

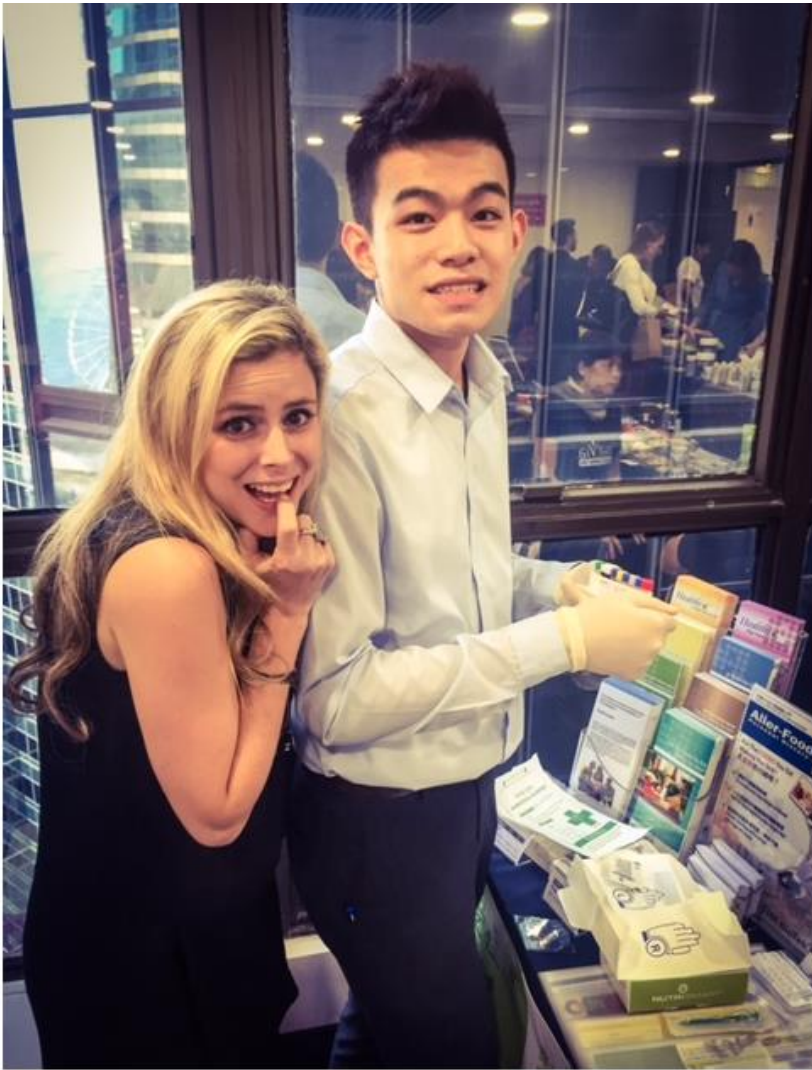
Stock Your Store – Green Queen

Apr 20 0

I'm usually a scared little kitten when it comes to needles, I remember being pinned down as a child by 5 nurses just to draw a few drops of blood. What's the deal with that? I don't know! However, that sentiment of being a little scared has stuck with me through my adult life. Two weeks ago I was lucky enough to attend Green Queens first event of Stock Your Store, aimed at Hong Kong's Health and Wellness industry, specifically with small business owners, local food artisans, wellness entrepreneurs and health startups. They have created a platform where we can all "meet, connect and trade ideas, products and knowledge".

It was a great event where I got to see many familiar faces and make new friends too! I'll be giving a review of some of the awesome products I got to try and some that I was lucky enough to take home with me.

There was a section which covered allergy tests and as I've been meaning to do one the last couple of years I thought I'd head on over and see what it was all about. As I got more in tune with my body the last couple of years, I began to understand what would affect me but this was mainly suspicions from how I reacted after eating certain foods. Having the opportunity at this event to find out and actually KNOW in 30 minutes (not three weeks from a lab overseas till it gets back to HK) was too good to pass up!



Nutrismart from Greenamics Hong Kong

Some background info:

1. NutriSMART is designed and made in Germany.
2. The device employs microfluidics technology, which ensures the blood and solutions go evenly and smoothly inside the device, making the mini-lab work possible.
3. NutriSMART started to distribute in Europe in late 2015, after its first appearance in the MEDICA 2015 (the World's biggest medical & healthcare expo held in Dusseldorf). In Asia, it is distributed in HK, Macau, SG and Vietnam, with HK being the first city to launch this product officially.
4. Greenamics is the exclusive distributor in Hong Kong and Macau.
5. The suggested retail price is HK\$1250/unit.



Process

1. A quick (feeling like a rubberband snap) prick of the finger by a Greenamics staff
2. Blood gently squeezed from the finger
3. Staff drop the blood into the tester
4. 30 mins later its ready!



Here are my results



The points to note are Number 3 ... where the recommendation is an elimination diet for 1 - 2 months and then a slow reintroduction. Number 2 indicates an intolerance and a mild reaction, or Number 1 with no adverse reactions.

So no surprises here, Milk and anything to do with it is a big number 3. Admittedly I don't consume cows milk unless it's raw and usually eat raw goats cheese or goat milk kefir that I make at home (slightly addicted). Gluten with a number 2, yes I knew about this but what I found surprising was the bananas, pineapples, egg yolk (I LOVE eggs), fish mix and tuna.

My take away from this is to try and eliminate for two months and then see what a new test says after the second month ends. I'll let you know how that goes!

So here we go, Greenamics Hong Kong has a **competition** in cooperation with Here in a Nutshell. Do you want a chance at winning a **complimentary Nutrismart Allergy Test**? Simply share this blog post on your Facebook, and tag **Here in a Nutshell** together with Greenamics, Share on Instagram **#hereinanutshell** and tag **@ifathindes** and post **why you would like to do your allergy test**. Winners will be announced on May 15th!

I enjoyed this process very much and I'm sure that those who try the test will appreciate some insights into what allergies they have!

TAGS allergy test chef kids chef mum chefkid fit chef fit fam fit kid fit mum gluten free green queen greenamics healthy healthy chef healthy eating here in a nutshell ifat kafry hindes local food artisans mompreneur nutrismart recipes stock your store wellness entrepreneurs