

## 23rd - 29th January 2012 is Food Allergy and Intolerance Week

Submitted by: Higher Nature

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Is it possible some of your readers suffer from food intolerance? Food Allergy and Intolerance Week might be a good time to find out!

Food allergies and intolerances are becoming increasingly common. But what is a food intolerance and how does it differ from a food allergy?

A classic food allergy only affects around 2% of the population but symptoms can be severe and sudden. In contrast, food intolerances are much more common and may occur when certain antibodies (known as IgG) are triggered, as the result of a reaction to specific foods.

Almost any food can cause a reaction but foods eaten most regularly are often the chief culprits – typically, wheat and dairy products, closely followed by other gluten grains, eggs and yeast. Symptoms may be delayed for hours or even days after eating the food, making it very difficult to pinpoint the culprit. Having several intolerances further confounds the situation! But, don't worry, help is at hand!

The Food Intolerance Tests Kit

(<http://www.highernature.co.uk/ShowProductFamily.aspx?ProductFamilyID=341>)\* is available from Higher Nature (<http://www.highernature.com>)

This simple home test kit can test for 40, 60 or 120 foods. We send a complete kit, full instructions, transport box and a pre-paid envelope to send it to the lab. The results will be sent directly to the customer in approximately 10 days.

Possible symptoms of a food intolerance include:

- Anxiety (acute or chronic)
- Attention Deficit Disorder
- Constipation
- Diarrhoea
- Headaches
- Insomnia
- Migraine
- Water retention
- Arthritis
- Fibromyalgia
- Asthma
- Bloating
- Chronic Fatigue Syndrome
- Depression
- Gastritis, Inflammatory Bowel Disease
- Itchy skin

- Weight control problems
- Hyperactivity disorder
- Irritable Bowel Syndrome

Higher Nature (<http://www.highernature.com>) has a team of qualified Nutritionists (<http://www.highernature.co.uk/nutrition.aspx>) who can give advice on managing food intolerance.

\* Higher Nature (<http://www.highernature.com>) intolerance testing is provided by Cambridge Nutritional Sciences, a Corporate Partner of Allergy UK, organisers of Food Allergy and Intolerance Week.

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