

Health, Fitness & Beauty Guide

One test can determine your food sensitivities and help improve your health

(BPT) - Research has found that 70% of illnesses can be prevented by changes in lifestyle and diet. While many Americans may believe that food affects their health, most don't know what to believe when it comes to eating healthfully. Many people don't think much about the connection between food and health, until they experience symptoms directly related to eating, such as digestive issues.

Fad diets and the "one size fits all" approach may promise quick and lasting results but do not improve body composition or promote better health. Although good nutrition is crucial for opti-

mal health, well-being, and disease prevention, it is an area that is misunderstood and a source of confusion for many people.

With so many competing eating plans and diet products on the market, finding the right information is difficult. The truth is, many health conditions, including being overweight, migraines, rashes, arthritis, fatigue, bloating, gastrointestinal disorders, irritable bowel syndrome (IBS), Crohn's disease and even certain respiratory conditions and skin disorders are affected by an overlooked or misunderstood food sensitivity. Non-celiac gluten sensitivity is one such example.

Unlike a food allergy, which generates an immediate response and can more easily be identified and isolated from your diet (such as a peanut allergy), food sensitivities will produce a delayed reaction, and can be from a multitude of substances. As a result, they are much harder for people to detect.

So how can we identify food sensitivities?

Science-based testing, individualized nutrition guidance, and customized meal planning are key to the most effective approach.

Researchers at Yale School of Medicine conducted a landmark study showing that patients with IBS who

follow individualized diets based on the Alcat food sensitivity blood test experienced significant symptom improvement. One of the study's authors, Dr. Wajahat Mehal, a professor of digestive diseases at the Yale School of Medicine, said he found the results convincing enough that he now offers the test to his patients with IBS.

State-of-the-art biological testing such as the Alcat test provides a cellular-based lab analysis to evaluate over 450 food substances and additives to determine which foods and ingredients may be the offenders. The test provides a detailed analysis that ranks the degree of reactivity in three categories – mild, moderate and severe – to help a nutritionist customize a meal plan to best support your health.

The easy-to-understand test report includes:

- Foods-to-avoid list
- Comprehensive "Understanding your Alcat Test Results" ebooklet



- Personalized rotation plan
- Optional 30-minute educational session with a nutrition expert
- Opportunity for more extensive nutrition therapy with the PreviMedica team

To date, the Alcat Test has helped over half a million people change their health. "For the past several years I've been experiencing a decline in my health – joint and muscle pain, fatigue, headaches, digestive problems, skin rashes, acne, rising blood sugar and blood pressure and steadily increasing weight regardless of how hard I dieted," said Laura

from Kansas. "I took the Alcat Test on the recommendation of my doctor. I'm six weeks into the elimination and rotation and the results have been nothing short of a miracle. I've lost 13 pounds, my skin is clearing up, I sleep well, digest well, feel strong and have a lot of energy. I realize now that I've had food sensitivities all my adult life - I'm only sorry it's taken this many years to get to the cause of my health problems."

Learn more about the Alcat test at CellScienceSystems.com or call 1-800-US-ALCAT.

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Susan Hanson

425-658-6022

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