



## Foods tested

Food Detective tests your IgG antibody reaction to the following foods:

**Cereals** Corn, Durum Wheat, Gluten, Oats, Rice, Rye, Wheat.

**Nuts & Beans** Almond, Brazil Nut, Cashew, Cocoa Bean, Olive, Peanut, Legume Mix (pea, lentil, haricot), Soya Bean, Walnut.

**Meats** Beef, Chicken, Lamb, Pork.

**Fish** Freshwater Fish Mix (salmon, trout), Shellfish Mix (shrimp, prawn, crab, lobster, mussel), Tuna, White Fish Mix (haddock, cod, plaice)

**Vegetables** Broccoli, Cabbage, Carrot, Celery, Cucumber, Leek, Peppers (red, green, yellow), Potato.

**Fruits** Apple, Blackcurrant, Grapefruit, Melon Mix (cantaloupe, water melon), Orange & Lemon, Strawberry, Tomato

**Other** Egg (whole), Cow's Milk, Garlic, Ginger, Mushroom, Tea, Yeast.



## Living with food intolerance

If you test positive to any of the food groups in the test, the simple act of removing them from your diet\* can completely change your life. Ask your health professional for advice on alternative foods and removal of foods from your diet.



## More information

Please discuss food intolerance or the Food Detective™ test with your health professional.

*\*Changes to diet should only be made after consultation with a qualified nutritionist.*

**Sutherland Shire Naturopathic Clinic**

**Phone: (02) 9545 2992**

**E-mail: [info@ssnc.com.au](mailto:info@ssnc.com.au)**

Bloated after eating certain foods?

Tired at certain times of the day?

Suffer headaches for no apparent reason?

These are all symptoms of food intolerance.



Could you be suffering from food intolerance?



## Are you reacting to the foods you eat?

*Food intolerance is not usually life-threatening but can make the sufferer feel*

*extremely unwell. The symptoms of food intolerance can be delayed for many hours or even days and for this reason it is often difficult to identify the problem foods.*



## What are the symptoms

Food intolerance may produce a variety of symptoms including:

- Anxiety (acute or chronic)
- Arthritis
- Asthma
- Bed wetting
- Bloating
- Bronchitis
- Coeliac Disease
- Chronic Fatigue Syndrome
- Constipation
- Cystic fibrosis
- Diarrhoea
- Fibromyalgia
- Gastritis
- Headaches
- Inflammatory Bowel Disease
- Insomnia
- Irritable Bowel Syndrome
- Itchy skin problems
- Malabsorption
- Migraine
- Sleep disturbances
- Water retention
- Weight control problems

Sufferers of food intolerance frequently complain of lethargy or 'fogginess' and a general feeling of unwellness. These symptoms often persist for many years. Sufferers regularly report that visits to their doctor have not resolved their problems and in many cases their symptoms are dismissed as 'all in the mind'.






## Food Detective™ is quick and easy to use

Food Detective™ is a test for food intolerance that can be performed in the clinic of your health professional. You don't have to wait weeks to receive results from a testing laboratory.

Food Detective™ tests for IgG antibody reactions to 59 commonly eaten foods. The test is performed using a blood sample from a finger-prick that is diluted then added to the Food Detective™ testing tray (containing small spots of food protein extracts). In subsequent steps, the use of detector and developer solutions identify the presence of food antibodies through the appearance of one or more blue spots on the tray.



-  Food Detective™ gives results in just 40 minutes.
-  Simple, safe, accurate and fast, Food Detective™ is the world's first in-clinic test for food intolerance.
-  You could be intolerant to your food ... ask your health professional how to get tested today!