

ALCATTEST

Let food be thy medicine...

The Alcat Test is a simple blood test that identifies foods which contribute to chronic inflammation while highlighting those that may benefit you.



Feeling your best requires a personalized approach

Gluten-free, Paleo, dairy-free, no nightshades, no caffeine, vegan, no grains... ever feel like you're constantly trying to pinpoint which foods you should and shouldn't eat? Or perhaps you don't feel your best despite strict adherence to a specific diet.

You are unique. Individualization is key to feeling your best. One way to personalize your diet with the foods that are right for you is to take an Alcat Test.

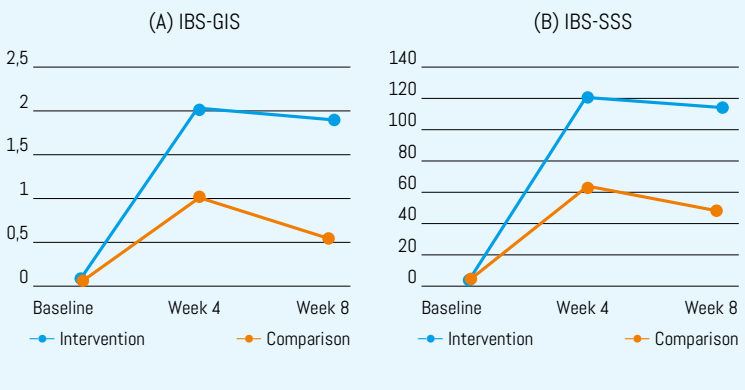
The Alcat Test is a biological immune cell activation test that identifies inflammation causing foods. Detected cell changes reflect the overall effect on various complex immune pathways/interactions. This approach is unique and unlike any other food sensitivity test, it is validated.



Am I sensitive to wheat or gluten? The Alcat Test identifies also cell-mediated non celiac gluten sensitivity (NCGS). The University clinic Pavia shows that the Alcat Test is almost as accurate as the gold standard, oral provocation.^[1]

How it works is simple:

A blood sample is sent to the Cell Science laboratory. The sample goes through a multi-step quality assurance process. During testing, your immune cells are confronted with foods and/or items including additives, colorings, molds, medicinal herbs, and chemical agents. After testing, the results are presented in a clear and easy to read color-coded format, showing you which foods/substances to which you had a severe reaction, moderate reaction, mild reaction, and no reaction.



Graphic - Yale School of Medicine: a double blinded study shows that patients with irritable bowel syndrome **improved significantly using the Alcat Test** (blue) vs. the comparison/placebo group (red). [4]

Please note that the Alcat Test does not diagnose classical immediate onset allergies (like an anaphylactic reaction to peanut). Learn about sensitivity vs. allergy: <https://cellsciencesystems.com/patients/alcat-test/>

Why Alcat?



The immune system is a double edged sword.

It should react appropriately and protect against infection when confronted with harmful invaders or “infectious agents” like viruses or bacteria. Unfortunately for some, exposure to common foods, chemicals and molds may trigger chronic activation of the immune

system. The Alcat Test has provided healthcare professionals and their patients with a tool for managing a wide variety of conditions linked to inflammation and chronic activation such as

Gastrointestinal complaints

IBS, diarrhea, constipation, flatulence, inflammatory bowel disease

Neurological diseases

Migraine, chronic fatigue, depression, unspecific anxiety, ADHD / ADD

Metabolic function

Overweight, diabetes, high blood pressure, thyroid dysfunction

Joints

Rheumatism, arthritis, aching limbs, fibromyalgia

Skin problems

eczema, acne, inflammatory rashes, psoriasis

Respiratory complaints

Asthma, chronic stuffy nose, recurrent sinusitis

The Alcat Test provides an anti-inflammatory diet, which supports the immune system, detoxification and metabolism. It is associated with healthy weight management, increased performance and the optimization of general well-being.

Alcat Test Panel Options

PLATINUM PLUS*

370 Items

- ◆ 250 Foods
- ◆ 50 Functional Foods & Medicinal Herbs
- ◆ 30 Food Additives/Colorings/Preservatives
- ◆ 20 Antibiotics/Anti-Inflammatory Agents
- ◆ 20 Molds

PLATINUM COMPREHENSIVE*

320 Items

- ◆ 200 Foods
- ◆ 50 Functional Foods & Medicinal Herbs
- ◆ 30 Food Additives/Colorings/Preservatives
- ◆ 20 Antibiotics/Anti-Inflammatory Agents
- ◆ 20 Molds

COMPREHENSIVE WELLNESS 1*

250 Items

- ◆ 200 Foods
- ◆ 30 Food Additives/Colorings/Preservatives
- ◆ 20 Molds

COMPREHENSIVE WELLNESS 2*

230 Items

- ◆ 200 Foods
- ◆ 30 Food Additives/Colorings/Preservatives

COMPREHENSIVE WELLNESS 3*

200 Items

- ◆ 150 Foods
- ◆ 30 Food Additives/Colorings/Preservatives
- ◆ 20 Molds

PEDIATRIC WELLNESS*

81 Items

- ◆ 50 Foods
- ◆ 30 Food Additives/Colorings/Preservatives
- ◆ 1 *Candida albicans*

*Optional add on panels: ■ 40 Male/50 Female Herbs and/or ■ 40 Expanded Food Additives & Preservatives & Environmental Chemicals

Customize Your Own Panel

Food Panels

- ◆ 50 Food Panel
- ◆ 100 Food Panel
- ◆ 150 Food Panel
- ◆ 150 Vegetarian Panel
- ◆ 200 Food Panel
- ◆ 200 Vegetarian Panel
- ◆ 200 Food Panel

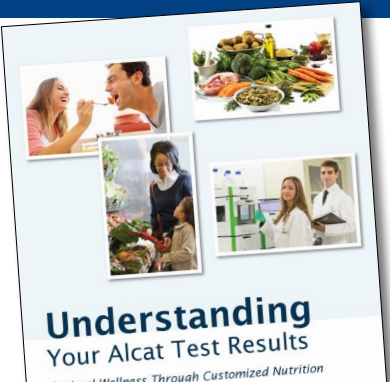
+ Additional Panels

- ◆ 20 Antibiotics / Anti-Inflammatory Agents
- ◆ 30 Food Additives / Colorings / Environmental Chemicals
- ◆ 40 Preservatives /Expanded Additives
- ◆ 50 Functional Foods & Medicinal Herbs
- ◆ 50 Female Herbs
- ◆ 40 Male Herbs
- ◆ 20/21 Molds

Test results

The image displays two Alcat test result reports. The top report is for Patient # 11649197, dated 03/09/2012. The bottom report is for Patient # 11649197, dated 02/11/2010. Both reports show a 'Severe' reaction to various foods, with a list of incompatible foods provided for each patient.

Reaction Level	Food Item
Severe	ALMONDS
Severe	APPLES
Severe	BANANAS
Severe	BROCCOLI
Severe	BUTTER
Severe	CAJUN SAUCE
Severe	CHEESE
Severe	CHICKEN
Severe	CORN
Severe	CORNFLOUR
Severe	CORNFLOUR PANCAKES
Severe	CORNFLOUR PASTRY
Severe	CORNFLOUR SAUSAGE
Severe	CORNFLOUR TART
Severe	CORNFLOUR TORTILLA
Severe	CORNFLOUR TOSTITOS
Severe	CORNFLOUR TOSTITOS SAUCE
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TEST RESULTS

The Alcat Test results are presented in an easy to understand color-coded format. They highlight each patient's incompatible foods and the level of each reaction (severe, moderate, or mild).

RESULTS GUIDE

Education is an important component to the Alcat Test and achieving optimal wellness. That's why the 'Understanding Your Alcat Test Results' booklet is included free with every test result.

ROTATION PLAN

Each test result includes a customized 4-day rotation plan (except 50 food panel). Consuming a variety of non-reactive foods is necessary to nourish our bodies properly. Eating in a rotation pattern also decreases the likelihood that the immune system will be overwhelmed with the same foods.

FOOD SENSITIVITYCARD

Included with every test result is a printable wallet size results card. This card conveniently lists all the reactive foods so you don't have to carry your results folder when at the fresh foods market, a restaurant, or traveling.

EDUCATION

What you do after testing is key. Eliminate the foods the test suggests and then see how you feel. Each test comes with an optional, complimentary 30 minute educational session with a nutritionist.

Testimonials



» First of all I want to tell you that this rotation diet has been pretty miraculous for me. I've been fighting Dermatitis for over 2 years now, and it's about 75% cleared up already. I'm really hoping that my clients will take advantage of this wonderful tool to enhance their general health.« [Jane, CN Georgia](#)

» I am writing to provide my clinical experience with Alcat Test over the past 15 years. The test has been used in the University of Bridgeport public health clinics, and I have used it extensively in my private practices throughout the year, with great success. In fact, this testing methodology has been the key to resolving many patient's long standing complaints, including dermatologic issues, fatigue, headache, joint and soft-tissue pain, gastrointestinal discomfort, and much more when other diagnostic testing and treatment intervention had failed.« [David Brady, ND, CCN, DACBN](#)

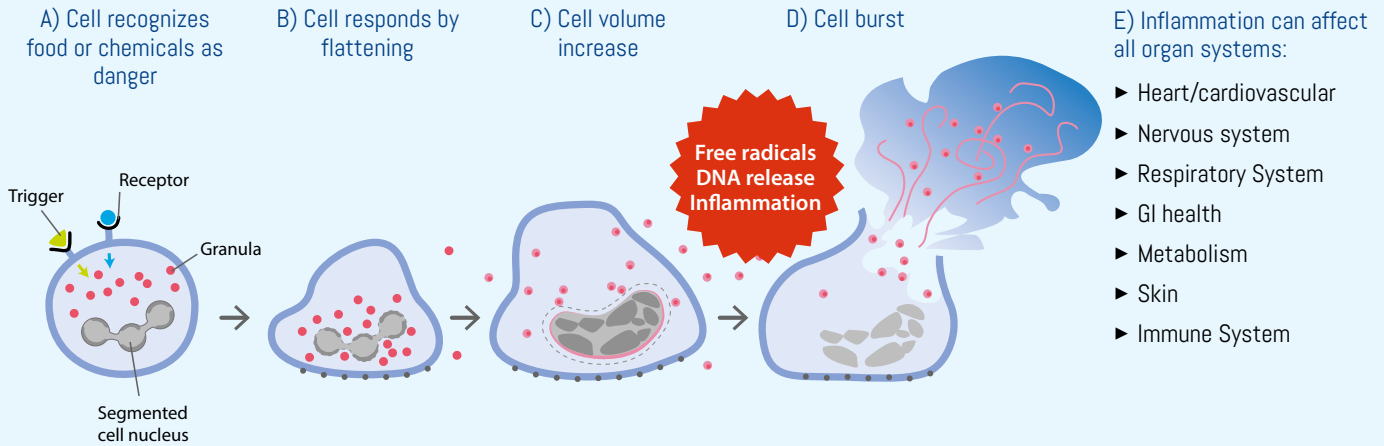
» [...] it has truly changed lives. With the utilization of this testing and following the elimination diets I have seen numerous cases of severe irritable bowel syndrome completely resolve. Life-long eczema disappears. Joint pain improves associated with arthritis as well as idiopathic joint pain. People are able to lose weight when they have tried everything else with no results. ADD and ADHD kids are more focused not requiring medication or can at least lower the doses. Crohn's disease disappears. These are just a few of the positive outcomes I have seen. The Alcat Test is [...] is absolutely essential in treating underlying causes of diseases.« [Laura Miles, MD](#)

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- One middle-aged woman with chronic headaches discovered that the aspartame in her toothpaste was the culprit.
 - One middle school youngster found that he was highly allergic to a single variety of mold found under the toilet tank in his bathroom.
 - One middle-aged male discovered that what appeared to be unexplained acute alcohol intoxication was actually due to a chemical inhaled in his workplace.
 - One child's untreatable seizures resolved when he stopped using paper plates and paper cups and milk carton that had a corn-sugar coating.
 - One young adult male from out-of-state had resolutions of his longstanding intestinal bleeding upon identifying gluten as the cause of his bowel disease. « [P. Harding, MD, Family Medicine Practitioner](#)

» This is my second experience with the Alcat Test. The first time I was so excited to have lost weight, felt great and was able to eliminate taking my diabetes and blood pressure medications. This time I lost weight and felt great. I will be 82 years old in August. I dance two or three days per week. No one believes my age.« [Zelda from Florida](#)

Science BEHIND Alcat

How immune cells cause inflammation



The figure shows the defensive reaction of an immune cell (neutrophil/eosinophil granulocyte) causing inflammation. Beside pathogens such reactions can also be induced by internal factors including foods, toxins or chemicals. Adverse reactions to foods are found to be a factor in chronic and cardio-metabolic diseases, autoimmunity or certain cancer types. The Alcat Test measures the cell changes in volume, size and number that are associated with cell activation.

Validated by Yale university [3] :

▶▶ The Alcat Test is accurate and effective. ◀◀

Prof. W. Z. Mehal, MD, PhD at Yale School of Medicine - Prof. of Medicine (Digestive Diseases);
Director of Yale Weight Loss Program; Director of Yale Fatty Liver Disease Program

Studies and references:

1. Di Stefano et al; "Non-Celiac Gluten Sensitivity in patients with severe abdominal pain and bloating: The accuracy of ALCAT 5" Clin Nutr ESPEN 12/18
2. J. M. Lukaszuk et al: Effects of Antigen Leukocyte Cellular Activation Test-Based Diet on Inflammation, Body Composition, and Medical Symptoms; Alternative and Complementary Therapies; VOL. 24, NO. 5; Oct 2018
3. W. Z. Mehal et al; "Leukocyte activation test identifies food items which induce release of DNA by innate immune peripheral blood leucocytes"; BMC Nutrition & Metabolism 2018; 13.04.2018;
4. A. Ather et al., „Efficacy of individualized diets in patients with irritable bowel syndrome: a randomised controlled trial"; BMJ Open Gastroenterol, vol. 4, no 1, p. e000164, Sep 2017
5. Kaats G et al; The Short Term Efficacy of The Alcat Test of Food Sensitivities to Facilitate Changes in Body Composition and Self-reported Disease Symptoms: A Randomized Controlled Study. The Bariatrician, spring 1996.
6. HØJ, L.; Food Intolerance in Patients with Angioedema and Chronic Urticaria. An Investigation by RAST and Alcat Test. Presented at the XVI EU congress of Allergology and Clinical Immunology; Supplement, no. 26, Vol. 50, 1995
7. Fell P, Brostoff J. "High Correlation of The Alcat Test Results with Double Blind Challenge (DBC) in Food Sensitivity". J. of Nutr. Medicine (2), 143-149, 1991.
8. Pietschmann, „Food Intolerance: Immune Activation Through Diet-associated Stimuli in Chronic Disease" Altern Ther Health Med, vol. 21, no. 4, p. 42- 52, 5/15
9. Wissenschaftliches Dossier zum Alcat Test

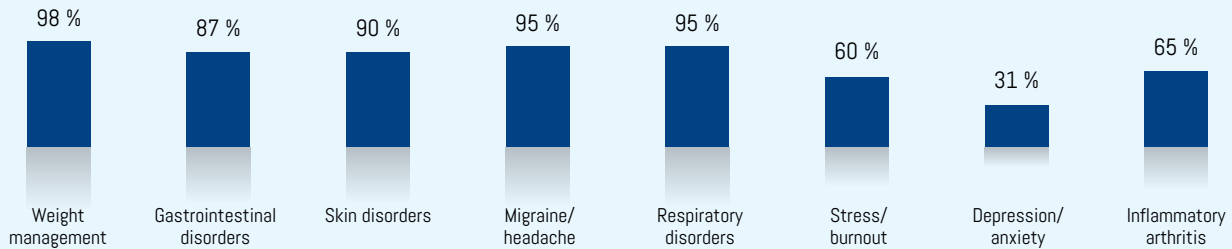
ALCATTEST

About us

Cell Science Systems is the developer of the Alcat Test for food & chemical sensitivity as well as other specialized tests aimed at disease prevention. The Alcat Test stands alone as the only food sensitivity test of its kind to have been independently validated in institutions like Yale School of Medicine. Thus, the Alcat Test, which directly measures the immune cells' responses, is the most accurate test for detecting food and chemical sensitivity.

- ▶ FDA Registered/Inspected Device Manufacturer
- ▶ Customized meal planning tools
- ▶ Almost 500 test agents of multiple categories – foods, additives, medicinal herbs, functional foods, food colorings, molds, and chemicals
- ▶ Counseling available
- ▶ Mobile/ walk-in blood draws available in U.S.

Alcat Test meta-analysis [8,9] (1.300 patients; symptom improvement in percentage)



Let food be thy medicine!
Get tested now.



„North American Food Intolerance Testing Company of the Year“



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