



# Eating well Feeling unwell

Could what you eat be making you ill?

Around 45% of the UK suffer adverse reactions to what they eat at some time.

Could you be one of them?



## FOOD INTOLERANCE & HOW IT AFFECTS YOU?



We're all familiar with the expression that you are what you eat. And if you're feeling a little under the weather, or worse, after eating then the chances are that you could be one of millions of people throughout the country to suffer from food intolerance.

**Food intolerance has also possibly been connected to ADHD, causing hyperactivity among children, autism and special needs, dyspraxia, dyslexia, dysphasia, moderate learning difficulties and mood change.**

Now, rather than shrugging off a bout of sickness, a headache, a general lethargic feeling and even nastier conditions by declaring "it must've been something I ate", you can quickly discover whether your diet is doing you more harm than good.

Whether it's healthy or not, the food you eat could be causing your body discomfort and distress.

It's estimated that nearly half the population will suffer from food intolerance at some point in their lives.

The symptoms of the condition are difficult to detect, mainly as they will not come on immediately after eating. It could be hours, or even days, before you suffer the effects.

intolerance2food will help you identify your problem foods and eliminate them from your diet - food intolerance testing has been reported to be of benefit if you have suffered from;

### Dermatological

- › Skin problems
- › Rashes
- › Eczema
- › Itchy skin
- › Urticaria
- › Psoriasis
- › Mouth ulcers
- › Acne

### Ear Nose and Throat

- › Glue ear
- › Rhinitis
- › Sinusitis

### Gastrointestinal

- › Abdominal pain
- › Constipation
- › Celiac disease
- › IBS irritable bowel syndrome
- › Bloating
- › Diarrhoea
- › Crohn's disease
- › Colic
- › Stomach cramps
- › Gastric ulcers

### General

- › Tension
- › Bed wetting
- › Fatigue
- › Nausea
- › Weight control
- › Fluid retention
- › Lethargy
- › Depression
- › Anxiety
- › Loss of appetite
- › Sickness
- › Panic attacks

### Joints/Autoimmune

- › Arthritis
- › Fibromyalgia

### Neurological

- › Dizziness
- › Migraines
- › Headaches
- › Epilepsy

### Respiratory

- › Asthma
- › Breathing problems
- › Bronchitis
- › Wheezing
- › Cystic fibrosis

## ELISA IgG BLOOD TEST - HOW IT WORKS?



If you have an intolerance of a certain food, your body's natural reaction may be to produce what is known as an IgG antibody against it.

Analysis at our laboratory involves the most sophisticated technology measuring the amount of such antibodies created within your blood against many different foods.

The blood sample you supply to us will contain millions of IgG antibodies for us to measure.

Increased levels of these antibodies allow us to identify the foods you have a strong reaction to. We will also determine those you have a moderate reaction to and those that are having no adverse affect on your body.

**The Enzyme-Linked Immunosorbent Assay (Elisa) method we use is considered the most precise and accurate method of conducting this test.**

**Why pay more?  
The best value food intolerance  
test available today.  
131 Tests for just £149  
BUY A TEST NOW**

**Nobody matches our prices**

## HOW TO TEST?



Taking the test could not be easier – and it's all done in the privacy of your own home. Once you have ordered our test, you will receive a blood collection kit and instructions, return envelope and a customer form to give us your details.

The test involves a simple pin-prick that provides us with your blood sample. A small droplet of blood is all that is required. It is drawn up into a tube by capillary action and then placed into a carrier tube.

Then just place the blood sample and the lancets (even if one is unused) back inside the test kit box and return it to us in the prepaid plastic 'PostSafe' envelope.

## 131 FOODS TESTED



Our in-depth test gives a precise measurement of your delayed reactions to food. It will test the following foods:

### DAIRY

egg yolk, egg white, cow's milk

### NUTS

cashew, almond, walnut black, Walnut English, hazelnut (filbert nut), brazil, coconut, peanut, pecan

### GRAINS

gluten, rice, rye, corn (maize), barley, buckwheat, wheat, oat, millet

### FISH

sardine, crab, lobster, shrimp, perch, clam  
scallop, oyster  
halibut, herring, salmon, mackerel, sole, cat fish, trout, tuna  
whitefish, cod, haddock

### MEAT

beef, lamb, pork, chicken, turkey, duck, goose, venison

### VEGETABLES

mushroom, broccoli, turnip, potato (sweet), potato (white), aubergine (eggplant), avocado, cucumber, kidney bean, asparagus, carrot, celery, spinach, lentils, lettuce, onion, pea (Black Eye), pea (green), brussels sprout, cabbage, cauliflower, soya bean, string bean, pinto bean, radish, pepper red, pepper green

### FRUIT

apple, grape, grapefruit, kiwi, lemon, lime, apricot, banana, blackberry, blackcurrant, cherry, cranberry, date, pumpkin  
cantaloup, honeydew, watermelon  
pineapple, plum, raspberry, olive, orange, peach, pear, blueberry, strawberry, tomato

### HERBS / SPICES

cinnamon, clove, coriander, cumin, dill, garlic, ginger, pimento  
basil, mint, sage, thyme,  
mustard seed, nutmeg, parsley, sesame seed, vanilla, pepper black

### OTHER

yeast (brewers), yeast (bakers), coffee, hops, carob, cocoa bean, sunflower seed, tea, malt, caraway seed, sugar beet

## YOUR RESULTS



Your results are made available on-line, with a unique password giving you access to a secure area where you can view them. A hard copy is also available on request.

Food hypersensitivity results will fall into one of three groups.

### 1. Strongly positive

*It would be sensible to gradually remove these foods. It may take a few weeks to eliminate them completely and after three to six months avoiding them it might be possible to slowly reintroduce one food at a time.*

### 2. Mildly positive

*These foods may not need complete elimination. Try not eat them on more than 4 consecutive days and have several day gaps when they are avoided. If the antibodies persist the regime can be made stricter.*

### 3. Insignificant

*No need to modify diet for these foods.*

intolerance2food testing should be thought of as a tool to assist evolving your diet as part of creating a healthy lifestyle - it does not diagnose allergies. It is complementary to other sources of information or advice e.g medical practitioner, dieticians and fitness coaches, etc.

## WHAT THE EXPERTS SAY?



"Migraine triggers vary widely and for many there may be an association with food. People often get cravings for sweet things as part of the attack and eat chocolate for example and then erroneously blame it for causing the headache.  
"Cheese, caffeine and alcohol are widely recognised as attack triggers. For others the trigger may be very individual - I have a few patients who are sure tomatoes are bad news, citrus fruit, dairy products and wheat are also said by some to start an attack. For me, and some of my patients, garlic and onions seem undoubtedly to set off an attack. The whole alcohol thing is bizarre. Many will agree that they can drink loads of white wine or even spirits without problem but one small glass of red will trigger a really massive attack.

"A good test to isolate hypersensitivity triggers that people might not be aware of would be well worth while".

**Sue Lipscombe,**  
*GP and Director of Migraine in Primary Care Advisors*

"Research from around the world has linked certain additives and foods with the symptoms described.

"Studies, including those carried out at the Institute of Child Health, found foods - including fresh everyday foods - could contribute to conditions such as epilepsy, ADHD, hyperactivity, aggression and mood changes.

"With the problems parents encounter trying to establish which foods or food groups are the culprits, it can be impossible using a simple trial and error method. We are always seeking ways to help our families that may make identification of possible intolerances easier and more affordable."

**Sally Bunday, MBE,**  
*Founder Director, Hyperactive Children's Support Group*

## TEST KIT ORDER FORM



MR  MRS  MISS  MS  DR

FIRST NAME: \_\_\_\_\_

SURNAME: \_\_\_\_\_

ADDRESS : \_\_\_\_\_

\_\_\_\_\_ POSTCODE: \_\_\_\_\_

TEL NO (DAY) \_\_\_\_\_ MOBILE \_\_\_\_\_

EMAIL \_\_\_\_\_

SYMPTOMS: \_\_\_\_\_

Please send me  intolerance2food Indicator Kit(s)

@ £149.00 (incl. p&p)

Please make cheque or postal order payable to:  
intolerance2food Ltd.

Or complete your credit/debit card details below:

### CREDIT/DEBIT CARD DETAILS

CARD NUMBER:

EXPIRY DATE: \_\_\_\_\_ ISSUE NUMBER \_\_\_\_\_

VALID \_\_\_\_\_ FROM \_\_\_\_\_

SIGNED \_\_\_\_\_

DATE \_\_\_\_\_

PRINT NAME: \_\_\_\_\_

AMOUNT: \_\_\_\_\_

intolerance2food limited  
Galla House, 695 High Road, North Finchley  
London N12 0BT

Please visit [www.intolerance2food.com](http://www.intolerance2food.com)  
for further information about  
our testing services.