



Personalised Health Ltd

www.questionmyhealth.com

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Do you have large ears or nose, or long fingers and toes?

Do you belong to an all boy family?

Is your second toe larger than your big toe?

Do you have good teeth with few or no fillings?

Do you have a high sexual libido?

Do you feel you were shy and sensitive as a teenager?

Do you consider you have a lean, attractive body?

Have you suffered from asthma or hayfever?

Do you get 'referred itches' when you scratch your leg?

Do you sneeze in bright sunlight?

Interpretation to these questions on the back page.

Contact us for a promotional code to evaluate the website

WWW.QUESTIONMYHEALTH.COM

According to current statistics, there is a good chance that you will develop a debilitating chronic disease at some point in your life. You don't need to be elderly, either because one quarter of all chronic disease deaths occur in people under 60 years of age.*

You may even be affected now, because most chronic diseases like heart disease, arthritis, diabetes, Alzheimer's, Crohn's disease and cancer can take up to 20 years to develop. If you could find out today what you are storing up for the future, would you do something about it? Of course you would. But how do you know?

If only your body could give you a clue. Now it can, thanks to the latest expert medical system, www.questionmyhealth.com which can identify your underlying health imbalance, allowing you to take action today.

Imagine discussing your case with a consultant who develops a full understanding of all aspects of your health, can see you as often as you wish, whenever you need them, and for as long as you like, offering you the latest thinking that is relevant to your special condition. This expert system is all of these things and more, thanks to scientists at Personalised Health who have intensively researched the signs and symptoms of your condition, often visible many years before clinical symptoms develop.

www.questionmyhealth.com looks at symptoms in a completely revolutionary way. Doctors start by identifying your disease, then they prescribe medication. This works for simple, single-cause diseases like measles, but chronic disease is multi-causal and cannot be cured this way because many consultants specialise in only one aspect of your illness. Instead, our scientists have realised that chronic disease is controlled by seven fundamental disease routes or 'pathways', supported by 52 disease imbalances. Combined, these cover virtually all types of human disease. www.questionmyhealth.com uses over 1400 subtle early warning signs to diagnose the imbalance rather than the disease itself, because treating the cause, not the symptom, is the route to good health, especially when it can be detected so early.

* http://www.who.int/chp/chronic_disease_report/full_report.pdf

After www.questionmyhealth.com has identified your imbalance, it then goes on to advise you how to treat it. This advice might involve introducing a missing nutrient to your diet, adding a supplement, or simple changes to your lifestyle. We know that if health plans become too complex, people rarely put them into action, so all the recommended actions are as simple to achieve and as easy to apply as we can make them. You could take another consultation with www.questionmyhealth.com a few weeks later to see if your condition has changed.

www.questionmyhealth.com uses yes/no questions like those at the start of this document, taken from over 1400 such questions. The free consultation will probably include about 125 questions, taking around ten minutes to complete, because the expert system focuses on your condition from your positive responses, quickly rejecting those categories which for you are negative. www.questionmyhealth.com then scores you for any of the 52 disease imbalances that can affect your state of health. This site is completely different to the unsophisticated medical questionnaires you might have seen elsewhere.

If your health is being compromised by a problem with one or more of these illness pathways, www.questionmyhealth.com will alert you to the area that requires some action. If you are already ill, there is sure to be advice here that will help you. Even if you are fit and well, you are likely to find something here of interest, and taking a consultation regularly will help you to keep your health on track. Each time, www.questionmyhealth.com will probably ask you a different combination of questions, based on your answers, to diagnose your illness pathways accurately, even if you don't particularly feel ill at the time. That is because these pathways signify conditions which could compromise your future health.

There is a comprehensive consultancy too, for a modest fee of £24 for a month (or £48 for three months; you don't have to sign up for an open-ended monthly fee), that includes detailed advice on the illness pathway and how to rectify it, together with a detailed technical reference section for specialists, that will also better inform you about your health. The site can even put you in touch with a local specialist for your specific condition, if you would like to seek personal advice. This section of the site is designed to assist medical

professionals identify and track your illness pathway, because the technical section offers the standard and complexity they require to match their treatment with your specific condition. www.questionmyhealth.com is already attracting interest by consultants as a pre-appointment tool for gathering valuable patient data to help them in their diagnosis.

Take a consultation with www.questionmyhealth.com and it will be immediately apparent that the site uses a completely different approach to the usual healthcare route for diagnosis. Instead of identifying your disease, www.questionmyhealth.com looks at the causes of disease, then goes on to give you advice on how to rectify it. We almost have no need to give your disease a name in order to treat it. This concept turns medical science on its head, approaching your condition from the opposite direction to all current forms of diagnosis that focus on your chronic illness when it has already become serious enough for you to approach your doctor.

You can even go on to develop www.questionmyhealth.com into your own personalised health record. Long term monitoring of your health on-line in this way could allow you to supply vital historical information to your doctor many years into the future. Your personalised health record securely stored on the internet 'in the cloud' could even be bequeathed to help your future generations more easily track down and defeat any diseases that tend to run in your family.

Derby, in the centre of England and the original home of the Tomb Raider Series, is already famous for advanced computer game development, and Derby University is well known for its degree in computer gaming. Now, www.questionmyhealth.com expands that local expertise worldwide with the latest in medical diagnostic concepts, helping people to lead long and healthy lives. We can't predict how healthcare will be delivered hundreds of years into the future, but we do believe that, thanks to www.questionmyhealth.com, not only is medical diagnostics taking a major step towards preventing chronic disease today, but future doctors could also be given access to medical historical data which could prove vital in eradicating disease once and for all.

ANSWERS TO THE QUESTIONS ON PAGE 1

These questions are some of those from the first of our 52 disease imbalances – this one is called histadelia. If you've never heard of histadeila before, don't worry, it simply means high levels of the histamine that drives inflammatory responses. This group is responsible for asthma, eczema, hayfever and other allergic responses. Studies suggest around one third of the population have some histadelic tendencies that flare up from time to time. If you are an asthma sufferer, maybe you have already answered yes to some of these questions. If not, answering 'yes' to some of these may alert you to a potential problem that could get serious in future but can be averted by adopting some of the advice on the internet or in the full version of www.questionmyhealth.com.

The expert system uses questions like these to identify your health profile. Only the results are stored, not specific answers to questions, so it is totally confidential. The data is protected by the latest encryption technology, for complete security and peace of mind.

Medicine has cured many of the 'single cause' diseases like polio, tuberculosis and diphtheria, but has no simple answer for chronic diseases that usually develop through multiple causes. Many years of intensive research by eminent experts organised by Personalised Health Limited has shown that chronic disease broadly fits into seven disease pathways all driven by chemicals in the body called cytokines, and these are influenced by 52 disease imbalances that cover the vast majority of chronic disease today. We developed www.questionmyhealth.com to enable us to better understand a patient's disease in our clinical analysis of your condition, but now you can use www.questionmyhealth.com to identify these disease imbalances yourself and do something positive to correct them.

We have gone on to refine the identification and analysis of these cytokines, and now offer advice and recommendations on how to resolve many chronic diseases by correcting the deficiencies in these pathways that caused the disease. The seven disease pathways are shown below. If you have a chronic disease you can probably pick out your pathway straight away. Correct these pathways and imbalances early with www.questionmyhealth.com and we can start to conquer chronic disease once and for all.

THE SEVEN PRIMARY DISEASE PATHWAYS

Neurological imbalances	anxiety, autism, mood swings, panic attacks, obsessive-compulsive disorder etc.
Immunity imbalances	frequent infections, poor response to treatment, recurring problems etc.
Hormonal imbalances	infertility, breast cancer, gastro-intestinal, thyroid, diabetes etc.
Inflammatory conditions	Crohn's disease, irritable bowel, psoriasis, sarcoidosis, multiple sclerosis, asthma etc.
Failure of the cell repair process	Cancer, accelerated ageing etc.
Adrenal burnout	Chronic fatigue, fibromyalgia, depression etc.
Mental disorders	Depression, dementia, schizophrenia, Alzheimer's etc.

THE 52 DISEASE IMBALANCES

Histadelia	Histapenia	Pyrroluria
Copper Toxicity	Zinc-metallothionein status	Niacin-pellagra status
Reward Deficiency Syndrome	Hypoglycaemia	Thyroid and iodine status
Adrenal Status	Mercury toxicity	Sulphoxidation status
Liver detoxification status	IgE allergy	IgG allergy
Hypochlorhydria	GI fungal dysbiosis	GI bacterial dysbiosis
Colonic dysbiosis	Celiac malabsorption	Intracellular acidity
Lead toxicity	Choline	Inositol
Tryptophan	Omega 6	Omega 3
Sodium	Potassium	Magnesium
Calcium	Phosphorus	Manganese
Iron	Selenium	Chromium
Copper	Boron	B-vitamins
Vitamin B1	Vitamin B2	Vitamin B5
Vitamin B6	Vitamin B12	Folic Acid
Biotin	Vitamin C	Vitamin D
Vitamin E	Vitamin K	PABA
Molybdenum		

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