



NOURISHING
INSIGHTS

FOOD INTOLERANCE TESTING

Food intolerance testing can be done for your IgG antibody response to 208 foods. This is done at the clinic as a pin prick blood sample and is sent off to an accredited Laboratory. YorkTest has certification from the **Medical Health Authority in the UK** and is thus rigorously checked as a Hospital Standard Scientific Laboratory.

YorkTest Premium Test – 208 foods - £249.

Results return within around 10 working days. Professional advice will be given by your Nutritional Therapist who will advise on which foods to emphasise, in order to ensure a comprehensive range of nutrients are achieved despite some foods being removed in the short term.

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.