

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](http://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 is considered the best way to discover which parts of your diet maybe causing you some stress and discomfort.

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

<b>Ear Nose and Throat</b>		
<input type="checkbox"/> Glue ear	<input type="checkbox"/> Rhinitis	<input type="checkbox"/> Sinusitis
<b>General</b>		
<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
<b>Dermatological</b>		
<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	
<b>Respiratory</b>		
<input type="checkbox"/> Asthma	<input type="checkbox"/> Bronchitis	<input type="checkbox"/> Cystic fibrosis
<input type="checkbox"/> Breathing problems	<input type="checkbox"/> Wheezing	
<b>Gastrointestinal</b>		
<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		
<b>Neurological</b>		
<input type="checkbox"/> Dizziness	<input type="checkbox"/> Headaches	<input type="checkbox"/> Epilepsy
<input type="checkbox"/> Migraines		
<b>Joints/Autoimmune</b>		
<input type="checkbox"/> Arthritis	<input type="checkbox"/> Fibromyalgia	
<b>Special Needs</b>		
<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?

A finger prick home blood test with clinical laboratory analysis

For just £149

our laboratory food intolerance test represents the best value in the UK, checking your intolerance to 131 different foods

Nobody matches our prices for testing in a clinical laboratory

131 Foods tested for just £149

Buy a test now online

[www.foodintoleranceuk.com](http://www.foodintoleranceuk.com)

## THE FOOD TESTED

The specialist test we offer will check your body's reaction to the following wide range of foods:

### GRAINS

Gluten, 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, cantaloup, 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](http://www.foodintoleranceuk.com) after receiving your own unique password that we will email to you.

Food hypersensitivity results 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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