Could the root of those mysterious health symptoms be food sensitivities?

Immunology Testing

- Irritability
- Excessive restlessness
- Depression
- Anxiety
- Personality changes
- Seizures
- Migraines

Respiratory
- Coughing and wheezing
- Chronic runny nose
- Asthma
- Recurrent bronchitis
- Recurrent croup
- Recurrent ear infections

Immune
- Chronic or recurrent infections
- Chronic acne
- Canker sores
- Eczema
- Itchy rash
- Hives
- Tissue swelling

Genitourinary
- Bed-wetting
- Bladder infections

Other Issues
- Fatiguing
- Hypoglycemia
- Anaemia
- Sinusitis
- High blood levels of eosinophils
- Irregular heartbeat
- Failure to thrive (infants and toddlers)

Based in the UK, Genova Diagnostics Europe was formed when Genova Diagnostics and IWDL (Individual WellBeing Diagnostics Laboratories) merged in 2007. Genova Diagnostics are a global leader in functional laboratory testing and a pioneer in innovative approaches to personalised medicine. Unlike traditional laboratories that focus solely on disease pathology, Genova offers comprehensive panels that combine standard and innovative biomarkers to provide a more complete understanding of various biological systems. As more patients take an active role in managing their health, and practitioners focus on prevention, these diagnostic tests provide a more complete picture of the health of the individual and help identify problems before chronic conditions and disease develop. Detailed graphic reports facilitate practitioner-patient communication and the development of a personalised approach to optimal health. Combining 30 years of experience, the laboratories in both the USA and the UK are committed to the highest professional standards, with teams of medical experts providing technical support to healthcare professionals, as well as a robust array of educational resources.
The incidence of food sensitivities has increased dramatically over the years, and it is estimated that up to 20 percent of the population have adverse reactions to foods. Allergens, also known as antigens, can be ingested, inhaled or absorbed through the skin. From milk, corn and fish, to house dust, animal dander, chemicals, bacteria, pollens and more, we are surrounded by substances with allergic reaction potential.

The incidence of allergies is rising, and some scientists believe that increased chemical pollution in our air, water and food supply is causing the frequency and severity of allergic reactions to escalate. Natural and synthetic hidden ingredients in food, the genetic manipulation of plants, less diversity in the diet and poor digestive function also may be contributing factors. While the issue of food allergies is complex, testing can help identify offending substances. This information can be used to modify your diet – or your child’s diet – to experience optimal health.

An allergic reaction occurs when the immune system “overreacts” to a substance by identifying it as an invading organism, provoking a chain of defensive physical reactions in the body. Both food and environmental allergies have been implicated in a wide range of symptoms affecting virtually every part of the body – from mildly uncomfortable symptoms such as indigestion and gastritis, to severe illnesses such as coeliac disease, arthritis and chronic infection. Allergies have also been directly linked to serious disorders of the central nervous system including depression, anxiety and chronic fatigue.

Food allergies cause the immune system to synthesise and release antibodies. In turn, antibodies stimulate the release of reactive chemical agents, such as histamine, that can dramatically influence how you feel. Eventually, they can produce far-reaching effects on the immune, endocrine and nervous systems.

In some cases, reactions are delayed – sometimes days after exposure – making it difficult for the patient to connect the symptom and the offending substance. One study reported that nearly 60 percent of individuals with food intolerance experienced delayed, rather than immediate reactions. The picture is further complicated by the fact that many commercial foods contain hidden ingredients that may act as agents in many allergic reactions.

Traditional diagnosis of food allergy is based on clinical history, skin-prick tests, possible determination of specific IgE antibodies from serum, and the gold standard ‘food challenge’ which can be problematic to perform.

It is now known that the underlying mechanisms for allergy are not restricted to IgE-mediated allergic reactions alone, but that there are many different mechanisms that can give rise to allergy symptoms.

Using state of the art technology, Genova can measure relative levels of antibodies and inflammatory markers to the most commonly encountered types of foods, including vegetables and spices. Armed with the information provided by these tests, your practitioner can design a specific treatment program to reduce or eliminate exposure to allergy-causing substances that trigger reactions.

Genova Diagnostics offer a range of allergy & intolerance tests that include IgE allergy panels for immediate-onset allergy symptoms, the FACTest which assesses adverse reactions to foods, beverages and additives by reliably measuring both IgE and non-IgE mediated reactions (hyper-sensitivity), and IgG testing for more gut associated intolerances such as those related to ‘leaky gut’ syndrome.

Ask your doctor about the insights you could gain from food and environmental allergy testing in order to achieve optimal health. One of these Genova blood tests may be right for you:

- FACTest™
- FACTest™ Dairy & Grains Profile
- FACTest™ Additives Profile
- FACTest™ Antibiotics & Analgesics Profile
- IgE Food Panel
- IgE Inhalant Panel
- Comprehensive Food Allergy Profile
- Coeliac Profile
- IgG Food Panel
- IgG Spices

Food: Not Always Nourishing

Complex Issue – Easy Test

Gain Precise Health Insights