



### **What is the ALCAT Test?**

The ALCAT test is a blood examination that identifies potential individual triggers of chronic inflammation. These triggers can be from foods, supplements, food additives, select antibiotics, and certain over-the-counter medications.

### **Who Should Consider the ALCAT Test?**

If you experience non-specific health complaints such as:

- Headache
- Insomnia
- Diarrhea
- Bloating
- Nausea
- Foggy memory

...and haven't been able to identify the cause, the ALCAT test may help pinpoint substances causing inflammation in your body.

### **Why Chronic Inflammation Matters**

Chronic inflammation is linked to numerous health issues, including:

- Digestive problems (i.e. constipation, diarrhea, bowel irregularity, or nausea)
- Sleep disturbances (i.e. insomnia or excessive fatigue)
- Mood fluctuations (i.e. anxiety, depression, or irritability)
- Memory and cognitive issues
- Skin conditions (i.e. rash, psoriasis, eczema or itching)
- Joint pain

Determining and eliminating the sources of inflammation can lead to significant health improvements.

### **What is the Purpose of the ALCAT Test?**

The ALCAT test is an expedited version of the age-old elimination diet. Historically, an elimination diet was prescribed to remove items a patient's diet to identify what the trigger to their health complaints may be. However, did you know that a true elimination diet would require a person to go one-by-one through each item, eliminating it completely from their diet (no cheating or cross-contamination) for six months straight prior to reintroducing that item back into the diet?



A six-month abstinence from each item is required because the cellular lining of the bowel tract requires this time to rehabilitate and regenerate once the inflammation has alleviated. If a person were to do an elimination diet correctly, it would take over 100 years to sift through 250 different foods.

The ALCAT test provides a comprehensive explanation of the amount of inflammation that a particular food, food additive, natural supplement, and other items may cause within the body. This grading report allows a person to eliminate foods that may be highly problematic for generating inflammation and to do the elimination simultaneously rather than one item at a time.

### **ALCAT vs. Immunoglobulin Food Sensitivity Tests**

Many people confuse the ALCAT test with immunoglobulin food sensitivity tests. However, they measure different immune responses:

#### **ALCAT Test:**

**Mechanism:** Focuses on how white blood cells react when exposed to different substances. An adverse reaction suggests the substance might cause inflammation. Most notably, mast cells (which are a component of the white blood cell system) carry cytokines, the chemical necessary to start the inflammatory reaction process in the body. These mast cells can easily rupture when encountering triggering items/foods.

**Results:** Categorizes substances as severe, moderate, or mild intolerances, or no reaction.

**Primary Focus:** Cellular reactions which might be linked to chronic inflammation.

**Important Note:** This test is NOT a food allergy test.

#### **Immunoglobulin Food Sensitivity Tests (e.g., IgG test):**

**Mechanism:** Measures levels of specific antibodies (like IgG) produced in response to foods.

**Results:** Higher antibody levels might indicate a sensitivity or intolerance to that food.

**Primary Focus:** Humoral (antibody-mediated) immune responses. Think of looking for items that are further into the inflammatory process that may cause allergic type reactions.



### **Why the Distinction Matters**

**Different Immune Pathways:** While both tests assess immune responses, they target different immune pathways. The ALCAT focuses on direct cellular reactions, whereas IgG tests look at antibody production.

**Interpretation of Results:** ALCAT's results can often provide insights into various non-specific symptoms by identifying potential sources of inflammation. On the other hand, elevated IgG levels to certain foods may not always correlate with symptoms.

**Recommendations:** Based on the ALCAT results, you might be advised to eliminate or reduce specific foods or substances to decrease inflammation. IgG tests typically recommend an elimination diet based on the antibody levels reported.

### **Key Benefits of the ALCAT Test**

**Personalization:** Identifies specific foods or substances that might be causing inflammation in your body.

**Guidance:** Provides a roadmap to adjust your diet or lifestyle, potentially alleviating health complaints.

**Holistic Approach:** Helps in understanding your body's unique sensitivities, rather than a one-size-fits-all approach.

### **How Does the ALCAT Test Work?**

**Sample Collection:** A blood sample is taken.

**Exposure to Substances:** In the lab, your white blood cells (immune cells) are exposed to various foods, chemicals, and drugs.

**Observation:** The lab observes how your white blood cells respond. An adverse reaction suggests that the substance might be causing inflammation in your body.

**Result Interpretation:** Depending on the response, substances are categorized as severe, moderate, or mild intolerances, or no reaction.

### **Research by Yale University**

A significant research study from Yale University investigated the ALCAT test's credibility and effectiveness. The study aimed to understand the test's ability to detect food sensitivities and its role in alleviating symptoms once those sensitivities were addressed.



### **Key Findings:**

**Symptom Reduction:** Patients who eliminated or reduced the intake of foods identified as intolerant by the ALCAT test reported a marked decrease in symptoms like gastrointestinal distress, migraines, and other non-specific complaints.

**Inflammatory Markers:** The research observed that there was a notable reduction in specific markers of inflammation in the body after following the diet based on ALCAT results.

However, while the study from Yale University provides a favorable view of the ALCAT test, it's essential to note that like all scientific research, there are limitations, and replication of results is crucial.

### **Other Research**

Several other independent studies and clinical trials have investigated the ALCAT test. While many of these studies have shown positive outcomes, more comprehensive and larger-scale studies to solidify the ALCAT test's performance are ongoing. This test is approved by the Food and Drug Administration (FDA) and

The ALCAT test has garnered support from some research studies, notably from reputable institutions like Yale University. These studies suggest that the test might offer a valuable tool in identifying individual triggers of inflammation and related symptoms. However, as with any medical test or treatment, it's essential to consult with a healthcare professional, be informed about the current research, and understand that science is an evolving field.

### **About the ALCAT**

Created by Cell Science Systems, located in Deerfield Beach, Florida, this laboratory, and their test products, are endorsed by the Food and Drug Administration. This specialty laboratory offers worldwide testing since 2004 in a number of health and wellness plus nutrition areas.

### **In Conclusion**

The ALCAT test offers a distinct approach from immunoglobulin-based food sensitivity tests. By targeting direct cellular reactions, it can offer deeper insights into chronic inflammation's potential causes in your body. If you've been struggling with unexplained health complaints, understanding these differences can guide you towards the best test for your needs. The ALCAT test offers a tailored approach to understanding potential causes of chronic inflammation in your body. If you've been struggling with unexplained health complaints, this test may be a step towards a clearer, healthier future.