**Food Intolerance Test**

Many foods high in allergenicity exacerbate leaky gut and thus causing development of lifestyle symptoms like headache, migraine, bloating, acidity, joint pain, body pain etc. Whilst Gluten for example can directly weaken the gut lining and chronic inflammation can impact gut bacteria balance It is therefore imperative that a comprehensive Food Intolerance Test is done to identify and eliminate the culprit foods.

Immune system of some autistic patients could be abnormally triggered by gluten/casein Food Intolerance. The prevalence of antibodies to gliadin and milk proteins in autistic children with paired/impaired intestinal permeability and under dietary regimen either regular or restricted is reported. Therefore, it becomes very necessary to get Food Intolerance Test done to establish the confirmation and with other food stuffs which might have become intolerant and thus aggravating the symptom’s.

Food Intolerance may cause Psychological Changes Mood swings and irritability, Easy frustrations, Unusual depressions, crying impulses for no any reason, over emotional reactions, Panic, anxiety attacks, Aggression, rage, road-rage, long sleep, Difficulty falling or, Napping during the day, frequent nightmares and Obsessive-compulsive behaviour etc. Therefore it is critical to find the root cause and for that a Food Intolerance Test is done.

When you observe that you your digestive systems has been disturbed and you feel itchiness or irritation in Face, Neck, Ear or Headaches and Unexplained diarrhoea, Chronic constipation, Abdominal pain with cramps, Irritable  bladder, Frequent/sudden urination it could be because of Food Intolerances. The symptoms develop due a leaky Gut condition or chronic inflammation. Therefore, it is important to check for IgG Food Intolerances.