

190 Combo (serum) or 190 FoodSafe Combo (bloodspot) Profile

The analytes for the 95 Common or 95 FoodSafe Profiles are in yellow.

DAIRY

Casein
Cheddar cheese
Cottage cheese
Cow's milk
Goat's milk
Mozzarella cheese
Parmesan cheese
Sheep milk
Whey
Yogurt

MEATS

Beef
Buffalo
Chicken
Duck egg
Duck meat
Egg white
Egg yolk
Lamb
Pork
Turkey
Venison

FISH

Cod
Halibut
Salmon
Sardine
Sole
Tilapia
Trout
Tuna

SHELLFISH

Clam
Crab
Lobster
Oyster
Shrimp

VEGETABLES

Alfalfa
Artichoke
Asparagus
Bamboo shoot
Bean sprout
Beet
Black bean
Black olive
Broccoli
Brussels sprout
Butternut squash
Cabbage
Carrot
Cauliflower
Celery
Chili pepper
Cucumber
Eggplant
Endive
Garbanzo bean
Garlic
Green bean
Green olive
Green pepper
Jalapeño
Kale
Kelp
Kidney bean
Kohlrabi
Lentil
Lettuce
Lima bean
Mung bean
Navy bean

VEGETABLES

Okra
Onion
Pea
Pinto bean
Potato
Pumpkin
Radish
Rutabaga
Soy
Spinach
Sweet potato
Tomato
Water chestnut
Watercress
Yam
Yellow squash
Zucchini

GRAINS

Amaranth
Barley
Brown rice
Buckwheat
Corn
Flaxseed
Gliadin
Gluten
Hemp
Millet
Oat
Psyllium seed
Quinoa
Rice
Safflower seed
Sorghum
Teff
Wheat
Wild rice

NUTS

Almond
Brazil nut
Cashew
Chia seed
Coconut
Hazelnut
Macadamia
Peanut
Pecan
Pine nut
Pistachio
Pumpkin seed
Sesame seed
Sunflower seed
Walnut

SPICES

Allspice
Basil
Black pepper
Cilantro
Cinnamon
Clove
Coriander
Cumin
Dill
Ginger
Horseradish
Mustard
Nutmeg
Oregano
Parsley
Peppermint
Poppy seed
Rosemary
Sage
Spearmint
Tarragon
Thyme
Turmeric
Vanilla

FRUITS

Apple
Apricot
Avocado
Banana
Blackberry
Boysenberry
Cantaloupe
Cherry
Cranberry
Currants
Fig
Grapefruit
Kiwi
Lemon
Mango
Orange
Papaya
Peach
Pear
Pineapple
Plum
Pomegranate
Raspberry
Red grape
Rhubarb
Strawberry
Watermelon
White grape

MISCELLANEOUS

Arrowroot
Baker's yeast
Brewer's yeast
Cane sugar
Carob
Cocoa
Coffee
Corn sugar
Cornstarch
Honey
Hops
Maple sugar
Mushroom
Tapioca
Xanthan gum
Tea

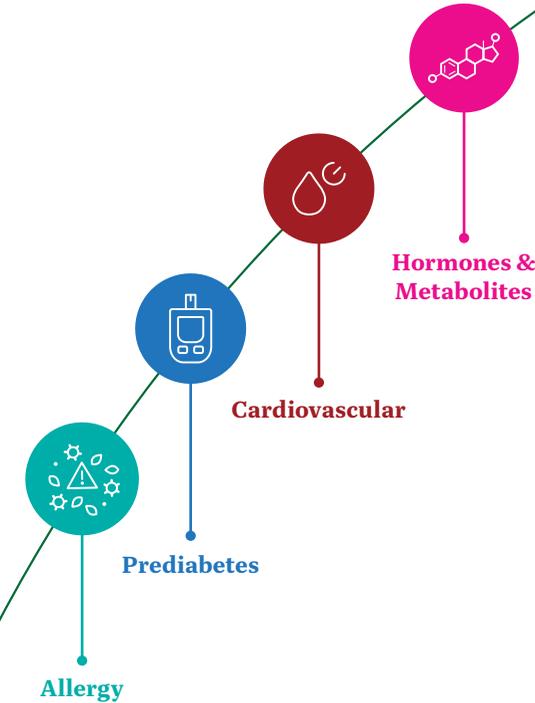
CANDIDA SCREEN

Candida albicans

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Scan to learn more about other tests we offer



Food Sensitivity



Wouldn't I already know if I have a food allergy?

When we think of "food allergy" we tend to think of someone who eats a food, such as strawberries, and breaks out in a rash or has difficulty breathing.

This type of "immediate hypersensitivity" reaction is what most people think of when they hear "food allergy". It is only one type of food allergy, and not even the most common type.

Most food allergies are of the "delayed hypersensitivity" type in which symptoms appear anywhere from hours to days after eating the offending food.

If the food is one that you eat frequently, therepeated exposure can lead to a constant level of symptoms that begins to seem "normal". You may not even realize that you could feel much better than you do.

Delayed hypersensitivity reactions are commonly referred to as food sensitivities.

The food you eat: friend or foe?

Sometimes the foods you eat are the cause of ill health and dysfunction. Often, it is hard to know which foods are the culprits.

According to the late Dr. James C. Breneman, founder of the Food Allergy Committee of the American College of Allergy, Asthma and Immunology, and recipient of the Fellow Distinguished Award for advancing the science of food allergy, **60% of all illnesses are due to underlying food reactions**, the majority of which are not caused by IgE antibodies.

Can I be sensitive to something I eat all the time?

It is very common for people to react to foods that they eat frequently. Often, a person will find that the foods they crave the most are the very ones causing their symptoms. There are a number of reasons for this.

When faced with a challenge, such as a food you are reacting to, your body produces higher levels of stress hormones. These stress hormones may give you a temporary boost in energy and effectiveness that can mask symptoms. This fuels cravings for the very foods that are causing your symptoms. The high levels of stress hormones can lead to other problems.

How does a food sensitivity test work?

At Meridian Valley Lab we use a type of testing called ELISA (Enzyme-Linked Immunosorbent Assay) which is highly reproducible. This type of testing checks your blood for antibodies that your body may be making to specific foods. Our tests focus on detecting delayed type hypersensitivities (IgG, antibodies).

Foods that may be problematic for you may result in higher levels of these antibodies in your blood.

By indentifying and eliminating the foods that you react to, you may experience new levels of vitality and optimism as well as eliminate symptoms that may have been plaguing you for all these years.

Do you want to rid yourself of chronic conditions?

Do you want to feel more alive during the day and sleep better throughout the night?

Now, there is a test that can help alleviate unexplained ailments and provide you with results for optimal health.

Scan to learn more about our Food Sensitivity tests



Do you have symptoms or a condition that may be associated with food sensitivities?

Cognitive/Mental/Emotional/Neurological

- Difficulty with attention and focus
- Obsessive, compulsive or addictive behaviors
- Anxiety/irritability/tension
- Depression/mood swings/tearfulness
- Foggy brain/poor concentration
- Headaches or migraines
- Seizures

Immune

- Frequent or chronic infections
- Autoimmune disease

Digestion

- Constipation, diarrhea, anal itching
- Irritable Bowel Syndrome (IBS)
- Eosinophilic esophagitis
- Candida (yeast) overgrowth
- Food cravings/eating disorders
- Frequent burping, bloating and/or gas
- "Leaky Gut"
- Poor absorption
- Vitamin/mineral deficiencies

Skin

- Eczema/dry skin
- Rashes/Rosacea
- Acne

Respiratory, Eyes, Ears, Nose and Throat

- Asthma
- Frequent ear infections
- Frequent sore throats or Strep throat

Musculoskeletal

- Joint pain/stiffness/discomfort
- Neck pain
- Arthritis/Rheumatoid Arthritis
- Gout
- Fibromyalgia

General

- Fatigue/Chronic Fatigue
- Low blood sugar
- Fluid retention (edema)
- Leaky bladder/bedwetting
- Menstrual cramps/PMS
- Unexplained weight gain or loss

"Let food be thy medicine and medicine be thy food"

Hippocrates,
The Father of Medicine