

It is your life!

If the test is negative in spite of complaints, other causes should be taken into consideration.

Stomach aches, flatulence or diarrhoea, which occur about half to one and half hour after a meal, may indicate carbohydrate or gluten intolerance.

Reactions against biogenic amines often only occur after several hours. Typical reactions are – among others - headaches or circulatory problems.

What can you do?

Observe when and how your complaints occur and openly speak to your doctor or therapist about it.

What are the benefits of the test?

The diagnosis of existing disorders will enable you to select foods you tolerate. The complaints may be relieved or even disappear completely. The quality of life will significantly improve!



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On the basis of the test results your doctor/therapist will establish an individual diet concept. The laboratory applies newest techniques and thereby combines professional knowledge and cost awareness.

The following test samples are probably required in the course of a diagnostic step-by-step plan:

Blood and possibly stool sample

Strike a new diagnostic path with your doctor/ therapist! It will be worth it!

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DIAGNOSTIK

Food Intolerances

Widespread ailment of our times



PATIENT INFORMATION

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Food allergies and intolerances are often the cause of unexplained complaints

In Germany alone about 30 to 40 percent of the population suffer from food intolerances. Unfortunately they are often not detected.

SYMPTOMS:

- skin rashes
- itching
- running nose
- respiratory ailments
- headaches
- indigestion
- overweight
- joint problems
- susceptibility to infections
- high blood pressure
- hyperactivity
- chronic fatigue
- depressions

Complaints caused by eating certain foods do not always occur immediately after a meal. Often there are hours, even days before symptoms occur and therefore they cannot be associated with causal foods.

Therefore the origin of the complaints often remains unclear..



Lactose, Fructose, Histamine, Colorants, Gluten

Depending on the cause complaints and processes vary. Therefore the determination requires special diagnostic analyses.

CAUSES:

- true allergies caused by IgE antibodies
- intolerances caused by IgG4 antibodies
- T-cell mediated allergies
- carbohydrate intolerances – lactose, fructose respectively sugar alcohols like sorbitol, xylitol, mannitol and others
- pseudoallergies against colorants and additives
- histamine intolerance caused by biogenic amines
- gluten intolerance, celiac disease

By the way well-liked foods (chocolate, gummi bears, jelly babies, but also muesli, etc.) are often not tolerated. But also foods, which are only eaten rarely, may be the cause of intolerances.

Backgrounds – Allergy or Intolerance?

Fortunately true food allergies (IgE-mediated) are rather seldom. Mostly they come along with pollen allergies.

Complaints normally occur shortly after consumption, so that most people concerned know what they do not tolerate.

Often diagnosed pollen allergies provide valuable information, as conclusions about intolerable foods can be obtained.

IgG4 mediated food intolerances occur considerably more often. The symptoms mostly only show hours or even days after consumption. The cause is a disordered intestinal barrier function. Thus increased amounts of food components reach the blood and there they stimulate the immune system to produce antibodies (IgG4), which may contribute to the development of a whole variety of symptoms.

The foods responsible for intolerance reactions are determined by simple blood tests.

