



# Brunel Health Food Intolerance Test – How It Works

## About Food Intolerance

It is estimated that food intolerance\* could affect more than 9 million adults in the UK alone\*\*. Food Intolerances have been linked to problems such as:

**IBS & Bloating - Skin Problems - Fatigue - Joint Pain - Headaches & Migraines - Thyroid Conditions**

There is now a wealth of independent published research looking at IgG food reactions, this research shows positive improvements in a variety of conditions once IgG reactive foods are identified and removed from the diet. You can view some of these studies on the published resources page of our website.

The Brunel Health IgG Food Intolerance Test is a quick, accurate, and reliable way of identifying unique food reactions. The test analyses 134 relevant food and drink antigens, in the categories of:

**Grains & Staples - Dairy & Eggs - Protein Supplements - Fruits - Vegetables - Herbs, Spices & Oils  
Meat & Seafood - Nuts, Seeds & Beans - Drinks - Others**

**Simply prick your finger & use the pre-paid envelope to return your sample to our laboratory**

The Brunel Health test kit includes everything you need to take a finger prick blood sample.

Your blood sample will be accurately and reliably analysed against 134 food and drink ingredients, allowing you to discover your unique trigger foods.

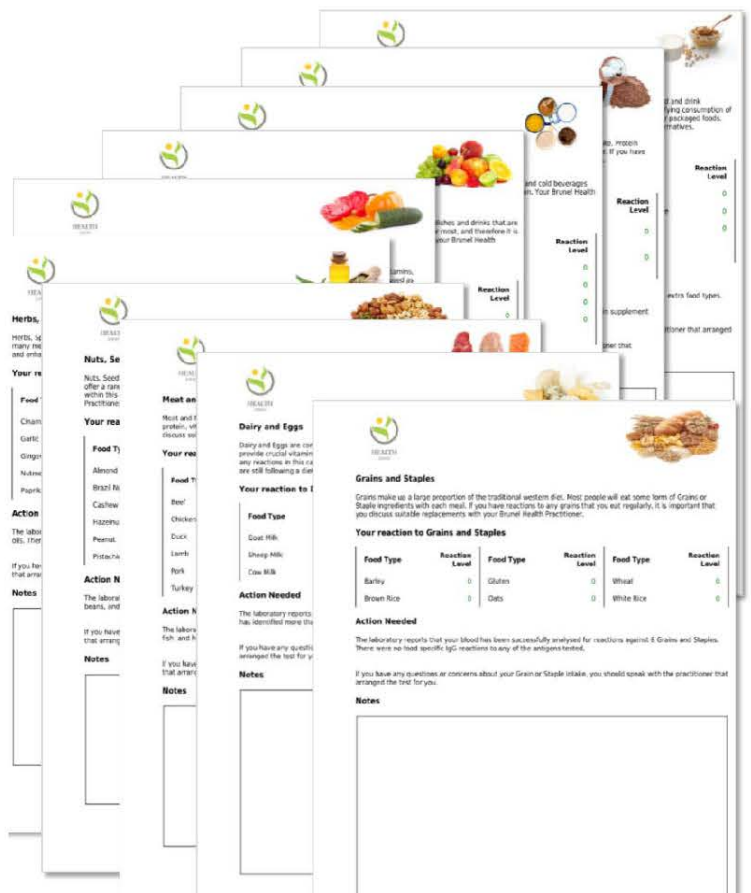
You will receive a 12 page results document, detailing exactly which foods and drinks you have reacted to, and the level of those reactions.

Your Brunel Health Approved Practitioner will help to remove your problems foods and advise of any suitable alternatives.

**Discover your unique trigger foods and take control of your food intolerance, with a Food Intolerance Test from Brunel Health.**

\*Brunel Health define food intolerance as a food specific IgG antibody reaction

\*\*The figure is based upon research from Zopf, Yurdagül et al. "The Differential Diagnosis of Food Intolerance." *Deutsches Ärzteblatt International* 106.21 (2009)



**Contact your Approved Brunel Health Practitioner to arrange a Food Intolerance Test**



## Brunel Health - Client Case Studies

*"I've had bloating and IBS since I was a teenager. Whenever I would eat in a restaurant I would get really bad IBS, and my friends would joke I looked pregnant."*

*Although I presumed something in my diet was causing the problems, I couldn't work out exactly what it was. I took a food intolerance test and it showed a level 5 reaction to Yeast!*

*I removed Yeast straight away, and as long as I don't cheat on my diet, I don't have any more IBS or bloating."*

**Hannah, 33 from Newcastle – Bloating & IBS**



*"I've had eczema on my hands on and off for most of my life. I had tried everything to get rid of it, from steroid creams to changing my washing powder – nothing seemed to work."*

*I finally decided to take a food intolerance test, which showed reactions to Gluten, Milk and Strawberries – which I was eating most days.*

*After speaking with my Nutritionist and removing my trigger foods, my eczema started to improve within a week."*

**Matt, 20 from Bristol – Eczema on hands**

*"I would get migraine attacks at least twice a month, for as long as I can remember. I tried literally everything to help, medications, exercise, supplements, even ice baths – that was fun!"*

*I hadn't really considered that my diet could be the problem, but my friend recommended I take a food intolerance test to check.*

*I was shocked when the test showed I had reactions to Beef and Milk, as I was having Milk most days on my cereal, and in cups of tea. I swapped all my Milk consumption to Coconut Milk, which is surprisingly nice. The good news is, I'm now migraine free!"*

**Julia, 42 from Devon – Migraines**





# Brunel Health Test - Foods & Drinks Included

The Brunel Health IgG Food Intolerance Test looks at 134 foods and drinks, divided into these categories:

**Grains & Staples - Dairy & Eggs - Protein Supplements - Fruits - Vegetables - Herbs, Spices & Oils  
Meat & Seafood - Nuts, Seeds & Beans - Drinks - Others**

## Grains & Staples

Barley  
Brown Rice  
Gluten  
Oats  
Wheat  
White Rice



## Fruit

Apple  
Apricot  
Banana  
Blackberry  
Blueberry  
Cantaloupe Melon  
Cherry  
Cranberry  
Grape - Red  
Grape - White  
Grapefruit  
Honeydew Melon  
Lemon  
Lime  
Mango  
Olive  
Orange  
Peach  
Pear  
Pineapple  
Raisins  
Raspberry  
Strawberry  
Sultana  
Watermelon



## Vegetables

Avocado  
Broccoli  
Cabbage  
Carrot  
Cauliflower  
Chick Pea  
Cucumber  
Garden Pea  
Lettuce  
Mushroom  
Onion  
Peppers  
Spring Onion  
Spinach  
Sweet Potato  
Sweetcorn  
Tomato  
Turnip  
White Potato



## Nuts, Seeds & Beans

Almonds  
Brazil Nut  
Cashew Nut  
Hazelnut  
Peanut  
Pistachio  
Walnut  
Coconut  
Flax Seed  
Sesame Seed  
Sunflower Seed  
Cocoa Bean  
Green Bean  
Haricot Bean  
Kidney Bean  
Soybean



## Dairy & Eggs

Casein (Cow)  
Egg White  
Egg Yolk  
Goat Milk  
Sheep Milk  
Whey (Cow)  
Whole Egg  
Whole Milk (Cow)



## Herbs, Spices & Oils

Cinnamon  
Garlic  
Ginger  
Paprika  
Vanilla  
Coconut Oil  
Corn Oil  
Olive Oil  
Flaxseed Oil  
Peanut Oil  
Sesame Oil  
Sunflower Oil



## Drinks

Almond Milk  
Black Tea  
Cacao  
Cashew Milk  
Coconut Milk  
Coffee  
Green Tea  
Hazelnut Milk  
Hemp Milk  
Oatmilk  
Rice Milk  
Soya Milk  
White Tea



## Meat & Fish

Beef  
Chicken  
Duck  
Lamb  
Pork  
Turkey  
Cod  
Crab  
Crayfish  
Haddock  
Lobster  
Mackerel  
Prawns  
Salmon  
Sardine  
Shrimp  
Trout  
Tuna



## Others

Baker's Yeast  
Balsamic Vinegar  
Brewer's Yeast  
Citric Acid  
Hemp  
Hops  
Lentils  
Malt Vinegar  
Mustard  
Vanilla Essence  
Wheatgrass



## Protein Supplements

Casein Protein Isolate  
Hemp Protein Isolate  
Pea Protein Isolate  
Rice Protein Isolate  
Soy Protein Isolate  
Whey Protein Isolate

