

# ALCAT® Food & Chemical Intolerance Testing

Intolerances/Sensitivities to foods and chemicals can cause a wide range of symptoms and disorders. The offending substances that cause these delayed reactions are often hard to diagnose because of the time between consumption and the physical reaction. The ALCAT® test offers a useful tool for detecting the foods and chemicals causing these responses. The ALCAT® diagnostic system detects changes in the size and number of white blood cells (i.e. immune cells) in response to exposure to the offending foods and chemicals. A significant advantage of this system is that it uses whole and live blood, which contains all of the immune factors, cells and serum proteins that might be involved in an adverse reaction to a food or chemical. The results are patient specific and provide an easy, precise and effective starting point for dietary and lifestyle manipulation.

**Table 1: Symptoms and Conditions Associated with Food Sensitivity**

Acne	IBD & IBS
ADHD	Insomnia
Arthritis	Irritability
Asthma	Migraine
Bladder infections	Mouth ulcers
Bloating, diarrhea, reflux & other gastrointestinal disturbances	Otitis media
Coughing	Postnasal drip
Depression	Psoriasis
Eczema, psoriasis & rash	Weight gain
Fatigue	

## Health Disorders and Adverse Reactions to Food

Adverse reactions to foods can cause both mild and severe health problems in a subset of the population. Immediate food allergies are known to affect 4% of the general population, whereas general adverse reactions to food may affect a much higher proportion (>20%). The symptoms caused by the food reactions can be as mild as bloating but as severe as anaphylaxis (Table 1). Conditions which may be caused or exacerbated by adverse food reactions include asthma, arthritis, irritable bowel syndrome (IBS), migraine, otitis media and skin rashes (Table 1). A wide variety of more non-specific symptoms can be attributed to food sensitivities such as fatigue, headaches, difficulty losing weight, food addictions and trouble concentrating (Table 1).

## Allergies versus Sensitivities to Foods

Adverse food reactions include any abnormal reaction resulting from the ingestion of a food. They can be categorized as food allergies (with an immune response) or food sensitivities/intolerance. The existence and classification of food sensitivities have been controversial. These types of reactions are difficult to diagnose because the time between consumption and response may be delayed (up to 2 days) and the symptoms are often subtle. In many cases ingestion of the offending food paradoxically masks the symptoms temporarily. Further-more, multiple causes contribute to food sensitivities, making this area difficult to study.

## ALCAT® Testing

The ALCAT® diagnostic system is a useful test which can be used to screen for food and chemical sensitivities. This diagnostic system detects changes in the size and number of white blood cells (i.e. immune cells) in response to exposure to these foods and chemicals. A significant advantage of this system is that it uses whole blood which contains all of the immune factors, cells and serum proteins that might be involved in an adverse reaction to a food and chemical. Regardless of the pathways that may underlie an adverse reaction to a food or chemical, i.e. immune or non-immune, the final common pathway may involve release of chemical mediators. These substances, such as histamine and cytokines, will alter the activity of the white blood cells which is detectable using the ALCAT® technique. In addition, the ALCAT® test will theoretically detect changes in the innate immune system (phagocytic white blood cells) and any cytotoxic effects of food.

## ALCAT® Individual Test Panels

ALCAT 50 Foods Panel	ALCAT Moulds/Inhalants Panel
ALCAT 100 Foods Panel	ALCAT Herbs, General Panel
ALCAT 150 Foods Panel	ALCAT Herbs, Female Panel
ALCAT 200 Foods Panel	ALCAT Herbs, Male Panel
ALCAT CHEM20 Panel (Food Additives/Colours)	
ALCAT CHEM30 Panel (Food Additives & Environmental Chemicals)	
ALCAT CHEM50 Panel (Food Additives, Environmental Chemicals and Antibiotics/Anti-Inflammatories)	

## ALCAT® Combination Test Panels

ALCAT PLATINUM Panel	-200 Foods, 20 Food Additives, 10 Environmental Chemicals, 20 Moulds, 20 Antibiotics/Anti-Inflammatories, 50 Herbs (General)
ALCAT Comprehensive Panel 1	-200 Foods, 20 Food Additives, 10 Environmental Chemicals, 20 Moulds
ALCAT Comprehensive Panel 2	-200 Foods, 20 Food Additives
ALCAT Comprehensive Panel 3	-150 Foods, 20 Food Additives, 10 Environmental Chemicals, 20 Moulds
ALCAT Comprehensive Panel 4	-150 Foods, 20 Food Additives
ALCAT Comprehensive Panel 5	-100 Foods, 20 Food Additives, 10 Environmental Chemicals, 20 Moulds
ALCAT Comprehensive Panel 6	-100 Foods, 20 Food Additives
ALCAT Paediatric Panel	-50 Foods, 20 Food Additives

## How to order a test kit:

Phone Customer Service on 1300 688 522.



Phone **1300 688 522** for further details  
[www.nutripath.com.au](http://www.nutripath.com.au)