THE FOOD SENSITIVITY TEST

- Food Allergy Vs. Food Intolerance
- Gut Health, Food Intolerance and Inflammation
- About CSS
- Test Methodology
- Food Sensitivity Test vs. IgG
- Candidates for Testing, Common Conditions
- Test Results

Food Sensitivity Test

Whole blood test, *in vitro*

Incubation after exposure with antigens

320+ Antigens Tested

Foods

Additives/Colorings

Molds

Environmental Chemicals

Herbs and Functional Foods

CE Marked for the European Union

TÜV Certified and safety monitored

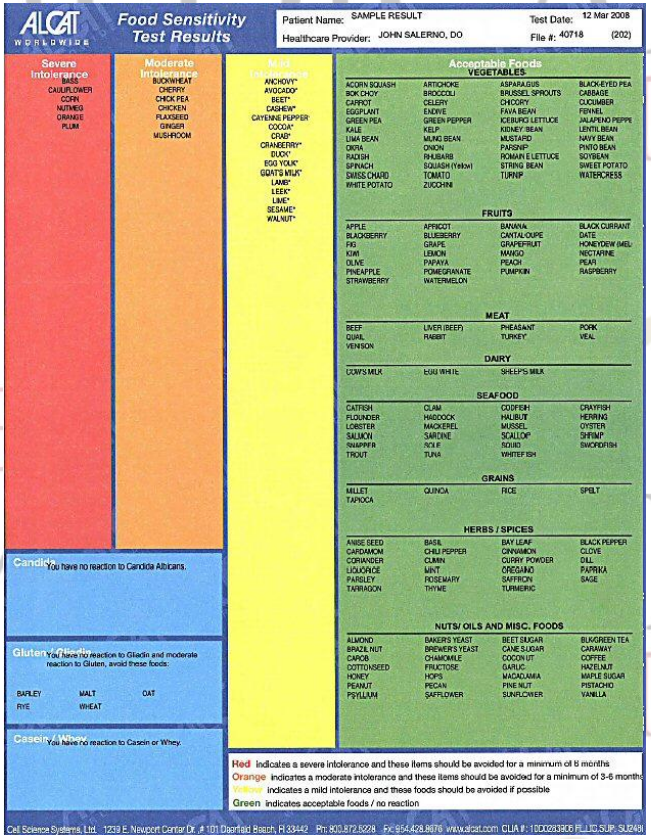
Healthcare Providers Offering The Food Sensitivity Test

- Medical Doctors
- Naturopathic Doctors
- Osteopathic Physicians
- Chiropractors
- Clinical Nutritionists
- Dieticians
- Acupuncturists
- Homeopathic Practitioners

Test Results

- Scores are reported as four categories:

- GREEN identifies a non-reactive item
- YELLOW identifies an equivocal reaction
- ORANGE identifies a positive reaction
- RED identifies a strong positive reaction



ALCAT WORLDWIDE

Food Sensitivity Test Results

Patient Name: SAMPLE RESULT
Test Date: 12 Mar 2008
Healthcare Provider: JOHN SALERNO, DO
File #: 40718 (202)

Severe Intolerance

MILK
CAULIFLOWER
CORN
NUTMEG
ORANGE
PLUM

Moderate Intolerance

BUCKWHEAT
CHERRY
CHICK PEA
CHICKEN
FLAXSEED
GINGER
MUSHROOM

Mild Intolerance

ANCHOVY*
AVOCADO*
BEET*
CASHEW*
CAYENNE PEPPER
COCOA*
CRAB*
CRANBERRY*
DUCK*
EGG YOLK*
GOAT'S MILK*
LAMB*
LEEK*
LIME*
SESAME*
WALNUT*

Acceptable Foods

VEGETABLES

ACORN SQUASH, ARTICHOKE, ASPARAGUS, BLACK-EYED PEA, BOK CHOY, BROCCOLI, BRUSSEL SPROUTS, CABBAGE, CARROT, CELERY, CHICORY, CUCUMBER, EGGPLANT, ENDIVE, FAVA BEAN, FENNEL, GREEN PEA, GREEN PEPPER, ICEBURG LETTUCE, JALAPENO PEPPER, KALE, KELP, KIDNEY BEAN, LENTIL BEAN, LIMA BEAN, MUNG BEAN, MUSTARD, NAVY BEAN, OKRA, ONION, PARSNIP, PINTO BEAN, RADISH, RHUBARB, ROMAIN E LETTUCE, SOYBEAN, SPINACH, SQUASH (Yellow), STRING BEAN, SWEET POTATO, SWISS CHARD, TOMATO, TURNIP, WATERCRESS, WHITE POTATO, ZUCCHINI

FRUITS

APPLE, APRICOT, BANANA, BLACK CURRANT, BLACKBERRY, BLUEBERRY, CANTALOUPE, DATE, FIG, GRAPE, GRAPEFRUIT, HONEYDEW (MEL, KIWI, LEMON, MANGO, NECTARINE, OLIVE, PAPAYA, PEACH, PEAR, PINEAPPLE, POMEGRANATE, PUMPKIN, RASPBERRY, STRAWBERRY, WATERMELON

MEAT

BEEF, LIVER (BEEF), PHEASANT, PORK, QUAIL, RABBIT, TURKEY, VEAL, VENISON

DAIRY

COW'S MILK, EGG WHITE, SHEEP'S MILK

SEAFOOD

CATFISH, CLAM, COD FISH, CRAYFISH, FLOUNDER, HADDOCK, HALIBUT, HERRING, LOBSTER, MACKEREL, MUSSEL, OYSTER, SALMON, SARDINE, SCALLOP, SHRIMP, SNAPPER, SOLE, SQUID, SWORDFISH, TROUT, TUNA, WHITE FISH

GRAINS

MILLET, QUINOA, RICE, SPELT, TAPIOCA

HERBS / SPICES

ANISE SEED, BASIL, BAY LEAF, BLACK PEPPER, CARDAMOM, CHILI PEPPER, CINNAMON, CLOVE, CORIANDER, CUMIN, CURRY POWDER, DILL, LIQUORICE, MINT, OREGANO, PAPRIKA, PARSLEY, ROSEMARY, SAFFRON, SAGE, TARRAGON, THYME, TURMERIC

NUTS/ OILS AND MISC. FOODS

ALMOND, BAKER'S YEAST, BEET SUGAR, BUCKGREEN TEA, BRAZIL NUT, BREWER'S YEAST, CANE SUGAR, CARAWAY, CAPOB, CHAMOMILE, COCONUT, COFFEE, COTTONSEED, FRUCTOSE, GARLIC, HAZELNUT, HONEY, HOPS, MACADAMIA, MAPLE SUGAR, PEANUT, PECAN, PINE NUT, PISTACHIO, PSYLLIUM, SAFFLOWER, SUNFLOWER, VANILLA

Candida: You have no reaction to Candida Albicans.

Gluten / Wheat: You have no reaction to Gliadin and moderate reaction to Gluten, avoid these foods:
BARLEY, MALT, OAT, RYE, WHEAT

Casein / Whey: You have no reaction to Casein or Whey.

Red indicates a severe intolerance and these items should be avoided for a minimum of 9 months
Orange indicates a moderate intolerance and these items should be avoided for a minimum of 3-6 months
Yellow indicates a mild intolerance and these foods should be avoided if possible
Green indicates acceptable foods / no reaction

Cell Science Systems, Ltd. 1239 E. Newport Center Dr. # 101 Deerfield Beach, FL 33442 Ph: 800.872.8228 Fx: 954.428.8676 www.alcat.com CLIA #: 10D0933908 FL LIC.SUP. SL2431

Test Results Guide

- Included *free* with every test Result
- Additional details that help clarify the test results
- Detailed explanation of test results, rotation diet
- Helpful nutritional information
- Explanation of chemicals, molds, additives and colorings

Clinical Application – Nutrition Department

- Food Allergy Vs. Food Intolerance
- Link Between Food Intolerance and Inflammation
- Healthy Vs. Unhealthy Gut
- Food Sensitivity Test Vs. IgG
- Clinical Application

The Difference between Allergy and Food Intolerance/Sensitivity

- **Allergy**
  - Specific immunity
  - Genetic/Exposure related
  - Immediate symptom onset
  - Usually IgE mediated-Mast cells/basophiles
  - Skin test/RAST

- **Intolerance/Sensitivity**
  - Delayed symptom onset
  - Innate immunity
  - Genetic/Exposure related
  - Gut integrity
  - As many neurons in gut as along spine
  - 95% of serotonin consumed in gut
  - Liver detox
  - Enzyme deficiency

Food Sensitivity Vs. IgG

Food Sensitivity Test

- **Final Common Pathway of the Immune Response System**
- **Measures Inflammation on cellular level**
- **Not Exposure Related**
- **Live Cell Analysis**

IgG Test

- **One Specific Pathway**
- **Serum Level (Must spin/centrifuge)**
- **High food specific IgG titers are indicative only of exposure, not necessarily intolerance**

Food Sensitivity Vs. IgG

- The Food Sensitivity Test is more effective for identifying causes of chronic disease than standard IgG tests because they rely exclusively on one immune pathway, serum levels of immunoglobulin G (IgG).
- IgG titers are indicative only of exposure, not necessarily intolerance.
- Only the Food Sensitivity Test reproducibly measures the final common pathway of all pathogenic mechanism; whether immune, non-immune, or toxic.

Food Intolerance and Inflammation

When inflammation develops as a result of an abnormal trigger and/or becomes chronic that normal tissues can be damaged.

Example: **Leaky Gut**

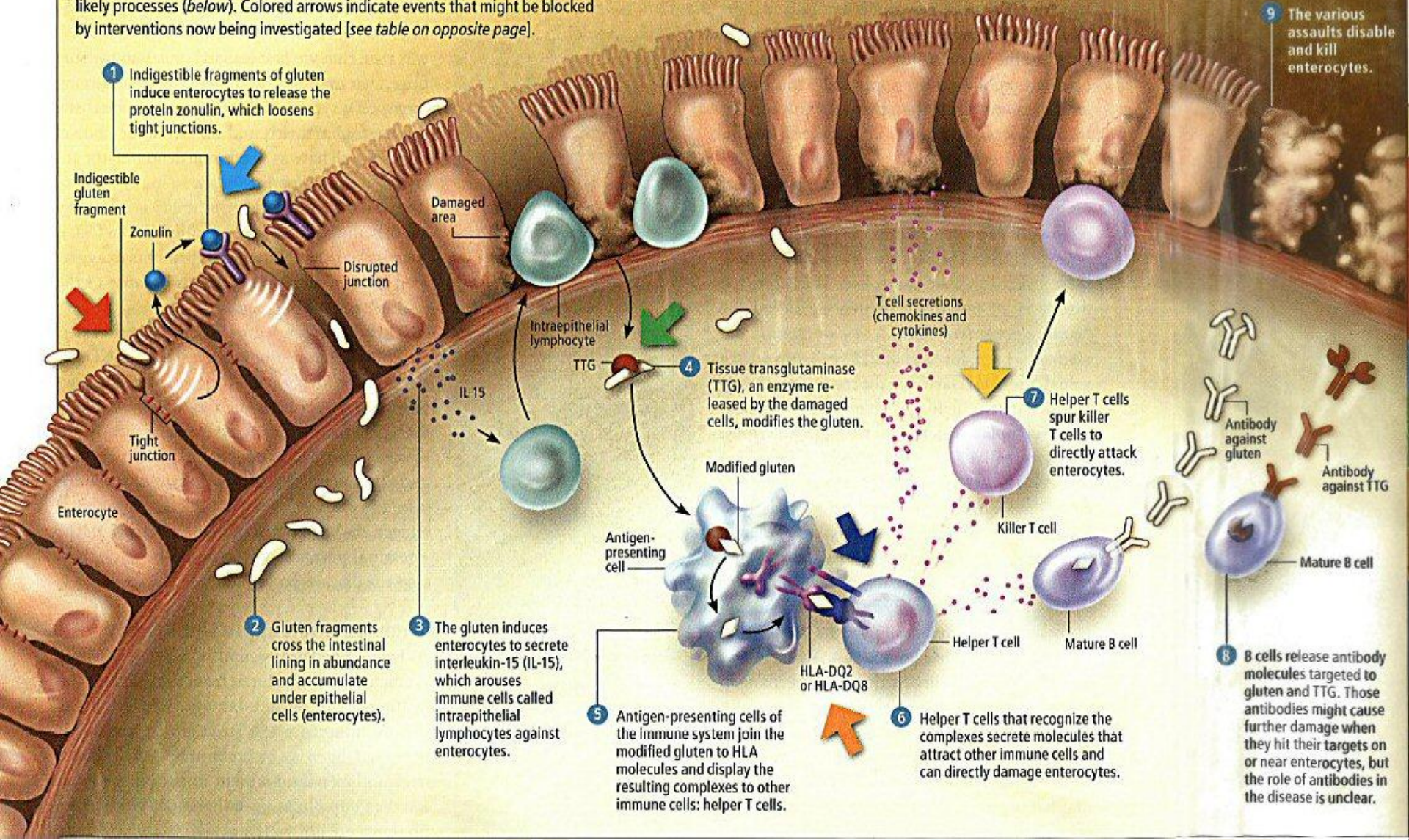
- Increased permeability of stomach and intestinal lining causing large undigested food molecules to be released into blood stream.
- Immune system sees food molecules as “foreign invader” and mounts cellular response. Sends white cells to destroy undigested food proteins which are now lodged into vascular tissue.
- Cells destroy not only food molecules but surrounding tissue as well.
- This process is your body’s inflammatory response. The body is spending time neutralizing toxins, resulting in slowed metabolism.

Leaky Gut

- Normal gaps in the epithelial lumen of the gut widen allowing undigested food proteins to pass through;
- This results in an immune response;
- This leads to a state of inflammation;
- Over time if the leaky gut is not healed, this will lead to a constant state of inflammation;
- This will eventually lead to chronic disease (autoimmune disease);
- Thus, the connection between chronic inflammatory disease and the gut has been established.

THE INSIDE STORY

Investigators do not know every detail of how the immune system wreaks havoc with the intestinal lining of celiac patients, but they have identified a number of likely processes (*below*). Colored arrows indicate events that might be blocked by interventions now being investigated [*see table on opposite page*].



Why Focus on the GUT?

- Seventy percent of all Americans have gut symptoms or disease!
- It is the most sensitive organ to insults, resulting in dysfunction
- The most efficient clinical outcomes across all disease spectrum results from normalization of the GUT

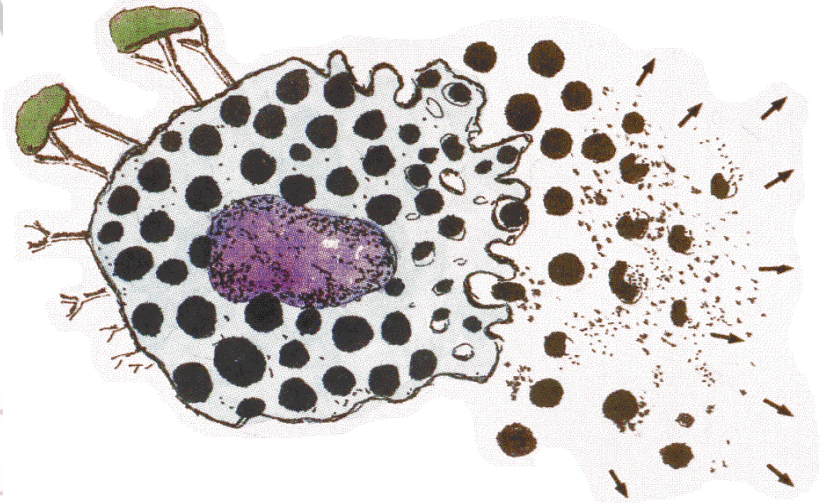
Healthy GUT

- Healthy nutritional substrates (micro and phyto-nutrients) needed to maintain flora, immune function, repair, and detox
- Adequate digestive enzymes & pH
- Intact intestinal epithelial barrier function
- Autonomic function

Unhealthy GUT

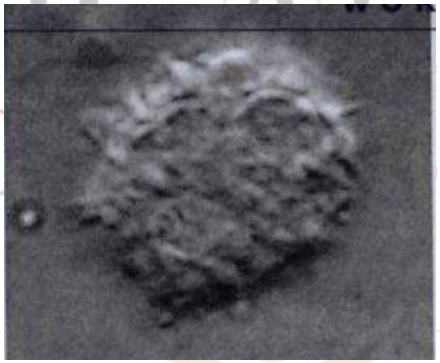
- Poor diet
- Medications
- Infection
- Toxins: metals, molds, pesticides, household chemicals
- Inadequate enzyme production
- Imbalanced flora ecology
- Impaired gut permeability
- Altered autonomic function

Cellular Degranulation Reaction **(inducing mediator release)**



The reactive white cells release chemical mediators that will affect target organs that may result in symptom manifestation typical in chronic conditions such as obesity, gastrointestinal conditions, skin conditions, migraines, ADHD, Chronic fatigue and more.

Stimulated Neutrophil starting to become active.



Activation with the release of free radicals and granules.

Common conditions linked to inflammation & chronic activation of the immune system

- Migraine Headaches
- Gastrointestinal Disorders-IBS
- Skin Disorders-Eczema, Psoriasis
- Respiratory Disorders-Asthma
- Chronic Fatigue
- Fibromyalgia
- Arthritis
- ADD
- Infertility

- Hyperactivity
- Mood Disorders
- Inability to Lose Weight
- Diabetes
- Heart Disease
- Premature Aging
- Any Chronic Inflammatory Related Condition...

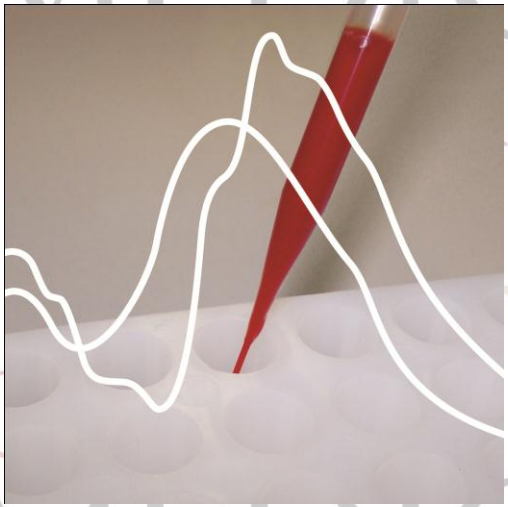





What is the Food Sensitivity Test?

- **Whole Blood Test That Detects Food And Chemical Triggers Of The Innate (Cellular) Immune System**
- **Triggers Cause Neutrophil Activation and Degranulation**
- **Neutrophil Activation Is A Marker For Inflammatory Response**
- **Chronic Systemic Inflammation Is Implicated In Degenerative Diseases**
- **The Food Sensitivity Test Measures Changes In Size/Population Of All Neutrophils**
- **Neutrophil Activation Includes Immune, Non-immune, Pharmacologic, Toxic**
- **Sensitivities/Intolerances Are Generally Not IgE Mediated**

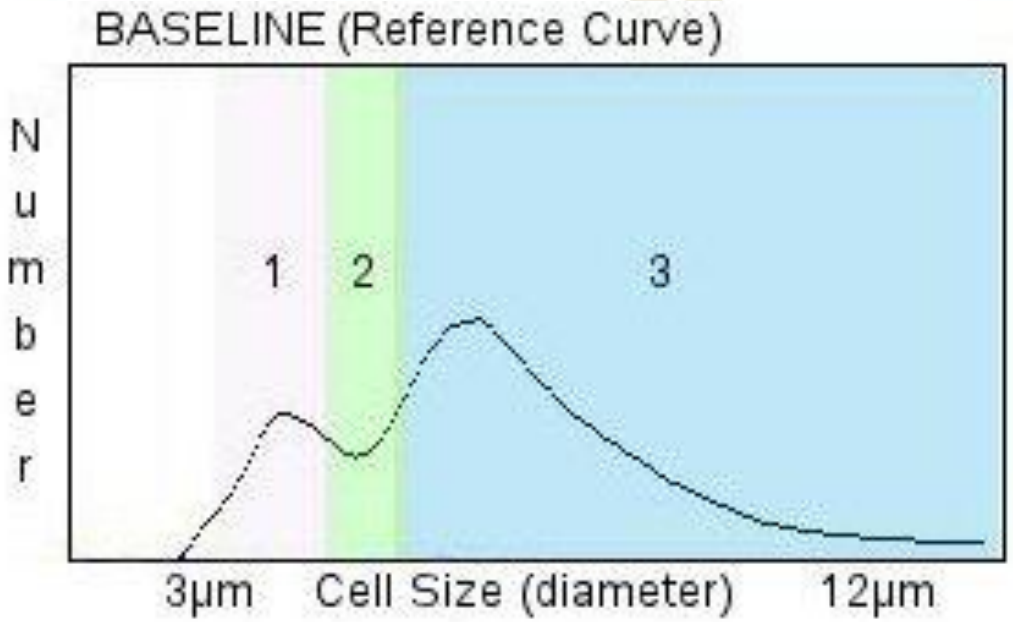
The Food Sensitivity Test



- **Combine blood aliquot with food, chemical and/or drug test agent.**
- **Allow time for any immunologic, toxic or pharmacologic pathway to trigger.**
- **Measure white blood cells size/volume changes induced by the activation of the inflammatory process.**
- **Compare volume distribution curve of a test agent sample against the patient's baseline curve.**
- **Report area changes based on deviation from the baseline and group by reaction strength.**

Size distribution curves

Once all test agents and controls are analyzed, a BASELINE or reference curve is constructed from the controls to which all test agents will be compared to. The BASELINE represents the current cellular make-up and distribution of white blood cells of the subject. The reaction of a test agent is calculated by the area differences between the baseline and the test agent curve.



AREA 1 – Lymphocytes

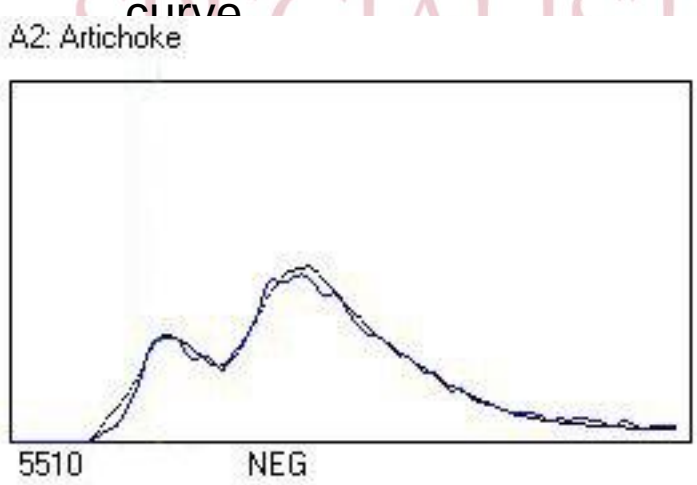
AREA 2 – Eosinophils, Basophils

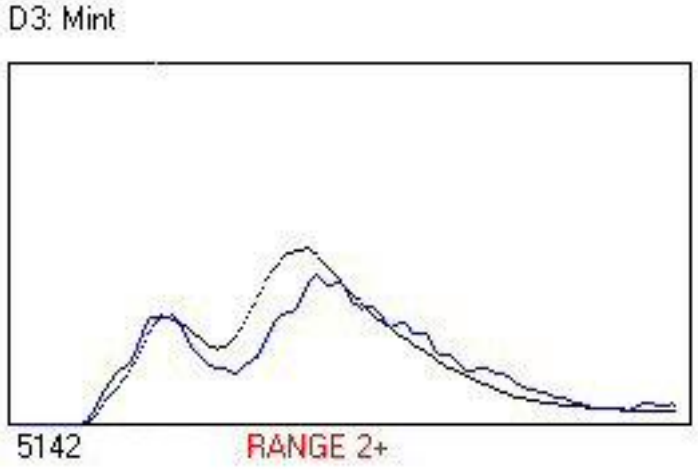
AREA 3 – Neutrophils, Monocytes

Test Agent Graphs

Baseline (reference) curve

Test Agent curve





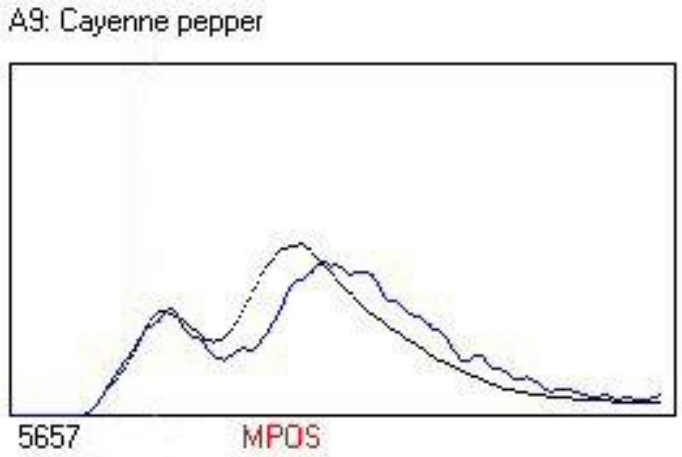
NON-REACTIVE TEST AGENT

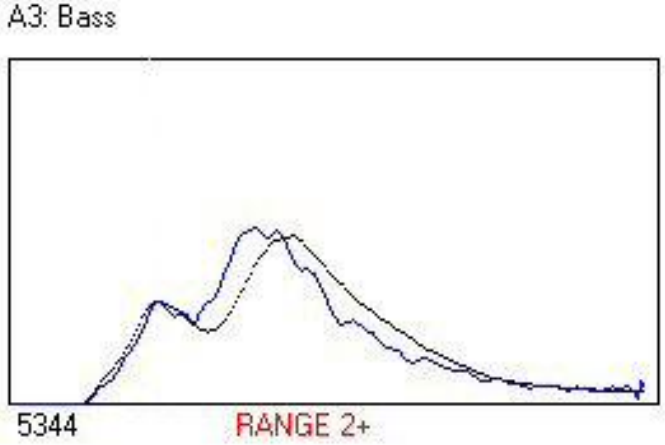
REACTIVE TEST AGENT SHOWING CELL LOSS

Test Agent Graphs

Baseline (reference) curve

Test Agent curve





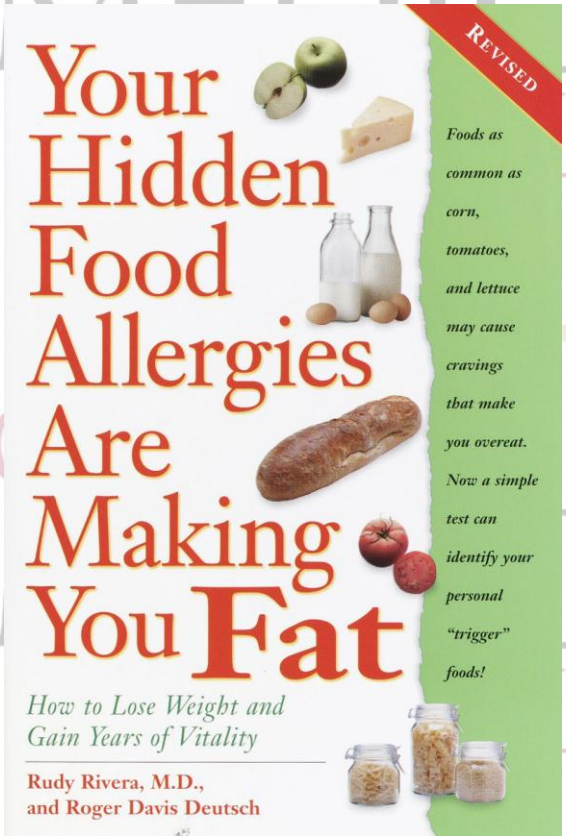
REACTIVE TEST AGENT SHOWING CELL SIZE INCREASE

REACTIVE TEST AGENT SHOWING CELL SIZE DECREASE

Candidates for Food Sensitivity Testing

- Individuals suffering from one or more clinical symptoms
- Athletes looking to improve performance and accelerate recovery time
- **Everyone** can benefit from The Food Sensitivity Test, not just those showing obvious symptoms. *The* Food Sensitivity Test *offers a roadmap for a healthy lifestyle.*
- Food sensitivities or intolerances affect over 80% of the population while less than 5% of us actually have an IgE or “true” food allergy.

Food Sensitivity Testing for weight management



"98% of the subjects following the Food Sensitivity Test **either lost weight and/or improved their body composition."** ***Baylor Med. College, 1998***

"I've seen the Food Sensitivity work when absolutely no other approach has made the scale budge."
Steven Lamm, MD

"This book offers a clear program for helping you discover which foods are unhealthy for you."
Elson M. Hass, MD

"For ten years I have used the Food Sensitivity Test in my practice – no other test is as accurate or useful."
Fred Pescatore, MD

Studies

The Short Term Efficacy of the Food Sensitivity Test to Facilitate Changes in Body Composition and Self-Reported Disease Symptoms: A Randomized Controlled Study

Gilbert R. Kaats, Director; Health and Medical Research Foundation. San Antonio, Dennis Pullni, Executive Director; Baylor Sports Medicine Institute, Houston, TX Larry K. Parker; MD, Women's Total Health Care Angleton, TX Published American Journal of Bariatric Medicine. Spring, 1996

Conclusion:

As compared to participants following a weight control plan of their own choosing, following the Food Sensitivity Test and diet plan resulted in highly significant improvements in body composition and self-reported disease symptoms. The data reveal that 98 percent of the subjects following the Food Sensitivity plan either lost scale weight or improved their body composition.

Why Food Sensitivity Test?

- In 2007 over 20.8 million adults and children in the United States were suffering from diabetes
- 64 percent of adults were overweight or obese.
- This epidemic is caused by low-grade inflammation resulting from the chronic activation of the innate immune system
- also causes urticaria, arthritis, attention deficit disorder, IBS and many others.

Why Food Sensitivity Test?

- Modern research is showing that 95% of all chronic disease has an inflammatory component.
- Food Sensitivity Testccan help to determine a unique anti-inflammatory diet, not only for weight management but for overall health.

Optional - Nutritional Compliance Program

- **Expanded Food Sensitivity est Results-** Recipes for breakfast, lunch, dinner plus snacks each day. Customized for each person based upon their Food Sensitivity Test results.

- **Nutritional Consultations-** Designed to maximize compliance with diet modifications, answer patient questions, motivate and achieve patient goals.

  - ***Test Results Review***
  - ***Rotation Diet Review***
  - ***Symptom Checklist***
  - ***Health History***
  - ***Food Diary***
  - ***Foods to Avoid/Food Substitutions***
  - ***Customized Recipes based upon test results***
  - ***Helpful Grocery/Restaurant Tips***
  - ***Reactive Food Reintroduction Consultations***
  - ***Copy of Your Hidden Food Allergies Are Making You Fat***

Drug Interactions

- Prior to testing, please have patients avoid the following:
  - Anti-histamines for 3-5 days
  - Steroidal nasal sprays for 48 hours
  - Oral Steroids according to dose & treatment
    - Call for details
  - High dosages of Vitamin C
    - Reduce to 2000mg per day for 3 days
  - Anticoagulants
    - Call for details
  - Antibiotics
    - Call for details

Thank You!

CALL FOR YOUR FREE CONSULTATION

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