



Food Intolerance

What is a Food Intolerance?

Food intolerance (also known as food sensitivity) can result from your body reacting adversely to certain foods. Often the foods we include regularly in our diet or the foods we crave may be the ones causing the problem. Food intolerance symptoms may be due to several factors – an enzyme deficiency, for example in lactose intolerance; sensitivity to certain chemicals, for example amines in chocolate and red wine can cause migraines; or an IgG immune response as indicated by your test results.

Research has shown that food intolerance can be linked to IgG antibodies raised by your immune system when you eat certain foods¹. Under normal circumstances these antibodies form complexes with proteins in the food. These complexes are then eliminated by your immune system without any ill-effects. If the immune or digestive systems are compromised, these complexes may be deposited around the body causing inflammation and can result in a wide range of symptoms such as fatigue, IBS, bloating, migraine or obesity. So your body sees the food as a “problem” food. Symptoms can last for several days or longer and are often intermittent, making it difficult to identify which foods your body is struggling to deal with. Food intolerance should not be confused with food allergy.

Testing for Food Intolerance

By taking a small, finger-prick blood sample, it is possible to measure food-specific IgG antibodies in your blood. Your IgG antibody readings are shown in your personal Food Intolerance Test results.



How to use this Guide

This booklet explains how to interpret your results and how to plan your new diet. It will help you to identify which foods to avoid and provide ideas for alternatives. It will guide you in monitoring your diet and symptoms and will also help with the re-introduction of foods when your health has improved.

The following flow diagram shows the main steps involved..

1. Dietary advice based on food specific IgG results
Geoffrey Hardman, Gillian Hart, University of York, Heslington, York, UK Nutrition and food science vol 37 no 1 2007 pp16-23