs and services are personalized and optimally modeled to promote individual prevention, therapy, and wellbeing.

Nutrition Care Germany is a division of R-Biopharm AG, a leading developer of test solutions for clinical diagnostics and food & feed analysis. The diagnostics of R-Biopharm AG have been certified according to the international standards ISO 9001 and ISO 13485. All tests are validated, CE-marked according to IVDD and used globally by accredited testing laboratories.

For more information visit us at
w w w.fmdindia.in

FIRST MEDICAL DIAGNOSTICS
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Our Tests Examine:

- Pre Cancer Detection
- Gut Microbiome

PanTum | Detect

wellbeing

prevention

Cancer Detection Test

Using EDIM Technology



Gut MicroBiome

wellbeing

prevention

Gut Microbiome Test

DNA-based Microbiome Analysis

ImuXPro

RIGHT FOOD .
BETTER HEALTH.

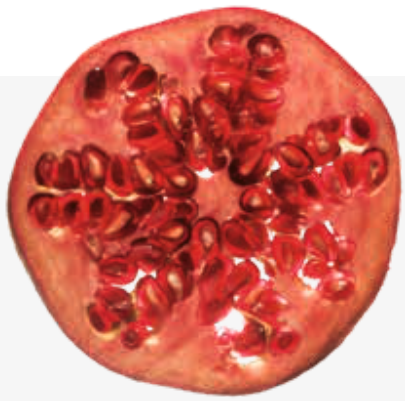


DIAGNOSIS & TREATMENT OF IgG FOOD ALLERGIES AS INDIVIDUAL AS YOUR PATIENTS SYMPTOMS



IgG FOOD ALLERGIES

IgG food allergies (type III) are causing more and more health challenges. Such IgG-mediated allergies often remain undetected because the symptoms only occur a few hours or even days after the consumption of a “trigger food”, making them **extremely difficult to identify**.



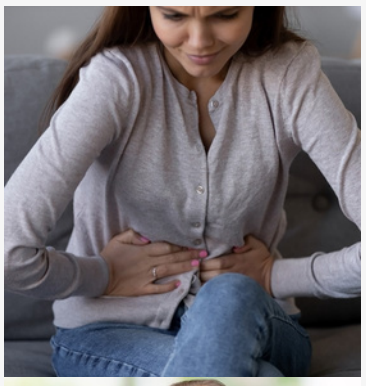
Fortunately, a **reliable diagnostic test and nutritional concept can help: ImuPro**. With ImuPro, you will find out whether or not an IgG food allergy could be the cause of your patients chronic complaints.

How does an IgG food allergy develop?

With type III food allergies, the immune system reacts to harmless food allergens and produces specific IgG antibodies. Due to medicines, infections, mycosis, stress and environmental poisons, the integrity of the intestinal wall can be damaged and food components can slip between the intestinal cells. In some cases this triggers an immune response and the immune system starts to produce specific IgG antibodies against them.

These antibodies and the food antigens form immune complexes which can adhere to organs and tissues. When the immune complexes are destroyed by phagocytic cells and the complement system, the surrounding tissues can be damaged. This leads to **low-grade inflammatory conditions**, which can become chronic. The symptoms are delayed.

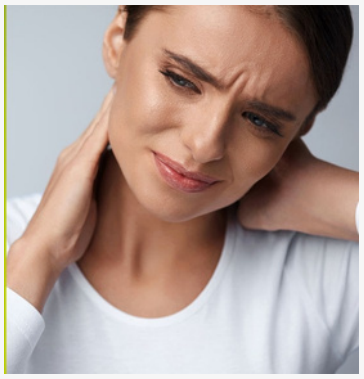
POSSIBLE SYMPTOMS





Gastrointestinal Complaints

- Bloating
- Constipation
- Crohn's disease
- Diarrhoea
- Irritable Bowel Syndrome (IBS)
- Nausea



Chronic Pain

- Headaches
- Migraines



Excess Weight

- Chronic weight problems
- Obesity



Skin Problems

- Atopic dermatitis-like skin problems
- Eczema
- Psoriasis

POSSIBLE SYMPTOMS



Gastro-Intestinal Complaints



Obesity



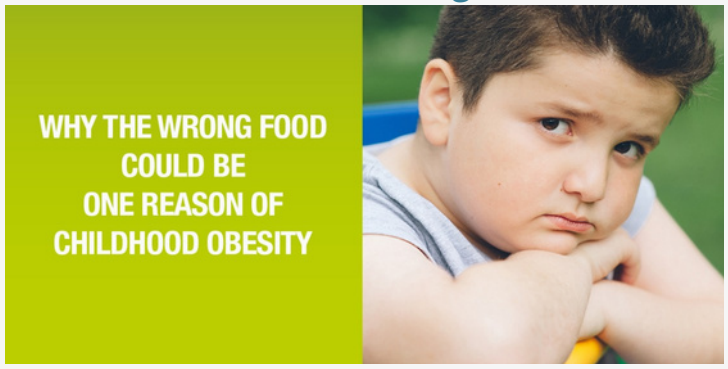
Delayed Food Allergy



Headache & Migraine



ADHD



Childhood Obesity



Atopic Dermatits



Asthma



Stuffy Nose



Cronic Fatigue

THE IMUPRO CONCEPT

ImuPro is a concept that combines a **sophisticated and reliable blood analysis** for IgG food allergies with **unique post-test guidance**.

ImuPro is an IgG based food intolerance test. Our Test meticulously examines IgG-linked Food Allergies, revealing specific proteins that might trigger an immune response. The Food Intolerance Test focuses on milk, wheat, yeast fruits, vegetables and all the other foods which we eat in our day to day life that can challenge digestion, thus offering insights into potential discomforts. IgG Delayed Food Allergy Test delves even further, unveiling delayed immune reactions to foods. With ImuPro's tests, you can gain a holistic understanding of how your body interacts with different foods, enabling you to make informed dietary choices for improved well-being.

BUILDING BLOCKS TO A HEALTHIER LIFE:

- Elaborate and reliable IgG test
- Individual dietary recommendations
- Tasty personalised recipes
- Handy rotation and provocation plan
- Helpful wallet card with the patient's possible trigger foods
- Practical tips for everyday life
- Professional scientific and nutritional advice









- **Sophisticated Blood Analysis**
- **Wide Range of Testing**
- **Weight Management**
- **Digestive Harmony**
- **Personalized Post-Test Guidance**
- **Enhanced Energy and Well-being**
- **Inflammation Reduction**

THE DIAGNOSTICS



The **ImuPro test** is performed by a highly professional and specialised in-vitro diagnostic laboratory. The lab analyses the patient's sample and determines the presence of specific IgG antibodies to a broad variety of foodstuffs in the patient's blood. The test is carried out using the **E**nzyme **L**inked **I**mmunoSorbent **A**ssay (ELISA) test method, a very reliable standard procedure in laboratory analysis.

Based on the results of the antibody titre, the foodstuffs are categorised into three groups: "not elevated", "elevated" and "highly elevated". The lab provides you and your patient with **test results** and **personal nutritional guidelines**.

Procedure



Physician-patient consultation:

Is it likely to be an IgG food allergy?

Blood withdrawal and shipment:

You take the patient's sample and send it to the laboratory.

Laboratory analysis and evaluation:

The sample is analysed in the specialised lab using the ELISA technique.

Sending of results and nutritional guidelines:

Within a short time, you receive test results and comprehensive documents for the patient.

Physician-patient consultation:

You discuss the results with your patient and advise them regarding their dietary changes.

ImuPro is a trusted German product. The diagnostics of R-Biopharm's quality management systems have been certified according to the international standard ISO 9001 and ISO 13485.
All tests are validated, CE-marked according to IVDD and used by accredited testing laboratories.

THE IMUPRO OPTIONS

CHOOSE FROM THE WIDE RANGE OF TESTS AND ASSESSMENTS BY IMUPRO

Get an expert diagnostic test followed by a comprehensive solution accompanied by personalised guidance.



Identify the Issues and Get Personalised solutions.

Through a reliable analysis of your blood, ImuPro identifies food allergies and other underlying issues with your intake. The comprehensive test covers up up to 270 food items.
Consequently, our experts design a customised diet solution for you and provide you with a post-test counsel.

ImuPro Screen
22

ImuPro Screen+
44

ImuPro Basic
90

ImuPro Basic +
180

ImuPro Complete
270

ImuPro Vegetarian
90

IMUPRO – FOR SATISFIED PATIENTS AND A THRIVING PRACTICE





Position yourself as an expert in the field of IgG food allergies and reap the benefits of ImuPro.

Personalised diagnosis and **post-test guidance**

High precision, accuracy and **reproducibility** – all key components for performing the test are **manufactured in Germany**

Clinical studies performed with ImuPro covering a wide range of complaints

International case studies and testimonials from doctors and patients

Professional **scientific and nutritional** advice

Marketing material to inform patients

SAMPLE REPORT

CTL

CTL & Ortholabor
Anemonenweg 3a
26160 Bad Zwischenahn Germany

ImuPro

Patient report:
NEERAJ ARORA
date of birth: 25.06.1977 ■ age: 40 ■ sex: m ■ sample id: 102005

Not elevated Elevated Highly elevated

	µg/ml IgG	Rating
Vegetables		
Artichoke	2,2	
Asparagus	2	
Aubergine	1,1	
Bamboo shoots	9	
Beetroot	5,7	
Broad bean	7	
Broccoli	1,1	
Brussel sprouts	0	
Carrots	2,6	
Cauliflower	6	
Celeriac, knob celery	2,0	
Chard, beet greens	7,7	
Chili Cayenne	4,8	
Chili Habanero	3,6	
Courgette	4,0	
Cucumber	3,4	
Fennel	3,0	
Green bean	3,0	
Green pea	3,0	
Kale, curled kale	1,9	
Kohlrabi (Turnip cabbage)	2,8	
Leek	2,4	
Lentil	3,6	
Molokhia	3,9	
Mung bean, green gram	2,2	
Okra, lady's finger	1,2	
Olive		
Onion		
Parsnip		
Potato		
Pumpkin		
Radish red - Radish white Red cabbage		
Rutabaga		

	µg/ml IgG	Rating
Vegetables		
Savoy cabbage	3,3	
Soy bean	3	
Spinach	2,8	
Stalk celery	4	
Sweet pepper	2,0	
Tomato	0	
White cabbage	2,5	
Cereals containing gluten		
Barley*	3,3	
Gluten	35,8	
Kamut*	2,2	
Oats*	1,6	
Rye*	3,4	
Spelt*	5,3	
Wheat*	2,1	
Cereals w/o gluten and alternatives		
Amaranth	3,9	
Arrowroot	2,2	
Buckwheat	3,2	
Carob	2,2	
Cassava	3,2	
Fonio	2,1	
Jerusalem artichoke	1,1	
Lupine	4,0	
Maize, sweet corn	2,5	
Millet	4,1	
Quinoa	1,6	
Rice	0,3	
Sweet chestnut	1,5	
Sweet potato	2,8	
Tapioca	3,1	
Teff	1,5	
Algae		
Red algae(nori)	0,2	
Spirulina	2,8	

Hema Malini

Dear Mr. Neeraj,

I would like to express my gratitude to you for supporting and guiding me in following the Protocols of ImuPro Test.

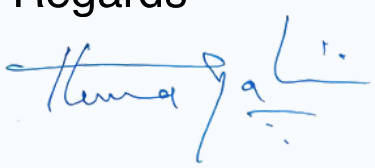
It has been years since I have endured occasional severe pain in my arms and fingers. I have tried several treatments and medications for the same but nothing worked. On my daughter's advice, I got my ImuPro Test done. ImuPro is based on a finding by the German Laboratory involving Diagnostics test for IgG Delayed Food Allergies.

The ImuPro test helped detect that I was allergic to certain foods and also to ascertain the foods that I should eat and those I should avoid. It took me 5 weeks to induct these changes in my diet. Soon it became a habit and I was cautious of the ingredients in everything I ate. I was able to discover several alternatives to the regular ingredients and the transition was easy and quick. I felt better over a period of time and the pain I was going through soon settled.

Today I am free of the discomfort in my joints and fingers and I continue to follow the same changes even though I am free to go back to the old routine.

'You are what you eat, not all foods can be well tolerated be every Human Being.' Now I believe in this statement more than ever. After my positive experience with ImuPro, I recommend blood test to anyone who has been undergoing such pain.

Regards



Hema Malini

FIRST MEDICAL DIAGNOSTICS
Impacting Lives. Touching Lives

Hema Malini





Aashita Luthra

In June 22 we noticed rashes on our 7 year old son’s skin. We thought it could be due to chlorine as he was taking swimming classes, so we simply used anti fungal ointment but there was no relief. Then our family doctor told it was Psoriasis, we immediately started the treatment but the flares were just increasing and spreading. Someone in family then advised us to take a food allergy test and that is when we came across ImuPro test and connected with Mr. Neeraj. He guided on the full process for test and we got the test results in 2 weeks. Taking the test was really helpful, as we got to know that our son was intolerant to gluten, dairy and eggs. The next day of the report Mr. Neeraj conducted a counselling session and guided us on the food to be given to him and how it should be given, we started the same next day. Today it’s almost 20-25 days of us following that diet and we can see beginning signs of improvement and that motivates us further to stick to the schedule as advised by him. What we appreciate most is that Mr. Neeraj responds immediately on Watsapp on each and every query of ours. Thank him a lot for his support and guidance.

Your DNA.
Your Diet.

CoGAP MetaCheck®
Analysis results

CoGAP

Personalisierte Gesundheit



Your DNA. Your diet.

Introduction

The secret lies in your genes

Humans have evolved to adapt to various lifestyles and dietary needs, and their genes have altered their metabolism to do so. The metabolism's effectiveness in processing macronutrient (carbohydrates, proteins, and fats) as well as your caloric intake during various sporting activities might be impacted by minor variations in the DNA, known as polymorphisms, that differ between persons.The word nutritional genetics (nutrigenetic) is also used in this sense.Four forms of genetic metabolism have been identified by CoGAP® (Meta-types).

These genetic variances make sure, among other things, that every person processes food differently. Every time you come across friends or family that are leaner or stronger, you may relate to this conclusion from your own experience.

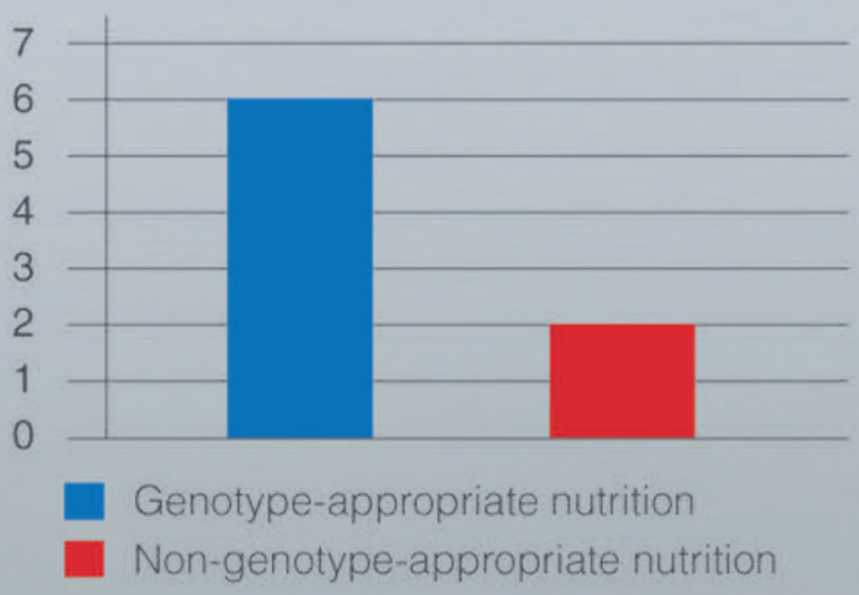


The concept of the gene diet

These genetic variants serve as the starting point for the CoGAP® metabolic study. The objective is not just any generic diet; rather, it should take into account your unique Meta-type as identified by CoGAP® and provide support through expert nutrition and exercise advice.

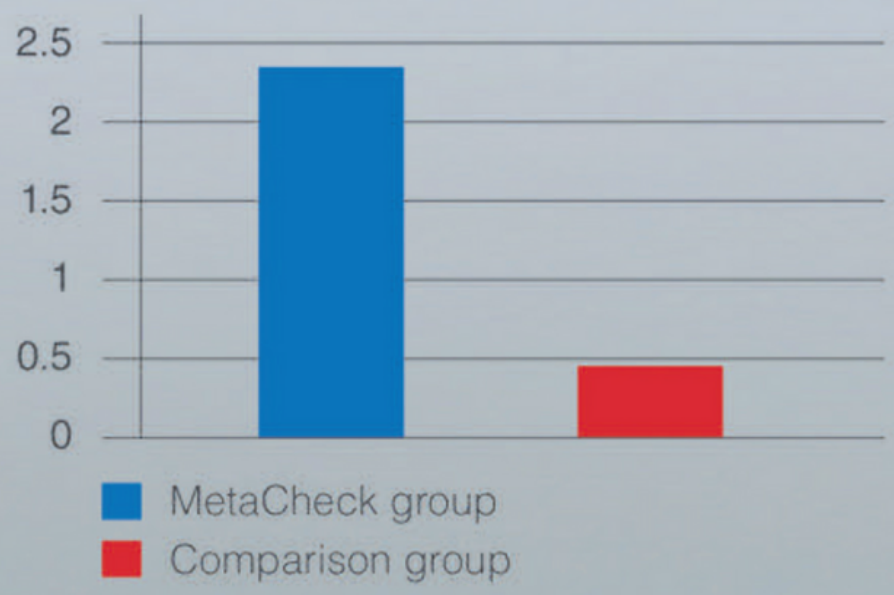
The CoGAP MetaCheck® is a genetic metabolic analysis that identifies the Meta-type and its effects in persons who are seeking help. By identifying the Meta-types, you may provide cutting-edge dietary and exercise guidance as a MetaCheck consultant. Retrospective investigations have already been carried out in the United States and at the German Sport university of Cologne's Center for Health. Clinical research has not yet confirmed the relationship between genetic predisposition and weight change satisfactorily. CoGAP is sure, though, that a diet that takes into account the genetic traits of the person seeking guidance can produce better outcomes than a diet that disregards these physiological traits.

Weight reduction (kg) in 12 months



Modified according to: see [1]

BMI reduction in 6 – 9 months



Modified according to: see [2]



The different Meta-Types

CoGAP distinguishes four Meta-Types: **Alpha (α), Beta (β), Gamma (γ)** and **Delta (δ)** . In prin- ciple, each one of these Meta-Types processes the macronutrients in food differently.

α β γ δ

In addition, CoGAP assigns each Meta-Type one of the two exercise variants, namely **E for „Endurance“** or **S for „Speed“**. According to CoGAP, these exercise variants can result in different calorie consumption rates depending on the type of activity.





Procedure



Consultation and taking of a sample (cheek swab)



Sending the sample to the lab



Analysis and delivery of the results



Follow-up consultation

Distribution of CoGAP meta types

In a 2017 study, the Fresenius University of Applied Sciences and the Center of Genetic Analysis and Prognosis examined the distribution of the CoGAP meta-type in the European population [1]. In order to achieve the highest significance for the study, the anonymised data of 16,641 randomly selected MetaCheck results from different European regions were used. The results show that the four different meta types of alpha, beta, gamma and delta are relatively evenly distributed among the population (Fig. I), while there are clear differences in the sports types E and S (Fig. II). Figure III shows the distribution of different meta and sports type combinations.

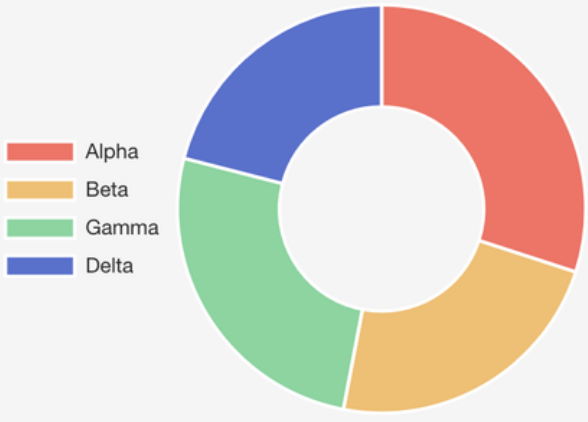


Fig. I

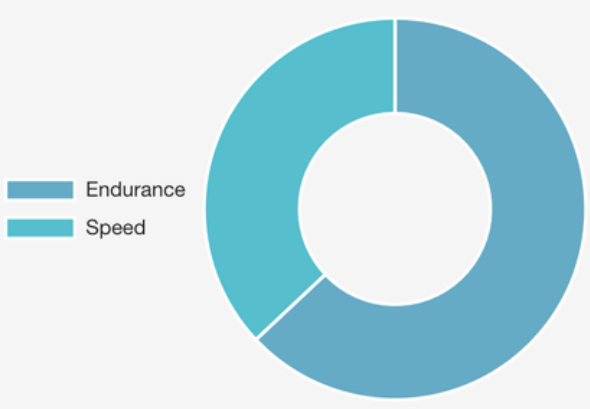


Fig. II

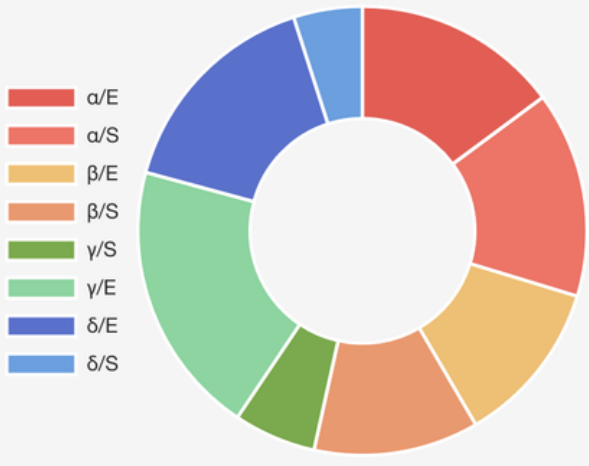


Fig. III

The analysis result

- ✓ Simple and clear presentation for those seeking advice
- ✓ Individual nutrition and training recommendations considering personal goals and characteristics (gender, age, height and weight)
- ✓ Nutrition list
- ✓ Access to the CoGAP nutrition portal
- ✓ 5 other important weight loss factors such as the yo-yo effect, muscle mass loss, hunger, satiety, and visceral adipose tissue

The MetaCheck App

The exclusive online portal MetaCheck-Portal.de is optimized for smartphones and can be used comfortably on the mobile phone or tablet like a web-based app.
The following functions are available:

- Creation of individual nutrition plans
- Meta-Type appropriate recipes with labeling of allergens, vegan and vegetarian dishes
- Individual tips for changing your diet
- Tracking of body values
- Creation of a drinking log
- Meta-Type food list (with filter function red-yellow-green)
- Interactive grocery shopping list from the food list
- Sports exercises for your sports type including recommendations for EMS training
- List of successes - including some surprises as a reward

Advantages of the CoGAP MetaCheck® concept

For you as a doctor



- **Picture gain (modern, innovative) for each person**
- **Persistent dedication**
- **A cutting-edge service**
- **Simple management of testing**
- **A personalised dietary plan has a high adoption rate (45%)(3) without charge**

For those who want guidance



- **Guidelines for diet and exercise that are customised**
- **Variations in diet throughout time**
- **Notion of weight loss based on a single genetic test**
- **Enough is a simple cheek swab sample.**
- **The CoGAP® nutrition site is available**

SAMPLE REPORT

Meta-Type specific food-list

Based on your meta type Alpha you will find in the following tables different foods, which are color-coded according to their potential for weight loss.

Most suitable
Suitable
Poorly suitable

Cereal(-products) and pseudocereals	
Baked goods	
Baguette	
Black bread (whole grain)/"Pumpernickel"	
Bread, whole grain (all types of cereals)	
Crispbread	
Crispbread, whole grain	
Croissant	
Flatbread	
Flatbread, whole grain	
Multi-grain bread	
Prezel	
Roll, wheat	
Roll, whole grain	
Breadcrumbs	
Breadcrumbs, whole grain	
Rusk, without egg	
Rusk, without egg, whole grain	
Rye bread, sourdough	
Toast, wheat	
Toast, whole grain	
White bread	
Breakfast cereals	
Flakes	

SAMPLE REPORT

Your sport variant

Factor	Effect	Speed	Endurance
Exercise	Endurance		

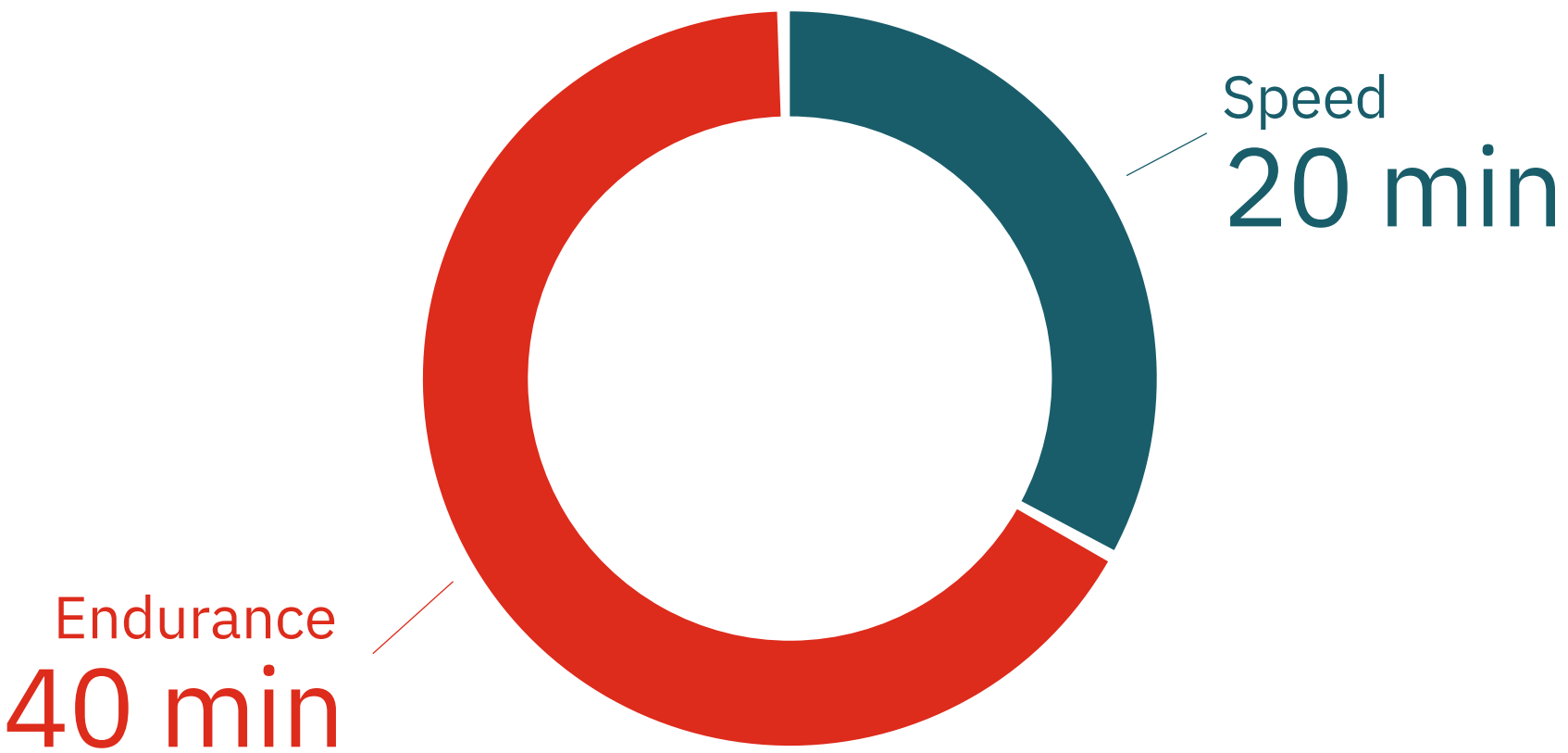
You have the sport type E. This means that you will have a more effective and therefore higher calorie consumption in all endurance-based sports

(such as jogging, Nordic walking, swimming and rowing) than in speed strength-based sports.

Make the most of your genetic disposition and prioritize your training with endurance-based sports. Fora60-minutetraining plan,werecommendadistributionof endurancesportsto speedand strength-based sports as depicted in the diagram below.

Nevertheless,anyformof regularexerciseissuitableforincreasingyourbasalmetabolicrateinthelongterm.If you are ableto cope better with speed-strengthtraining,it is advisablefor you to integratethis more strongly into your training plan, instead of doing without sport altogether.

Inaddition,youshouldalwaysensurethat the trainingisappropriatefor yourcircumstancesand does not lead to health issues, such as joint problems caused by excessive strain. Therefore, your training plan will be developed together with your trainer according to your personal needs, wishes and goals.



NEURO SPOT

Battery drained?

NeuroSpot – Your path to new energy



A simple lab test will show you how much juice is still left in your battery - and how you can recharge it.

Battery drained?
Exhausted?
Are you stressed out?

Are you under stress? Everyone has experienced stress at some point. The phrase "stress" is frequently used interchangeably with "extremely busy" or "I don't have any time right now." This condition often lasts only a brief period of time. If the body is given enough time to recover thereafter, there are no negative effects. The temporary state of alert our bodies feel, however, could grow into a chronic state of alarm if this state persists and is even emphasised by additional stress causes.

Chronic stress does not have a single source or symptom. It is virtually always a unique combination of several circumstances.



THE MOST COMMON SYMPTOMS

If the body is stressed that means that it is in **high alert.** If this **chronic stress** lasts for a longer period of time, a perpetual high alert level is generated, that can cause a multitude of symptoms.



INDIVIDUAL MIX OF CAUSES

Chronic stress can have different causes:

Acute and chronic infections:

»Frequent colds
»Recurring urinary tract infections

Physical overexertion:

»On the job - long work days
»Sports - excessive ambition / training that is „too strenuous"

Environmental impacts:

»Noise
»Darkness
»Environmental poisons

Physical:

»Pain
»Heat or cold
»Night work / shift work

Emotional:

»Unresolved conflicts
»Anxiety
»Deadline pressure
»Loss of a loved one

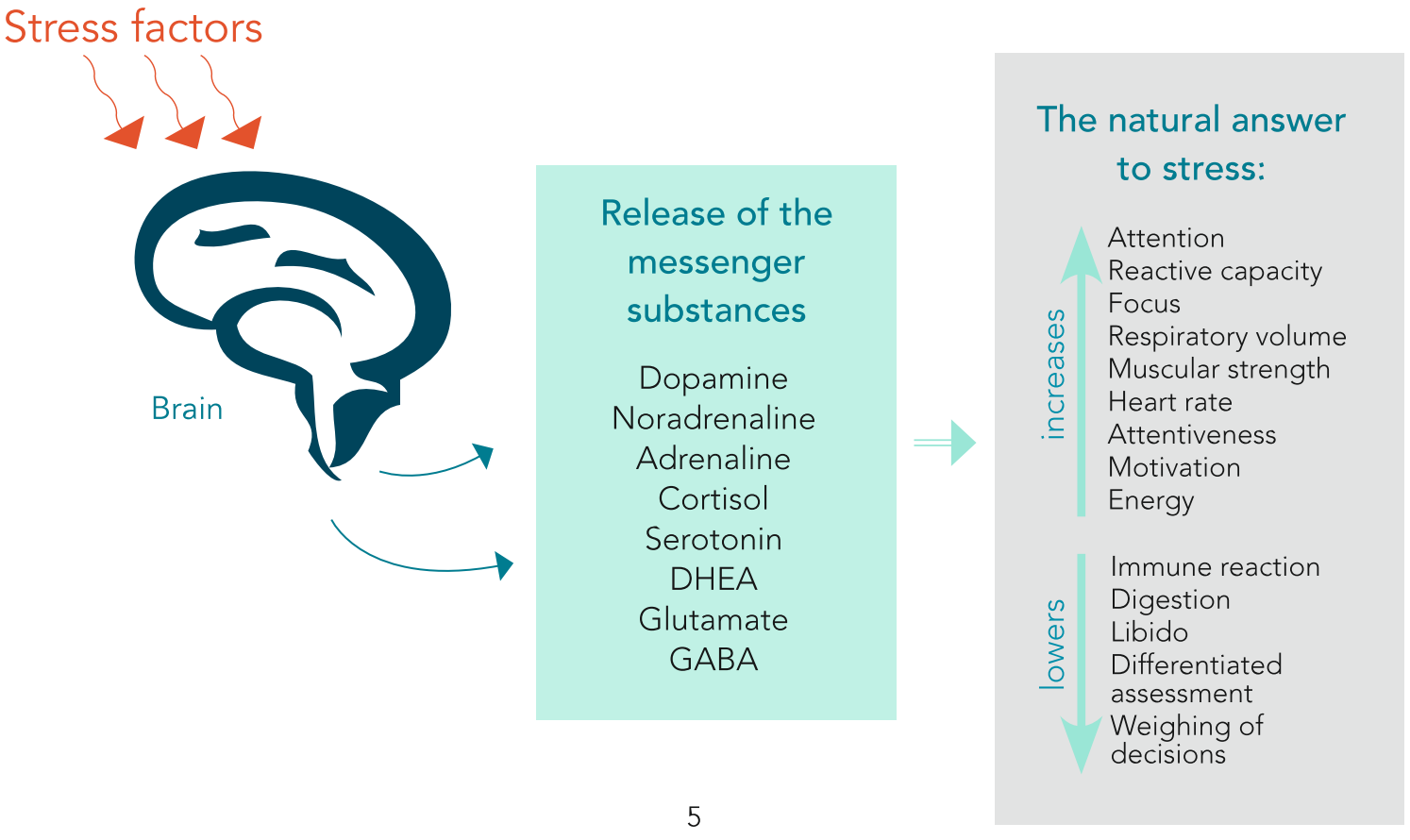


WHICH REACTION CAUSES STRESS IN YOUR BODY?

The brain initiates the biochemical and physical stress mechanisms. As a result, many of those affected experience the sensation that something isn't quite right in their head. It is simply a matter of the body's operational readiness and the continuous release of messenger substances such as adrenaline, noradrenaline, serotonin, and cortisol that was generated.

The good news is that the presence of these messenger substances in the body can be determined with a simple urine and saliva test (NeuroSpot). With the results of the two tests, the balance can be restored.

The messenger substance building blocks must be absorbed along with the food. As a result, an individually tailored healthy diet and naturopathic treatment can be a successful treatment.



STRESS-O-METER

The Stress-O-Meter gives you an initial indication of how much juice is left in your battery. A subsequent NeuroSpot test, which consists of a simple urine and saliva test, shows you how to recharge your battery.

The Stress-O-Meter is only intended to assist you in determining your stress level.The outcome is only an indication and should not be used to replace a medical diagnosis.

How much juice is left in your battery?

	Yes	No
Although I am concentrating on one thing, all of a sudden I am thinking of other things.		
Quite often, I forget something, despite having my day very well organised.		
For some time now, I haven't been wanting to meet my friends anymore, although in the past we used to be on the go together.		
Quite often, I ask myself how I am supposed to get it all done.		
Although I relish the time together I have with my partner, I do not have that much of an interest in sex anymore.		
I ask myself quite often what others think of me.		
Sometimes I feel dejected and sad, although I did not have any negative experience.		
Most of the time, I do not sleep well.		
Currently, I am feeling insecure and have a difficult time making decisions.		
I cannot motivate myself to do sports, even though I always was able to "tune out" when doing so.		
I get anxious quickly when even a small matter does not go the way I envisioned.		

THE NEUROSPOT TEST – YOUR PATH TO NEW ENERGY

With just one urine and saliva test, the NeuroSpot tests allow you to identify the amount of stress your body is currently under. Your body is checked for the key stress hormones and the involved messenger chemicals.

You may do the test quite quickly, even at home, thanks to the proprietary DrySpot technology. Ask your therapist which version of NeuroSpotBasis or NeuroSpotPlus is ideal for you during a private conversation.

NeuroSpotPlus

NEURO SPOT PLUS

The NeuroSpot tests examine the following stress hormones and messenger substances:

Serotonin	–	mood messenger / happiness hormone
Dopamine	–	boosts concentration and motivation
Noradrenaline	–	steering mental alertness
Adrenaline	–	performance and stress hormone
GABA	–	the body's natural sedative
Glutamate	–	natural stimulant and brain detoxifier
DHEA	–	youth hormone
Cortisol	–	activity and stress hormone



THE STRESS COCKTAIL – AN OVERVIEW OF THE STRESS HORMONES AND MESSENGER SUBSTANCES

SEROTONIN mood messenger / happiness hormone

The brain's major messenger chemical, serotonin, popularly known as the "happy hormone," is produced mostly in the central nervous system.

Our emotions are mostly controlled by serotonin. It improves mood and regulates motivation by working with adrenaline and dopamine. Moreover, it has a calming, sleep-inducing, and anti-depressant impact. Moreover, it has a role in controlling pain sensitivity and the sensation of satiety. Serotonin also affects vital gastrointestinal processes, including the absorption of nutrients through the intestines.

Lack of serotonin:

- Anxiety
- Lack of drive
- Depression
- Increased sensitivity to pain
- Exhaustion
- Eating disorders with weight gain
- Fibromyalgia
- Difficulty concentrating
- Migraine
- Difficulty sleeping
- Disquiet / nervousness
- Dyspepsia

Excess of serotonin:

- Very rarely

DOPAMINE boosts concentration and motivation

At the forefront of mental prowess, dopamine plays a pivotal role in bolstering mental performance and fostering unwavering focus. Its influence extends beyond mere concentration, reaching into the domains of mobility, memory, and learning, where it acts as a master conductor orchestrating the harmonious interplay of neural circuits. This neurotransmitter stands as a sentinel of cognitive vitality, ensuring the optimal functioning of faculties essential for navigating the complexities of thought and information processing.

Lack of dopamine:

- Lack of drive
- Movement disorders
- Depression
- Eating disorders (attacks of ravenous hunger)
- Difficulty concentrating
- Parkinson's disease
- Loss of motivation
- Muscle weakness
- Addiction problems
- Daytime fatigue
- Forgetfulness
- Diminished libido

Excess of dopamine:

- Problems concentrating
- Mental illnesses (schizophrenia)
- Restlessness
- Difficulty sleeping
- Daytime fatigue
- Inability to recover
- Dyspepsia

NORADRENALINE steering mental alertness

Noradrenaline has the effect of increasing blood pressure, attention, alertness, concentration, willingness to perform, motivation and motor functions. It is also involved in the control of a multitude of hormones.

Lack of noradrenaline:

- Lack of drive
- Lack of energy
- Impaired sensitivity to pain
- Difficulty concentrating
- Depressive state

Excess of noradrenaline:

- Symptoms of anxiety
- High blood pressure
- Hyperactivity



ADRENALINE performance and stress hormone

Adrenaline enables the body to react to increased demands. It increases the respiratory volume, blood pressure and the heart rate, thus providing the body with more oxygen; it increases attentiveness and the general mental activity, motivation and willingness to perform.

In addition, it increases the metabolic activity and ensures that very quickly the muscles and the brain have more energy available.

On the other hand, it inhibits digestion and sexual activity.

Lack of adrenaline:

- Fatigue with strong urge to sleep, all the way to extreme exhaustion
- Lack of drive
- Depressive state
- Cardiac arrhythmia
- Difficulty concentrating
- Blood pressure is too low
- Difficulties in losing weight

Excess of adrenaline:

- Difficulty sleeping
- Disquiet
- Anxiety

GABA the body's natural sedative

At the heart of GABA's influence lies its profound impact on the stress response. As a calming force within the neural landscape, GABA exerts a regulatory influence on stress hormones, curating a tranquilizing effect that reverberates throughout the body and mind. This intrinsic ability to induce relaxation positions GABA as a natural antidote to the tumultuous waves of stress, offering respite in the face of life's challenges.

Lack of GABA:

- Anxiety
- High blood pressure
- Chronic pain
- Depression
- Epilepsy
- Sugar cravings
- Racing heart
- Muscular tensions
- Night sweat
- PMS
- Restlessness
- Numbness
- Tinnitus
- Difficulty sleeping
- Forgetfulness

Excess of GABA

An elevated level of GABA occurs mostly as a counteracting agent when other messenger substances are activated in excess, as is the case during chronic stress. This is how the body attempts to balance the effects of the elevated stress hormones or to at least dampen them.

GLUTAMATE natural stimulant and brain detoxifier

Several foods contain glutamate, which enhances their flavour. It is also frequently employed as a flavour enhancer in commercially prepared meals and spices, where it is utilised in dosages that are several times higher than in naturally occurring foods. The glutamate absorbed with food does not, however, make it to the brain.[12]

The messenger substance in the brain made of glucose and glutamic acid is what we are discussing below rather than glutamate found in food. In the brain, glutamate serves a variety of critical roles. It is crucial for the brain's demanding functions, such learning and memory, for intentional, controlled motions, as well as for the brain's capacity to sense the environment and adapt to it. Furthermore, glutamate takes part in metabolic processes that rid the brain of potentially harmful ammonia.

Lack of glutamate:

- Fatigue and exhaustion
- Schizophrenia
- Perceptual disturbances

Excess of glutamate:

- Anxiety
- Brain cell degradation
- Epilepsy
- Hyperactivity
- Cramps
- Parkinson’s disease and other dementia illnesses
- Depressive state
- Disquiet



DHEA Youth hormone

The "Anti-Aging hormone" is another name for DHEA. Cholesterol is used to make DHEA, mostly in the adrenal gland. From the age of 25 on, DHEA production gradually diminishes as we age. Which is why it is so accurate to estimate a person's biological age from their DHEA level. In addition, DHEA serves as a precursor for the sex hormones oestrogen and testosterone. Directly opposing cortisol, DHEA balances the stress response brought on by cortisol and aids in coping with stress.

Lack of DHEA:

- Diminished ability to deal with stress
- Enhances the effect of cortisol
- Malaises
- Depression
- Learning difficulties
- Forgetfulness
- Lack of sex hormones
- Menopause/andropause complaints

Excess of DHEA:

- No negative symptoms

CORTISOL Activity and stress hormone

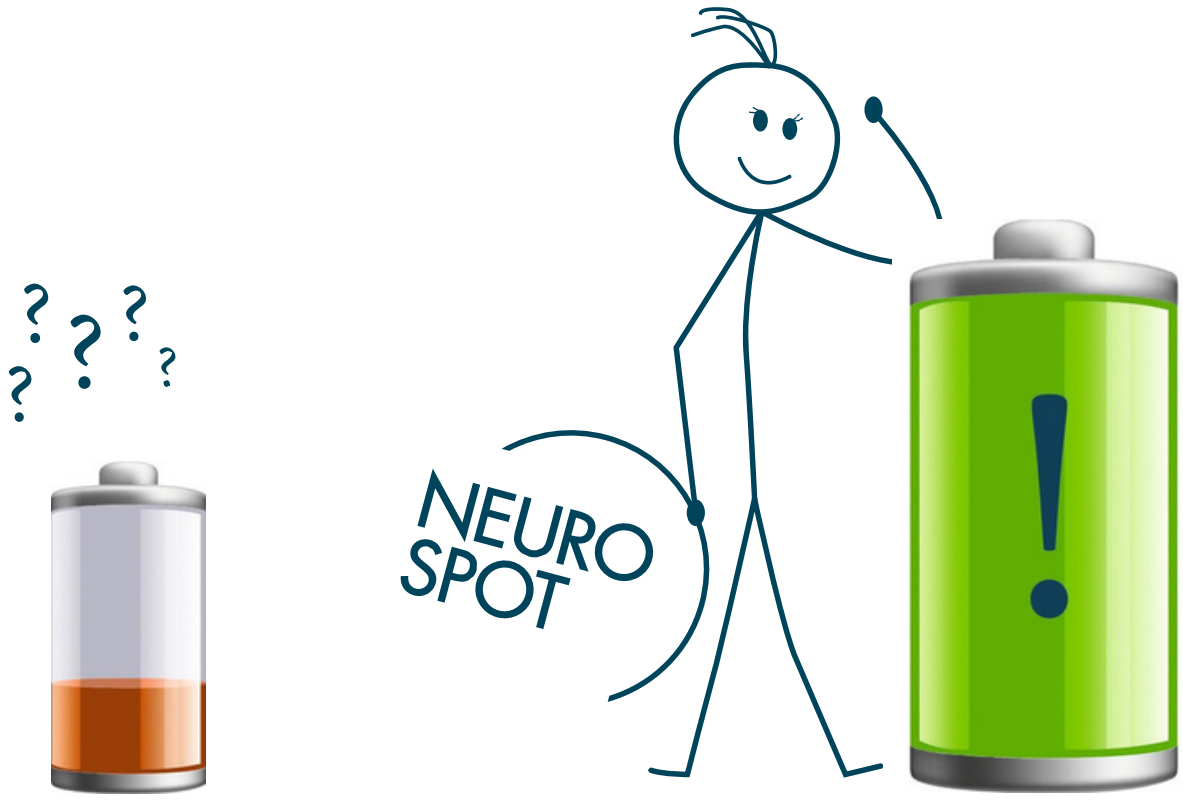
The stress hormone cortisol, akin to a vigilant conductor in the body's orchestra, orchestrates a comprehensive response to external stimuli, wielding a profound influence on various physiological processes. One of the key functions that distinguishes cortisol is its remarkable capacity to modulate metabolism and unlock stored energy reserves, marking it as a central player in the body's adaptive mechanisms.

Lack of cortisol:

- Problems concentrating
- Lack of energy
- Addison's disease
- Passivity and apathy
- Difficulty to get up in the morning and become really awake
- Constant fatigue, despite sufficient sleep
- Forgetfulness
- Sugar cravings
- Diminished ability to deal with acute stress

Excess of cortisol:

- Tenseness
- High blood pressure
- Increased cholesterol levels
- Susceptibility to infection
- Difficulty sleeping
- Disorder of the metabolism with over-weight
- Increased belly fat



Last Name, First Name:	Patient, John				
Gender:	male	**Date of birth:**	01.01.1964	**Received at lab.:**	05.08.2016
ID number:	069113	**Specimen collection:**	05.08.2016	**Date of result:**	27.01.2017

NEURO SPOT PLUS

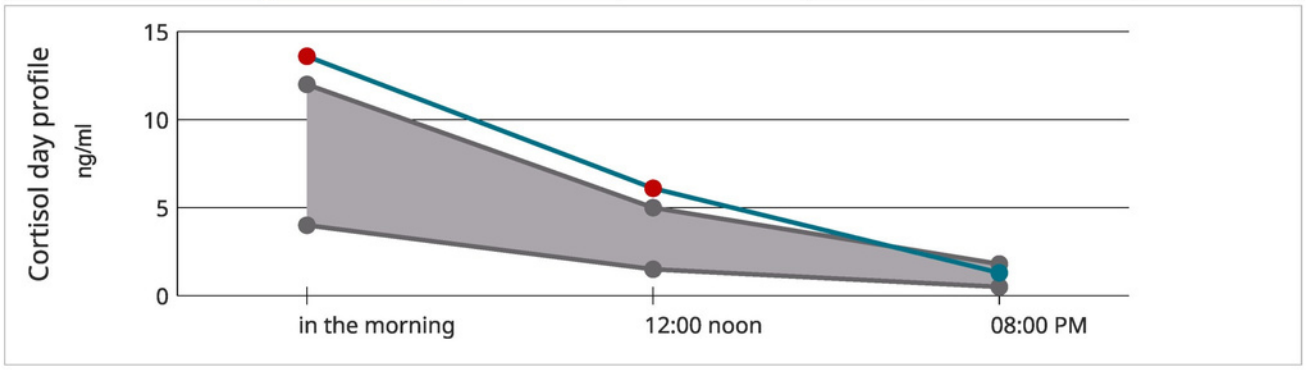
Praxis
Dr. M. Sample
General Practitioner
Medical Street 100
2345 Modeltown

0001001

RESULTS

▼ Result ■ Reference range ■ Outside of reference range

Tested parameter	RESULT	Reference range	Unit	Assessment	Preliminary finding
Serotonin	**87**	100 - 225	µg/g creatinine	diminished	not available
GABA	**12.0**	1,5 - 8,0	µmol/g creatinine	elevated	not available
Glutamate	17.5	8 - 30	µmol/g creatinine	normal	not available
Creatinine	39	-	mg/dl	Reference value	not available
Catecholamines					
Dopamine	**278**	125 - 250	µg/g creatinine	elevated	not available
Noradrenaline	**71**	25 - 55	µg/g creatinine	elevated	not available
Adrenaline	5.3	3 - 12	µg/g creatinine	normal	not available
NADR/ADR quot.	**13.4**	3 - 7	-	elevated	not available
Cortisol diurnal profile					
Cortisol	**13.6**	4,0 - 12,0	ng/ml	elevated	not available
Cortisol (12 noon)	**6.1**	1,5 - 5,0	ng/ml	elevated	not available
Cortisol (8 p.m.)	1.3	0,5 - 1,8	ng/ml	normal	not available
DHEA diurnal profile					
DHEA (morning)	391.0	86 - 488	pg/ml	normal	not available
DHEA (8 p.m.)	157.0	37 - 212	pg/ml	normal	not available



The resulting recommendations uniquely supports course correction and healing of various chronic symptoms by reducing Inflammation and healing to a large extent.



*Our special **diagnostic tests**, **customized programs** and **services** are personalized and optimally modeled to promote individual*

PREVENTION

THERAPY

WELLBEING

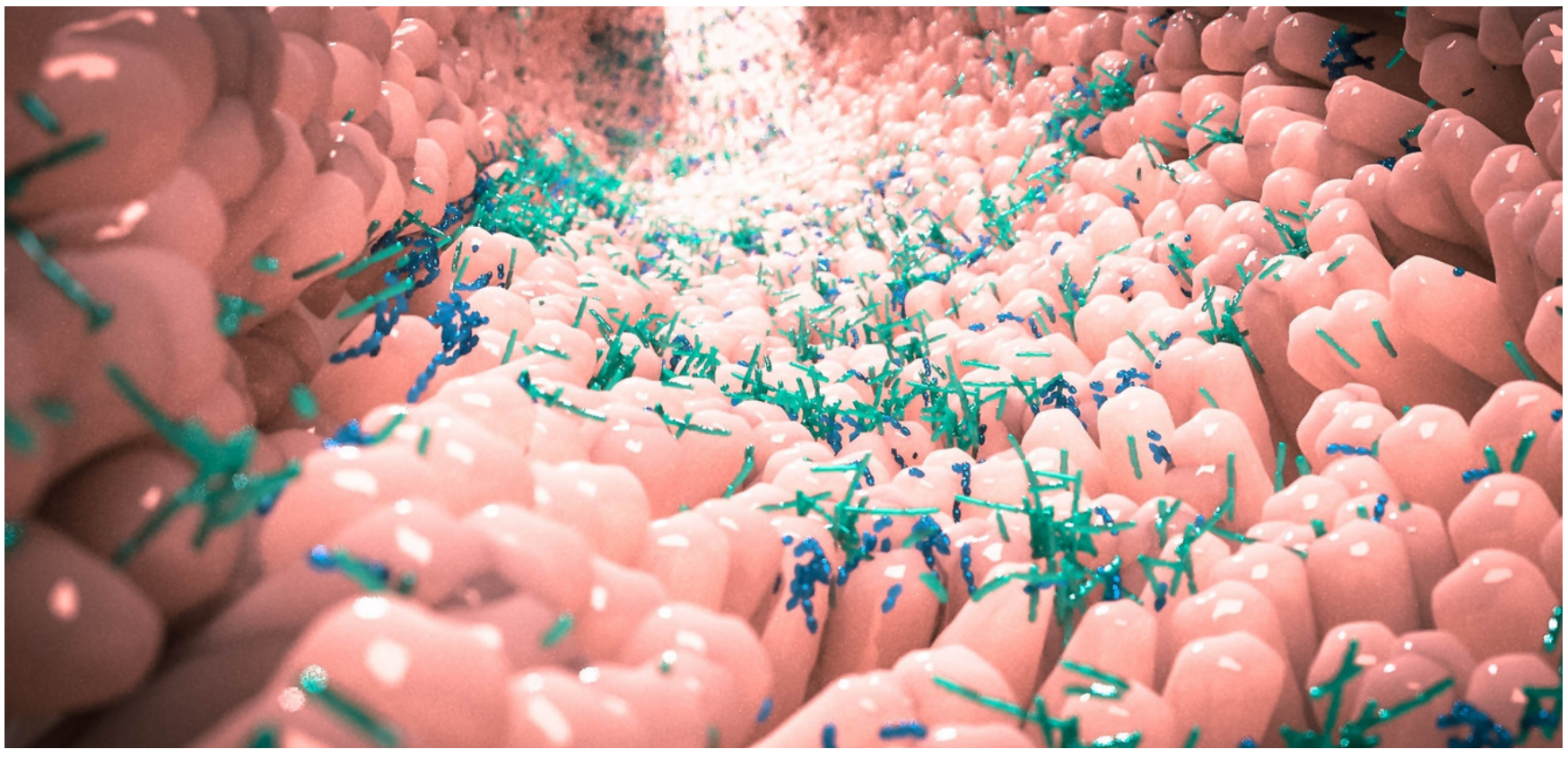
GUT MICROBIOME TEST



DECODE THE DNA OF YOUR GUT BACTERIA

MICROBIOME ANALYSIS

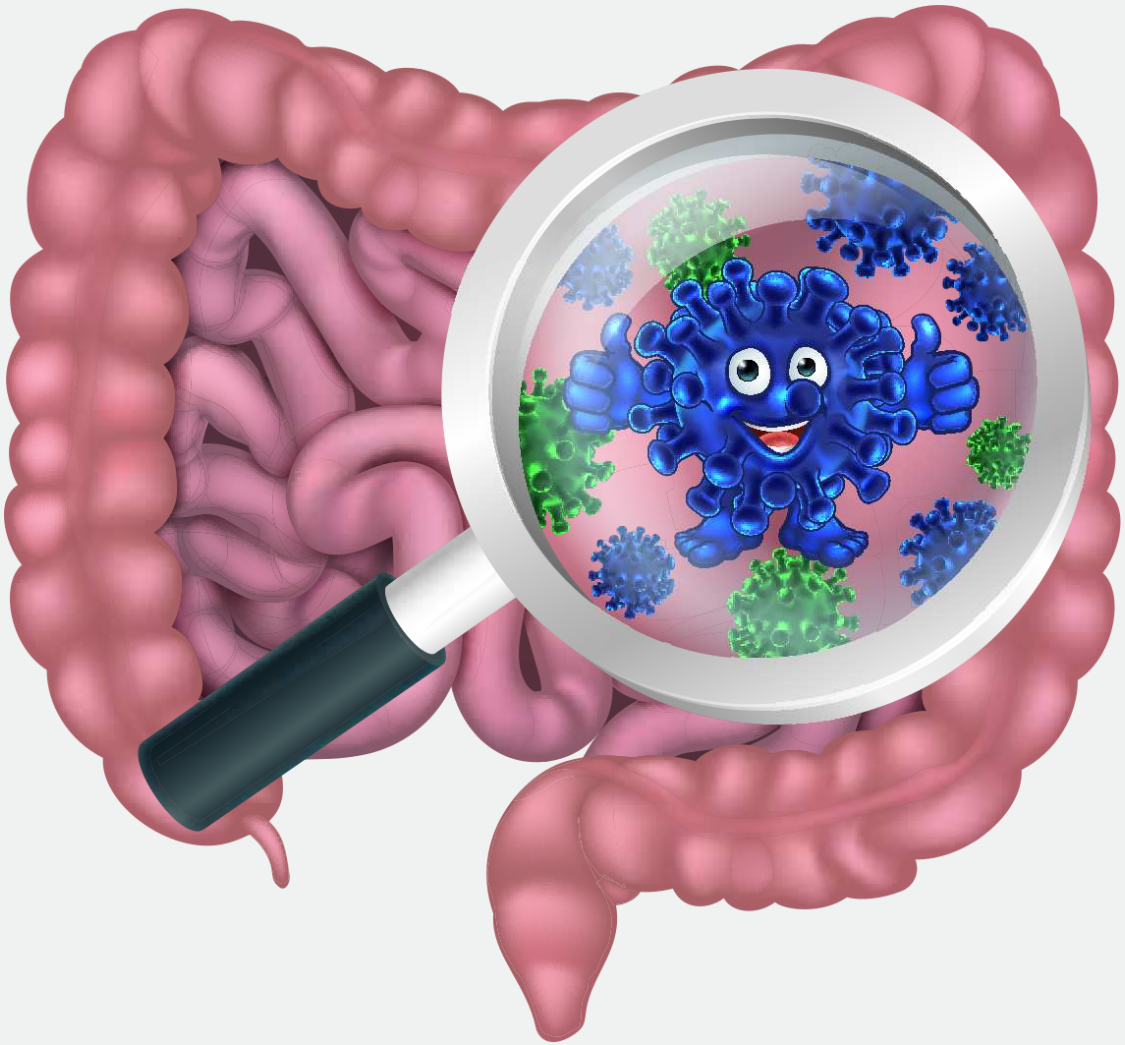
gives you access to an extensive online dashboard with detailed insights into:



- **Gut health & your gut type**
- **Bacterial diversity**
- **Calorie intake**
- **Strengths & Weaknesses**
- **Personalized recommendations**

What is the link between our Gut Microbiome, Leaky Gut and Delayed Food Allergies

The gut hosts trillions of beneficial microorganisms that play a crucial role in digestion, metabolism, and immune function.



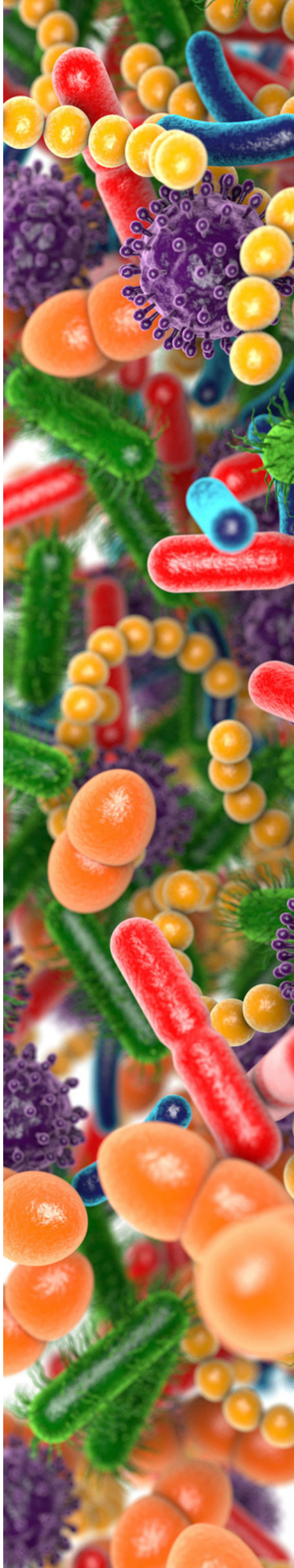


A **Healthy Gut** is free from chronic digestive conditions like irritable bowel syndrome (IBS), inflammatory bowel disease (IBD), or gastroesophageal reflux disease (GERD).

> **"A balanced microbiome is essential for gut health."**

Leaky gut has long been linked to numerous diseases and illnesses related to food allergies and hypersensitivities. More and more attention is presently given to gut microbiota.

The decryption of the microbiome has opened new insights into this complex network of microorganisms living in symbiosis with the host and being an existential importance for overall human health.





If one is eating either processed food regularly or contaminated food’s or Foods laden with Preservatives on a daily basis, the count of Bad bacteria increases and the count of Good bacteria decreases.



Also, with improper defecation, the waste remains in our intestines. It produces bad bacteria that weaken our immune system and we may suffer from Stomach Related chronic issues and a host of other ailments.

Recent studies have also pointed out the importance of certain bacteria for the immune response, particularly inflammation, and oral tolerance, but also to self-tolerance.



GUT MICROBIOME TEST

First, an assessment of the present flora is performed. The microbiota is responsible for most of the anti-inflammatory actions and production of short-chain fatty acids that are essential for the gut mucosa. Depending on the outcome, specific measures can be initiated.



GUT MICRO BIOMES TEST



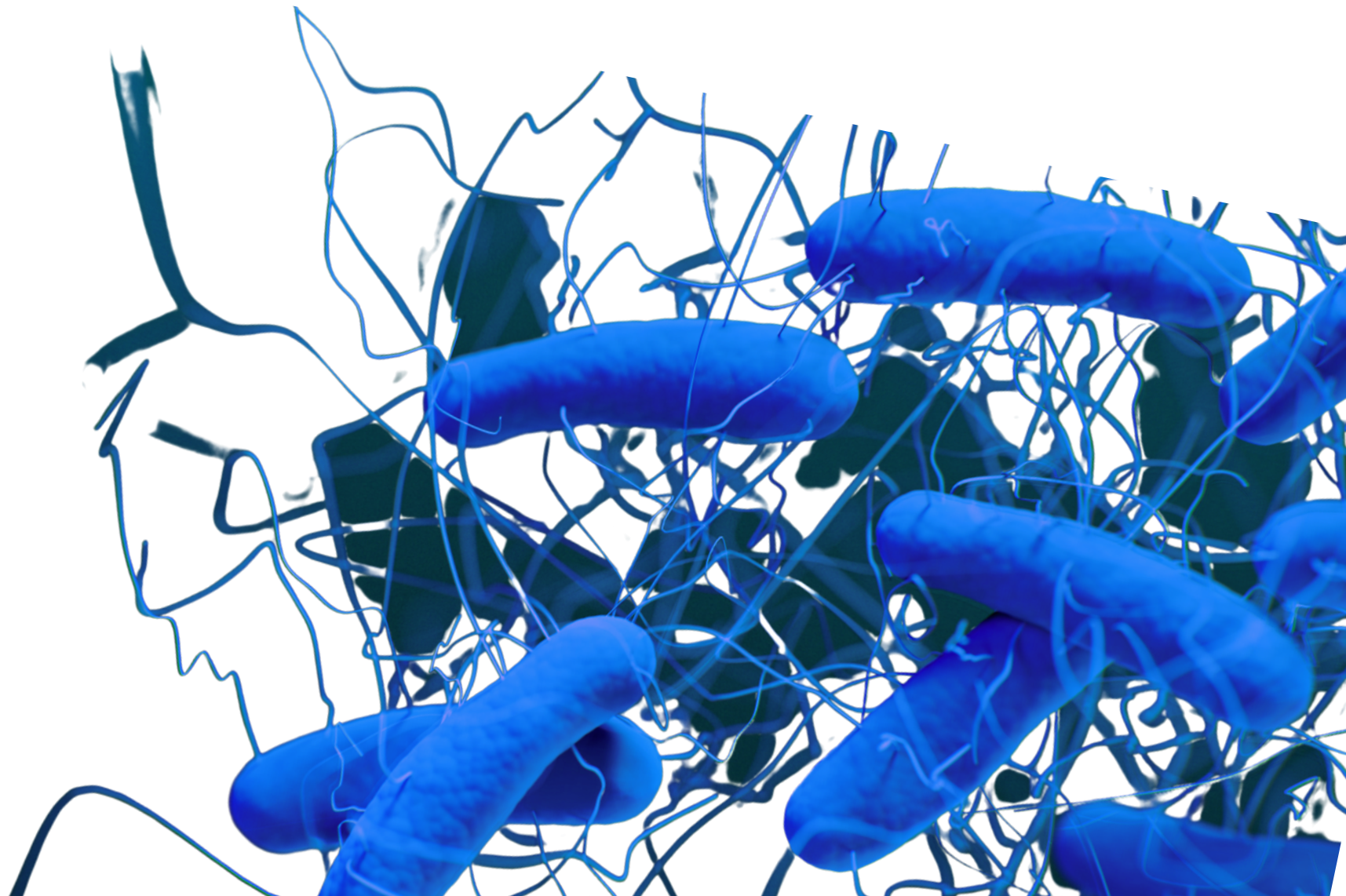
IDENTIFIES

GOOD BACTERIAS:

- AKKERMANSIA
- BACTEROIDES
- BIFIDOBACTERIUM
- CHRISTENSENELLA
- EUBACTERIUM
- FAECALIBACTERIUM
- LACTOBACILLUS
- RUMINOCOCCUS

BAD BACTERIAS:

- ENTEROBACTERIACEAE
- ENTEROCOCCUS



We provide a simple



through stool-technique to check your Intestinal Flora balance:

Step 1: Sample pick up is arranged from the house of the patient who opt for Food sensitivities and Gut Microbiome testing with necessary protocols and consent.





Step 2: The Lab technician collects the stool sample from home and also the blood sample for ImuPro IgG Food Sensitivities Test.

Step 3: The serum sample and the stool sample is sent to Germany for Testing Via FedEx cargo Flights.





Step 4: The result are available within 3 weeks and a detailed counselling is done.

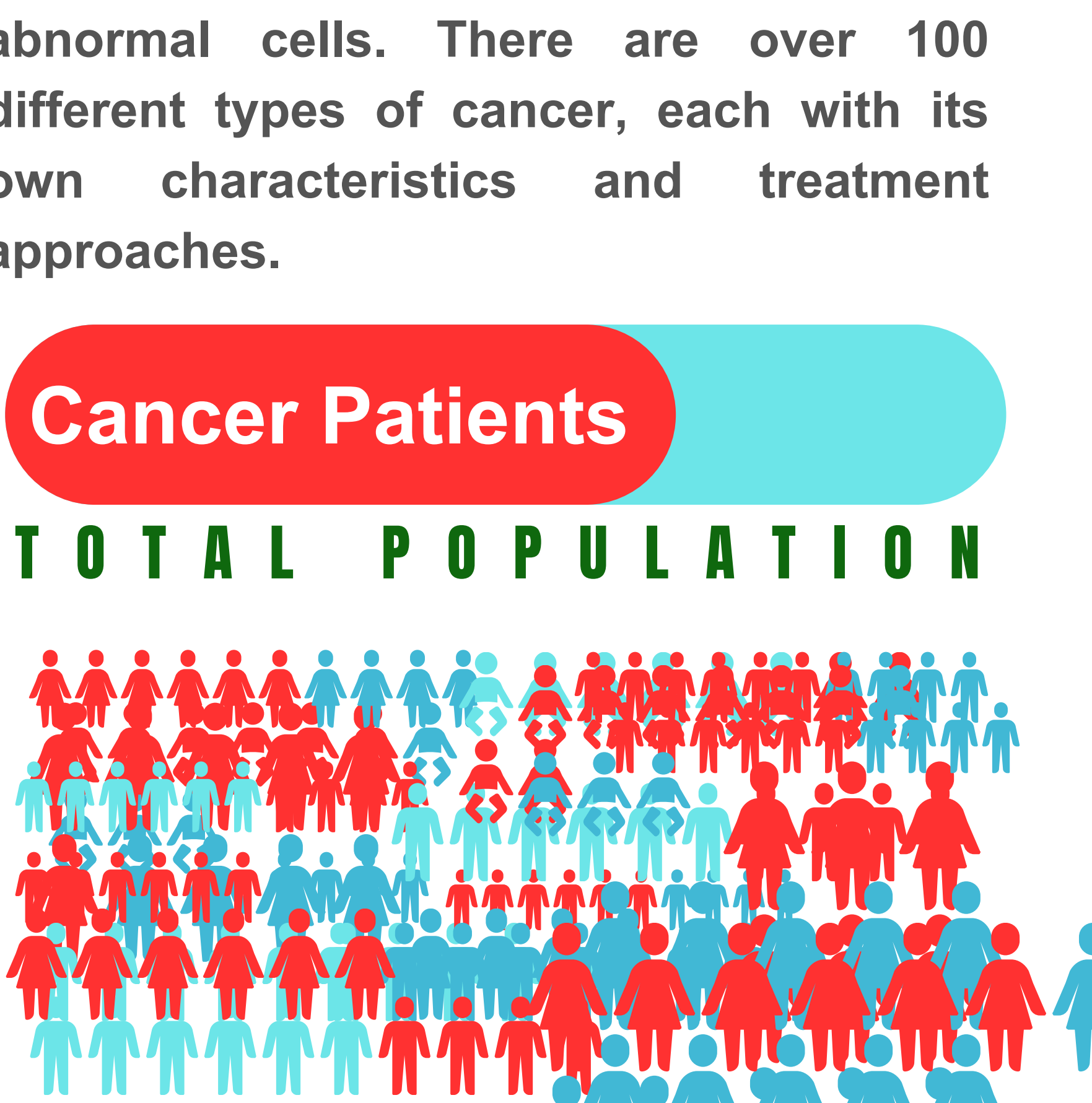
For more information visit us at:
www.fmdindia.in



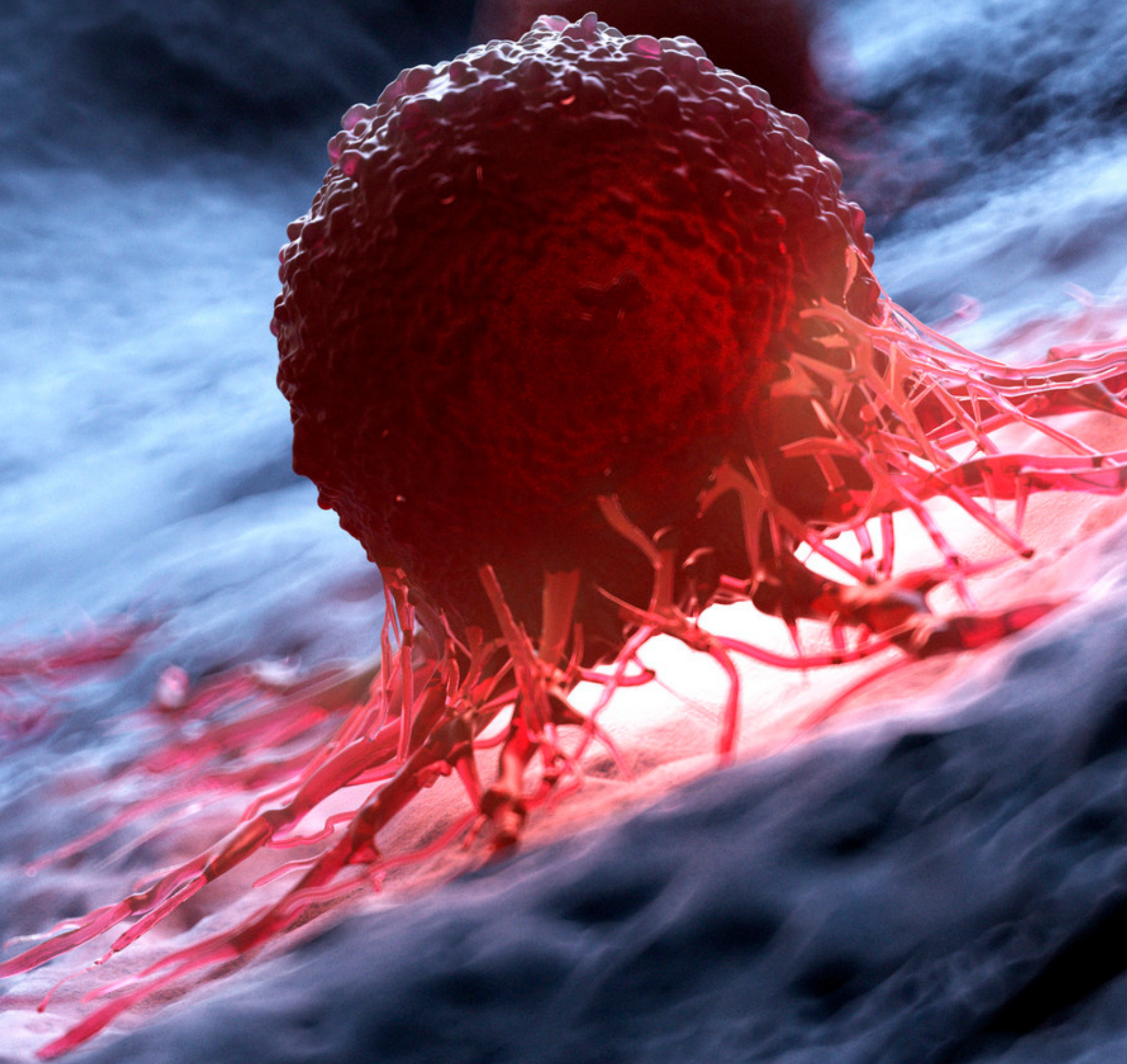
PanTum

Detect

CANCER is one of the leading causes of death worldwide. It accounts for millions of deaths annually. It is a group of diseases characterized by the uncontrolled growth and spread of abnormal cells. There are over 100 different types of cancer, each with its own characteristics and treatment approaches.



While the risk of cancer generally increases with age, cancer can affect individuals of all ages, including children.



Early detection through screenings can greatly increase the chances of successful treatment and survival.

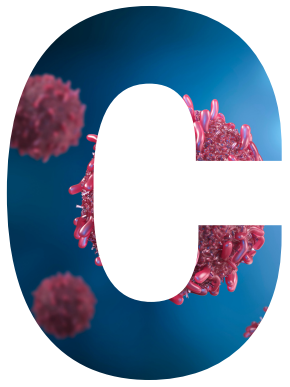
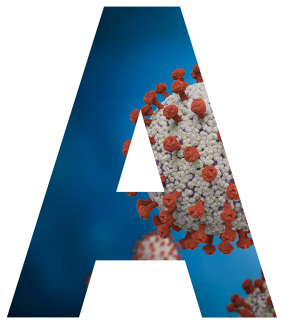
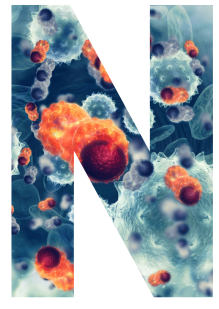


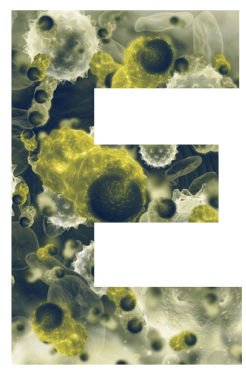


We have brought a 99% successful Early Detection of Cancer Test-Pantum.

Now, you can check the possibility of Cancer even before it starts.

With over **1,011 candidates** analyzed across various tumor entities, the test has already proven its capabilities, with its scorecard being:

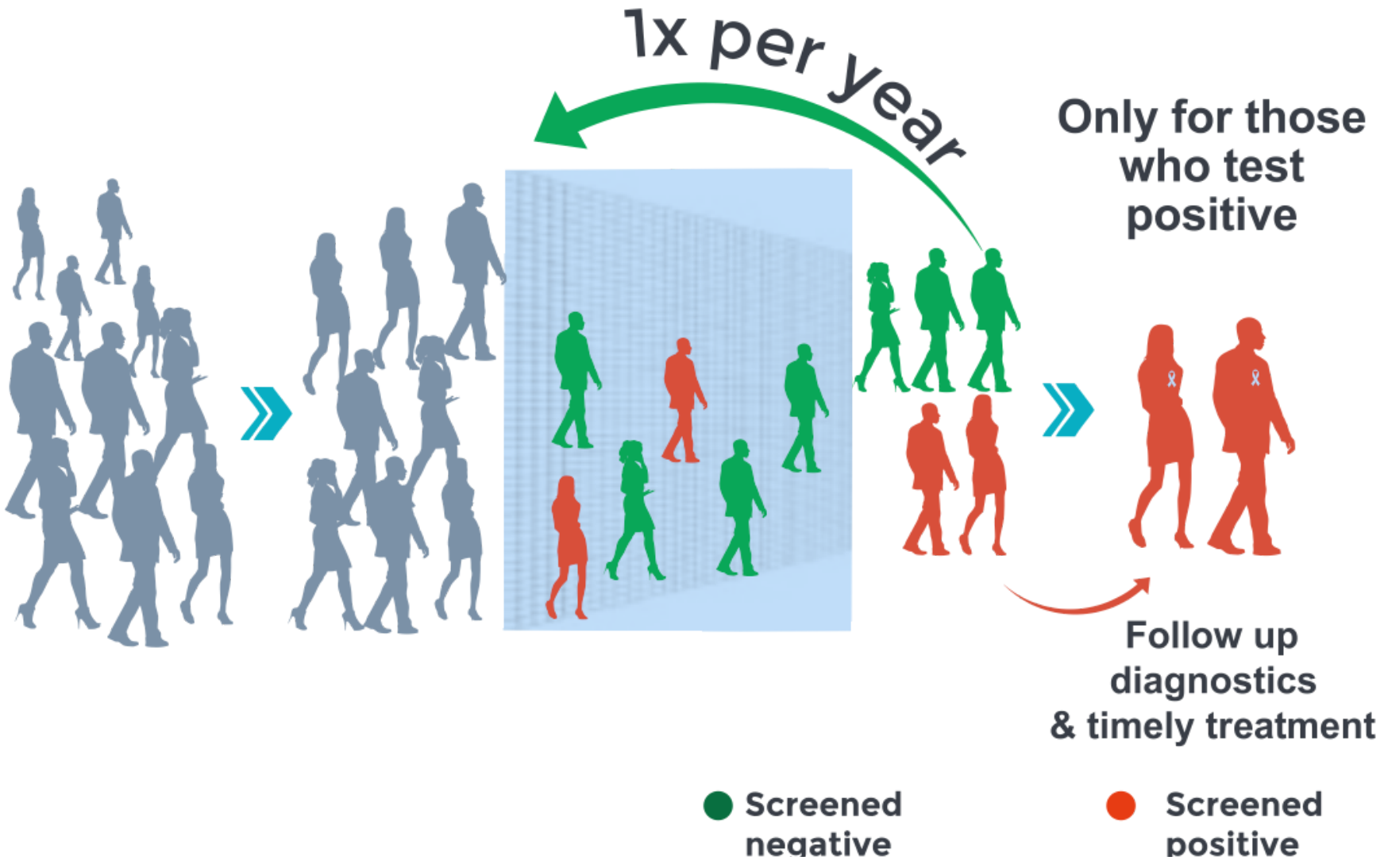


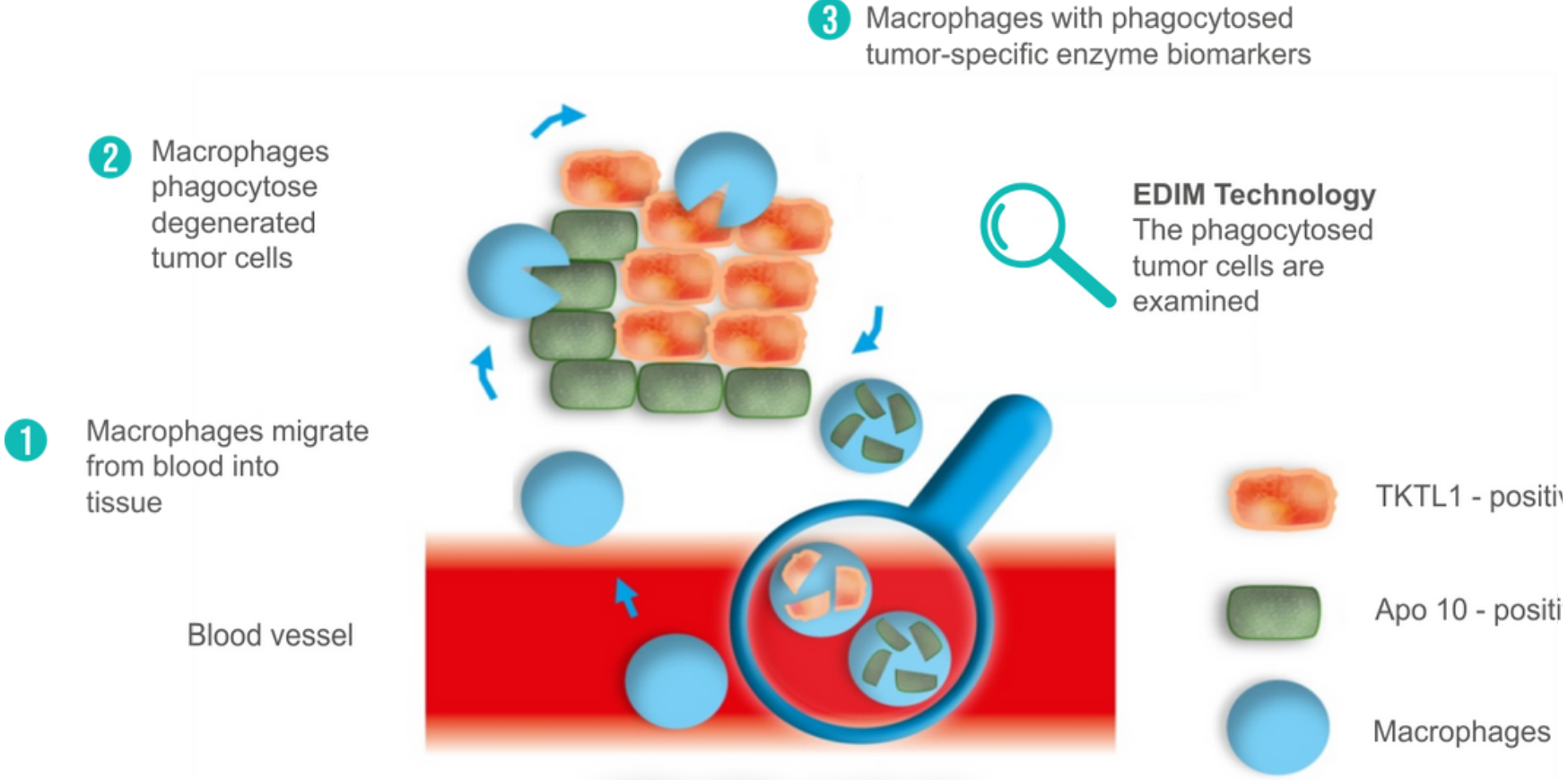

97.5 % SENSITIVITY

99% SPECIFICITY

PanTum

will not only help to prevent cancer-related deaths through regular screening for healthy people, but it will also significantly reduce the cost and strain on the healthcare system. It is a true breakthrough in cancer treatment!





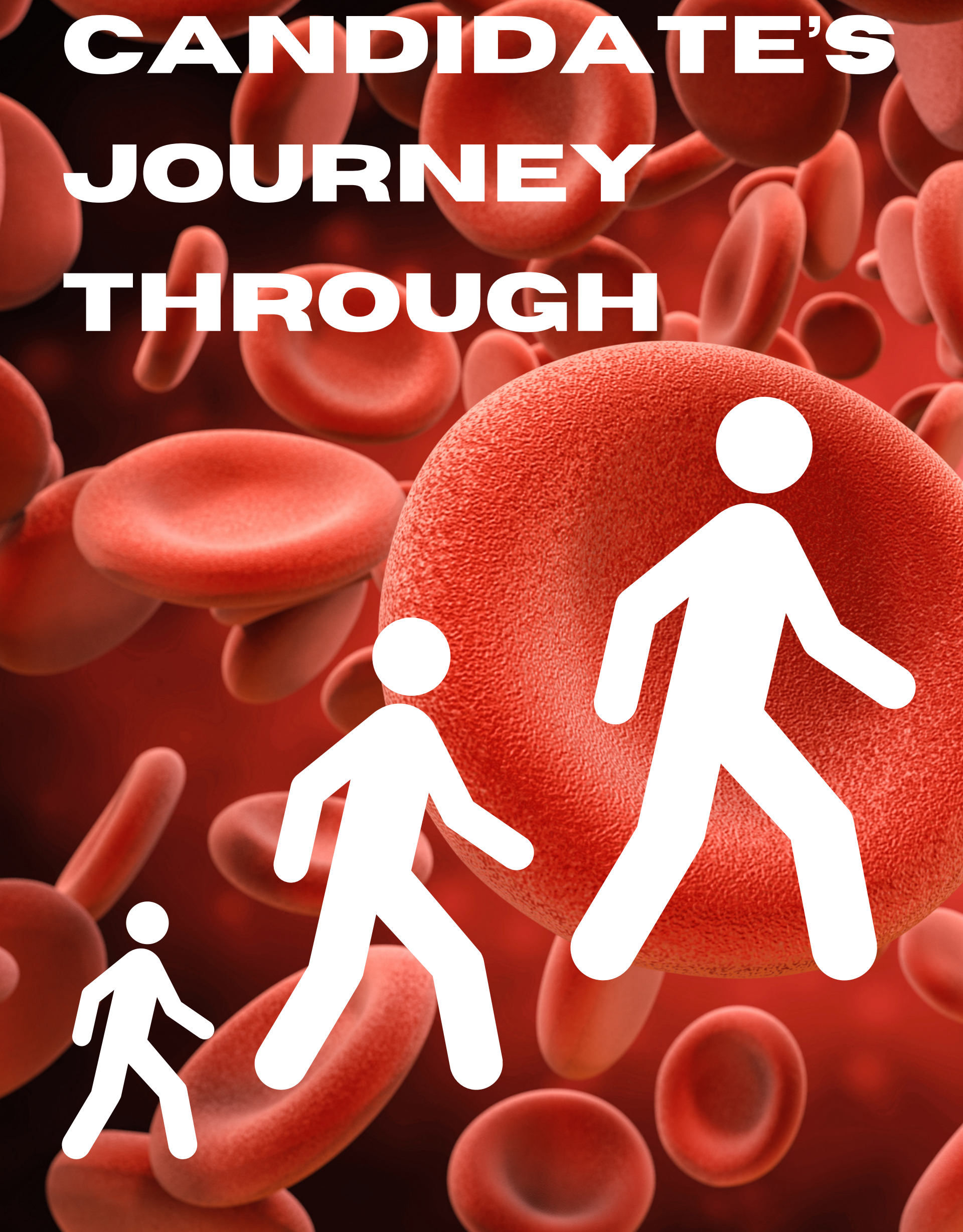
EDIM

(Epitode Detection in Monocytes)

*It uses **EDIM** technology to detect multi-tumor enzyme biomarkers **Apo10** and **TKTL1** in immune cells(macrophages) which are detectable in phases of tumor development.*



CANDIDATE'S JOURNEY THROUGH



THE CANCER-SCAN PROGRAM:

Step 1: Healthy candidates with intact immune system enroll for PanTum Detect testing after counselling and informed consent.





Step 2: Our lab technician collects candidate's blood sample at home/at a cancer screening camp/ at a healthcare facility according to their comfort.

Step 3: Blood sample processing is done at the lab.



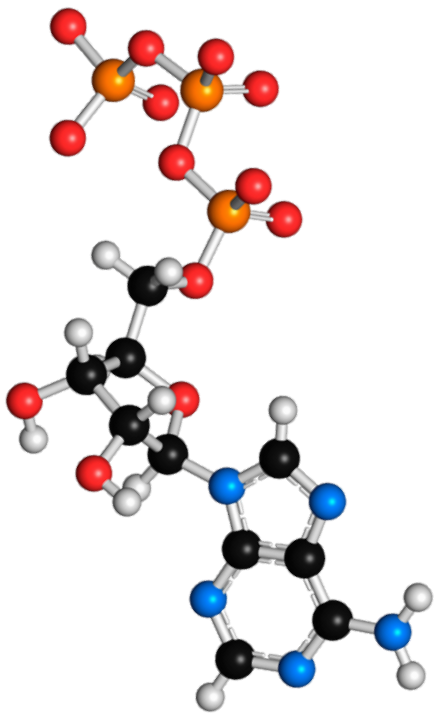


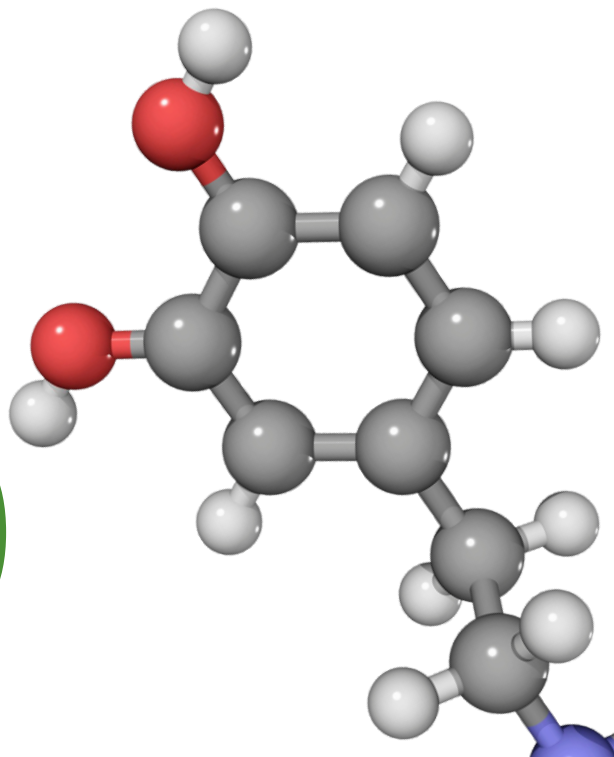
Step 4: The result will be available within 1-2 weeks.



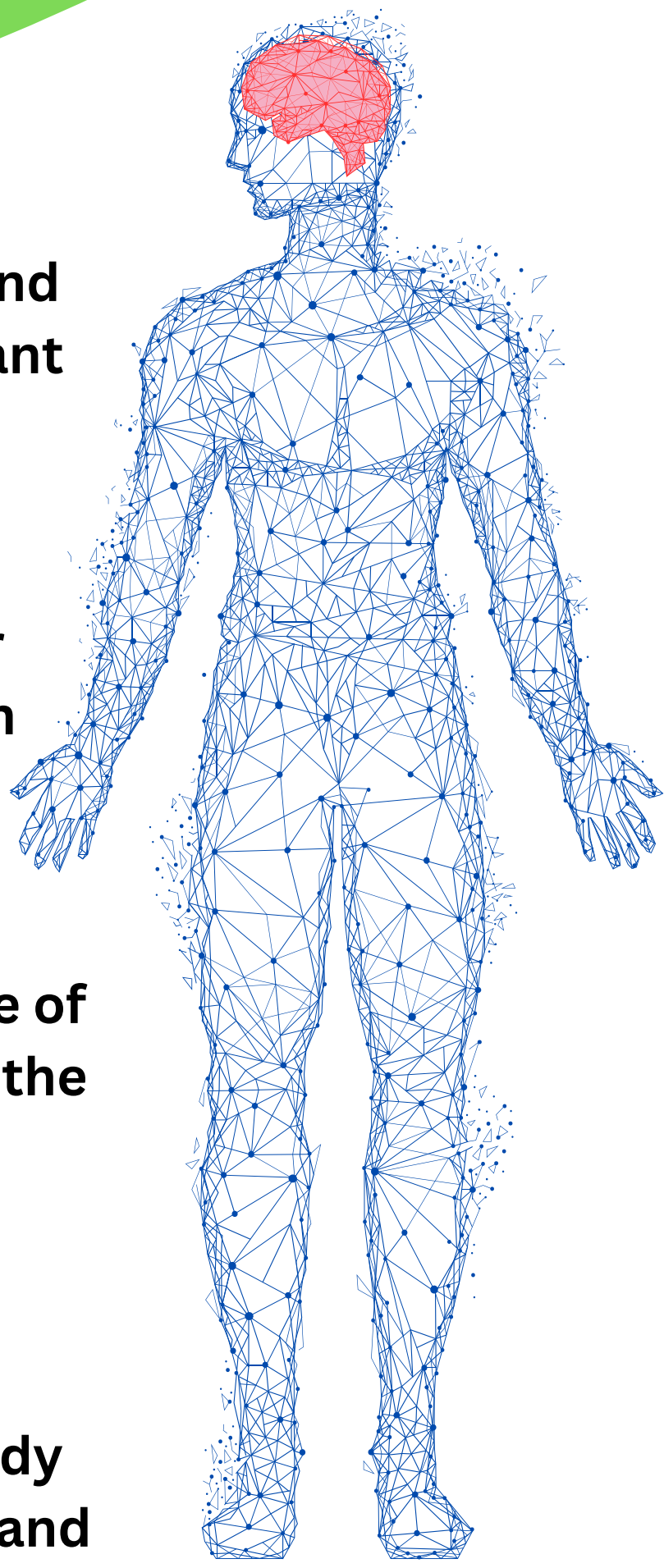


A BEGINNER GUIDE TO HISTAMINE AND DAO





What is Histamine?



- **Histamine is a natural compound that plays a number of important roles in the human body.**

- **Histamine is an important neurotransmitter, essential for normal functioning of the brain and central nervous system.**

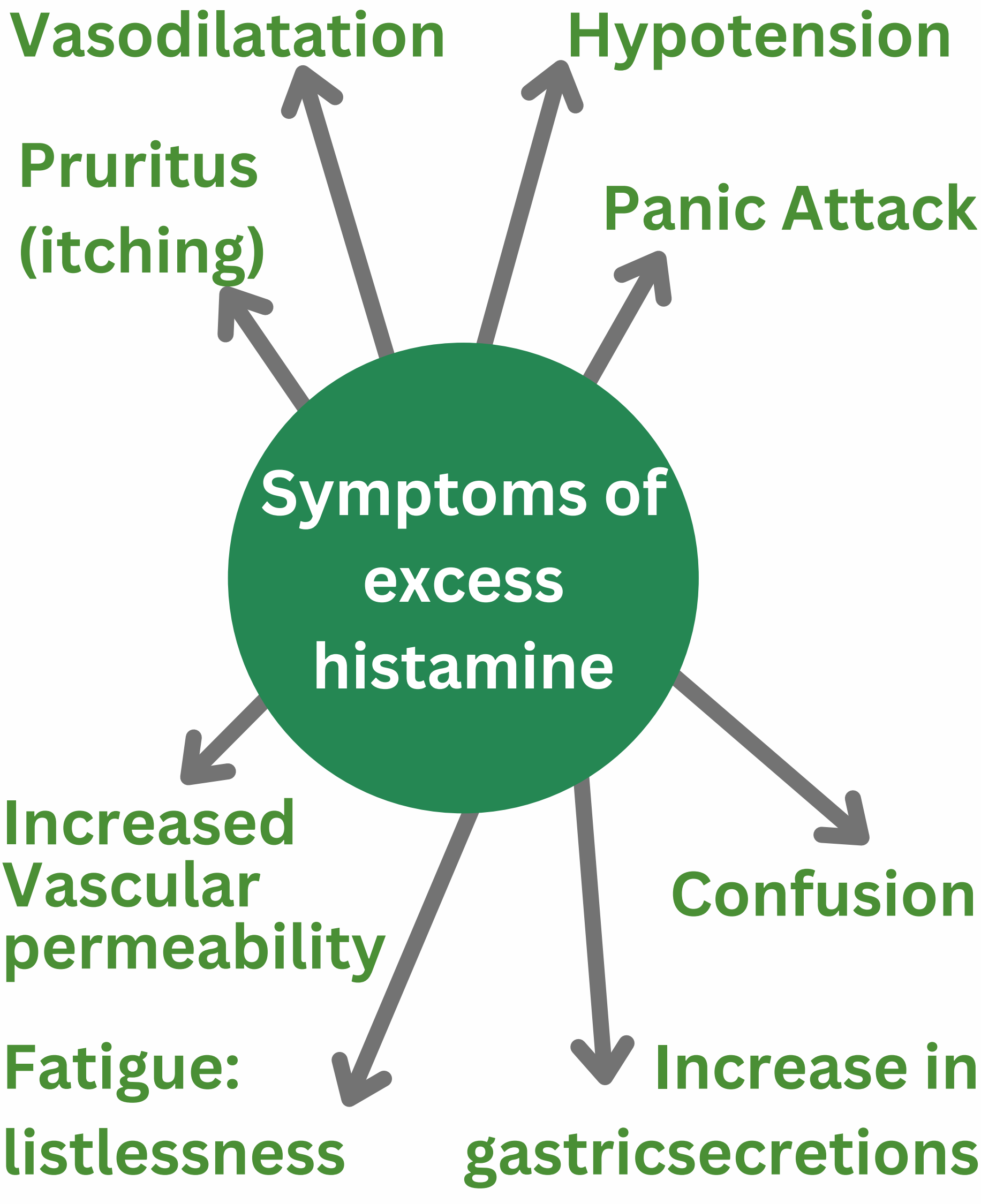
- **Histamine is a key factor in digestion, signalling the release of gastric acid in the stomach for the start of protein breakdown.**

- **Histamine is an essential component of immunological protection in defending the body from threats such as infection and trauma.**

What is Histamine Sensitivity?

- **Histamine in excess of the body's requirements leads to the development of adverse effects.**
- **Histamine-mediated reactions may be clinically indistinguishable from food allergy.**
- **Histamine sensitivity is becoming recognized as a disease entity quite distinct from allergy.**
- **"Idiopathic" urticaria and angioedema (hives) are examples of histamine sensitivity.**




Vasodilatation
Hypotension
Pruritus (itching)
Panic Attack
Symptoms of excess histamine
Increased Vascular permeability
Confusion
Fatigue: listlessness
Increase in gastricsecretions

Histamine in Foods



Histamine is produced by microbial action in manufacture of foods such as:



- Cheese
- Fermented meats and sausages
- Wine
- Beers
- Vinegar
- Yeast extract
- Sauerkraut

Histidine, a naturally occurring amino acids in foods, can be converted to Histamine by intestinal bacteria.
Histidine may develop in fish that have been improperly processed or refrigerated, especially:



- **Tuna**
- **Mackerel**
- **Bonito**
- **Bluefish**
- **Mahi Mahi**
- **Shelfish**

Some foods naturally contain histamine, such as:





- Spinach
- Aubergine (eggplant)

Some foods develop histamine during the ripening process:





- Tomatoes
- Cherries

The role of diamine oxidase (DAO)

Diamine oxidase (DAO) is the first-line defense against histamine ingested through the diet or released within the gut.

When DAO levels are adequate and there is normal DAO activity, only a small portion of extrinsic (Outside) histamine enters circulation.

DAO



Gastrointestinal tract
Diarrhea, Soft Stool.
Nausea, up to vomiting, abdominal pain and flat-ulence

Genital tract
Menstrual pain



Cardiovascular system
Low blood pressure,
Cardiac arrhythmias

und Herzrasen



Breathing
Bronchial asthma and gutter or stuffy nose



Skin
Itching, flushing, skin red-ness, wheals, mastocytosis and violent reaction to in-sect bites



Central nervous system

Koor pain. Miorane
Erschipfung, Mudigkeit
And dizziness

CONTROLS



Preventive Healthcare

Diagnostics Test And Root Cause Analysis

For more information visit us at:

www.fmdindia.in

At **FMD India**, we are dedicated to advancing your health and well-being through unique-edge **d**iagnostics tests and **p**ersonalized solutions.





Our range of innovative diagnostics tests and Post Test Counselling services are designed to empower you with insights into your body's intricate systems, helping you make informed choices for a healthier life.

About FMD India



At FMD India, our process begins with a comprehensive assessment and consultation to understand your health challenges .



Following this, we offer and conduct personalized diagnostic tests to gather in-depth information about your health. Our counselling experts then analyze the results to identify patterns and imbalances.



Based on this analysis, we create a customized health plan that includes tailored **dietary** recommendations, **lifestyle** adjustments with personalised **foods** .



Throughout your journey, our experts provide ongoing guidance and support, ensuring you're on a right track.

Regular monitoring *and* ***follow-up*** *with hand holding and guidance is done to ensure compliance.*



FMD India's holistic approach is designed to optimize your well-being by addressing the root causes of health issues and Thus improve your overall *well being.*

How It's Different



At FMD India,helping you achieve disease free life and better health is ensured through a combination of advanced diagnostic tests, expert analysis, and personalized counselling .

Our Parent organisation which is in Germany has extensive experience and expertise in interpreting complex health researches and analysis , allowing them to identify subtle patterns and imbalances.

The laboratory in Germany utilizes state-of-the-art testing methods and technologies, minimizing the margin for error.

Additionally,our commitment to ongoing monitoring and follow-up hand holding and guidance ensures that your health remains at optimum level and effective as we suggest necessary adjustments based on your progress.

We prioritize precision and reliability in every step of our process, aiming to provide you with the most advanced and tailored health insights and dietary recommendations.



How It's Customized



ImuPro

Right Food. Better Health.

First Medical Diagnostics introduced ImuPro, a well-established brand in the field of IgG Delayed Food Testing, to India in 2014. The objective was to offer a reliable diagnostic test for medical practitioners, nutritionists, dieticians, and wellness clinics to help detect problematic foods ,advise personalised diet adjustments, and improve their medical practice through proper diet and counselling.

IgG food allergies are frequently misdiagnosed because symptoms appear after a few hours or days after consuming a trigger food . This makes them tough to recognise. ImuPro patients on the other hand, can benefit from a dependable diagnostic test and a personalised nutritional guidance.

Since then, FMD has led to a better transformation in patients' health by scientifically analysing blood samples and suggesting a change in diet as per the ImuPro test results. The company also offers support, counselling, and alternative eating options.

R-Biopharm is a well-known reputable German product and one of the world's industry leaders in IgG Food Allergy Testing. R-Biopharm, a prominent producer of test solutions for clinical diagnostics and food and feed analysis, created the ImuPro test.

ImuPro IgG Food Allergy Testing has been on the market in Germany since 2000 and is now available in over 50 countries. In 2015 alone, over 60,000 tests were performed with R-Biopharm's RIDASCREEN® Specific IgG food screen plates and reagents for patients and healthcare professionals.

FMD

FIRST MEDICAL DIAGNOSTICS



FIRST MEDICAL DIAGNOSTICS PVT. LTD.

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Mr.Neeraj Arora: +91 8800929600

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