

What's feeding your illness?

How new research points to simple solutions to tackle chronic inflammatory diseases

When people start talking about inflammatory diseases the symptoms of bloating, gut pain and changes in bowel habit come to mind! However, although inflammatory diseases include problems with the gut such as inflammatory bowel diseases and irritable bowel syndrome (IBS), they also include diseases such as rheumatoid arthritis, lupus, nephritis, multiple sclerosis and skin disorders such as psoriasis. The symptoms linked with inflammatory diseases are wide and varied and include bloating, lethargy, swelling, joint pains, rashes and weight gain.

Inflammatory diseases develop because of an inappropriate response to factors to which the body has been exposed to. In many cases, the disease presents itself as an autoimmune disease, which means that the immune system becomes confused and starts to attack the person's own body with 'self' antibodies. This can cause considerable damage to the tissues of the body, and can lead to a variety of problems, depending on where the inflammation is located. Some people experience inflammation in response to certain foods or environmental factors. The type of symptoms experienced will depend on which organs are affected. For example inflammation of the large intestine (colitis) may cause cramps and diarrhoea.

It is estimated that about 10% of the world population suffer from some kind

of chronic inflammatory disorder. Within the last 25 years, a major research effort worldwide has resulted in new insights into the mechanisms that drive chronic inflammation. As a result many novel drugs have been developed, however, there are still no drugs that cure chronic inflammatory diseases specifically and most drugs have severe side-effects such as stomach upset/bleeding, easy bruising, thinning of bones, cataracts, weight gain, diabetes, high blood pressure, blurry vision and increased susceptibility to infection. Some people also find that their symptoms and suffering are dismissed by people such as employers and co-workers, who may not fully understand the processes and debilitation which can be involved in having a chronic inflammatory disease.

This month new data has been released from a survey of over 5000 people commissioned by Allergy UK, and analysed by the Centre for Health Economics, University of York. Those surveyed had taken a simple blood test (the sample can be collected at home) that measures IgG antibody reactions to foods and the results were analysed to see whether removal of the foods identified by the test, from the diet, could reduce inflammatory disease symptoms. The results were startling showing that within an average of three weeks, over 3 out of 4 of those surveyed showed moderate to high benefit from their ill health symptoms. For example those with rheumatoid arthritis showed improvement in overall pain, hand grip strength, number of tender joints. Those

with IBS showed a significant reduction in stomach distension, bowel dysfunction and general well-being, also a reduction in factors such as pain and fatigue.

The test that was used for the survey is offered by YorkTest and is the only test of its kind endorsed by the charity Allergy UK; YorkTest has 25 years of experience in the food intolerance testing market. Many people with chronic conditions would rather have a dietary solution to ease their symptoms rather than have to take medication (and this also has real economic benefits too). Now, it emerges, there is a simple dietary solution that offers real hope after all.

1ST STEP – FOOD INTOLERANCE INDICATOR €30.00

This is a good way to start off finding out whether your symptoms are related to Food Intolerance. It will simply tell you if you have an intolerance or not (Positive or Negative result).

2ND STEP – 113 FOODSCAN €380.00

Positive results can be upgraded to the 113 foodSCAN. This test will determine out of a panel of 113 foods what you need to eliminate from your diet for a period of time, what you should be eating cautiously and what you have no reaction to and can continue to eat freely. These results will arrive back to you through the post after about ten to fifteen working days. This test also includes your nutritional support in the form of two land-line phone calls, one thirty minute call and one fifteen minute call after a number of weeks of elimination of the offending foods. Full refund on your 1st Step Test.

Providing a precise and detailed measurement of your reaction to 113 commonly eaten foods, the 113 foodSCAN includes a comprehensive guidebook, 45 minutes nutritional consultation and an "Avoid Foods" card – handy for carrying around in your wallet.

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To purchase a kit or for confidential advice please call 01 2022701 or visit www.yorktest.ie.



You could be picking up more than you bargained for at the supermarket.

Health problems can be aggravated by many foods, even those generally considered good for you. **YORKTEST** could help you understand the effects of food intolerance with *foodSCAN*. It's Ireland's only scientifically proven food intolerance test – a simple blood test that identifies intolerances in 113 foods. Not only will you have the results within ten days, our service includes two follow-up appointments with a BANT*- qualified nutritionist. We'll be there every step of the way, offering support and practical advice, like what to leave off your shopping list.

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*British Association of Nutritional Therapists