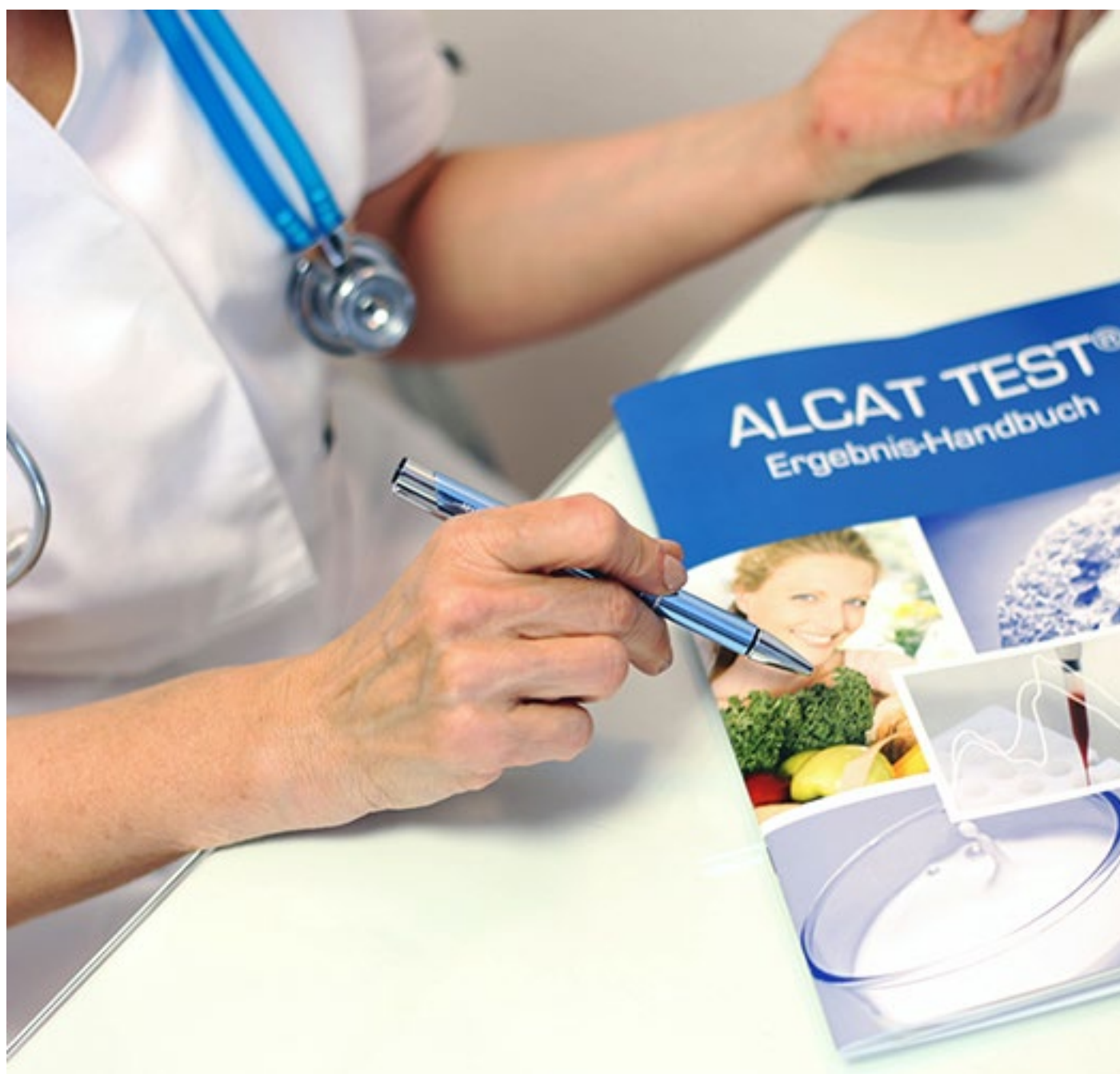


Food intolerance - ALCAT Test in Vienna



The foods we eat daily can either be the most potent and reliable medicine or a slow but just as potent poison. It is, however, very difficult to tell, which foods are which. Not with ALCAT test.

Food sensitivity can be of two types: an allergy and intolerance.

A **food allergy** is an immediate, obvious reaction to particular foods like e. g. peanuts, shellfish or strawberries.

Food intolerance, however, is a slow, chronic inflammatory response to food we eat regularly. Everybody's food intolerance is different.

The ALCAT Test differs fundamentally from laboratory tests that measure mechanisms of the specific immune system reactions such as allergy. Please note: the ALCAT Test does NOT identify classic food allergy type 1.

Here is more information on [the difference between food allergy and food intolerance](#).

The ALCAT Test for food and chemical sensitivities identifies inflammatory reactions to up to 460 everyday foods and common substances – [see a sample of test results](#).

Food Intolerance

Contrary to popular belief, not all food we eat is completely digested before it enters the bloodstream.

Blood travels to all parts of our body and undigested or partly digested food particles can be transported to all organs of the body.

Fortunately, the immune system recognizes these food particles as foreign objects and attacks them in order to break them down and disperse them. This work is done by white blood cells, mainly the neutrophils.

During this attack, inflammatory chemicals are released which can cause damage to the surrounding tissues. If the food we are intolerant to continues to be eaten, severe long-term damage can occur leading to a huge number of conditions, such as asthma, irritable bowel syndrome (IBS), migraine, arthritis, eczema and weight problems, etc.

If any of the following symptoms ring a bell, it would probably be a wise decision to have the food intolerance test done:

- Dark rings under eyes
- Red, itchy eyes
- Ringing in ears
- Recurring infections, especially in children
- Rapid or irregular pulse
- Palpitations, especially after meals
- Catarrh
- Stuffy nose
- Indigestion
- Abdominal bloating
- Abdominal distress
- Flatulence
- Irregular bowel function
- Skin rash
- Itching
- Blotches on skin
- Joint pain
- Aching muscles
- Headaches
- Inability to think clearly
- Crabby on waking up
- Difficulty waking up
- Flu-like state that isn't flu
- Sleepy after eating
- Over- or underweight
- Fatigue not helped by rest
- Abrupt change of state from well to unwell
- Low mood
- Lacking in energy
- Fluid retention
- Severe apathy
- Irritability

The ALCAT Test can identify troublesome foods, which can then be removed from the diet, and a wide range of symptoms and medical conditions may improve significantly and often clear completely. An additional benefit can be healthy weight loss. Here you will find [the complete list of foods tested](#).

The [results](#) will show the individual reaction to the foods tested.

How ALCAT test works

The ALCAT Test is a biological immune stimulation test that for over 25 years has offered a unique means of identifying foods and other substances which cause inflammation and chronic strain on our inborn immune system.

The submitted blood sample will be confronted with up to 460 agents. The test procedure identifies intolerance to foods, functional foods, medicinal herbs, environmental chemicals, preservatives, additives, colorings, pharmaceutical substances and molds.

The white blood cells form an effective first line of defence in cases of acute infection, e.g. from viruses and bacteria. However, chronic activation of white blood cells' defence leads to chronic inflammation and thus to chronic strain on the immune system which, in turn, can have far-reaching and long lasting health consequences.

The ALCAT system employs objective and precise electronic hematological laboratory instruments that measure the reactions of leukocytes (white blood cells) after they have been brought together with various food extracts and chemical substances. The measured responses show the strength of the immune response to the particular substance.

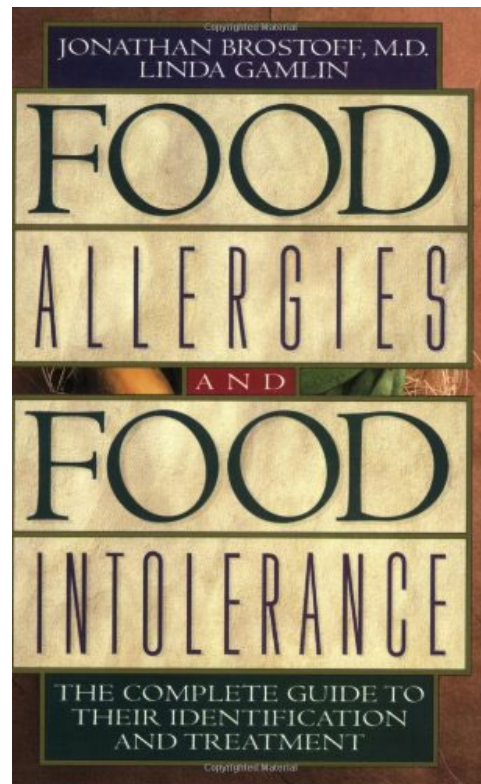
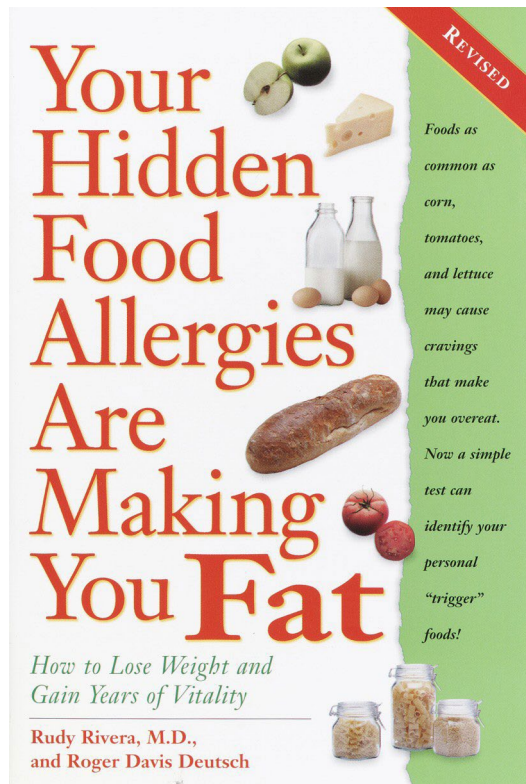
If the white blood cells in your blood react to a particular substance, one observes both a rapid increase in their size and the number of responding cells. These changes are recorded using a computer-generated histogram. The exact degree of the observed changes is then identified and measured by the comparison between the cells without the addition of food extracts, and the cells which were brought into contact with food extracts and other test substances.

The equipment and the test substances used in the ALCAT system are manufactured according to the strict ISO 13485 criteria and are FDA inspected and certified.

For further in-depth information please read the ALCAT Test study abstracts since 1988.

You may want to read more about the scientific basis behind the ALCAT Test.

Recommended further reading
(please click on the cover pages)



No fasting is required prior to blood draw - please enjoy your breakfast before that. If you too would like to be tested for food intolerances, please call for an appointment (Dr. Karine Gewondian: +43 699 1205 0058).