



FOOD INTOLERANCE TESTING

Food intolerance testing can be done for your IgG antibody response to either 100 or 150 plus foods. This is done at the clinic as a pin prick blood sample and is sent off to an accredited Laboratory. Lorisian has certification from the **Medical Health Authority in the UK** and is thus rigorously checked as a Hospital Standard Scientific Laboratory.

Lorisian 100 IgG antibody reaction to 100 foods £199

Lorisian 150 plus IgG antibody reaction to 150 foods £299

Test appointment includes 30 min consultation with Beverley (our registered nutritional therapist) at the time of the test to discuss testing reasons and symptoms further. Your pin prick IgG food intolerance test, including consultation, will take about 30 mins and can be done over a lunch break. Testing is carried out at our clinic at 44 St Andrew Street, Aberdeen.

Most results can be expected after 10 working days. However, it can take up to ten days from when the lab receives the sample to process it. Results will be received via an email which will include recommendations of supplements which can support gut healing.

It is important to note that IgG intolerances are completely different to the IgE antibody tests that your doctor may have ran for you. IgE allergies involve an immediate and serious response to a specific food and a lifelong removal eg. Nut allergies. An IgG antibody reaction tends to be a delayed response so you wouldn't necessarily know that your lunch on Saturday is related to the migraine you experienced on Monday! The good news is that with professional Nutritional Support and healing in your digestive system, these foods can eventually be reintroduced in a carefully controlled and planned way.

Allergy Testing

A range of allergy testing for IgE reactions can be done. Prices range from £40 for an individual allergen up to £170 for a group of foods and are available for IgE food allergies and IgE inhalant allergies. These tests require a venous blood draw which can be done at Assured Occupational Health in Newmachar. Further details on request for allergy testing.

If you are confused about your own personal needs and which test would be most relevant to you, we offer a free 20 minute consultation by phone or just pop in to our clinic at Nourishing Insights, 44 St Andrew Street for further advice.