

What is the difference between a FOOD ALLERGY & FOOD SENSITIVITY?

ALLERGY

Symptoms

May include:

- Tingling or itching mouth
- Hives
- Wheezing
- Trouble swallowing
- Vomiting
- Cough
- Anaphylaxis

Timing

Usually an **immediate** reaction. Symptoms may last for a few hours, but can be delayed for up to 8 hours.

Mediated by

IgE antibodies

Diagnosis

A simple blood test can measure the presence of IgE antibodies to specific foods and determine a food allergy.

Why Test?

To **rule out or confirm** a food allergy. A blood test is safer and easier than skin prick testing, which may potentially trigger a severe reaction.

SENSITIVITY

Symptoms

May include:

- Fatigue
- Difficulty concentrating
- Joint pain, inflammation
- Headaches, migraines
- Eczema, rashes, skin irritations
- Stomach aches, acid reflux, bloating
- Constipation or diarrhea
- Unexplained weight gain or loss
- Behavioral issues (in children)

Timing

Typically a **delayed** reaction, which can occur up to 72 hours after ingestion. Symptoms may continue for weeks or months.

Mediated by

IgG antibodies

Diagnosis

A simple blood test measures the IgG response to foods to help identify those that may be problematic.

Why Test?

A food sensitivity test can **quickly determine reactive foods**. Studies prove that most patients experience improvement in symptoms after positive foods were removed.

Ask your healthcare provider about ordering a test today.