

Food Sensitivity Testing

Health is not just about eating the right foods for you. It also needs efficient digestion and absorption of those foods, so they can nourish every cell of your body.

80% of your immune system is contained within your digestive system as it protects you from the “foreign” matter (including food) that passes through your gut.

It is the protein in a sensitive food that will produce an immune response if it is not completely digested into its basic components (amino acids). Food sensitivities can also be encouraged by other factors, including, stress, food additives, environmental toxins, pathogenic micro-organisms, medication (including anti-biotics), blood sugar issues and hormonal imbalances.

Hence, the majority of your immune system is focused on your gut issues, leaving less to protect the rest of your body. This may result in increased systemic inflammation and a reduced capacity of your body to fight off infections and a greater risk of developing autoimmune conditions, such as Crohn’s disease, ulcerative colitis, Hashimoto’s disease, type 1 Diabetes and rheumatoid arthritis.

IgG mediated food sensitivities are not life-threatening and can produce symptoms such as, IBS, bloating, nausea, skin conditions, fatigue, headaches, constipation, diarrhoea, mood changes and joint pain anywhere between 2-72 hours after eating that particular food.

IgG Food Sensitivity Testing gives you the results of 59 test foods in 1 hour. It uses a pin prick of blood and is conducted during your consultation. As well as knowing which foods to avoid, you will also be given advice on how to improve your digestion and restore your gut health.

An elimination diet can also be used to identify the offending foods. This involves eliminating foods you suspect from your diet for a month and then gradually re-introducing them back into the diet, one at a time, while monitoring any reactions.