

Purpose Nutrition Co

NUTRITION & WELLNESS

Food Intolerance Testing

INFORMATION GUIDE



www.purposenutritionco.co.za



Hello there!



I'm Christine Baxter, Functional Nutrition and Health Coach. I see you, I know you feel your body is letting you down. You struggle through the day with lack of energy and are constantly fighting through a mine field of what to eat because of constant bloating & gut issues?

If you are struggling with chronic symptoms that can include but are not limited to digestive disorders such as bloating, IBS, constipation or migraines, asthma, skin issues i.e eczema, stubborn weight gain, chronic inflammation, auto immunity and even muscle or joint pain, then you may have an underlying food intolerance.

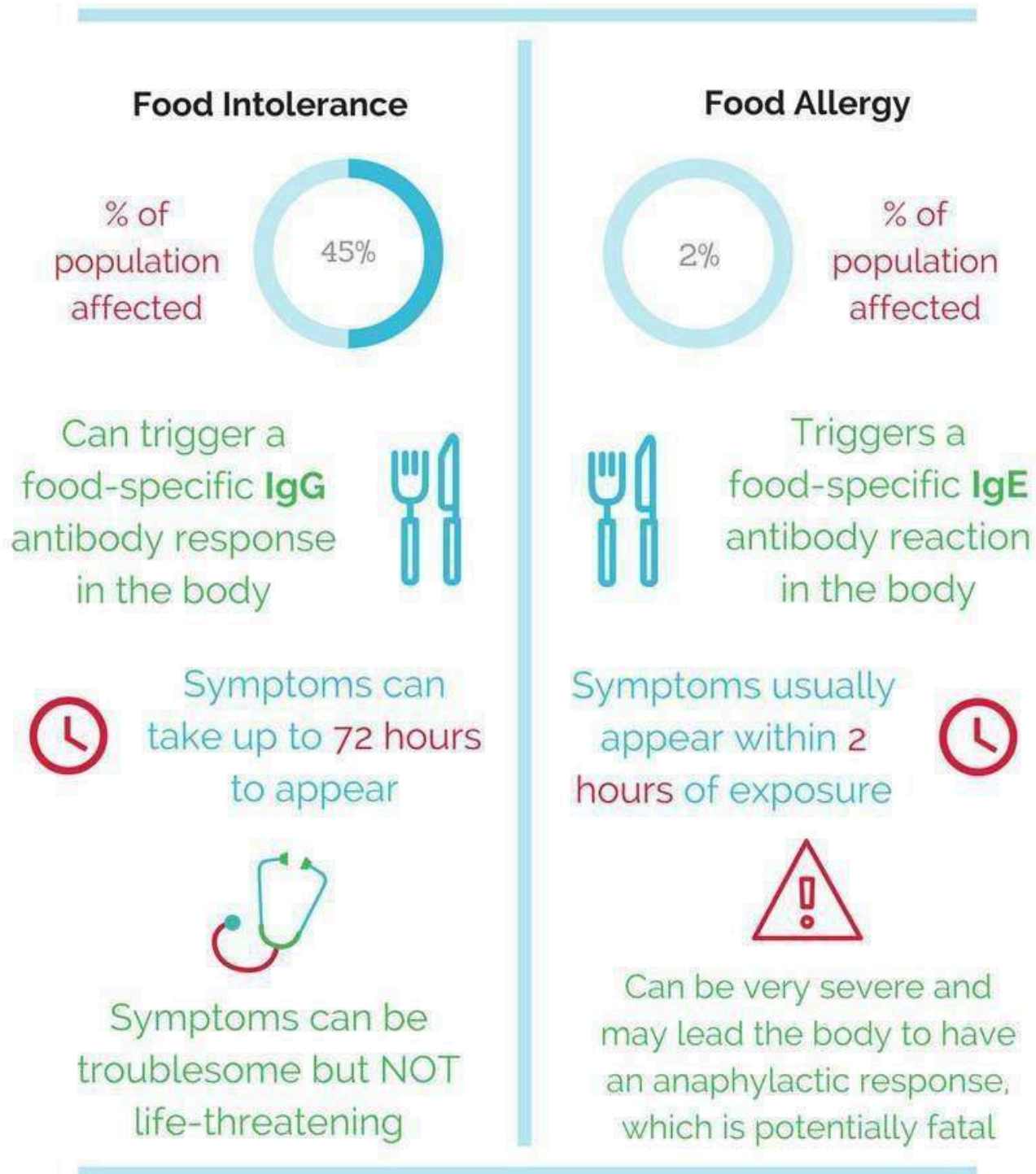
Food sensitivities are known as IgG food hypersensitivities which often remain undetected because the symptoms may only occur a few hours or even days after consuming a particular food, making it extremely difficult to identify.

I'm here to help you to learn to love your body again and put you back into the driving seat of your own health!

PURPOSE NUTRITION CONSULTING

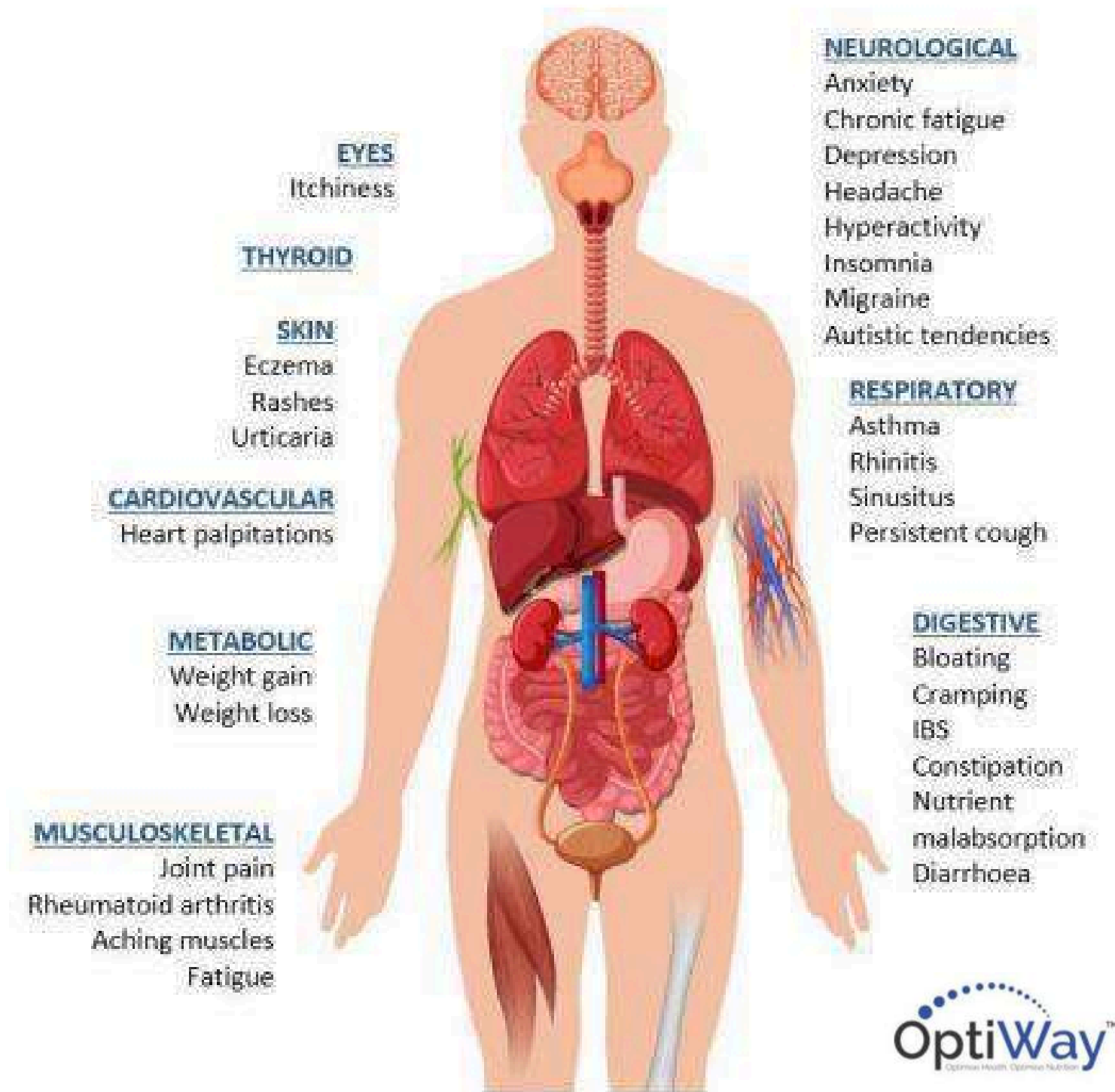
Allergy or Intolerance?

Often thought to be variations of the same thing, food allergies and intolerances are in fact very different.



TM

Symptoms of Food Intolerances



When the immune system is overwhelmed or overworked, protein-food complexes can accumulate to produce symptoms of food intolerance, for example:

- ❖ **Central Nervous System** –migraine, headache, impaired concentration, mood changes, depression, anxiety, fatigue, and hyperactivity.
- ❖ **Skin** –eczema, itchy skin, and other rashes.
- ❖ **Gastrointestinal** –abdominal bloating, cramping, water retention, nausea, constipation, diarrhoea, and weight control problems.
- ❖ **Musculoskeletal** –arthritis, joint pains, aching muscles, and weakness.
- ❖ **Respiratory** –rhinitis, sinusitis, and asthma.
- ❖ **Dermatological** –urticaria, atopic dermatitis, eczema, itchy skin, and other rashes

OptiWay™

FOODS TESTED

FRUIT

Apple
Apricot
Avocado
Banana
Blackberry
Blackcurrant
Blueberry
Cherry
Cranberry
Date
Fig
Grape
(Black/Red/White)
Grapefruit
Guava
Kiwi
Lemon
Lime
Lychee
Mango
Melon
(Galia/Honeydew)
Mulberry
Nectarine
Olive
Orange
Papaya
Peach
Pear
Pineapple
Plum
Pomegranate
Raisin
Raspberry
Redcurrant
Rhubarb
Strawberry
Tangerine
Watermelon

VEGETABLES

Artichoke
Asparagus
Aubergine
Bean(Broad)
Bean(Green)

Bean (Red Kidney)
Bean(White/Haricot)
Beetroot Broccoli
BrusselSprout
Cabbage(Red)
Cabbage
(Savoy/White)
Caper
Carrot
Cauliflower
Celery Chard
Chickpea
Chicory
Cucumber
Fennel(Leaf)
Leek
Lentil
Lettuce
Marrow
Onion Pea
Pepper
(Green/Red/Yellow)
Potato Quinoa Radish
Rocket Shallot(onion family)
SoyaBean
Spinach Squash
(Butternut/Carnival)
Sweet Potato
Tomato
Turnip
Watercress
Yuca (Cassava)

DAIRY/ EGG

Alpha-Lactalbumin (Whey)
Beta-Lactoglobulin (Whey)

Casein
EggWhite
EggYolk
Milk(Buffalo)
Milk (Cow)
Milk (Goat)
Milk (Sheep)

GRAINS (Gluten-Containing)

Barley
Couscous
DurumWheat
Gluten
Malt
Oat Rye
Spelt
Wheat
WheatBran

GRAINS (Gluten-Free)

Amaranth
Buckwheat
Corn(Maize)
Millet
Polenta
Rice
Tapioca

MEAT/ POULTRY

Beef
Chicken
Duck
Goat
Horse
Lamb
Ostrich
Ox
Partridge
Pork
Quail
Rabbit
Turkey
Veal
Venison
Wild Boar

FISH/ SEAFOOD

Alga
Espagumette
Alga Spirulina
AlgaWakame
Anchovy
Barnacle
Bass
Carp
Caviar
Clam
Cockle
Cod
Crab

Cuttlefish
Eel
Haddock
Hake
Herring
Lobster
Mackerel
Monkfish
Mussel
Octopus
Oyster
Perch
Pike
Plaice
Razor
Clam
Salmon
Sardine
Scallop
SeaBream
(Gilthead)
Sea Bream (Red)
Shrimp/Prawn
Sole
Squid
Swordfish
Trout
Tuna
Turbot

HERBS/ SPICES

Aniseed
Basil
Bayleaf
Camomile
Cayenne
Chilli(Red)
Cinnamon
Clove
Coriander(Leaf)
Cummin
Curry(Mixed Spices)
Dill
Garlic
Ginger
Ginkgo
Ginseng
Hops
Liquorice
Marjoram
Mint
Nutmeg
Parsley
Peppercorn (Black/White)
Peppermint
Rosemary
Saffron
Sage
Tarragon
Thyme
Vanilla

NUTS / SEEDS / PEANUT

Almond
BrazilNut
Cashew
Nut
Coconut
Flax Seed
Hazelnut
Macadamia Nut
Peanut
PineNut
Pistachio
Rapeseed(Canola)

Sesame Seed
SunflowerSeed
TigerNut
Walnut

MISCELLANEOUS

AgarAgar(Vegan thickener)
AloeVera
CaneSugar
Carob
Chestnut
CocoaBean
Coffee Cola
Nut Honey
Mushroom
Tea(Black)
Tea(Green)
Transglutaminase
Yeast (Baker's)
Yeast(Brewer's)



DO YOU SUFFER FROM ANY OF THE BELOW SYMPTOMS?

Abdominal pain	Mood disorders
Aches and pains	Itching
Acne	Migraines
Bloating	Nausea
Chronic Fatigue Syndrome	Rashes
Constipation	Rhinitis
Diarrhoea	Sinusitis
Dizziness	Stomach cramps
Eczema	Tension
Fatigue	Tiredness
Fluid retention	Unexplained weight gain
Headaches	Unexplained weight loss
Hyperactivity	Urticaria
Irritable Bowel Syndrome	Wheezing / Asthma

It could be food intolerances!

WHAT IS A FOOD INTOLERANCE?

Food intolerances occur when a person experiences an adverse physiological response to a particular food. The symptoms are very specific to the individual and the type of food in question.

The **OptiWay™** food intolerance test can help to identify the foods that trigger negative reactions and those foods which can be enjoyed freely



WHAT ARE THE BENEFITS OF FOOD INTOLERANCE TESTS?

1. It can help to optimise your eating plan by eliminating foods that initiate symptoms that influence your quality of life.
2. It can help you achieve your weight loss goals.
3. It can help to improve fitness performance and ensure that foods in your diet do not work against you.

Up to 45% of the population suffer from intolerances which, whilst not life-threatening, can have a negative impact on many aspects of daily activities.

ALLERGIES VERSUS INTOLERANCES

ALLERGIES	FOOD INTOLERANCES
Antibody type IgE	Antibody type IgG
Typically immediate reactions	Reactions up to 72 hours after eating
Usually only one to three foods	Multiple foods may be involved
Life-long	Symptoms can clear after avoidance (3-6 months)
Can be life-threatening	Fairly common (45% of population)
Primarily skin, airways and digestive systems affected	Any system in the body can be affected

MANAGING FOOD INTOLERANCES

The Food Intolerance Support Guide will assist to know how to:



- Remove or reduce reactive foods from diet
- Avoid nutrient deficiencies when eliminating reactive food
- Substitute with similar alternatives
- Strengthen the immune system
- Reintroduce foods responsibly

HOW DOES THE OptiWay™ FOOD INTOLERANCE TEST WORK?

1. Take a quick and easy finger prick blood sample.
2. A courier service will collect the sample
3. The laboratory analyses the sample
4. The tricoloured test results are sent in electronic format

Obtain a collection kit from a practitioner near you or contact orders@optiway.co.za.



OptiWay™ Sample Report

Test Report : Order of Reactivity

Patient Name	Samirya Rajarat	Ref No	02020217
Report Number	10	Test Methodology	ELI
Date of Birth	01/01/2000		

ELI-React (FOODS) (2021/2021)

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Let's Get Started!

The desire to find relief and to feel more like yourself is natural and you deserve to experience that, we weren't meant to live to feel like we have no control over our bodies or a health.

Optiway is a Food Sensitivity Test that tests a full menu of 222 different types of food. The test is quick and easy, it is conducted through a quick finger prick that will provide a blood sample that can be easily done at home and then submitted to the labs for analysis.

[SCHEDULE A CALL](#)[LEARN MORE](#)

I look forward to helping you on your transformational health journey, throughout your program you have my constant support and dedication in moving your health forward as I walk this journey with you.

Christine

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