DISCOVER WHAT YOUR GP ISNT TELLING YOU ABOUT YOUR IRRITATING INTOLERANCE PROBLEM!

The Shocking Truth About Food Intolerances

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The Answers You've Been Looking For...

The food we eat affects our body in many complex ways and can often leave us feeling uncomfortable, with symptoms of illness; and most times, diagnosing the causes of these symptoms can prove to be difficult. It's because the diagnosis of the causes of these food intolerance symptoms can be so difficult, your GP will typically send you off with some creams or pills, or both, and brush your case under the carpet instead of treating the root cause (s). However, with much improved research and technological advancements, there are now tests that can clearly identify the cause of food intolerance, therefore leading to long-term treatment. We'll look at these tests in this guide.

Even though the symptoms of food intolerance is not one that might appear life-threatening, the condition still has the capability of subjecting sufferers to severe discomfort and deny them the chance of leading normal, happy lives. There are various intolernace conditions, which can affect many people all over the world. In fact, it is estimated that a whopping 45% of the population suffer from food intolerance and the symptoms that sufferers feel differ from one individual to another. Quite often, symptoms can be vague, and food, which is most often the real cause of the problem may not be diagnosed correctly. Sufferers often complain of being tired all the time, feeling bloated, and seeming to be in a "haze."

Basically, food intolerance occurs when a person's digestive system is having difficulty with properly digesting food. Lactose, which is a constituent of milk and other dairy products, is one of the most common food intolerances we know about. Food intolerance is not an immune system response but rather

a digestive system response to the food that an individual eats, hence there is a huge difference between food intolerance and food allergy.

Some symptoms of food intolerance may not appear immediately after food is eaten. They very often appear many hours, and in some cases, days afterwards. This is one reason why it can be so difficult for doctors to diagnose the condition correctly. It's also the reason why it is necessary for a proper test to be conducted, to determine if it's a food that's causing certain symptoms. And that's the whoe purpose of this guide. To help enlighten you to the many tests for food intolerance and how they work.

Section One: Food allergy is not the same as food intolerance

Quite often, people will confuse food intolerance and food allergy, but the two are significantly different. One main difference between them is that the symptoms of food allergy appear almost immediately, whilst the symptoms of food intolerance could appear after several hours or even days in some cases.

There are also other distinct differences between food intolerance and food allergy. For example, food allergy is the body's immune response to certain foods, and the symptoms can be severe. Very common food allergies include nuts or shellfish. The former could have devastating consequencies.

Some typical symptoms of food allergy might include:

- Diarrhea and vomiting
- Fatigue
- Runny nose
- Swelling
- Skin irritation
- Rashes
- Sneezing

As mentioned earlier, some of these symptoms of food allergy can appear just after a few minutes of the body coming into contact with the foods it is allergic to. Although there are cases where the symptoms are delayed for sevral hours. Everyone's reaction times are different.

The body makes certain antibodies (IgE) when it is exposed to food that it is allergic to. These antibodies help to fight off the allergens found in the food.

When the same food is next eaten, it will trigger an immune response and the result is the release of histamine, together with other naturally occurring chemicals in the body. The actual symptoms of any one particular food allergy can vary in severity from person to person, and can be fatal in some cases.

Food allergy and food intolerance in brief …

Food allergy

- The symptoms don't waste time before showing up, usually within two hours after the body comes into contact with allergic foods
- Once the allergic food is ingested, the IgE immune system is activated by the food and the symptoms begin to appear.
- The symptoms may include anaphylactic shock, runny nose, swelling, rashes and difficulty breathing.
- **Food intolerance**
- Typically, symptoms don't show immediately. They are often delayed for some hours and even days in some cases
- Sufferers can suffer multiple symptoms from lethargy to diarrhea, bloating, migraine, and a general feeling of being unwell.
- People can be intolerant to many different types of food at the same time, making a diagnosis extremely difficult.

Warning Signs You Have a Food Intolerance

Some major causes of food intolerance:

- **Sensitivity to food additives**: additives used for preserving canned foods, dried fruits, wines and other types of food can trigger asthma attacks in people who are sensitive to the chemicals used.
- **The absence of an enzyme needed to fully digest a particular food**: a common example is lactose intolerance. Lactose is a common constituent of milk and other dairy products. If a person whose body doesn't have the required enzyme to digest lactose, takes any of the lactose-containing foods, the person can be subject to symptoms of lactose intolerance, which might include stomach pain, cramps, diarrhoea and vomiting.

What Your GP Might Not Be Telling You

In some cases, the symptoms of food allergy and food intolerance can go away once the food causing the symptoms have been removed from the diet. For food allergies however, diagnosing the exact food causing the problem is often easier because the symptoms will usually show up within a few minutes of the food being eaten. However, the same cannot be said for conditions of food intolerance. Testing for and diagnosing food intolerance is more complex. Even doctors themselves admit clinical methods don't often correctly diagnose the many food intolerances. Sometimes, the symptoms are simply attributed as psychological. The obvious difficulty in properly diagnosing food intolerance often lies with the fact the symptoms appear several hours or even days later. It's not uncommon for doctors to simply record the cause of intolerance symptoms as "*unknown*."

Without proper tests and a full diagnosis, many people who are suffering food intolerance tend to keep taking over-the-counter (OTC) medications for conditions, which might be totally different from what they are actually suffering from. The problem with this approach is that if left untreated, some symptoms of food intolerance can become life-threatening and possibly lead to other serious health conditions.

It's because of this inproper diagnosis and treatment cycle that anyone who has a food intolerance be tested as soon as possible. A thorough test will reveal the root causes of your problem and identify the particular food group which you are intolerant to. Once the results of the tests are in, you can simply remove or avoid these particular foods from your diet. Fortunately, modern science has made enormous progress with accurate tests for food intolerance.

In the next section of this guide, we'll look at the various tests for food intolerance available, and what you should know about each one.

Section two:

You Don't Have to Put Up With the Pain Anymore

We all know that the treatment of a health condition becomes easier once the underlying causes of the condition has been revealed, and the same can be said of food intolerance. There are many types of tests for food intolerance available today, and the optins can be quite confusing. The question arises, is any particular test better then another? Sadly, many people waste their time and money relying on unproven test methods in order to identify the cause of their food intolerance, based on some poor and unproven a test results. This is the main reason we have dedicated a section to testing in this guide. Let's look at the various tests on the market and the evidence to support them.

The test methods are divided into two, one being the conventional test method and the alternative test method. We'll look in detail at both.

Conventional test methods

Elimination diet

We mentioned earlier that the best way to tackle food intolerance is to identify the particular food or food groups that cause the irritating symptoms, and one of the conventional ways of doing this is by using the elimination diet test.

Just as the name suggests, elimination diet involves removing foods from a person's diet and reintroducing them at a later time. This is done in a bid to determine and then eliminate particular foods or food groups that the body doesn't tolerate well. After the the foods, suspected to responsible for causing the symptoms, are emoved from the diet, they are slowly reintroduced. One

by one they are included into the person's diet, whilst monitoring for any adverse affects any particular foods might have.

Generally, there are two steps to the elimination diet. The first step is the elimination process, when all foods are eliminated, and the second step is the reintroduction process, when the foods are reintroduced. This type of elimination diet can usually last for a period of up to 5 or 6 weeks.

Once a person suspected of suffering a food intolerance has been able to identify the particular food, which is causing the symptoms of intolerance, the food is permanently removed from the person's diet to prevent the feeling of any further symptoms.

There are several types of elimination diets, with one common theme being they all involve the eliminating and reintroducing process of certian foods into a person's diet routine.

How does the elimination diet work?

As previously mentioned, an elimination diet has two parts. The elimination process and the reintroduction process. Let's now look at both in detail.

The elimination process

In the elimination process, the person experiencing symptoms of food intolerance simply removes specific foods from thweir diet, which they suspect are responsible for triggering their symptoms. This process is generally adhered to a short period of time, usually, 2-3 weeks. Every food you suspect that your body doesn't tolerate well, should then be eliminated, together with any other foods known for causing uncomfortable symptoms.

Some popular foods that the body don't often tolerate well might include:

- Seafood
- Eggs
- Pork
- Foods containing gluten
- Wheat
- Nightshade vegetables (tomatoes, potatoes, peppers etc)
- Citrus fruits
- Dairy products
- Soy products
- Corn
- Nuts

After you have eliminated these foods from the list of possible causes, you can then determine whether your symptoms derive from the foods or if your symptoms are being caused by something entirely different. If after removing the suspected intolerance foods from your diet, you still experience symptoms of food intolerance, it could be that you have other underlying health conditions, whch need to be considerd. Alternatively, you could try using a much more accurate and reliable test for food intolerance. This is not to say the elimination diet is not a reliable means of identifying those foods that the body doesn't tolerate well, but there is an element of "trial and error" in this method. Problem is, any method that relies wholly on trial and error is never going to be a fully a reliable one.

The reintroduction process

After the elimination process or first step, the next step is the reintroduction phase. During this period, you slowly reintroduce the earlier eliminated food products back into your diet.

When reintroducing each of the food groups or individual foods, the procedure must be carried out carefully to allow you to detect any particular foods that your body is intolerant to. Ideally, each food group should be reintroduced over a period of 2-3 days, while observing and monitoring the body closely for signs or symptoms.

While introducing the previously eliminated food back into your diet, these are the symptoms to look out for:

- Changes in bowel habits
- Stomach pain or cramps
- Bloating
- Changes in breathing
- Difficulty sleeping
- Fatigue
- Headaches or migraines
- Joint pain
- Rashes and skin changes (texture or blemishes, hives etc)

Remember, we earlier identified the above effects as typical symptoms of food intolerance. Now, if after reintroducing a particular food group into your diet, you don't experience any symptoms of food intolerance, then you can safely assume that the foods in that particular food group are well

tolerated by your body. It should be safe for you therefore, to continue to consume them whilst proceeding to test for the next food group.

If however, after the reintroduction of a food group back into your diet, you feel do experience problems or show signs or symptoms as listed above, then obviously you shoud totally remove these specific food types from your usual diet.

The whole process of diet testing, including both the elimination and reintroduction should take about 5-6 weeks. When practicing the elimination diet, take care not to eliminate all food groups at once as you may suffer a nutritional deficiency. For example, cut down on one protein type food at a time and not all at once.

What can't you eat on an elimination diet?

By removing specific food groups from your diet, ensuring you don't suffer nutritional deficiency, is the best method for detecting foods that cause symptoms of food intolerance.

Foods that are usually removed from a diet during the elimination phase include the following:

- **Spices**: remove mustard, relish, and sauces
- **Beverages**: remove soda, black tea, coffee, alcohol, and other sources of caffeine.
- **Fats**: remove hydrogenated oils, margarine, butter, mayonnaise, and spreads.
- **Dairy products**: remove all dairy including ice cream, yogurt, cheese, and milk, etc.

- **Sugar and sweets**: eliminate sugar (both brown and white), chocolate, desserts, agave nectar, corn syrup and high-fructose corn syrup, maple syrup, honey, etc.
- **Meat and fish**: avoid processed meats, shellfish, eggs, pork, chicken, beef, and cold cuts.
- **Starchy food**: eliminate bread, oats, rye, corn, barley, wheat, and any other gluten-containing foods.
- **Legumes**: eliminate all legumes including lentils, beans, peas, and soy-based products.
- **Nuts and seeds**: eliminate all nuts and seeds.
- **Nightshade vegetables**: avoid nightshades, including paprika, cayenne pepper, white potatoes, eggplant, peppers, and tomatoes.
- **Citrus fruits**: avoid citrus fruits such as grapefruits and oranges.

The above represent the many food groups you should focus on removing and reintroducing into your diet within the confines of the elimination diet. Apart from these, if there are other foods you know your body doesn't tolerate well, you are free to eliminate them from your diet and monitor your body's reaction.

What can you eat on an elimination diet?

Although an elimination diet is very restricting, there is still enough variety to make healthy and delicious meals.

Some foods you can eat include the following:

- **Spices and condiments**: including black pepper, fresh herbs and spices (excluding cayenne and paprika) and apple cider vinegar.
- **Beverages**: water and herbal teas

- **Fats**: including cold pressed olive oil, flaxseed oil, and coconut oil.
- **Dairy substitutes**: including coconut milk and unsweetened rice milk
- **Meat and fish**: including turkey, lamb, wild game and cold-water fish like salmon
- **Grains**: including rice and buckwheat.
- **Vegetables**: most vegetables, excluding nightshades.
- **Fruits**: most fruits, excluding citrus fruits.

To stay motivated during the elimination and reintroduction process of your diet, try to come up with new recipes where you can experiment with herbs and spices to add delicious flavors to your dishes.

In summary, an elimination diet can help you identify and avoid the foods your body does not tolerate well. However, as mentioned this method is not 100% reliable because it relies on trial and error to identify these food groups. An elimination diet can also reduce the intake of important nutrients if followed for too long. An important point to remeber here, is this method can take as long as 5-6 weeks, which is much too long for many people's patience.

There are other alternative methods of testing for food intolerance; we'll look at some of them in the next section.

Section Three: Other tests for food intolerance

In the last section, we discussed the elimination diet as a consideration for one of the many ways of testing for food intolerance. In this section, we'll discuss more tests for food intolerance.

Blood tests – What the Experts Won't Tell You

A blood test is very often used to check for food intolerance. Although the controversies surrounding the effectivness of the test, together with many incidents of false negatives and false positives, have since rendered this method as unreliable.

How does it work?

During the test, blood is drawn from a patient and placed into a test tube containing specific food components. The food components are examined to determine the degree of the immunoglobulin G (IgG) antibody that binds to each of the components. This quantification of the degree of IgG binding to each food component is normally via enzyme or fluorescence-linked immunosorbent assays.

The patient is then presented with a document itemizing all the foods in a category that the patient is sensitive to, together with the level of sensitivity. For example, under dairy produce, may be listed cheese, cottage, cheese, etc.

As mentined earlier, there are many controversies surrounding the use of blood test for accurate food intolerance. First, there are many reported cases of false positives and false negatives deriving from the test results. This has cast a shadow of doubt over the reliability of the test procedure.

There are also arguments that the test only checks for food allergy and not food intolerance. Earlier in this document, we determoned there is a huge

difference between food allergy and food intolerance, and even though people may confuse the two, there is still a vast difference between them in terms of the symptoms that patients experince and the difficulty, with which each one is later diagnosed.

Even though some will advocate blood tests do significantky etermone some food intolerance, it has been discovered that blood testing does in this regard onyapplies to the diagnosis of celiac disease.

Celiac disease is an autoimmune condition and can't really be classified as a symptom of food intolerance. When you have celiac disease and consume gluten-containing proteins such as wheat, rye, and barley, your immune system reacts, and the result is an attack on your small intestine. During these immune system attacks, certain antibodies are generated, and it is these antibodies that are usually detected by the blood tests. So, blood tests are only useful for testing for celiac disease and not food intolerance as a whole. Because of that, you can't wholly rely on blood tests as a reliable test for food intolerance. The main problem with this test is that it doesn't test for the other foods that the body may not tolerate well. There have been reports that blood tests can also be used effectively to screen for lactose intolerance. However, there is no substantial scientific evidence to back it up.

Even when testing for celiac disease, the test results often throw false positives (that is, a result indicating celiac disease even though the patient doesn't have celiac disease) and false negatives. So, if the blood test can even return a false result for the celiac disease it is best known to test for, how can it be relied upon for food intolerance? These are just some of the many factors associated with blood testing as a means of checking for food intolerance It's also very expensive.

Here is a list of other unproven test methods …

- Pulse testing
- Vega testing
- Applied kinesiology
- Mediator release assay
- Endoscopic allergen provocation test
- Gastric juice analysis test
- Facial thermography test

There are alos many others, just too numerous to mention. The only common factor all these test methods have, is that they are unproven methods of testing for food intolerance. On accasion there have been times, when as many as 60 different foods have been identified as being unsuitable for a patient to eat, leaving them wondering what options they have left.

However, there is still a ray of hope when it comes to the whole saga of testing for food intolerance. There is one more test method that has proven to work much more effectively than any other when it comes to testing for food intolerance. Most of the other tests previously described are currently limited to food products only and do not take into account some of the other possible causes for food intolerance. These include the substances and chemicals used to process and preserve food and the absence of an enzyme needed to digest food. These main causes of food intolerance are exactly what a hair analysis test actually checks for.

Bio Resonance Hair Analysis – Finding Your Food Intolerances Just Got a Whole Lot Easier

Unlike the other test methods previously mentioned, Bio Resonance hair analysis is almost 100% accurate in pinpointing any particular food that is creating an adverse rection on your body.

This is a state of the art technological breakthrough. In the actual hair analysis test, a sample of a patient's hair is sent to a laboratory to be scanned by a bio-resonance scanning device. Bio-resonance is a general scientific term, which is traditionally used to describe the interaction between the bio-field of a living organism and frequency patterns that interact with specific parts of it. There are many different types of bio-resonance modalities, which fall under this term.

Basically, the process concerns the ability for an external frequency/pattern to resonate with a specific item in the bio-field of the physical body. True bio-resonance is a conscious interactive exchange between the consciousness of a life form and a bio-resonance modality, such as a piece of bio-resonance equipment.

Hair has become a very important factor in forensic and complementary medical practice due to its ability to store genetic information about an individual. The government recently released information about the use of 'hair testing' as a method for tracking terrorists. Hair tests can reveal where a person has been and what they have eaten. Although relatively new, when compared to the more conventional blood, stool, urine and saliva screening, hair testing is proving to be a popular, non-invasive and very cost effective alternative to normal tests. The technology used is manufactured in

Germany under ISO standards and carries CE Mark IIa approval for medical diagnostic use.

Body Field Analysis uses well established electromagnetic frequency principles to generate waves that cause the hair sample to vibrate setting up a unique resonant pattern for that particular sample. This sample is then scanned and tested against a database of known allergies, which can include both food and non food substances.

Hair analysis has not only proven to work as a means of testing for food intolerance, but it is also extensively used to accurately test for other health issues and conditions such as mercury poisoning and recreational drug use, etc.

You can find more detailed information regarding this new technology here www.intolerancelab/research.

Once your hair's genetic makeup has been able to reeal those foods that your body is not tolerating, you can then take the necessary steps to alter your diet accordingly or to avoid foods containing certain chemicals.

Cutting Edge Technology Has The Answers You've Been Looking For

There are many reasons why the hair analysis test is the best method for detecting food intolerance, incuding the following...

1. It has scientific backing

Unlike other test methods that have no substantial scientific backing, hair analysis testing has been in use for various purposes after years of in-depth research. This has proved beyond a show of doubt that traces of drugs for example, and other components of the food we ingest, are deposited in the hair and can be accurately measured.

When we eat food or take drugs, the body metabolizes them, and as they flow through the bloodstream, they get deposited in the cortex of the hair. Since hair is a stable feature of the human structure, and the deposits are permanently embedded within it, it acts like an information storage device.

In summary, hair analysis testing is based on a simple and proven scientific principle as shown below:

- Ingested foods and drugs are entrapped in hair
- Ingested foods and drugs accumulate in proportion to use
- Permanent historical record of these entrapped mineral deposits can be found by subjecting hair to a scientific biotechnological procedure.

Compared to other forms of testing, it is easy to see why hair analysis is the only alternative food intolerance test method that is now backed up by scientific research and evidence.

2. Non-food intolerance is tested against your sample

Most of the other conventional testing methods test your blood sample against only food products, and while that might help in detecting food allergies, it will not detect food intolerance.

3. It is a safe and non-invasive procedure

Unlike blood tests and some of the other alternative test methods, where the use of needles migt be involved, hair analysis testing is simple and uses nothing more than a sample of your hair. It is therefore consided to be the safest, most reliable and accurate food intolerance test method avaialable.

4. The procedure uses the latest biotechnology testing methods

Over 700 food and non food products and items, whether ingested or not can now be accurately and tested. This means the test could produce results you were completely unaware of.

Don’t Live With the Pain Anymore!

If you are experiencing symptoms of food intolerance, and are really keen on seeking a solution for your condition, do yourself a favor and skip blood testing completely.

It is not a trusted method in revealing eactly which foods are causing your symptoms, and it’s very likely to produce a series of false positive and/or false negative results. This is in itself is a negative issue and can be very misleading.

You could opt for the elimination diet if you have endless patience and are good at sticking to stringent routines. However, is it really worth bothering with all that time-consuming activity when you could be doing something much more worthwhile?

Why spend time reading food packets for hidden ingredients, avoiding restaurants for 6 weeks at a time or spend hours cooking from scratch and keeping a food diary? It’s all unnecessary.

Simple, painless hair analysis tests remain your best optin when it comes to testing for food and other known intolerances. Remember, your journey to combating food intolerance starts with correct diagnosis. And the earlier you get tested to determine the actula cause of your food intolerance, the better it will be for you. Left unchecked, symptoms of food intolerance can get really nasty if not identified and treated early.

Hair analysis testing has been proven to be much more reliable than any of the other alternative methods we have loked at in this guide. It is backed by scientific research and it’s also the safest non-invasive test method for food intolerance. All you have to do is send a sample of your hair to be analyzed

against a database of known intolerances to see which ones your body is not tolerating.

Through the results of the analysis, you are then advised on any particular foods to avoid. The test is very inexpensive, when compared to a blood test and you get accurate results from a test that actually works.

Get in touch with the professionals

Hair analysis testing for food intolerance is our major speciality. We'll test your hair sample against:

- 350+ of the most common food items
- 350+ non-food items including chemicals used in food processing and packaging plus pet hair, dust and pollen etc
- Most of the common nutrients your body requires daily

At the end of our analysis, we'll be able to show you:

- The food items and non-food items that your body is intolerant to
- Where the non-food items (especially the chemicals) are commonly found
- Guidance on how your individual intolerances can be reduced, controlled or eliminated completely

There is a reason why so many people swear by us, and that's because our results speak for themselves. Why not come and see for yourself. We'd be delighted to help you get the relief you so desperately deserve. Click here http://www.intolerancelab.co.uk to get in touch with us today.