

# Any Lab Test Now

## FOOD SENSITIVITY AND INTOLERANCE TEST (100 FOOD PANEL)

### **DESCRIPTION**

Intolerances differ significantly from allergies. Unlike allergies, intolerances may vary from situation to situation, while an allergy always produces the same reaction. Intolerances are caused by the body's inability to process specific substances and may cause bloating, digestive problems, fatigue, to headaches.

Symptoms may be difficult to link to specific foods, environmental substances or food additives because they may not occur until hours or days later. To complicate the situation, each individual has a different tolerance for specific foods, so even if a person has an intolerance, it may be mild so that a small amount of the food doesn't cause a reaction until enough of the food is eaten or is consumed consistently over time.

### **WHY DO I NEED THIS TEST?**

Trying to identify the cause of chronic discomfort can be complicated when it doesn't seem linked to a specific food, but the intolerance and sensitivity test can help. Pinpointing specific foods and food additives that should be avoided can produce dramatic relief of uncomfortable symptoms.

Because food intolerances develop later in life due to compromised digestive functions brought on by stress, alcohol intake and the use of NSAIDs, adults may find that they have developed intolerances to foods they have been eating their whole lives. In addition, digestive functions become more sluggish as we age so it is common for lactose intolerances, for example, to develop after 40.

### **HOW LONG WILL IT TAKE TO GET MY LAB TEST RESULTS?**

It takes about 5 business days for your store to receive the printable color results from the lab to provide to you; and in 10 business days ALCAT will mail the store a folder that includes your test results plus more information about the company, and the science behind the test, which you can pick up from your ANY LAB TEST NOW location at your convenience.

### **AM I REQUIRED TO FAST FOR THIS LAB TEST?**

No. You are not required to fast for this test.

### **OTHER RELEVANT LAB TESTS**

People who purchased the Food Sensitivity and Intolerance – 100 Food Panel also considered one of the other Sensitivity and Intolerance tests to Molds, Environmental Chemicals or an expanded Food Panel.

### **WRITTEN BY:**

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Ekan Essien, MD, MPH, a native Georgian, received his BA from Duke University. Dr. Essien continued his education at Florida A&M University where he received his Masters of Public Health in Epidemiology; received his medical degree from Meharry Medical College in Nashville, Tennessee; and obtained training in general and trauma surgery at Grady Memorial Hospital at Morehouse School of Medicine. He is a candidate in the post graduate fellowship in anti-aging and regenerative medicine from the American Academy of Anti-Aging Medicine.

**FOR MORE INFORMATION OR TO SCHEDULE YOUR TEST TODAY CALL 1.800.384.4567**

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