

Food Intolerance

What is Food Intolerance?

The terms food allergy, food intolerance, food sensitivity, hypersensitivity are often used interchangeably, and are often confused, but essentially they all mean an abnormal reaction to certain foods which can manifest themselves in a number of ways.

Scientifically, the reactions can be differentiated by the fact that some cause an immune response, whereas others do not.

Reactions producing an Immune Response

The reactions that trigger an immune response are most often referred to as allergies. The most common ones are classed as follows:

- **Type I (IgE reaction)**

This is also known as an IgE mediated allergy, Type I hypersensitivity reaction, 'true' or 'classical' allergy. Such a food allergy produces an immediate adverse reaction; i.e. within seconds or minutes after ingestion of certain foods (for example peanuts and shellfish) and produces symptoms such as rashes, sneezing, difficulty in breathing, and for some people can even be life threatening because of an anaphylactic shock. It is usually obvious which foods are responsible for a food allergy and these have to be avoided for the rest of your life.

- **Type III (IgG reaction)**

This is also known as IgG mediated reaction, Type III allergy, delayed onset, hypersensitivity/food sensitivity, however it is more commonly referred to as food intolerance. This is the type of reaction that is measured in your Food Intolerance Test.

Food intolerances are associated with a range of symptoms that are caused by chronic inflammatory processes. The onset of symptoms is within hours or days after ingestion of the food. Symptoms include anxiety, depression, IBS, headaches/ migraines, fatigue, hypertension, eczema, hypothyroidism, asthma, joint pain, chronic rhinitis, arthritis, weight problems and myalgia.

The good news is that with a food intolerance, it is possible to eliminate the food from the diet for a period of time and then to re-introduce them gradually back into the diet after an improvement in symptoms.

Reactions that do not produce an Immune Response

Those reactions that do not produce an immune response are most often referred to as intolerances. An example of this type of reaction is an enzyme deficiency such as :

- Lactose intolerance which is due to a deficiency of the enzyme lactase. Symptoms include bloating, excessive wind, diarrhoea and stomach pains.
- Histamine intolerance which is due to the deficiency or inhibition of the enzyme diamine oxidase, DAO. Symptoms include migraines, headaches, dizziness, bowel/ stomach problems, rhinitis, depression, irritation or reddening of the skin. Foods containing histamine include red wine, cheese, tuna fish or chocolate and citrus fruits.



Important Points to Note

- If there are no foods in the **ELEVATED** column, then the **BORDERLINE** foods should be avoided for 3 months.
- To rotate foods, you need to eat them no more than once every 4-5 days as the digestive process takes up to three days.
- For example, to rotate wheat, you could have wheat bread on day 1; oat cakes on day 2; corn cakes on day 3; rye crisp bread on day 4; durum wheat pasta on day 5 etc.
- It can be difficult to eliminate many **ELEVATED** foods at one time. You may find it easier to:
 - completely avoid the top 4 or 5 foods showing the highest antibody concentrations
 - reduce and/ or rotate the remaining foods showing lower antibody concentrations
- You may feel worse for a few days after eliminating a food. This is your body dealing with the changes and is experiencing withdrawal symptoms. Be prepared to persevere, as improvements may only become apparent anything from a few days to a few weeks into the diet.
- It is essential that if you cut out a food group, eg milk, you obtain nutrients found in this food (eg calcium) from other foods.
- Do not eliminate one food and substitute solely with another food as you are likely to build intolerance to that food. For example, if you cut out wheat at breakfast, do not swap to porridge oats every day.
- Many people have experienced the greatest improvement when completely eliminating the reactive foods. However, do not worry if you cannot completely eliminate these foods or you need to break your diet occasionally. Just start again as soon as you are able to.
- If you have been avoiding a food for more than 3 months then it is likely to show a **NORMAL** reaction.
- If, after changing your diet according to your test results, no improvement has been achieved, then food IgG intolerance may not be the cause and it is recommended that you seek advice from a qualified doctor/ healthcare professional.
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- Gliadin is a protein found in gluten which is present in the grains of wheat, barley and rye. Due to the nature of our Food Intolerance Test, gliadin is tested separately from these grains. If your test shows a positive response to gliadin, we advise that you avoid wheat, barley and rye containing foods even if these grains are in the green/**NORMAL** column of your report.





Interpreting your Test Results

You have been tested against all of the foods listed in your report. As you can see, each food is listed in the red, yellow or green column. Each colour indicates the strength of your body's immune reaction to each food.

If you are experiencing adverse symptoms and your test is showing raised IgG antibodies to certain foods, this may indicate an intolerance to these foods. Removing these from your diet for at least 3 months usually results in an improvement of symptoms.

Your Food Intolerance Test results are shown as **ELEVATED**, **BORDERLINE** or **NORMAL** and the concentration of IgG antibodies (in U/ml) is shown in brackets after each food.



ELEVATED

Indicates a strong antibody reaction to that particular food.

These are your primary problem foods. You should eliminate these foods for at least 3 months. Substitute other foods listed in the NORMAL column and the relevant food group.

BORDERLINE

Indicates a lower antibody reaction to that particular food.

These are moderate to severe problem foods. You should reduce and rotate these foods for at least 3 months to avoid an increase in intolerance.

Choose alternative foods from the green NORMAL column and the relevant food group (ensuring they are not listed in the ELEVATED column).

NORMAL

Indicates no significant reaction to that particular food.

These foods can be eaten as normal without restriction, unless you already know of any specific foods that have previously caused a reaction.

If you suffer with rapid onset type, classic reactions to any of these foods, do not eat them.



NAME :
 REF. BY : SELF
 TESTS ASKED : FOOD INTOLERANCE PROFILE

SAMPLE COLLECTED AT :
 SHOP NO - 2, GRANDEUR TOWER OPP MUFADDAL SHOPPING
 ARCADE NOOR BAUG CIRCLE, DONGRI MUMBAI - 400009

| Foods | Value | Foods | Value | Foods | Value | Foods | Value |
|----------------------|-------|------------------|-------|----------------|-------|----------------------|-------|
| Pea | 116 | Cabbage (White) | <15 | Honey | <15 | Radish | <15 |
| Brazil Nut | 103 | Camomile | <15 | Hops | <15 | Raisin | <15 |
| Winkle | 65 | Cane Sugar | <15 | Horse | <15 | Rapeseed | <15 |
| Almond | 64 | Caper | <15 | Kiwi | <15 | Raspberry | <15 |
| Milk (Cow) | 54 | Carob | <15 | Lamb | <15 | Razor Clam | <15 |
| Aloe Vera | 52 | Carp | <15 | Leek | <15 | Redcurrant | <15 |
| Oat | 44 | Carrot | <15 | Lemon | <15 | Rhubarb | <15 |
| Bean (White Haricot) | 39 | Cauliflower | <15 | Lentil | <15 | Rice | <15 |
| Milk (Sheep) | 38 | Caviar | <15 | Lettuce | <15 | Rocket | <15 |
| Peanut | 31 | Cayenne | <15 | Lime | <15 | Rosemary | <15 |
| Barley | 30 | Chard | <15 | Liquorice | <15 | Rye | <15 |
| Malt | 30 | Cherry | <15 | Lobster | <15 | Saffron | <15 |
| Clam | 29 | Chestnut | <15 | Lychee | <15 | Sage | <15 |
| Cashew Nut | 28 | Chicken | <15 | Macadamia Nut | <15 | Salmon | <15 |
| Milk (Goat) | 28 | Chickpea | <15 | Mackerel | <15 | Sardine | <15 |
| Yeast (Brewer's) | 26 | Chicory | <15 | Mango | <15 | Scallop | <15 |
| Potato | 24 | Chilli (Red) | <15 | Marjoram | <15 | Sea Bream (Gilthead) | <15 |
| Celery | 22 | Cinnamon | <15 | Marrow | <15 | Sea Bream (Red) | <15 |
| Plum | 22 | Clove | <15 | Milk (Buffalo) | <15 | Sesame Seed | <15 |
| Bean (Broad) | 21 | Cockle | <15 | Millet | <15 | Shallot | <15 |
| Ginkgo | 21 | Cocoa Bean | <15 | Mint | <15 | Sole | <15 |
| Casein | 20 | Coconut | <15 | Monkfish | <15 | Soya Bean | <15 |
| Tiger Nut | 17 | Cod | <15 | Mulberry | <15 | Spelt | <15 |
| Agar Agar | 16 | Coffee | <15 | Mushroom | <15 | Spinach | <15 |
| Alga Espaguette | <15 | Cola Nut | <15 | Mussel | <15 | Squid | <15 |
| Alga Spirulina | <15 | Coriander (Leaf) | <15 | Mustard Seed | <15 | Strawberry | <15 |
| Alga Wakame | <15 | Corn (Maize) | <15 | Nectarine | <15 | Sunflower Seed | <15 |
| Alpha-Lactalbumin | <15 | Couscous | <15 | Nettle | <15 | Sweet Potato | <15 |
| Amaranth | <15 | Crab | <15 | Nutmeg | <15 | Swordfish | <15 |
| Anchovy | <15 | Cranberry | <15 | Octopus | <15 | Tangerine | <15 |
| Aniseed | <15 | Cucumber | <15 | Olive | <15 | Tapioca | <15 |
| Apple | <15 | Cumin | <15 | Onion | <15 | Tarragon | <15 |
| Apricot | <15 | Cuttlefish | <15 | Orange | <15 | Tea (Black) | <15 |
| Artichoke | <15 | Date | <15 | Ostrich | <15 | Tea (Green) | <15 |
| Asparagus | <15 | Dill | <15 | Ox | <15 | Thyme | <15 |
| Aubergine | <15 | Duck | <15 | Oyster | <15 | Tomato | <15 |
| Avocado | <15 | Durum Wheat | <15 | Papaya | <15 | Transglutaminase | <15 |
| Banana | <15 | Eel | <15 | Parsley | <15 | Trout | <15 |
| Barnacle | <15 | Egg White | <15 | Partridge | <15 | Tuna | <15 |
| Basil | <15 | Egg Yolk | <15 | Peach | <15 | Turbot | <15 |
| Bass | <15 | Fennel (Leaf) | <15 | Pear | <15 | Turkey | <15 |
| Bayleaf | <15 | Fig | <15 | Peppermint | <15 | Turnip | <15 |
| Bean (Green) | <15 | Flax Seed | <15 | Perch | <15 | Vanilla | <15 |
| Bean (Red Kidney) | <15 | Garlic | <15 | Pike | <15 | Veal | <15 |
| Beef | <15 | Ginger | <15 | Pine Nut | <15 | Venison | <15 |
| Beetroot | <15 | Ginseng | <15 | Pineapple | <15 | Walnut | <15 |
| Beta-Lactoglobulin | <15 | Gladin | <15 | Pistachio | <15 | Watercress | <15 |
| Blackberry | <15 | Goat | <15 | Plaice | <15 | Watermelon | <15 |
| Blackcurrant | <15 | Grapefruit | <15 | Polenta | <15 | Wheat | <15 |
| Blueberry | <15 | Guava | <15 | Pomegranate | <15 | Wheat Bran | <15 |
| Broccoli | <15 | Haddock | <15 | Pork | <15 | Wild Boar | <15 |
| Brussel Sprout | <15 | Hake | <15 | Quail | <15 | Yeast (Baker's) | <15 |
| Buckwheat | <15 | Hazelnut | <15 | Quinoa | <15 | Yuca | <15 |
| Cabbage (Red) | <15 | Herring | <15 | Rabbit | <15 | | |

Reference Range:

Elevated > 30 U/mL

Borderline : 24-30 U/mL

Normal : < 24 U/mL

Sample Collected on (SCT) : 30/05/2023 05:35 PM
 Sample Received on (SRT) : 30/05/2023 10:12 PM
 Report Reported on (RRT) : 31/05/2023 08:00 AM
 Sample Type : Serum
 Labcode : 300501381/P1727
 Barcode : Z4603206

Dr. Sachin P(MD Path)

Dr. Kuldeep S(MD Path)



Food Intolerance Test Report Essentials

We are excited that you have taken this positive step towards a healthier life.

The report enclosed consists of information regarding your immune system's response to certain foods, spices, herbs and condiments

Depending on which test(s) were ordered by your practitioner, antibody type IgG is measured using an fusion technology of most advanced MicroArray with the time tested, Enzyme linked Immunosorbent assay, or ELISA.

In understanding your report, it is helpful to have some background information on what are defined as Adverse Reactions to Foods.

Under this broad category, we have reactions involving the body's immune system, called immune-mediated reactions, or allergies, and non-immune-mediated reactions, or food intolerances. Food intolerances are many.

A common example is the inability to digest the milk sugar, lactose, known as lactose intolerance. Other types of intolerances include reactions to various food additives.

The result shows you whether you have developed IgG antibodies to the foodstuffs tested. It is possible in this way to state whether you have a type III food allergy or not.

Such a reaction is preceded by an affection of the intestine. This means that the intestine has become permeable and that components of foods can penetrate it the wrong way.

Thus, it is only possible to show many different reactions or to show no reaction at all. It is therefore extremely rare that the persons affected only react to a single foodstuff.

Your practitioner may want you to follow a different, but similar diet guideline. Please speak with your practitioner about the specific foods he/she would like for you to avoid and/or rotate. You can alter your personalized diet accordingly.

These suggestions do not constitute or replace professional medical advice.

You should discuss any dietary changes with your healthcare practitioner before undertaking them, and immediately consult your practitioner if you experience weight loss or other health-related concerns.

Provided for you in this packet is an easy to patient report guide book for your reference.

This booklet includes other important information including the science behind Adverse Reactions to Foods and meal planning tips.

The first few days of your new diet may be challenging, and a portion of people eliminating their reactive foods may experience symptoms similar to withdrawal, such as headaches and food cravings. If this occurs, contact your practitioner; the symptoms may be due to food elimination or may be due to something else.

You have already achieved your first step towards a larger goal in health by pursuing food sensitivity testing. Be kind to yourself and take this path in health one rotation day at a time.

Sincerely yours in good health and better tomorrow!