



## **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**

Results return within around 10 days and will be discussed by phone initially. Professional advice will be given by your registered Nutritional Therapist (clinically trained) 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. You will also receive a personalised colour coded results sheet.

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.

Your pin prick IgG food intolerance test will take just a few minutes and can be done over a lunch break. Testing is carried out at our new clinic at 44 St Andrew Street, Aberdeen.

## **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.