

The ALCAT Test:

What is It? And, Why Should I Consider It?

by **dr. lisa hunt** | photo by **dawn kelly**

FOOD ALLERGY VS. FOOD INTOLERANCE

Food allergy is an IgE immune system response that is typically characterized by hives, shortness of breath, upset stomach and in some cases, anaphylaxis. The most common food allergies are to nuts, shellfish, wheat and dairy. According to the Food Allergy & Anaphylaxis Network, only about 4 percent of the United States population has a food allergy. *The ALCAT Test does not detect Food Allergy.*

Food intolerance, on the other hand, is much more common than food allergies and is characterized by digestive disorders, migraines, obesity, chronic fatigue, aching joints, skin disorders and behavioral issues. It has been stated that upwards of 70 to 80 percent of the U.S. population has food intolerance. Unfortunately for many, those food intolerance symptoms are often identified as individual problems and treated as such, thus treating the symptoms and not the cause. *The ALCAT is the most effective Food Intolerance Test available.*

FOOD SENSITIVITY TESTING: WHAT IS THE ALCAT?

Available for over 25 years, the ALCAT food sensitivity test is a minimally invasive blood test that identifies cellular reactions to over 350 foods, chemicals and herbs. The test objectively measures changes in size and number of white blood cells before and after their exposure to different allergens.

HEALTH PROBLEMS LINKED TO FOOD INTOLERANCE

Beyond hormone imbalances, serious health conditions are caused by food, environmental pollution and the lack of exercising. Those serious health problems related to hidden food allergies can include: migraines, fatigue, chronic inflammation, eczema, weight loss, aching joints, gastrointestinal disorders, asthma and cardiovascular disease.

Don't wait until a health issue becomes serious! The ALCAT test, in addition to natural bioidentical hormone therapy, may be all you need to keep chronic illness and inflammation at bay. ■

Call 209-577-2799 today to schedule your ALCAT test!

Dr. Lisa Hunt



Lisa J. Hunt, D.O., is the Medical Director of Valley Wellness Center in Modesto whose mission "is to build on every level of your health to achieve the best quality of life." She is Board certified in Family Medicine and Holistic and Integrative Medicine. She specializes in anti-aging treatment, natural thyroid replacement, menopause/andropause therapy (including bio-identical hormone replacement), strengthening the immune system, neurotransmitter analysis/replacement and nutritional support guidance.

FOOD ALLERGY VS. FOOD INTOLERANCE

Are YOU plagued with digestive disorders, migraines, obesity, chronic fatigue, aching joints, skin disorders or behavioral issues?

Could you be one of the 70-80% of the US population that suffers from food intolerance? The ALCAT test is the most effective food intolerance test available.

OCTOBER SPECIAL
10% off the ALCAT Test

DR. LISA HUNT

AT VALLEY WELLNESS CENTER

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CALL NOW TO REDUCE YOUR RISK OF CHRONIC ILLNESS AND INFLAMMATION!