

# Food Sensitivity Testing

## ADAMS AVENUE INTEGRATIVE HEALTH

a 501 (c)3 NON-PROFIT COMMUNITY HEALTH CENTER

A food allergy, sometimes called food hypersensitivity, is a reaction mounted by your immune system to an allergen in food, and is almost always a protein. Your body mistakenly regards this harmless food protein as a threat to your body's well-being, and does what it can to repel it.

Unlike a true allergic reaction, there is no initial immune response involved. Food sensitivity symptoms are often varied and extensive and may include headache, diarrhea, constipation, sinus congestion, asthma, sore throat, and joint pain. A sensitivity response may take up to 48 hours to appear, and may be mistaken for another unrelated pathological condition.

Food sensitivities can lead to other health issues as the stomach and intestines become inflamed. This inflammation can allow the gut wall to weaken, allowing undigested food to enter the bloodstream (leaky gut syndrome). This in turn can trigger an immune response as the food particles are recognized as foreign invaders and the immune system will attempt to attack them (and in autoimmune conditions, can attack specific body tissues as well such as the joints or thyroid).

Eliminating food sensitivities can help to not only balance the immune system, reduce inflammation, and improve digestion but can also have beneficial effects on energy and mood, as the gut plays an important role in both of these.

### What to Expect?

Your initial appointment and blood draw will take about 45 minutes. Upon receipt of your test results (2-3 weeks), a follow-up appointment will be scheduled that will include a second consultation, assessment, and treatment recommendations.

*\*Test results only given in person*  
*\*\*Treatment options at additional cost*



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[www.AltHealNet.org/clinic](http://www.AltHealNet.org/clinic)

*“Naturopathic protocols for treatment include eliminating the offending foods, healing the leaky gut, balancing the immune system, and supporting the endocrine system.”*

*~Dr. Heidi Wittmann, ND*

### What can FOOD SENSITIVITY TESTING at Adams Avenue Integrative Health do for you?

- Improve Digestion
  - Increase Energy
  - Improve Mood
- Reduce Inflammation

# \$239\*

\*Includes 1 full visit, follow-up, and test cost  
Available beginning December 1, 2011