



Food Intolerance Testing



What is a Food Intolerance?

The inability to tolerate various foods, which induce a chronic activation of the innate immune system and gives rise to inflammatory processes, which includes excess production of reactive oxygen species and the release of preformed and newly synthesized mediators of inflammation.

Symptoms of a Food Intolerance:

This inflammation has been linked to countless chronic conditions, including: fatigue, IBS/digestive disorders, migraines, weight issues, ADD, aching joints, skin reactions, arthritis and many more. Most importantly, inflammation fuels cancer growth.

How do Food Intolerances differ from classic food allergies?

True food allergies refer to foods that trigger the immune system to acutely produce massive amounts of the chemical histamine that leads to anaphylaxis. This potentially fatal condition causes the throat and esophagus to swell, cutting off air from the lungs, or may simply cause hives, skin rashes, and other non-life-threatening reactions. This type of reaction is called a type I hypersensitivity reaction, caused by the degranulation of mast cells or basophils that is mediated by Immunoglobulin E (IgE).

Our immune system is complex, and can react to foods up to a week post ingestion, making it difficult to detect. After food testing is done, a typical treatment plan would involve the elimination of the highly reactive foods in addition to the prescription of gut healing nutrients.

Food Intolerance Testing is ideal for patients who may suffer from delayed reactions/sensitivities to specific foods. Moreover, it may also provide insight on intolerance's, or non-immune responses, to certain foods.

Fruit	0.132	0		
Funa	0.155	0		
Walleye Pike	0.152	0		
GRAINS & STARCHES				
Amaranth	0.189	0		
Arrowroot	0.159	0		
Barley	0.173	0		
Bran	0.189	0		
Buckwheat	0.165	0		
Corn	0.155	0		
Gluten	0.232	1 *		
Hops	0.303	2 **		
Malt	0.194	0		
Millet	0.216	1 *		
Oats	0.149	0		
Quinoa	0.399	2 **		
Rice	0.153	0		
Rye	0.187	0		
Sorghum	0.193	0		
Tapioca	0.140	0		
Teff	0.232	1 *		
Wheat	0.217	1 *		
LEGUMES & PULSES				
Black-eyed Peas	0.226	1 *		
Chickpea	0.144	0		
Green Pea	0.150	0		
Kidney Bean	0.185	0		
Lentil	0.145	0		
Lima Bean	0.141	0		
Navy Bean	0.196	0		
Peanut	0.168	0		
Soybean	0.146	0		
DAIRY & EGG				
Blue Cheese	0.291	1 *		
Casein	0.257	1 *		
Cheddar Cheese	0.158	0		
Cottage Cheese	0.152	0		
Egg, White	0.169	0		
Egg, Yolk	0.184	0		
Milk, Cow's	0.260	1 *		
Milk, Goat's	0.192	0		
Milk, Sheep's	0.196	0		
Mozzarella Cheese	0.264	1 *		
Swiss Cheese	0.199	0		