Intolerance Testing

Food intolerance can result from your body reacting adversely to certain foods. According to Allergy UK up to 45% of the population may be affected. Symptoms may last for a few days or even weeks and can make daily life miserable for the sufferer.

Common Symptoms can be:

Bloating

Lack of Energy

Headaches

Constipation

Weight Problems

Aching Joints

Anxiety

Research has shown that food intolerance is linked to antibodies produced by your immune system when you eat certain foods. I use tests from Cambridge Nutritional Sciences (CNS) which take a small blood sample to identify IgG antibodies raised to over 200 foods depending which test is taken.

Food detective test Tests for 59 commonly eaten foods A great place to start

Food print test Tests between 40 – 200 foods For more detail

Typical Foods Tested

Cereals wheat, durum wheat, corn, gluten, oats, rice, rye

Meats beef, lamb, chicken, pork

Fish salmon, trout, shellfish, tuna, cod, plaice, crab, prawn

Vegetables broccoli, cabbage, carrot, celery, peppers, cauliflower, peas

Dairy cow’s milk, goat’s milk

Nuts almond, hazelnut, cashew, peanut, walnut, brazil, coconut

Other yeast, egg, garlic, ginger