

# Typical Food Allergy Tests VS. Nutritionally Yours ALCAT Test

## IgE ALLERGY

Immediate Response  
Specific Immunity  
IgE Antibodies  
Histamine Reaction  
Skin test/RAST  
Anaphylactic Shock  
Affect only 4% of adults & 7% of children  
Needs to avoid foods permanently

## INTOLERANCE & DELAYED ALLERGY

Innate Immunity  
Delayed Symptom Onset  
Does not trigger Histamine Reaction  
Unable to digest/process foods  
Affect 80% of the population  
Many foods can be eaten again on a rotation basis after a short period of time.

## IgE TEST

- \* Measures acute, allergic response
- \* Considered a “true” IgE allergy”
- \* Patients typically know of their IgE allergies prior to testing – they are easy to discover
- \* Type I hypersensitivity

## Nutritionally Yours ALCAT TEST

Measures the change in size and volume of white blood cells, an indication of inflammatory triggers.

Approximately 80% of the public has food intolerances, where only 4% of adults and 7% of children have true IgE food allergies

## Typical IgG Tests

- \* One Specific Pathway
- \* Serum Level (must spin/centrifuge)
- \* High food specific IgG titers are indicative only of exposure, not necessarily intolerance.

You DO have to be currently eating a food to show a positive reading for an allergy.

## Nutritionally Yours ALCAT TEST

- \* Final common pathway of ALL Pathogenic mechanism
- \* Measures cellular inflammation
- \* Not exposure related

You DO NOT have to be currently eating the food to test positive for a food intolerance or food allergy.

## IgE ALLERGY SYMPTOMS

Rash or hives  
Nausea  
Stomach Pain  
Diarrhea  
Itchy Skin  
Shortness of breath  
Chest Pain  
Swelling of the airways to the lungs  
Anaphylaxis

## INTOLERANCE & DELAYED ALLERGY SYMPTOMS

Inflammation  
Obesity  
Migraines  
Abnormal Cravings/bingeing  
Stomach Pain / Bloating  
Heartburn  
Diarrhea  
Irritability or nervousness  
Hyperactivity or ADD  
Skin Disorders  
Insomnia or trouble sleeping  
Fibromyalgia or Chronic Pain  
Fatigue