



FOOD INTOLERANCE TESTING



LET YOUR FOOD
BE YOUR MEDICINE

Food Intolerance test is considered one of the most important tests of modern healthcare. Intolerance referred to in this case is sensitivity your body may have around a certain foodstuff. The kind of food intolerances testing primarily involves an antibody, called IgG, which causes a delayed hypersensitivity reaction that is usually not immediate or severe. Often a person will develop symptoms hours or days after consuming the problem food, making the source hard to identify.

Small amount of blood sample, which will be processed by medical experts, is enough give you your complete food fingerprint profile. The blood is obtained through finger-pricking. The Food Intolerance Tests are categorized into two: 113 food types tested and in the other, 208 foods and drinks tested.

Below are some of the symptoms of Food Intolerance and disease/disorders which can be improved/ managed well or solved by doing the check-up

Digestive Issues

People commonly report feeling bloated after eating certain foods, with symptoms of a tight, uncomfortable tummy and excess gas. Other well-known digestive symptoms include IBS, constipation and diarrhoea.

Skin issues

Conditions such as eczema are atopic (may occur in a part of the body not in contact with the allergen) and caused by skin prone to inflammation. Other dermatological issues associated with food intolerance include acne and itchy skin.

Respiratory issues

Asthma, also an atopic inflammatory condition, can be worsened by food intolerance. The inflammation caused by intolerance can also cause sinusitis, rhinitis, and frequent colds and infections.

Joint Pain

Joint pain symptoms can include aching, stiff or swollen joints. Arthritis sufferers frequently report that cutting out trigger foods can reduce their symptoms.

Migraines

People who suffer from migraines may all experience different triggers for their symptoms. A link between food intolerance and migraines has long been suspected, so knowing your personal ‘food fingerprint’ can be highly beneficial.

“We cannot expect to think right, sleep right and move well if we don't provide our body with the right food to do so”

Nicola
Foreverfit.tv



Fatigue + Mood issues

From feeling sleepy, irritable, and lacking concentration, food intolerance can cause signs of fatigue. The gut is also linked to mental health conditions, such as depression, and mood is incredibly frequently cited as a symptom of intolerance.

Other issues include Chemical sensitivity, hyperactivity, obesity, coeliac disease and an improvement by those with autism among others

Besides the Food Intolerance, we also have an array of food allergy tests. An allergic reaction, to a food e.g nuts, is an immediate, adverse response to whatever it has been introduced into the body. Unlike in the food intolerance, IgE immunoglobulin is majorly involved.

Investing in food intolerance check-up means you are willing to learn invaluable, life-changing, information about your body and gain the power to improve your health. Food intolerance testing provides the perfect starting point and serves as a structural guide to conduct an elimination diet. By avoiding food types pointed by the test results, individuals notice significant improvement in the body's general health. Notably not all the offending foods are completely gotten rid of. To the less problematic food/drinks, as indicated in results, you will be advised on how to limitedly consume them so not to trigger body immune reactions.