

Frequently asked questions



What is the difference between food allergy and food intolerance?

Food allergy produces an immediate IgE-antibody reaction with symptoms such as rashes, sneezing, hayfever and breathing difficulties. Food intolerance is a delayed IgG-antibody reaction producing symptoms up to 3 days after eating a particular food making it more difficult to identify the cause.

Do I have to be referred by my doctor?

No, your Nutritionist can do the test for you.

What do I do if the test shows positive to any foods?

With the aid of your Nutritionist you can eliminate these foods from your diet for 3 months. Your Nutritionist will help you replace them with healthy alternatives. After 3 months you should be able to reintroduce them slowly to avoid any re-occurrence of symptoms.

Isn't it dangerous to cut out whole food groups?

You do have to be careful when changing your diet which is why CNS recommend follow-up advice from your Nutritionist

Are these tests suitable for children?

CNS recommend a lower age limit of 2 years and any dietary changes should be under the supervision of a qualified health practitioner.

I have been avoiding dairy and gluten; can I still have a test?

The food intolerance tests are based on an immune response which is why it is important to include these foods in your diet if you wish them to be tested.

Other Lab Tests

- **Anaemia**
(Intrinsic Factor)
- **Yeast Overgrowth**
(Candida Albicans)
- **Rheumatoid Arthritis**
(Rheumatoid Factors & CPA)
- **Thyroid Function**
(Thyroid peroxidase antibodies)
- **Coeliac Screening**
(Gliadin & t-TG)
- **Gastric Ulcers**
(Helicobacter pylori)
- **Vitamin D Test**

For further information or to book an appointment contact:

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Registered with the Federation of Nutritional Therapy Practitioners



insideoutnutrition

Food Intolerance Testing



A Laboratory Service including a personalised report of results

Do you suffer with any of the following?

- **bloating**
- **lack of energy**
- **headaches**
- **constipation**
- **weight problems**
- **aching joints**
- **anxiety**

Up to 45% of the UK population could be suffering from food intolerance

Find out if **you** have a food intolerance

What is Food Intolerance?



How can I find out if I have a Food Intolerance?

If I decide to go ahead, what happens next?

Food intolerance can result from your body reacting adversely to certain foods and, according to Allergy UK, up to 45% of the population may be affected. Although not life-threatening, food intolerance is associated with a range of unpleasant, often unexplained symptoms which can make daily life miserable for sufferers. Symptoms can last for several days or even weeks and are often intermittent, making it difficult to identify which foods are causing the problems.

Research has shown that food intolerance is linked to antibodies produced by your immune system when you eat certain foods. Using a small blood sample, CNS food intolerance tests can identify IgG antibodies raised to over 200 foods.

The **good news** is that simply identifying these “problem” foods and eliminating them from your diet can result in a great improvement in symptoms.

To understand how to manage your diet in the context of your overall health, CNS Laboratories recommend that you have a full consultation with your Nutritionist, who can take into account specific health conditions and develop a personalised programme with supplementation, where appropriate.

A simple blood sample will be taken by your Nutritionist to be sent and analysed by CNS Laboratories, who specialise in the field of Immunodiagnosics. They offer a precision laboratory based testing service detecting and quantifying IgG antibodies to the proteins in over 200 different foods.

Results will be sent to your Nutritionist within 10 days of sample receipt. Included will be a personalised report identifying 'problem' foods. Your Nutritionist will guide you on how to replace the most reactive foods whilst maintaining a healthy balanced diet.