

premium
food
intolerance
test

results
guidebook

Introduction



Diet has a huge impact on your health and by choosing this programme you have made the first step in discovering what could be contributing to your symptoms. As well as your results, part of the programme is to keep a daily food and drinks diary. This will help monitor aspects of your lifestyle that relate to your health. There could be other factors apart from the reaction to hidden ingredients that could be making your condition worse.

A key component of this programme is the Nutritional Therapist support that we provide. This support, along with the food and drinks diary and the test results, is crucial. These elements of the programme can, together, help you to feel better. Whatever your test results, be sure to book your appointment as soon as you can!

Wishing you and your family the best of health.



Dr Gill Hart
BSc (Hons), PhD, Cert Mgmt (open), FIBMS
Scientific Director



Simply follow the steps below to get started

This programme can help you identify the ingredients to which your body is reacting. This guidebook provides a step by step plan to help you change your diet and improve your health.

Simply follow the steps below to get started:

1

The results and how to interpret them:
book the nutritional consultation

2

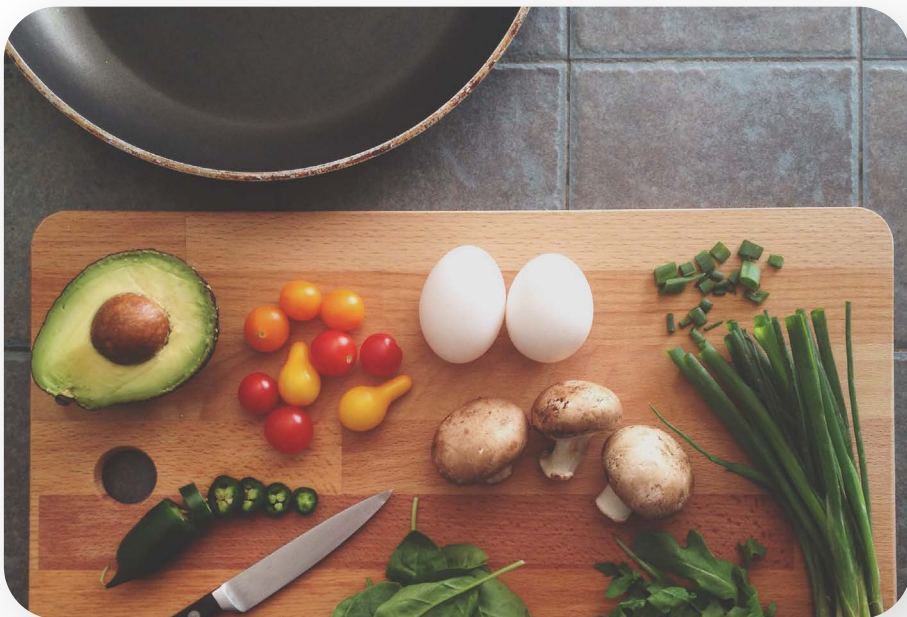
Getting prepared: planning the new diet

3

Starting the new diet: taking action!

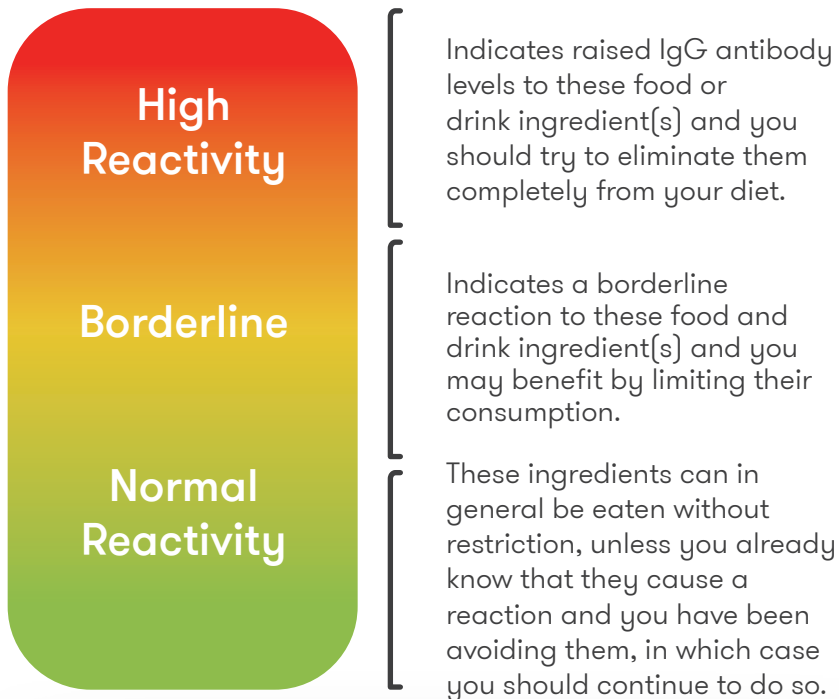
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What to expect with the new diet:
call one of our specialists if you need help.



How to understand the results

The list of food and drink intolerances are listed in order starting with High Reactivity, then Borderline, then Normal Reactivity. Here is an explanation of what each category means.



Your results are provided with a numerical value in descending order of reactivity. You can use all of these values to prioritise the foods that you may want to include or remove in your new diet.

Step one - Book the nutritional consultation

To help get the most from your results and to make the changes as easy as possible, we provide a telephone consultation with one of our registered Nutritional Therapists.



To book your appointment simply call our Customer Care team upon receiving the results. Once the appointment is booked, our Nutritional Therapist will call you and your consultation will last 30 minutes. Please come prepared with a list of questions to ensure you get the most out of your appointment.

N.B the advice given is not intended to replace any recommendations offered by your Doctor or Healthcare Practitioner, as they will have full details of your medical history.

Step two - Preparation

Planning and preparation is essential when embarking on your new elimination diet. As the saying goes “fail to prepare, prepare to fail!”

The best way to ensure success is to be organised so you need to draw up a plan of action.

Conduct research on the internet, visit local supermarkets and health food stores to discover new items and brands. Stock up your cupboards with everything that you can eat and drink, that way you will avoid temptation. Think about how you are going to manage your diet at work and with your family. It is a good idea to work out a weekly menu plan incorporating new recipes and ideas. Make sure that you plan for any upcoming events such as meals out, parties and holidays.

Your diet must provide you with a full range of essential nutrients, so for help on planning your diet read this guidebook. Don't forget to look at labels carefully to help you identify all the ingredients. Remember, if you need support our team of specialists are always on hand.

Make sure you have discussed these plans with your Doctor or Healthcare Practitioner. They may be able to offer you further advice and reassure you that your symptoms are not stemming from an undiagnosed condition.



Tips

- Get organised by drawing up an action plan
- Give yourself a few days to research alternative foods and drinks
- Work out some basic menus and recipes
- Don't worry if the results seem daunting, you can do it!

Step three - Starting your new diet

Now you are ready to start so pick a date and go for it!

Remember to use the diary enclosed in the results pack so that you can keep assessing your progress and tweak anything that doesn't appear to be working for you.

If you don't initially achieve your targets don't give up but keep trying. You will keep discovering what does work and what doesn't work for you and your chances of success will keep rising.

The main thing is to be realistic and accept that things don't always run to plan. The diary is there to help you get on track, help deal with any difficulties, but mainly to mark your progress.



If you don't initially achieve your targets don't give up but keep trying.

Step four - What to expect from your new diet

You may be lucky enough to achieve good results immediately. On average, 3 out of 4 people feel better after acting on the results of YorkTest Food Intolerance Programmes, the majority within 3 weeks.

Some people may feel worse for the first few days, this is likely to be withdrawal symptoms – if this continues it is important to seek medical advice. Symptoms of withdrawal can include fatigue and mood swings – but once you have adjusted to your diet you should be back to normal.



Tips

- Always check ingredient labels – if in doubt, don't eat or drink it
- Get as much advice as possible
- Do not go without meals or fluids
- Drink plenty of water
- Vary your diet as much as possible
- Be strict, it is the only way you know it will work
- It may not be forever – many people are able to reintroduce foods and drinks eventually
- Go for basic ingredients that are not processed or refined
- Make sure you speak to one of our Nutritional Therapists who can advise on how to keep your elimination diet nutritious - This is extremely important

Some of our customers find that they notice a change in weight or body shape; this is not a cause for concern! You will find your overall health improving and that you have an increased amount of energy.

If you have any concerns about any physical changes speak to your Doctor or Healthcare Practitioner.

General advice on your new lifestyle

It is important to eat a balanced diet containing as wide a variety of foods as possible.

As a guide – foods can be divided into six main groups:



1. Meat and Fish:

These are valuable for their protein and other nutrient content. Red meat is high in iron and some fish (e.g. pilchards, sardines) are high in calcium. Meat, fish, eggs and dairy products contain the most usable sources of protein. Sufficient amounts of quality protein can be gained from grains, beans, lentils, nuts and seeds – but only if a selection of different foods are eaten throughout the day.



2. Fruit and Vegetables:

These are a major source of minerals and vitamins. They may also contain starch, sugar, pectin and fibre. Eat them either raw or lightly cooked (steaming is best). By storing fruit and vegetables in a cool area you can maintain their nutrient content.



3. Grains:

These provide carbohydrates, B vitamins, calcium and other vitamins. Whole grains are a good source of fibre, and therefore valuable components of a healthy diet. Try using a variety of grains in your diet such as millet, buckwheat and rye. It is possible to have a healthy diet without grains but fibre and vitamins must then be eaten by increasing the intake of fruit and vegetables.

Keeping a balanced diet



4. Milk and Dairy Products:

These provide calcium and other minerals, protein, fat and fat-soluble vitamins. Alternative sources of calcium include oily fish, leafy green vegetables and nuts and seeds. Remember to try and pair non-dairy sources of calcium with Vitamin D as this helps the body to absorb calcium.



5. Beans and Lentils (Pulses):

These are an important low fat source of protein. They contain starch and dietary fibre so are ideal energy foods, rich in B vitamins and minerals. Health food shops and supermarkets sell tinned pulses. Try to pick those without added salt or sugar.



6. Nuts and Seeds:

These are an important source of essential fatty acids, protein, fibre and minerals. Seeds can be added to breakfast cereals or stewed fruit. Whole nuts and seeds can be eaten with fruit (fresh or dried) between meals as a healthy snack.



Vitamins & Minerals

VITAMINS & MINERALS	FOOD TYPES Specific nutrients can be gained from eating the following foods
Vitamin A	red/yellow/orange fruit & vegetables, dark green leafy vegetables, dairy products, egg yolk, cod & halibut liver oil, liver (Take care! May be high in toxins)
D	fortified soya milk, skin exposed to sun, dairy products, egg, fortified margarine, herring, mackerel, salmon, oysters, cod & halibut liver oil
E	nuts, seeds, wholegrain cereals, vacuum packed wheatgerm, cold pressed vegetable & nut oils, pinenuts, avocados, dairy, eggs, salmon, sardines, tuna
C	blackcurrants, broccoli, green peppers, strawberries, watercress, spinach, potatoes, all fruit & vegetables
B1	whole brown rice, potato, whole grain cereals, nuts, pulses, yeast extract, lentils, pork, beef
B2	lentils, green leafy vegetables, soya bean products, cereals, dairy products, eggs, mackerel, meat
B3	lentils, yeast extract, brewer's yeast, nuts, pulses, dairy products, tuna, salmon, chicken, turkey, lamb, red meats
B5	whole grains, wheatgerm, brewer's yeast, nuts, pulses, eggs, meat
B6	green leafy vegetables, whole grain cereals, nuts, bananas, avocados, brewer's yeast, seeds, cheese, egg yolk, meat, fish, herring, oysters
B12	fortified cereals & soya milk, fermented soya products – tempeh, miso, soya sauce, yeast extract, barley malt syrup, edible seaweed, blackeyed beans, brewer's yeast, cheese, eggs, oysters, sardines, tuna, shrimp, turkey & chicken, meat, liver
FOLIC ACID	green leafy vegetables, whole grain cereals, nuts, brewer's yeast, mushroom, dates, peanuts, root vegetables, sprouted seeds, blackeyed beans, milk, eggs, liver, kidneys
BIOTIN	yeast, mushrooms, brown rice, nuts, brewer's yeast, cauliflower, cabbage, watermelon, sweet-corn, peas, tomatoes, milk, egg yolk
ESSENTIAL FATTY ACIDS (EFA'S)	walnuts, seaweed, flaxseed oil, linseed, wheatgerm oil, rapeseed oil, soya beans, tofu, hemp seeds, sunflower seed, evening primrose seed oil, nuts and seeds, oily fish (EFA'S) EPA/DHA supplements
CALCIUM	green leafy vegetables, broccoli, soya milk fortified with calcium, nuts, seeds – esp. sesame/tahini, pulses, bread, fortified soya products, whole grains, dairy products esp. low fat yoghurts, tinned fish including bones
MAGNESIUM	vegetables, nuts, whole grains, green leafy vegetables, cocoa powder, wheatgerm, brewer's yeast, buckwheat, beans, raisins, peas, soya, crab
IRON	nuts, seeds, lentils, beans, whole grains, wheatgerm, spinach, pulses, dates, prunes, cocoa, yoghurt, shell fish, red meat, liver, black pudding
ZINC	pumpkin seeds, nuts, wholegrains, seeds, wheatgerm, pulses, some vegetables, dairy, egg yolk, oyster, haddock, shrimp, red meats
MANGANESE	nuts, wholegrain cereals, pulses, green leafy vegetables, tea, fruit – especially tropical
SELENIUM	wholegrain cereals, walnuts, Brazil nuts, molasses, mushrooms, cabbage, courgettes, cheese, eggs, cod, oysters, tuna, herring, chicken, beef, liver
CHROMIUM	molasses, rice bran, brewer's yeast, wholegrain products, wheatgerm, green peppers, cornmeal, apples, mushroom, asparagus, egg yolk, swiss cheese, oysters, chicken, lamb

Tips recommended by our Nutritional Therapists

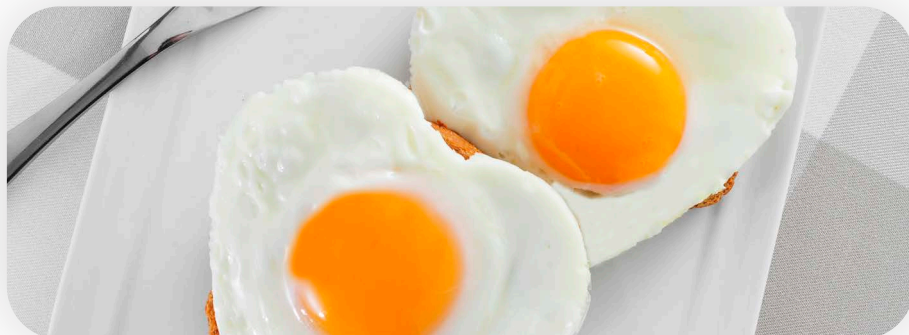
Cut down on saturated fats and refined sugars.

Get active and try to maintain a healthy weight.

Drink plenty of water – water is really important for our bodies to be able to work properly. Water is responsible for moving nutrients around the body and the chemical reactions within our cells take place in water. In addition water is responsible for flushing out toxins from the body, dehydration leads to a build-up of toxins. It is recommended that we should drink at least 8 glasses of water, or other fluids per day to prevent us becoming dehydrated.

Base your meals on starchy foods – such as bread, cereals, rice, pasta and potatoes are a really important part of a healthy diet. Choose wholegrain varieties of starchy foods; these should make up about a third of the foods we eat. They are a good source of energy and the main source of a range of nutrients in our diet. As well as starch, these foods contain fibre, calcium, iron and B vitamins.

Don't skip breakfast – some people skip breakfast because they think it will help them to stay trim. But missing meals does not help us lose weight and is not good for us because we can miss out on essential nutrients; it can affect your body's own metabolism and can in fact lead to weight gain.



General advice on alcohol

Most people think that alcohol is fairly harmless and something to be enjoyed. Other than a few ill-effects the next day and maybe putting on a bit of weight, alcohol does not seem to have any long lasting effects. But it does, and the best advice is always to drink in moderation.

If you are healthy and eat a balanced diet then sensible drinking should not give you problems. But what is sensible drinking:

Both men and women are advised not to drink regularly more than 14 units per week. In addition to these guidelines, it is advised that individuals avoid alcohol for a minimum of two days a week to give their liver a break.

How much you drink is your own business but so is your personal safety and wellbeing. Watch the size of your drinks. Home measures are often larger.



- **Decide your limit.** If you are out for the night – decide on a limit of how much you plan to drink and stick to it
- **Be careful at home.** Only keep a small amount of alcohol at home
- **Pace yourself.** Slow down and take small sips – or choose a smaller measure. Drink water or soft drinks in between alcoholic drinks.

Exercise

For general health, adults of all ages should achieve a total of at least 30 minutes moderate activity a day for 3 or more days per week.



30 minutes of physical activity 3 times per week is the amount needed to keep the lungs, heart, muscles, bones and liver in good working order.

You can split the 30 minutes up into two bouts of 15 minutes, or three bouts of 10 minutes.

Making exercise fun is important; the key is choosing activities that are fun to do. There are lots of easy ways to get your 30 minutes a day some may surprise you.

Try something new like salsa dancing, aqua aerobics or Pilates.

Exercise to music – if you are washing the car or vacuuming the house put on some lively music and try to keep in time. You will have done a 30 minute workout without knowing it.

What happens if things go wrong?

If you get a craving or have the urge to comfort eat then ask yourself why? Is it because you are tired or fed up? If so then find an alternative. Take a short break and a bit of fresh air for a quick fix energy boost. You don't need high fat or sugar food or a glass of wine to give you comfort. What about a warming soup or mashed root vegetables or a fruit smoothie?

We often crave things that are bad for our health because they give us a quick fix boost. This is known as masking. If you consume something your body does not like, it triggers off a small stress response which releases adrenaline and this gives you a short burst of energy. Unfortunately this burst is very short lived, usually about half an hour after which time your body feels worse than it did before because of this additional strain. Your brain then tells you it does not like feeling this bad, it wants to experience that boost it felt half an hour ago, so you can reach for another unhealthy quick fix and so it goes on. Once you break this unhealthy cycle, you can break the craving.

Even if you do give in to temptation, don't give up. Remind yourself how well you have done so far and get yourself back on track. You can learn from the experience, think about how you can divert your attention next time but accept the fact that it was never going to be an easy run from A to B. It's not worth emotionally beating yourself up, just move on.

You may have to go back to square one but do not give up –that offers no chance of success.





It's important not to let boredom set in, so don't let your diet become too samey or bland, and don't make it dominate your life so that you stop having a social life. If you have good friends they will understand, they should love you for you, not your eating and drinking habits. Sadly you may experience lack of encouragement, sarcasm or criticism from people around you but don't be disheartened. Try to explain the benefits you hope to achieve or have achieved so far. Ask for their support, if it is not forthcoming then just be discreet with your efforts and don't bring it up in conversation.

Any change brings a new set of dilemmas but keep reminding yourself how you will look and feel when improvements start to appear and remind yourself how far you have managed to come.



If you don't feel a positive change from your diet, then review what you are doing.

Are you being strict enough?

Are there hidden ingredients?

Are you being honest with yourself?

Have you given it enough time?

Is there some other factor in your lifestyle that is hindering your progress?

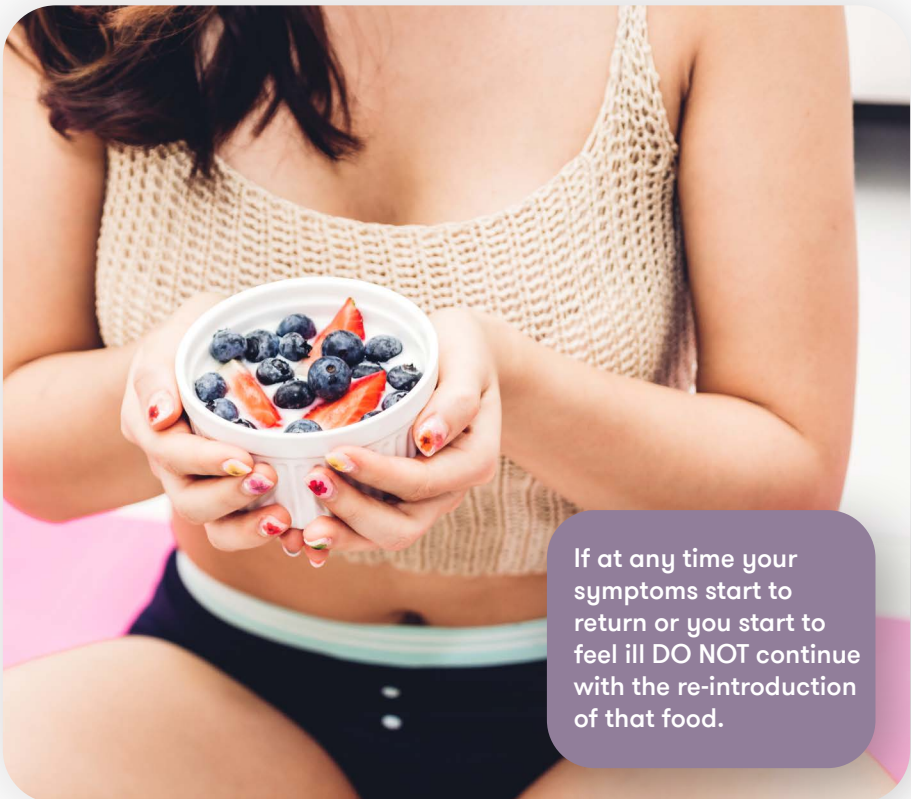
Re-introducing 'High Reactivity' foods

We recognise that many people wish to start re-introducing foods into their diet following the exclusion processes.

This must be done with care and it is important to start slowly.

At a time convenient to your individual needs, introduce one food at a time and leave one week between that food and the next.

If there are no symptoms after a few days then use that food on a four day or more rotation to maintain increased tolerance.



If at any time your symptoms start to return or you start to feel ill **DO NOT** continue with the re-introduction of that food.

Some re-introduction suggestions

Everyone is different with different ingredients to avoid, so as a general guide the re-introduction of food and drinks may be as follows;

- If dairy has been avoided then a plain bio/live yoghurt is the best to test first – if no reactions occur over a five-day period then try a small amount of milk.
- If wheat has been avoided then try a wheat only product such as Shredded Wheat. Likewise with oats, make porridge with oats and water so it is only the oats themselves you are testing. The same is advisable with other grains.
- Egg is best tested by trying the cooked yolk only. If there is no reaction within five days then egg white could be tested next.
- When testing any of the foods choose a pure food to be tested so you are positive it contains no other products.
- Always allow one week between re-introducing new ingredients. Any reaction and symptoms need to be monitored over the testing period.



FAQs

Does cooking get rid of allergens in food?

Some people react to raw food but not cooked food. If you have a reaction to a food on the test, you should avoid it and then test it in its different forms individually, unless you are instructed otherwise by your Healthcare Practitioner.

Does the programme test for reactions to other factors such as sulphites in drinks?

Unfortunately the blood test can only test for antibody reactions to food and drink ingredients, and sulphite reactivity cannot be tested in this way. However, if you are reacting to sulphites in wines you may be able to recognise a pattern in your symptoms using your Food & Drinks Diary.

Do I have to be wary of the ingredients tested in supplements and herbal medicines that I take?

Yes you do. The ingredients tested are also included in many supplements and herbal medicines so anything you ingest needs to be checked out to see if it is suitable.

Can I react to some parts of egg and not to others?

Yes, we do find that some people react to egg white and not as much to egg yolk, or occasionally vice-versa. Also, most but not all who react to chicken eggs are able to tolerate duck eggs and goose eggs without any problem.





Do I have to avoid alcohol all together?

With any lifestyle change it is important to review your drinking habits, as well as other aspects of your lifestyle. If you do react to ingredients present in alcoholic drinks then there are usually alternatives for you. You should discuss these when you have your Nutritional Therapist appointment.

What milk alternatives can I use?

When people are asked to remove milk from their diet they are faced with an array of different products that they can choose from. Supermarkets spread their milk alternatives over different shelves. Some can be found next to cow's milk in the chiller section, some with the long-life (UHT) milks and some in the "free-from" section. Lactose-free milk is one of the alternatives on offer and we often get asked if this milk is suitable for those needing to remove cow's milk from their diet. Lactose is a milk sugar, and lactose-free milk is needed for people that are deficient in the enzyme lactase (they are lactase deficient and suffer from lactose intolerance). However, lactose-free milk is not suitable for those reacting to dairy products as lactose-free milk still contains the milk proteins responsible for the intolerance reaction. For alternatives to milk that are suitable try soya, almond, hazelnut, hemp, rice, oat or coconut milk instead.

FAQs

Is there much difference between baker's and brewer's yeast?

They are closely related strains of yeast and show very little allergenic difference.

What is the importance of food families?

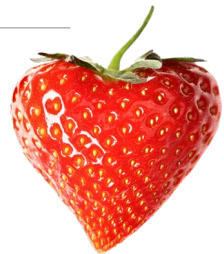
It has long been known that if you react to one member of a biological family, you are more likely to react to other members of the same family.

Is gluten free the same as wheat free?

No, a product can be wheat-free and not gluten-free and vice versa. There are however, products which are both gluten-free and wheat-free. Read labels carefully. Codex Alimentarius, the international standard setting division of the World Health Organisation, divides gluten-free foods in two groups:

- 1 | Consisting of, or containing ingredients such as cereals, wheat, rye barley or oats in their constituents, which have been rendered as 'gluten-free'
- 2 | In which any ingredients normally present containing 'gluten' have been substituted by other ingredients not containing 'gluten'

Gluten-free wheat starch (1) is produced by washing gluten out of wheat flour. Foods made from naturally gluten-free ingredients (2) by their nature are free from wheat as well. If you are intolerant to wheat and gluten, then you are advised to avoid all products containing wheat and gluten. Some people may also find it helpful to avoid barley and rye because of the similarities of the gluten proteins found in these grains.

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