

**Could what you eat
be making you ill?**



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

Could you be one of them?

www.foodintoleranceuk.com

Tel: 020 8876 2600

Food Intolerance: THE EFFECTS

"It must have been something I ate" – how many times have you found yourself uttering those words when you're not feeling your best?

But while this is usually just a throwaway line used to describe a spot of sickness or tiredness, there could be a lot more truth in it than you realise.

Because up to 45 per cent of the UK population is thought to suffer from food intolerance, meaning your diet – however healthy it may be – could potentially cause you problems.

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

It is difficult to detect because the effects are delayed, sometimes by up to several days.

And very few of us would ever stop to think that the cause of the discomfort or distress we're suffering on a Sunday could actually be our breakfast from a few days ago.

This is why specialist laboratory testing could help you discover which parts of your diet maybe causing you some stress and discomfort.

The intolerance test could benefit you if you have suffered from:

Ear Nose and Throat		
<input type="checkbox"/> Glue ear	<input type="checkbox"/> Rhinitis	<input type="checkbox"/> Sinusitis
General		
<input type="checkbox"/> Tension	<input type="checkbox"/> Weight control	<input type="checkbox"/> Anxiety
<input type="checkbox"/> Bed wetting	<input type="checkbox"/> Fluid retention	<input type="checkbox"/> Loss of appetite
<input type="checkbox"/> Fatigue	<input type="checkbox"/> Lethargy	<input type="checkbox"/> Sickness
<input type="checkbox"/> Nausea	<input type="checkbox"/> Depression	<input type="checkbox"/> Panic attacks
Dermatological		
<input type="checkbox"/> Skin problems	<input type="checkbox"/> Itchy skin	<input type="checkbox"/> Mouth ulcers
<input type="checkbox"/> Rashes	<input type="checkbox"/> Acne	<input type="checkbox"/> Eczema
<input type="checkbox"/> Psoriasis	<input type="checkbox"/> Urticaria	
Respiratory		
<input type="checkbox"/> Asthma	<input type="checkbox"/> Bronchitis	<input type="checkbox"/> Cystic fibrosis
<input type="checkbox"/> Breathing problems	<input type="checkbox"/> Wheezing	
Gastrointestinal		
<input type="checkbox"/> Abdominal pain	<input type="checkbox"/> Bloating	<input type="checkbox"/> Colic
<input type="checkbox"/> Constipation	<input type="checkbox"/> Diarrhoea	<input type="checkbox"/> Stomach cramps
<input type="checkbox"/> Celiac disease	<input type="checkbox"/> Crohn's disease	<input type="checkbox"/> Gastric ulcers
<input type="checkbox"/> IBS irritable bowel syndrome		
Neurological		
<input type="checkbox"/> Dizziness	<input type="checkbox"/> Headaches	<input type="checkbox"/> Epilepsy
<input type="checkbox"/> Migraines		
Joints/Autoimmune		
<input type="checkbox"/> Arthritis	<input type="checkbox"/> Fibromyalgia	
Special Needs		
<input type="checkbox"/> Autism and special needs	<input type="checkbox"/> ADHD, causing hyperactivity among children	<input type="checkbox"/> Dyslexia
<input type="checkbox"/> Dyspraxia	<input type="checkbox"/> Dysphasia and moderate learning difficulties	

Why pay more?

For just £149

A finger prick home blood test with full clinical laboratory analysis

**Nobody matches our prices for
testing in a clinical laboratory**

131 Foods tested for just £149
Buy a test now online
www.foodintoleranceuk.com

THE FOOD TESTED

GRAINS

Rice, rye, corn (maize), barley, buckwheat, wheat, oat, millet

DAIRY

Egg yolk, egg white, cow's milk

MEAT

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

FISH

Sardine, crab, lobster, shrimp, perch, clam, scallop, oyster, halibut, herring, salmon, mackerel, sole, catfish, trout, tuna, whitefish, cod, haddock

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

FRUITS

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

NUTS

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

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

HOW TO TEST

Taking the test with us could not be simpler and could also be the catalyst for your healthy new lifestyle.

We will send you a blood collection kit, with instructions including step-by-step photographs, and a single pin-prick will give us the small droplet of blood we need to analyse.

Put the sample back into the test kit box, return it to us in the pre-paid envelope provided, along with your customer form and your results will be with you shortly.



WHAT THE EXPERTS SAY?



"Food intolerance has been linked as the possible cause of a range of medical conditions including IBS, bloating, migraines, eczema and arthritis, that can cause the body discomfort and distress.

"Each person reacts differently to food and food intolerance can affect anyone at any age.

"Symptoms can often first start appearing some time after the food has been eaten making it difficult to determine the offending food without advanced laboratory testing such as Food Intolerance UK."

Dr Johan du Plessis



"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



GETTING YOUR RESULTS

You can view your results on-line at www.foodintoleranceuk.com after receiving your own unique password that we will email to you.

Food specific IgG antibodies against 131 foods will fall into one of the following three groups:

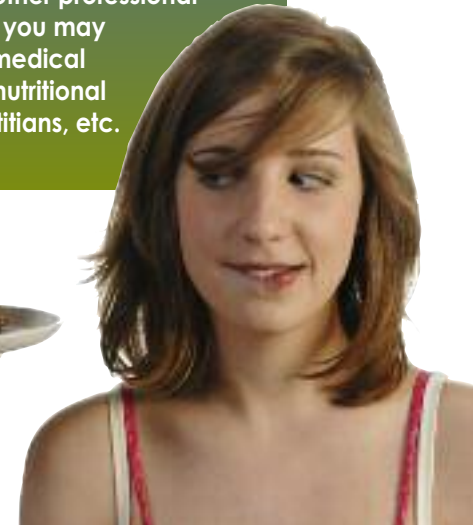
Strongly positive – it would be best if these foods were gradually removed from your diet. Eliminating them entirely may take a few weeks, but after three to six months avoiding them it might be possible to slowly reintroduce one food at a time.

Mildly positive – these foods don't necessarily have to be removed from your diet altogether, but it is sensible to try not to eat them on more than four consecutive days. This can limit the chances of developing new intolerances. You should have gaps of several days when these foods are avoided.

Insignificant – there is no need to alter your diet for these foods.



It is important to remember that taking the food intolerance test is just one part of developing a healthy lifestyle. It is not designed to diagnose allergies, but can complement other professional health advice you may receive from medical practitioners, nutritional therapists, dietitians, etc.



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