



Brunel Health Food Intolerance Test – How It Works

About Food Intolerance

It is estimated that food intolerance* could affect more than 9 million adults in the UK alone**. Food Intolerances have been linked to problems such as:

IBS & Bloating - Skin Problems - Fatigue - Joint Pain - Headaches & Migraines - Thyroid Conditions

There is now a wealth of independent published research looking at IgG food reactions, this research shows positive improvements in a variety of conditions once IgG reactive foods are identified and removed from the diet. You can view some of these studies on the published resources page of our website.

The Brunel Health IgG Food Intolerance Test is a quick, accurate, and reliable way of identifying unique food reactions. The test analyses 134 relevant food and drink antigens, in the categories of:

**Grains & Staples - Dairy & Eggs - Protein Supplements - Fruits - Vegetables - Herbs, Spices & Oils
Meat & Seafood - Nuts, Seeds & Beans - Drinks - Others**

Simply prick your finger & use the pre-paid envelope to return your sample to our laboratory

The Brunel Health test kit includes everything you need to take a finger prick blood sample.

Your blood sample will be accurately and reliably analysed against 134 food and drink ingredients, allowing you to discover your unique trigger foods.

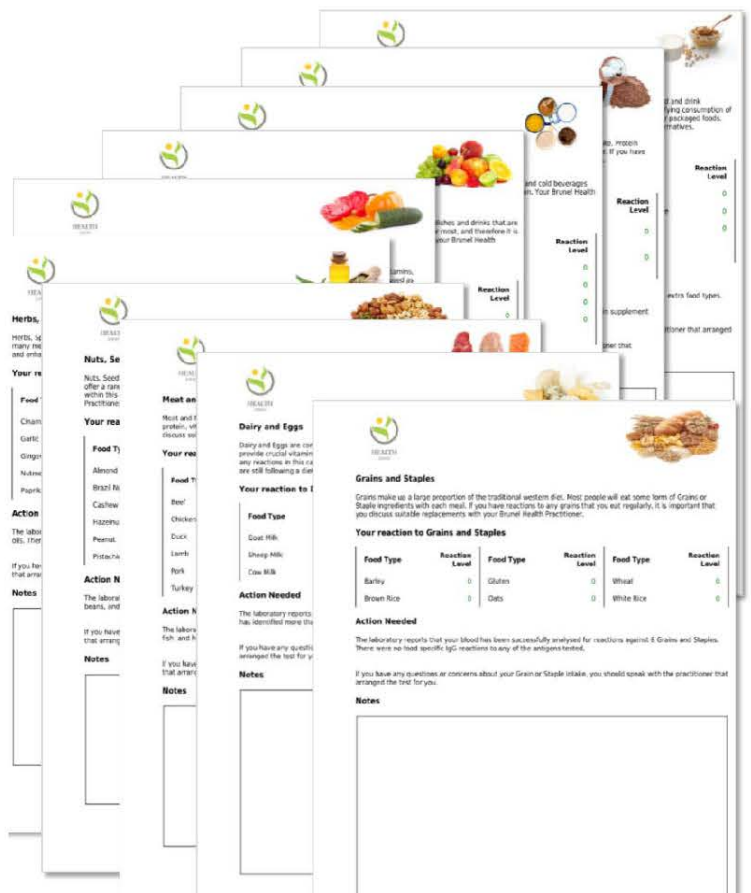
You will receive a 12 page results document, detailing exactly which foods and drinks you have reacted to, and the level of those reactions.

Your Brunel Health Approved Practitioner will help to remove your problems foods and advise of any suitable alternatives.

Discover your unique trigger foods and take control of your food intolerance, with a Food Intolerance Test from Brunel Health.

*Brunel Health define food intolerance as a food specific IgG antibody reaction

**The figure is based upon research from Zopf, Yurdagül et al. "The Differential Diagnosis of Food Intolerance." *Deutsches Ärzteblatt International* 106.21 (2009)



Contact your Approved Brunel Health Practitioner to arrange a Food Intolerance Test



Brunel Health - Client Case Studies

"I've had bloating and IBS since I was a teenager. Whenever I would eat in a restaurant I would get really bad IBS, and my friends would joke I looked pregnant.

Although I presumed something in my diet was causing the problems, I couldn't work out exactly what it was. I took a food intolerance test and it showed a level 5 reaction to Yeast!

I removed Yeast straight away, and as long as I don't cheat on my diet, I don't have any more IBS or bloating."

Hannah, 33 from Newcastle – Bloating & IBS



"I've had eczema on my hands on and off for most of my life. I had tried everything to get rid of it, from steroid creams to changing my washing powder – nothing seemed to work.

I finally decided to take a food intolerance test, which showed reactions to Gluten, Milk and Strawberries – which I was eating most days.

After speaking with my Nutritionist and removing my trigger foods, my eczema started to improve within a week."

Matt, 20 from Bristol – Eczema on hands

"I would get migraine attacks at least twice a month, for as long as I can remember. I tried literally everything to help, medications, exercise, supplements, even ice baths – that was fun!

I hadn't really considered that my diet could be the problem, but my friend recommended I take a food intolerance test to check.

I was shocked when the test showed I had reactions to Beef and Milk, as I was having Milk most days on my cereal, and in cups of tea. I swapped all my Milk consumption to Coconut Milk, which is surprisingly nice. The good news is, I'm now migraine free!"

Julia, 42 from Devon – Migraines





Brunel Health Test - Foods & Drinks Included

The Brunel Health IgG Food Intolerance Test looks at 134 foods and drinks, divided into these categories:

**Grains & Staples - Dairy & Eggs - Protein Supplements - Fruits - Vegetables - Herbs, Spices & Oils
Meat & Seafood - Nuts, Seeds & Beans - Drinks - Others**

Grains & Staples

Barley
Brown Rice
Gluten
Oats
Wheat
White Rice



Fruit

Apple
Apricot
Banana
Blackberry
Blueberry
Cantaloupe Melon
Cherry
Cranberry
Grape - Red
Grape - White
Grapefruit
Honeydew Melon
Lemon
Lime
Mango
Olive
Orange
Peach
Pear
Pineapple
Raisins
Raspberry
Strawberry
Sultana
Watermelon



Vegetables

Avocado
Broccoli
Cabbage
Carrot
Cauliflower
Chick Pea
Cucumber
Garden Pea
Lettuce
Mushroom
Onion
Peppers
Spring Onion
Spinach
Sweet Potato
Sweetcorn
Tomato
Turnip
White Potato



Nuts, Seeds & Beans

Almonds
Brazil Nut
Cashew Nut
Hazelnut
Peanut
Pistachio
Walnut
Coconut
Flax Seed
Sesame Seed
Sunflower Seed
Cocoa Bean
Green Bean
Haricot Bean
Kidney Bean
Soybean



Dairy & Eggs

Casein (Cow)
Egg White
Egg Yolk
Goat Milk
Sheep Milk
Whey (Cow)
Whole Egg
Whole Milk (Cow)



Herbs, Spices & Oils

Cinnamon
Garlic
Ginger
Paprika
Vanilla
Coconut Oil
Corn Oil
Olive Oil
Flaxseed Oil
Peanut Oil
Sesame Oil
Sunflower Oil



Drinks

Almond Milk
Black Tea
Cacao
Cashew Milk
Coconut Milk
Coffee
Green Tea
Hazelnut Milk
Hemp Milk
Oatmilk
Rice Milk
Soya Milk
White Tea



Meat & Fish

Beef
Chicken
Duck
Lamb
Pork
Turkey
Cod
Crab
Crayfish
Haddock
Lobster
Mackerel
Prawns
Salmon
Sardine
Shrimp
Trout
Tuna



Others

Baker's Yeast
Balsamic Vinegar
Brewer's Yeast
Citric Acid
Hemp
Hops
Lentils
Malt Vinegar
Mustard
Vanilla Essence
Wheatgrass



Protein Supplements

Casein Protein Isolate
Hemp Protein Isolate
Pea Protein Isolate
Rice Protein Isolate
Soy Protein Isolate
Whey Protein Isolate

