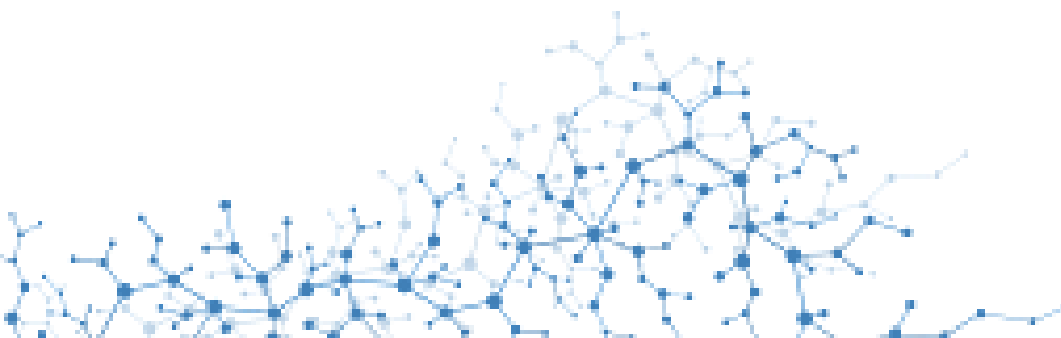
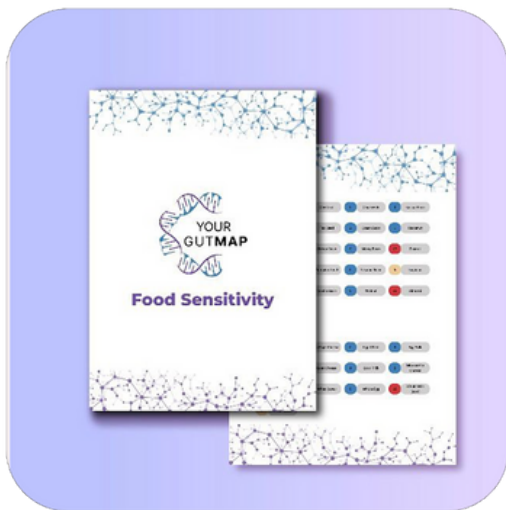


FOOD SENSITIVITY





IgG Food Sensitivities

It is estimated that around 45% of the population suffer from an adverse food-specific IgG reactions. Compared to traditional allergy, which is around 2%.

Food Sensitivities have been researched since the 1980s, and there are a wealth of published studies that show the benefit of patient following a guided IgG elimination diet.

Food sensitivity testing is used as a tool to identify reactive foods and drinks to eliminate or reduce consumption of in order to reduce the immune load caused from the diet.

Published research shows improvements in a variety of health conditions for patients following a guided IgG elimination diet.



YOUR TEST KIT



Your test kit includes everything required to comfortably take a blood sample at home.

Using the absorbent wand makes taking your sample easy and straightforward.

- 1. Order your test using your Practitioner code**
- 2. Collect your sample**
- 3. Post the sample to our laboratory (pre-paid envelope)**
- 4. Your results will be available within 3 days from sample receipt.**





FOOD SENSITIVITY SCREEN

The YourGutMap Food Sensitivity test can help you to identify food specific IgG antibody reactions to 210 foods and drinks.

Easy to understand scoring system. Each antigen analysed and provides a quantitative result. These are categorised as elevated, borderline, and normal.

Precision Nutrition. Follow a varied healthy diet, that reduces or removes ingredients that are causing an immune reaction.

YourGutMap IgG Food Sensitivity Screen

Elevated < 10 IgG AU/ml

Borderline 5 - 9 IgG AU/ml

Normal > 5 IgG AU/ml

- **Elevated Foods** - should be eliminated from the diet where possible for a period of 12 weeks
- **Borderline Foods** - consumption should be reduced where possible, to 2-3 times a week
- **Normal Foods** - can be consumed as normal providing there are no pre existing intolerances, allergies, or reactions



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YOUR REPORT

Your test report is easy to navigate, categorising your reactions into food groups:

- Vegetables
- Meat & Fish
- Dairy & Eggs
- Nuts, Seeds & Beans
- Herbs, Spices & Oils
- Drinks
- Supplements
- Others

Grains & Staples containing Gluten

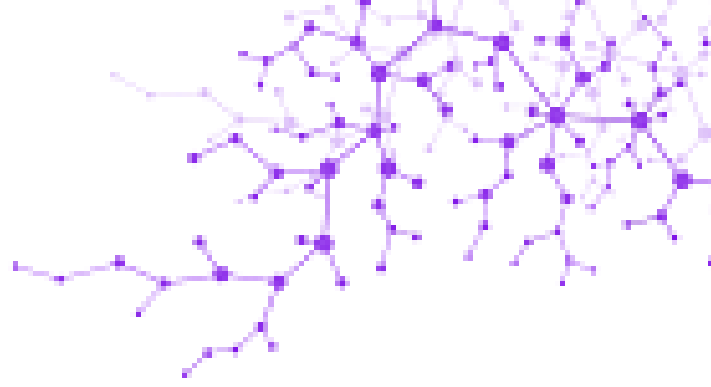


Grains & Staples non Gluten



Fruits



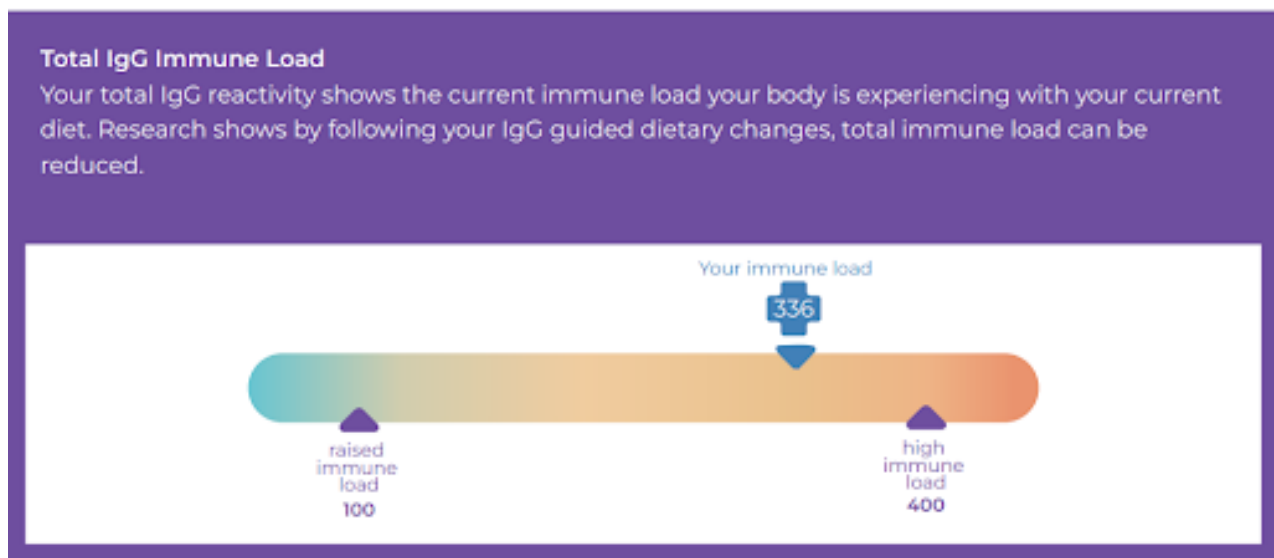


YOUR TOTAL IMMUNE LOAD

Your Total Immune Load measures the total IgG reactivity that is being caused by your current diet.

By following your Food Sensitivity reactions, the aim is to bring your total immune load down.

Research has show the link between reducing the total immune load, and the reduction of hs-CRP - a gold standard measure of systemic inflammation.



YOUR NUTRITION GUIDE

Your Nutrition Guide provides detailed information on your test results. Written by BANT registered Nutritional Therapists, the guide will help you to implement your Food Sensitivity results - while maintaining a varied and interesting diet.

- Guidance on common sensitivities
- Understanding food sensitivities
- Your test results
- Micronutrient guidance chart
- 5 R's of Gut Healing
- FAQ's

Food Sensitivity Guidebook



Food Sensitivity

Understanding Food Intolerances

This section contains guidance to help you differentiate between food intolerances, food allergies, Coeliac disease and other conditions relating to consumption of foods and drinks.

Your Test Results

The content in this section will help you to understand and implement your test results.

Guidance On Common Food Intolerances

If your test has identified reactions to things such as Gluten, Wheat, Yeast, Dairy or Eggs - it can be difficult to pinpoint all of the things that you are eating that could include these ingredients.

This helpful guide provides examples of which foods and drinks should be avoided, and perhaps more importantly, which you can eat!

About Your Result

Understanding Your Results

If you have recently taken a food sensitivity test which has identified reactions, this guide will help to provide useful hints, tips, and expert guidance to ensure you can follow a new diet that is delicious and nutritious, all whilst removing or reducing consumption of your problem foods and drinks.



SCIENCE & PUBLISHED STUDIES

Specific symptoms were investigated in the research, which generated the following health outcomes:

- **82% improvement in Bloating**
- **80% improvement to Digestive Health**
- **78% improvement from Neurological Conditions**
- **76% improvement in Skin Conditions**
- **64% improvement for Joint Issues**
- **81% improvement in Psychological Health**

Geoffrey Hardman, Gillian Hart. Nutrition & Food Science Vol. 37 No. 1, 2007 pp. 16-23

The current issue and full text archive of this journal is available at www.emeraldinsight.com/0034-6839.htm

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Dietary advice based on food-specific IgG results

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Abstract

Purpose – To provide evidence that elimination diet based on food-specific IgG test results is an effective, reliable and valid aid to the management of chronic medical conditions.

Design/methodology/approach – A postal survey, commissioned by Allergy UK, was carried out with 5,286 subjects reporting a wide range of chronic medical conditions, who had taken a food-specific IgG enzyme-linked immunosorbent assay blood test. Questionnaires, issued three months after the results, were analysed to investigate the effect of eliminating the foods identified by the test. To check for response bias, a separate group of patients who had not responded were interviewed by telephone. The analysis and reporting of the data was carried out at the University of York.

Findings – Of patients who rigorously followed the diet 75.8 per cent had a noticeable improvement in their condition. Of patients who benefited from following the recommendations 68.2 per cent felt the benefit within three weeks. Those who reported more than one condition were more likely to report noticeable improvement, 81.5 per cent of those that dieted rigorously and reported three or more co-morbidities showed noticeable improvement in their condition. For those who dieted rigorously and reported high benefit, 92.3 per cent noticed a return of symptoms on reintroduction of the offending foods.

Originality/value – These data provide evidence for the use of elimination diet based on food-specific IgG blood test results as an aid to management of the symptoms of a range of chronic medical conditions.

Keywords Food products, Diet

Paper type Research paper

Introduction

A role for food-specific IgG antibodies in the underlying mechanism of food intolerance (non-IgE mediated food allergy) has been proposed, as has the measurement of food-specific antibodies as a strategy for identifying foods to which a patient may be sensitive (Marinkovich, 1996). It is proposed that the presence of food-specific IgG indicates a potential sensitivity to that particular food and that the patient may achieve benefit by eliminating the food(s) from their diet. Recent study showed a consistent increase in IgG₄ antibody titres across the three Irritable Bowel Syndrome (IBS) subgroups compared to controls for wheat, beef, pork, lamb, and soya bean (Zar *et al.*, 2005), and a clinically significant improvement in symptoms has been observed in IBS patients eliminating foods identified by such a method (Atkinson *et al.*, 2004). However, the exact role of IgG antibodies as markers of food intolerance in general is not clear. IgG antibodies to food antigens are often present in healthy individuals and are generally considered to be part of the normal immune response to food allergens (Barnes, 1995).

Food intolerance has been associated with a myriad of chronic symptoms including headaches (Rees *et al.*, 2005), intestinal and skin symptoms (Sampson and McCaskill, 1985), behavioural changes and respiratory disorders (Pelikan, 1988). Currently, the best accepted method for diagnosing and confirming food intolerance is empirical, by elimination diet and subsequent challenge (Radcliffe, 2002). Using this method patients



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Your questions answered

Once you have received your results I am sure you will have lots of questions - thats why the support of a Nutritional Therapist is so important.

Your personalised report

We will send you the link to access your report as soon as it is available - it is hosted on YourGutMap and you can access this at any time in the future - you do not need to remain a client to see your information.

We can even tweak it to exclude foods that you will not eat so that you only get data that is appropriate to you. (for example if you do not eat meat we can exclude it from your plan)
Once your results are available we will send you a link to book your interpretation call.

Decoding the report

During your interpretation call I will share my thoughts on the results along with answering any questions you may have.

We will always be lead by your health goals and current symptoms.

We will create a personalised protocol that may included additional supplements and lifestyle recommendations.

Further consultations

Feel that you need a bit of extra support, or you have a complicated medical history. We can arrange for additional calls, or why not book a package that includes full support and testing?

Email: wendy@hillstart.me.uk

Call: 07726 378500

You can book a free call and I will answer any questions you have about the testing.



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