



Food allergies & your health

Are the foods you eat making you sick?



We've all heard the familiar saying you are what you eat. But did you know that maintaining a healthy body involves more than just a healthy diet? Certain foods can trigger immune system responses which can strain even a healthy body, and if continued over time, can potentially cause many debilitating illnesses.



Who Has Allergies?

Almost everyone knows someone who suffers from symptoms of allergy, including wheezing, runny nose, irritable bowel, migraine headaches, skin rashes, or a host of other common uncomfortable and often debilitating problems. Conservative estimates are that as many as 25% of the population have significant allergies to some types of food, chemicals, or inhalants. The true incidence of allergy and intolerance may be considerably higher when including the less dramatic symptoms of occasional anxiety, joint aches, generalized fatigue, and water retention as well.



What Can I Do?



- A simple blood test to identify, elevated antibodies to food allergens and delayed food sensitivities (IgG). These allergies may be contributing to undue inflammation in your body.
- The ELISA method is a precise and accurate method to identify your food allergies.
- Nutritional Laboratory Services allergy testing will help you discover with ease what you need to avoid in your diet to minimize symptoms from unnecessary inflammatory processes due to daily exposures.

New! Simple finger prick test.

The 96 General Foods to be tested.

Dairy

Casein
Cheese,
Cheddar
Cheese, Cottage
Cheese,
Mozzarella
Whey
Milk
Milk, Goat
Yogurt

Fish/Crustacea /Mollusk

Clam, Manila
Cod, Atlantic
Crab,
Dungeness
Halibut
Lobster
Oyster
Red Snapper
Salmon, Pacific
Shrimp, Western
Sole
Tuna, Yellowfin

Vegetables

Asparagus
Avocado
Beet
Broccoli
Cabbage, White
Carrot
Cauliflower
Celery
Cucumber
Garlic
Lettuce

Mushroom,
Common
Olive, Black
Onion, White
Pepper, Green
Bell
Potato, Sweet
Potato, White
Pumpkin
Radish
Spinach, Green
Squash,
Zucchini
Tomato, Red

Grains/Legum es/Nuts

Almond
Amaranth Flour
Barley
Bean, Kidney
Bean, Lima
Bean, Pinto
Bean, Soy
Bean, String
Buckwheat
Coconut
Corn
Filbert
Gliadin, Wheat
Gluten, Wheat
Lentil
Oat
Pea, Green
Peanut, Runner
Pecan
Rice, White
Rye
Sesame

Spelt
Sunflower
Walnut
Wheat, Whole

Fruits

Apple
Apricot
Banana
Blueberry
Cranberry
Grape, Red
Grapefruit
Lemon
Orange
Papaya
Peach
Pear
Pineapple
Plum
Raspberry, Red
Strawberry

Meat/Fowl

Beef
Chicken
Egg White, Chicken
Egg Yolk, Chicken
Lamb
Pork
Turkey

Misc

Cocoa Bean
Coffee Bean
Honey
Sugar Cane
Yeast, Baker's
Yeast, Brewer's

To order your kit call

**Nutritional Laboratory Services on +613 96631554
or www.nlabs.com.au**

**Other NLS Self Test kits: Female, Male, Stress, Sleep,
Multiple Hormone, and Mineral & Toxic Elements (hair).**



Nutritional Laboratory Services

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