



Frequently Asked Questions

Q **Is it possible that I am affected by foods that are not detected by your IgG food test?**

Yes - some foods may cause a classic allergic reaction involving the production of IgE antibodies. These will not be detected by any IgG food test. There are also many foods that can cause a reaction in the body without involving the immune system but produce symptoms similar to IgG reactions. For example, amines in chocolate, cheese and red wine may cause migraines; some food additives such as tartrazine can cause hives, rashes and asthma; monosodium glutamate in Chinese dishes can produce sweating and dizziness; and 'Nightshade' alkaloids in potatoes, tomatoes and peppers may affect the joints. Food intolerance may also be due to a deficiency of a particular enzyme, as in lactose intolerance. You should avoid any foods if you suspect they are affecting you adversely.

Q **I have been avoiding a food for several months/years; will this affect my test results?**

The IgG food intolerance test is based on your immune system producing antibodies in response to you eating certain foods. If you have been avoiding a particular food for more than 3 months, it is likely that the test will be unable to detect any antibodies and therefore will show as a negative response. To test intolerance to a certain food you should include it in your diet daily for at least 4-6 weeks before testing. However, if you know that the food concerned causes you extreme symptoms do not to re-introduce that food at all.

Q **If cow's milk comes up positive, does that mean that I am lactose intolerant?**

No. Lactose intolerance is the inability to digest lactose, the major sugar found in milk, and is caused by a deficiency of the enzyme lactase. The food intolerance test detects whether you have an intolerance to the proteins in dairy but does not detect the lactase enzyme and therefore cannot diagnose lactose intolerance.

Q **Is gluten-free the same as wheat-free?**

No. A product can be wheat-free but not gluten-free and vice versa. You can buy products that are both gluten-free and wheat-free. It is important to read ingredient labels to be certain. In the food intolerance test, our wheat, barley and rye food samples have had the gluten (gliadin) removed and this is tested separately. Therefore, if you show a reaction to wheat, rye or barley, the reaction may be due to any of the other proteins in the grains. However wheat, barley and rye all contain gluten naturally and therefore, if you test positive for gluten, you should also avoid eating these foods and substitute with naturally gluten-free foods such as quinoa, buckwheat, corn and oats.

Q If I come up positive to wheat, does that mean I have Coeliac Disease?

No. Coeliac disease is an autoimmune disease that results in a severe reaction to gluten, a protein found in wheat, barley and rye. Our wheat extract does not contain gluten and so a positive test result for wheat only indicates an intolerance to wheat proteins, not to gluten.

Q Why do I react against a food that I have never eaten?

It is occasionally observed that reactions with some foodstuffs occur, although the patient is convinced of never having eaten this foodstuff. This is absolutely not unusual, and also not attributable to a false measurement. In this case, one talks of a so-called “cross reaction” i.e. the antibody recognises not only the antigen for which it was originally formed, but also other antigens which belong to other foodstuffs. This is possible because some foodstuffs have identical molecules or identical parts of molecules, although they evidently do not have to be directly related with each other. These identical molecules or parts of molecules can then be recognised by an antibody. Please call CNS for further information on cross-reactions.

Q Are these tests suitable for children?

We recommend a lower age limit of 2 years or older.

Q What if I don't experience any improvement at all?

If, after changing your diet according to your test results, no improvement has been achieved after 3 months, then food intolerance is unlikely to be the cause and other remedies should be sought. Your test results are complementary to the best medical advice and are provided as a guide to diet alteration only.

Q Do I need to have a re-test after a few months?

Most people do not need to have a re-test, but if you would like another test we usually advise a period of 12 months in between tests. If your symptoms have improved and you have been able to successfully re-introduce the foods, then a re-test is unnecessary.

