

What foods could be stopping you achieving good health?
إكتشف الأطعمة التي يمكن بتجنبها أن تغيّر حياتك للأفضل



The Food Intolerance Test

تحليل عدم التحمل الغذائي



Cambridge Nutritional Sciences Ltd

FOODPRINT[®]
Food IgG Antibody Test

INDEX

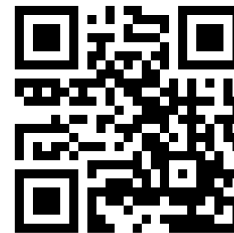
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Food intolerance explained...

(Food Allergy Type III)

It has long been known that consumption of certain foods can have profound effects on the physical and mental health of susceptible individuals. This is even more evident in today's world with the huge variety of processed foods we now consume.

Recent work by Atkinson and co-workers has identified that food-specific antibodies (produced by the body's immune system) and symptoms of food intolerance are closely linked. Food intolerance is associated with a wide range of unpleasant symptoms and many chronic conditions. Unlike food allergies, food intolerance is unlikely to be life threatening.

Less than 2% of the population suffers from food allergies; however, up to 45% of the population is estimated to suffer from some form of food intolerance.

Symptoms often occur some time after the food has been eaten and it can be difficult to identify the food or foods which cause the symptoms. For example, the milk or bread eaten one day could be the cause of joint pains three days later. Some food-related symptoms may be caused by enzyme deficiency or chemical sensitivity, while in others an immune response may be involved.

Many food intolerances are associated with an inappropriate immune response to a particular food or foods. While the causes of food intolerance are not fully understood, inadequate digestion, dysbiosis, candidiasis, parasites, intestinal infections, a poorly balanced diet, alcohol consumption, or the effects of drugs and medications may play a role. Production of antibodies is one of the ways in which the body's immune system reacts to substances that adversely affect it.



In normal circumstances, these antibodies combine with proteins in the food to form complexes, which are then eliminated by the immune system. However, if the immune system is overwhelmed or over-worked, then complexes can accumulate in places such as joints or the digestive tract to produce symptoms of food intolerance.

Symptoms can appear up to three days after eating the offending or 'reactive' food and can last for weeks.

Therefore, it can be very difficult to pin-point which foods could be causing the symptoms. In the investigation of food intolerance, it can be helpful to assess the level of food antibodies in a blood specimen.

A diet that eliminates the problem foods will often be enough to prevent the onset of symptoms. Identifying these foods is the difficult part. Your FoodPrint Test, however, is the first step in this process.

A raised level of food antibodies is not a problem in itself, but can help to identify those foods which are the most likely candidates. Where your test shows an elevated level of antibodies to a specific food, you should eliminate it completely from your diet for a period of at least 3 months.

When the symptoms subside, the eliminated foods can be re-introduced one by one and the effects monitored.

Avoiding the foods that have been identified as positive in your FoodPrint™ Test may reduce your symptoms.

Do you suffer from any of the following?

Gastrointestinal

abdominal bloating, cramping,
excessive wind, water retention,
Irritable bowel syndrome,
constipation, diarrhoea,
colic, vomiting, nausea



Central Nervous System

migraine, headache, impaired
concentration, mood and behavioural
changes, autism, depression,
anxiety, fatigue, dizziness
and hyperactivity



Musculoskeletal

arthritis, joint pain, aching
muscles and weakness,
fibromyalgia



Respiratory

asthma, rhinitis,
sinusitis, wheezing



Dermatological

urticaria, atopic dermatitis,
eczema, acne, psoriasis,
itchy skin and other
rashes



Others

weight gain, weight
loss, glue ear,
infertility



How can this test help?

After you have taken the FoodPrint test you will receive a patient pack which contains your test results as well as Patient Support Guide.

With the information you obtain from your FoodPrint test results, you can make some changes to your eating patterns. If your test shows any positive reactions it means that you have an elevated antibody reaction to that particular food and the simple act of removing them from your diet can completely change your life.

Reactions for foods can be mild, moderate or strong (as it shown in the report) and it is advisable to eliminate those foods which have shown a moderate or strong reaction from your diet for 3 months.

If you have a lot of positive reactions you may find it too challenging to remove all these foods at once, so you may find it easier to:

- a) Avoid the foods to which you have shown a moderate or strong reaction and
- b) Rotate those foods showing a mild reaction

Use your Patient Support Guide which is included in your Patient pack for information and guidance on how to safely remove your trigger foods and substitute them for alternative ones. If you need further help or have any queries please visit www.foodprintarabia.com to contact our Nutritionist who can advise you.

Some people feel slightly worse when they eliminate a food, and whilst it can be difficult to give up certain foods you need to persevere. Substitute your trigger foods with foods which have not shown a reaction (some ideas for food substitutes can be found in your Patient Support Guide). Trying out new foods will increase the variety of nutrients in your diet, help stop cravings and add to the pleasure of eating.

The majority of people find their symptoms reduce within one to three months after cutting out the foods to which they have shown an antibody reaction.



Foods included in the **FOODPRINT**[®] 220+ panel

Dairy & Eggs

Alpha-Lactalbumin,
Buffalo Milk, Cow's Milk,
Egg Yolk, Sheep's Milk,
Beta-Lactoglobulin,
Casein, Egg White,
Goat's Milk



Fish & Seafood

Anchovy, Crab, Monkfish,
Salmon, Swordfish, Barnacle,
Cuttlefish, Mussel, Sardine,
Trout, Bass, Eel, Octopus,
Scallop, Tuna, Carp, Haddock,
Oyster, Sea Bream, Turbot,
Caviar, Hake, Perch, Shrimp,
Prawn, Winkle, Clam, Herring,
Pike, Sole, Cockle, Lobster,
Plaice, Squid, Cod,
Mackerel, Razor Clam



Fruits

Apple, Cranberry, Lime,
Papaya, Redcurrant, Apricot,
Date, Lychee, Peach, Rhubarb,
Avocado, Fig, Mango, Pear,
Strawberry, Banana, Grape,
Melon, Pineapple, Tangerine,
Blackberry, Grapefruit,
Mulberry, Plum, Watermelon,
Blackcurrant, Guava, Nectarine,
Pomegranate, Blueberry,
Kiwi, Olive, Raisin, Cherry, Lemon,
Orange, Raspberry



Herbs & Spices

Aniseed, Coriander, Ginseng,
Nutmeg, Sage, Basil, Cumin,
Hops, Parsley, Tarragon, Bayleaf,
Curry, Liquorice, Peppercorns
(B/W), Thyme, Camomile, Dill,
Marjoram, Peppermint, Vanilla,
Cayenne, Garlic, Mint, Red Chili,
Cinnamon, Ginkgo, Mustard
Seed, Rosemary, Clove,
Ginger, Nettle, Saffron



Grains

Amaranth, Couscous,
Millet, Rye Flour, Wheat,
Barley, Durum Wheat,
Oat, Spelt, Wheat Bran,
Buckwheat, Gliadin,
Polenta, Tapioca,
Corn (Maize), Malt,
Rice



Vegetables

Artichoke, Brussel Sprout, Chicory,
Peppers (Mixed), Sweet Potato, Asparagus,
Cabbage, Cucumber, Potato, Tomato,
Aubergine, Cabbage (Red), Fennel, Quinoa,
Turnip, Bean (Broad), Caper, Leek,
Radish, Watercress, Bean (Green),
Carrot, Lentil, Rocket, Yuca, Bean
(Red Kidney), Cauliflower,
Lettuce, Shallot, Bean (White
Haricot), Celery, Marrow,
Soya Bean, Beetroot, Chard,
Onion, Spinach, Broccoli,
Chickpea, Pea, Squash



Meat

Beef, Horse, Ox,
Quail, Veal, Chicken,
Lamb, Partridge,
Rabbit, Venison, Duck,
Ostrich, Pork, Turkey,
Wild Boar



Nuts & Seeds

Almond, Coconut,
Macadamia Nut, Pistachio,
Sunflower Seed, Brazil Nut,
Flax Seed, Peanut,
Rapeseed, Tiger Nut,
Cashew Nut, Hazelnut,
Pine Nut, Sesame
Seed, Walnut



Miscellaneous

Agar Agar, Carob,
Coffee Mushroom,
Transglutaminase Aloe Vera,
Chestnut, Cola Nut, Tea
(Black), Yeast (Bakers), Cane
Sugar, Cocoa Bean, Honey,
Tea (Green), Yeast
(Brewer's)



Foods included in the **FOODPRINT**[®]60 panel

Cereals

Corn, Durum Wheat, Gluten, Oats, Rice, Rye, Wheat.

Nuts & Beans

Almond, Brazil Nut, Cashew, Cocoa Bean, Peanut, Legume Mix (pea, lentil, haricot), Soya Bean, Walnut.

Meats Fish

Beef, Chicken, Lamb, Pork.
Freshwater Fish Mix (salmon, trout), Shellfish Mix (shrimp, prawn, crab, lobster, mussel), Tuna, White Fish Mix (haddock, cod, plaice)

Vegetables

Broccoli, Cabbage, Carrot, Celery, Cucumber, Leek, Peppers (red, green, yellow), Potato.

Fruits

Apple, Blackcurrant, Grapefruit, Melon Mix (cantaloupe, water melon), Olive, Orange & Lemon, Strawberry, Tomato

Other

Egg (whole), Cow's Milk, Garlic, Ginger, Mushroom, Tea, Yeast (Brewer's and Baker's).

How can I do the test?

The Foodprint IgG antibody test is a simple fingerprick test that can be done quickly within the clinic setting. It uses state of the art technology which allows more than 220 foods to be rapidly analysed from just one drop of blood.

There is no fasting required prior to the test.
The test is suitable from 2 year's of age.

1

Make an appointment with your health practitioner or local clinic

2

Your practitioner or clinic will take a single drop of blood from your finger.

3

Your practitioner or clinic will receive the results of your test, and you will be given the following:

- A Patient Pack containing a report that shows which foods have given a positive reaction.
- Patient Support Guide which will inform you how to make changes to your diet by avoiding these foods, substituting with suitable nutritious alternatives and how to re-introduce them safely into your diet to avoid further intolerances developing.

Make the recommended changes to your diet using the Patient Support Guide and monitor your symptoms. If you have tested positive to any foods we recommend that you seek dietary advice from your health practitioner, dietician or nutritionist. If you need further help making these changes visit our website.

Frequently Asked Questions

Is gluten-free the same as wheat-free?

No. A product can be wheat-free but not gluten-free and vice versa. Products are available that are both gluten-free and wheat-free, but it is important to read the ingredients label to be certain. The FoodPrint® IgG antibody test uses wheat, barley and rye food extracts that do not contain gluten and this is tested separately as gliadin (a storage protein found in gluten-based grains).

If your Test Report shows an ELEVATED reaction to gliadin, it is important to eliminate any foods that contain gluten-based grains and substitute with naturally gluten-free foods, such as quinoa, buckwheat, corn, oats and wild rice. If your Test Report shows an ELEVATED result for wheat, rye or barley, but NOT for gliadin, the reaction may be due to one of the other proteins found in the grains.

Why is gliadin tested separately to gluten?

The FoodPrint® test uses water-soluble food extracts to detect food-specific IgG antibodies. Grain extracts, however, do not contain gliadin (gluten) because gliadin is only soluble in alcohol and cannot be extracted with the rest of the grain. For this reason, gliadin is tested separately.

I have been avoiding foods for several months/years. Will this affect my results?

The FoodPrint® IgG antibody test is based on the immune system's ability to produce antibodies in response to certain foods. If a food has been avoided for more than 3 months, it is likely that IgG antibody levels will be insufficient to be detected by the test and may give a NORMAL result.

To test intolerance to a certain food, it should be included in the daily diet, or at least every other day, for 4-6 weeks before testing. However, if the food concerned is known to cause extreme symptoms/discomfort, do not reintroduce it.

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 to take another test, we advise a period of 6 months between tests. If symptoms have improved and you have successfully reintroduced 'problem' foods, a re-test is unnecessary.

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

It is occasionally observed that patients react to foods that they are convinced they have never eaten. Although not unusual, it is not attributable to a false positive result, but instead a 'cross-reaction' with another food. Some foods contain identical antigens (food proteins), even though they are not related to each other and/or do not belong to the same food group. These identical food proteins will be detected by the same antibody, thus producing an ELEVATED result. visit www.FoodPrintArabia.com for more information regarding cross reactions. The food we eat often contains ingredients which we are unaware of, especially if it is highly processed, and so we may be consuming foods such as Agar Agar on a daily basis and this could be the reason for a reaction when the FoodPrint test is done.

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

If, after changing your diet according to the test results, improvements have not been achieved after 3 months, food intolerance is unlikely to be the cause of your symptoms and other investigations should be undertaken. Results of the FoodPrint® IgG antibody test are intended as a guide to diet alteration only and should be complementary to advice from a healthcare professional.

If cows milk is elevated does this mean 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 FoodPrint® test detects IgG-mediated food intolerance caused by the specific proteins found in milk, but does not detect the lactase enzyme and, therefore, cannot diagnose lactose intolerance.

Is it possible to be affected by foods that are not detected by the foodprint test?

Some foods may cause a classic allergic reaction involving the production of IgE antibodies (Type I allergy). These will not be detected by the FoodPrint® test as it detects IgG antibodies. 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: amines found in chocolate, cheese and red wine may cause migraines; some food additives such as tartrazine, can trigger hives, rashes and asthma; monosodium glutamate (MSG) found in restaurant/take-away food can produce sweating and dizziness; 'Nightshade' alkaloids in potatoes, tomatoes and peppers may affect the joints. Food intolerance may also be due to a deficiency of a particular enzyme, such as in lactose intolerance. Avoid foods if you suspect they are causing adverse affects.

Survey Results

THE UNIVERSITY *of York*
UK

An independent survey audit by University of York on behalf of Allergy UK found that 75% of respondents who were suffering with a specific medical issue reported a significant improvement within 20 days of eliminating the foods highlighted by a food intolerance test. Of those, 91% reported a return of symptoms upon reintroducing the foods.

The results from the survey can be found in the table below and show the % of people who reported moderate to strong improvement in their symptoms.

Gastrointestinal eg. IBS, Crohn's etc.	80%
Respiratory eg. Asthma, Breathing Difficulties	78%
Neurological eg. Migraine, Headaches	72%
Dermatological eg. Eczema, Acne, Psoriasis	76%
Musculo-Skeletal eg. Arthritis, Rheumatism	64%
Psychological eg. Depression, ADHD, Panic Attacks	81%
Other eg. Bloating, Lethargy, General Feeling of Malaise	79%

