

Comments from health professionals

"A very high percentage of people in the UK suffer from food intolerance, which produces a very wide range of symptoms and often causes problems over many years. We are delighted to see that recent clinical trials show that if the foods identified by the YORKTEST IgG ELISA food intolerance test are eliminated from the diet, then tremendous health benefits were achieved. The clinically proven YORKTEST Food Intolerance test and back up nutritional support offered to patients provides a wonderful service for food intolerance sufferers worldwide.."

Muriel Simmons, Chief Executive, Allergy UK

"I can be quite general about who I can help with health advice. The only thing that I am specific about is intolerance testing. I spent a great deal of time and research looking into all the different types of testing. YORKTEST is one that I could really understand and explain with some sort of logic and has a very credible scientific background. When I followed my diet, the results were incredible."

Liz Tucker, Good Health Guide, BA(Hons) MGCP, AISRM, MILAM, OCR, ITEC Accredited

Liz Tucker is the driving force behind PIC (Personally in Control) courses and programmes specialising in fatigue, body image and health issues.

"Over a 4 year, I conducted over 200 food intolerance tests with YORKTEST. My clients were a mix of patients from those with chronic medical condition through to elite athletes/sports persons. I can sincerely state that every single one of them benefited from eliminating foods from their diet that were identified by the test."

Dr Michael Graham, MBChB (Edin), JCPTGP (Wales)

Dr Graham is a clinical research scientist in the School of Sports Science at the University of Wales, specialising in investigating links between nutrition and health.

"Suspecting food intolerance as a potential cause of commonly suffered conditions is the first step on the road to optimum health. Accurate identification and elimination of food allergens is the crucial second step. The YORKTEST range of tests represent a step forward in addressing the enormously prevalent problem of food intolerance."

Dr James Braly, M.D. Internationally recognised expert on food allergy and author of 'Food Allergy Relief', plus 'Dr Braly's Food Allergy and Nutrition Revolution'.

Comments from patients... it could change your life

"It seems incredible that a few ordinary foods could have made me so ill for so long. In just a few weeks my asthma got a lot better and I started to feel much healthier. From using six or more inhalers a day I now go for days without needing any. I used to be tired all the time, now feel full of energy. Thanks to a tiny drop of blood, and change of diet, I feel better today than I have felt in 20 years."

Karen Thompson had eczema and asthma for 20 years

"I sneezed several hundred times a day all year round, it was absolutely exhausting. Since taking the test my life is more relaxed and I am able to sleep properly."

Patrick Webster had sneezing for 35 years

"My health has improved immensely. I am no longer required to take paracetamol at night to kill the pain of arthritis. My general health and well-being has improved so much that even my husband commented on what a change (for the better) it has made to my moods. I can't praise the laboratory enough."

Mrs Agnes Galway had arthritis for several years

"I am slimmer, my bloating has gone and I actually find that I can now enjoy a larger variety of foods. I can actually eat higher calorie foods and do not put on weight, plus I have a lot more energy."

Ms Laura Manvell suffered IBS for 12 years

"Thank you very much for an excellent service. If not for the test I don't know where I'd be."

Mr Lee Staines had severe skin inflammation on either side of his face

**FOR TESTING PLEASE CONTACT
YOUR DOCTOR**



YORKTEST

Performed in Hong Kong by:

PathLab Medical Laboratories Ltd.



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foodSCAN 

Maximise your health potential



**Break through the barriers with
FOOD INTOLERANCE TESTING**

YORKTEST

UK USA EUROPE HK

Do you suffer from one or more of the following?

Arthritis	Eczema	Rashes
Asthma	Headaches	Rhinitis
Anxiety	Aches and Pains	Dizziness
Depression	Psoriasis	Autism
Abdominal Pains	Wheezing	Skin Problems
Sinusitis	Nausea	Weight Loss
Lethargy	Itching	Stomach Cramps
Migraine	Loss of Appetite	Acne
Fatigue	Gastroenteritis	Diarrhoea
Glue Ear (Otitis Media)	Irritable Bowel Syndrome	Weight Gain / Fluid Retention
Hyperactivity	Urticaria (Hives)	Constipation
Urinary Tract Infection	Muscle Aches	Enuresis (Bed Wetting)

Food Allergies can be broadly categorised as: **Classical Food Allergies** and **Food Intolerances** (Delayed Food Allergies).

According to Allergy UK over 45% of people suffer from a food intolerance, and most don't even know it!

Food intolerances often lead to chronic illness:

- These adverse reactions can occur after ingestion of the offending food.
- Continuous consumption of the food to which you have an intolerance weakens your resistance to many common illnesses and conditions. A weak defence enables illnesses to develop and take hold.
- Common chronic illnesses and conditions such as asthma, eczema, migraines, irritable bowel syndrome, arthritis and general continuous poor health have been associated as symptoms of food intolerance.
- We find that on average, sufferers react to 4 or 5 different and apparently innocuous foods.
- Because the delay between eating the food and the onset of symptoms can be from 2 hours to many days, it is extremely difficult to identify the cause the reaction without laboratory testing.

YORKTEST Laboratories has over 20 years experience in testing and identifying food intolerances.

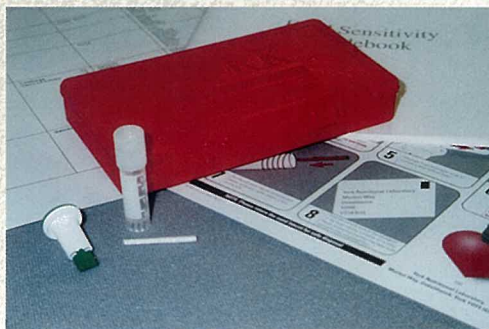
Please note the Food Intolerance Test does not identify classical allergies.

- Classical allergies affect just 1.5% of the population.
- Normally one or two foods involved.
- They can be serious and may even be life threatening.
- Symptoms are immediate: swelling of lips or throats, sudden and violent vomiting or sudden asthmatic breathing etc.
- If such allergies are suspected, **you must consult your doctor.**

foodSCAN 113 - On a Pin Prick

Our pin-prick tests represent a breakthrough in specific and accurate testing for food intolerances. The Enzyme-Linked Immunosorbent Assay (ELISA) method we use provides a rapid and precise method of detecting the foods to which you have an intolerance.

Using a unique kit, provided by the laboratory, a tiny blood sample (50ul) can be collected. This is done by simply pricking your finger and absorbing a drop of blood into a wand about the size of a small matchstick. The wand safely stores your blood until it reaches the laboratory for analysis. No fasting is required before the test.



- If you are sensitive to foods, your immune system produces an antibody (IgG) against that food.
- The *foodSCAN* test measures the amount of food specific IgG antibodies created within your blood against a number of different foods (dependent on the test chosen).
- Raised levels of this antibody enable us to identify the food you have a strong reaction to (therefore should avoid).
- When these foods are avoided, it leads to a more stable immune response, and relief to the sufferer. After 4-8 months, most people can reintroduce these foods back into their diet, one by one, thereby determining which foods are no longer a problem.
- Most people notice benefits within 3-4 weeks.

Please note: If you have avoided a particular food because you know or suspect it caused a problem, then the antibody levels associated with that food would fall over a period of time. This means that the avoided food will not be identified by the test, so you must still treat that particular food with caution.

Similarly if you are taking drugs that affect the immune system, such as immunosuppressants or high dose steroids, these may affect the results of your intolerance test. It would be advisable to check if this is the case with your doctor.

A very small percentage of people who take the test will show no IgG reactivity to the foods tested.

Your foodSCAN 113 test

Our most popular test is the in-depth 113 *foodSCAN*. This test provides the most precise and detailed measurement of your delayed reaction to food. Your blood sample is tested against in total 113 foods. A broad range of the essential foods eaten by most of us today have been included. Testing against such a large range of grains, fish, fruit and vegetables gives you a clear and detailed picture of those foods you have an IgG reaction to. Gliadin (gluten) is included within the in-depth 113 *foodSCAN*. This is an excellent indicator for those suspecting they may have a gluten intolerance.

Consulting your family doctor

The laboratory strongly recommends that you consult your doctor who will fill out the medical history form prior to the test and pin prick your finger for the sample. Or, he may opt to have you come to any of our laboratories for sampling, or he can give you a kit to collect it yourself at home. When the test results are done, they will be returned to your doctor who will discuss your results and treatment plan. He may wish to consult YORKTEST directly for more information. Your doctor will give you a copy of the results for your records.

Findings of a 3,211 patient survey

- **A distinct and clear majority of patients taking the test and altering their diet report that they find significant improvements in their conditions.**
- **A significant reduction in symptoms was noted in 79% of patients strictly adhering to their test recommendations.**
- **Often improvements were noted as life-changing. Over 70% of people had maintained their improved health one year after taking the test.**

YORKTEST

www.yorktest.com

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