

## Food Intolerance Test

### Food intolerance test determines antibodies of class IgG against many food and food additives

Such tests are usually only performed when conventional medical tests and the treatments based on them do not lead to any significant improvements in health, or when classical diagnostics do not yield clear results.

Often it is patients themselves who took alternative treatment methods by seeking out specialists who use a holistic approach to look for intestinal disorders as a cause of disease symptoms. In these cases, one of the methods included in a detailed anamnesis is the determination of antibodies against foods.

The production of antibodies against foreign substances (e.g. viruses, bacteria, as well as foods and food additives) is a normal physiological process, which does not necessarily lead to disease. Food intolerance develops when the patient has a (chronic) intestinal disorder which results in an increased permeability to food components. The components enter the blood stream, and the immune system may react by producing IgG antibodies against the foreign substances. This leads to the formation of so-called immune complexes, which trigger a multitude of symptoms via inflammatory response.

The appearance of symptoms is always delayed (several hours to days after consumption of the foodstuff), and the association with a particular disease picture is often very difficult to establish, even for specialists. Often, the production of antibodies augments the symptoms of existing inflammatory disease or the symptoms become recognizable for the first time.

For example, associations between food intolerance and gastrointestinal diseases, rheumatoid arthritis and skin disorders have been described. Antibody production also has an aggravating effect on the symptoms of migraine, ADHS or autism (strength and frequency of attacks). It can also influence fertility and aging or cause substantial weight changes.

You will receive the test results listed in two different ways.

- Tests results listed according to the strength of the immune system
- Tests results listed by food category (see below)

#### Food categories tested:

Gluten Containing Cereals	Gluten Free Cereals & Alternative Foods
Meat	Dairy & Egg
Fruits	Herbs & Spices
Nuts & Seeds	Vegetables
Legumes	Salads
Mushrooms	Fish & Seafood
Miscellaneous	

In the results there are 216 different foods, which are all capable of inducing food intolerance. Antibodies are determined for each food individually, with the exception of mushrooms, which are grouped into two mixtures due to the numerous different species. You can see to what extent your body reacts to each food by looking at the strength of the immune reaction. The reactions are shown in 5 classes (from 0 to 4, colour coded). Results of classes 3 and 4 indicate a (very) strong immune reaction, class 2 shows a moderate reaction, and class 0 and 1 indicate absence or only very small quantities of antibodies.

Class	Concentration (U/ml)	Result
0	<= 7.50	No reaction
1	7.51 - 12.49	Weak reaction
2	12.50 - 19.99	Moderate reaction
3	20.00 - 49.99	Strong reaction
4	= 50.00	Very strong reaction

Please Note:

The results obtained with the EUROLINE FOOD test do not represent a diagnosis and should not be used exclusively to establish a modification diet. The presence of antibodies alone does not indicate disease, but must be accompanied by associated symptoms. Please do not make a diagnosis yourself. Consult a qualified specialist to make decisions on measures to improve your health.

Generally, in cases of disease symptoms and immune reactions of class 4, we recommend eliminating the foods that induce strong immune reaction from the diet for 3 months. For results of class 3, the respective food should be reduced or consumed on a 3 month rotation diet. With results of class 2, a food intolerance is rare. Results of class 0 and 1 show a normal physiological state.

A change in dietary habits or the complete elimination of one or more foods must always be carefully planned and supervised in order to ensure the essential nutritional components are consumed in sufficient quantities. Therefore, in cases of positive results, please seek the advice of a nutritionist or a similarly qualified person.

Please bear in mind that this test does not determine antibodies of class IgE, which occur in classic allergy (food allergy). All allergies manifest with immediate symptoms such as tingling in the mouth, hives, swelling of the lips, face, tongue, and the throat or in the severe cases anaphylactic shock, making identification of the disease easier.

If you have food allergy it is advisable to eliminate those foods that trigger positive reactions from your diet permanently. The same applies if you have coeliac disease or e.g. a lactose intolerance.

We hope that you are soon free of your health complains.

CENTRE MEDICAL MODERNE