

ALCAT FREQUENTLY ASKED QUESTIONS

1. Is fasting required before taking the Alcat Test?

No. It is recommended to drink water and to avoid stimulants like caffeine prior to the test.

2. With regard to testing children, must a child be a certain age to take the Alcat Test?

The minimum age for testing is 4-6 months for babies who are ill or symptomatic. If the baby is thriving and does not exhibit delays in growth and development, no colic, no sleep issues, etc. it would be best to wait to conduct the test after the baby is consuming solid foods.

Pediatric Patients Maximum blood	
Weight lbs	ml
*Dayton Children's Hospital, Phlebotomy Manual, Volume guidelines for blood collection [The following guidelines were taken from Procedure for the Collection of Diagnostic Blood Specimens by Venipuncture: Approved Standard-4 th edition 6/98, NCCLS, Doc. No.:H3-A4, Vol 18 No. 7]	
2.0-2.4	0.9
2.4-2.9	1.1
2.9-3.6	1.3
3.6-4.7	1.6
4.7-6.0	2.1
6.0-8.0	2.5
8-10	3.5
10-15	5.0
16-20	10
21-25	10
26-30	10
31-35	10
36-40	10
41-45	20
46-50	20
51-55	20
56-60	20
61-65	25
66-70	30
71-75	30
76-80	30

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Pediatric Patients Maximum blood	
Weight lbs	ml
81-85	30
86-90	30
91-95	30
96-100	30

3. Should reactive foods/ingredients also be avoided in personal care products and supplements?

Yes. Any product containing reactive ingredients, that is ingested or in contact with, should be avoided as much as possible.

4. Can I have the test done while I am pregnant?

The benefit of knowing foods that are not provoking an adverse reaction would be the same for both a pregnant and a non-pregnant female.

Although the test can be conducted any time during the pregnancy it is best to consider the following: Due to integrated fetal-placental-maternal response during pregnancy, the potential differing response after delivery, and the duration of time to avoid reactive foods, it is recommended to test during the first or second trimester or wait until 8-12 weeks after delivery (if already into the third trimester).

5. I know I have symptoms after consuming but the Alcat Test does not reveal a reaction to it. Why?

There are many different adverse reactions to foods. There are a number of possibilities for "non-reactions" when someone feels very certain that the Alcat Test should have shown certain foods to be reactive.

Examples include:

- The symptoms could be related to an intolerance -the insufficient availability of an enzyme responsible for the breakdown of the food (not a sensitivity). Example - lactose intolerance
- The reaction could be an IgE mediated response (true allergy). The Alcat Test does not test for true allergies, the IgE response, which is immediate.
- The immune system is a dynamic system in the body. What was reactive years or even months ago might no longer be reactive.
- It is possible that the person is not actually reactive to the suspected food but something else normally consumed with it

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- The suspected food may no longer be a sensitivity after the avoidance period (sensitivities are not necessarily a lifelong situation. Again, the immune system is a dynamic system in the body).
- GI symptoms could be related to the type/amount of fiber in the offending food, or a fructose intolerance, or FODMAPs intolerance, etc.
- No exposure prior to test? If the suspected foods are still problematic for you, regardless of the Alcat Test results, our suggestion would be that you continue to avoid them. However, foods that have been avoided for a significant period of time may come up nonreactive on the Alcat Test. So the suggestion is to "prime the system" before having the test, so long as there are no true allergies to the food in question (or CD if gluten is in question). With retesting, after the 3-6 month avoidance period, the suggestion is to have all the foods reintroduced and rotated before getting the test again. You may not have reintroduced the food or foods you suspect are problematic prior to the test and that is understandable. However, if in fact, a sensitivity to these foods/components exists, and if the pathway responsible for the reaction happens to rely on exposure, but there was no exposure prior to the test, this could be why they did not come up as reactive.
- It's also important to be aware that even if the person consumed the foods that he/she suspects are offenders, a reactivity to them still might not occur. Reasons above.

6. Is the ALCAT test an allergy test?

No. Allergy tests evaluate for IgE and/or IgG. True allergy, causing rash, swelling, breathing difficulty, or anaphylaxis is mediated by IgE. Other labs promote so-called "allergy" tests and these look at IgG antibodies against foods.

The literature, in my opinion, does not support the validity of using IgG to reduce immune system inflammation to foods. Furthermore, research from the field of immunology suggests that a person is PROTECTED against allergy type symptoms when their IgG levels are HIGHER. Allergy shots work because, with repeat injections, they cause an increase in IgG to the allergen. As the IgG levels increase, symptoms decrease.

7. Will I lose weight doing an ALCAT test?

Probably. From my personal experience, even though I only weighed 136 pounds at the beginning of my ALCAT directed diet, I lost about 6 pounds during my first 10 days eliminating reactive foods. This weight reduction is **likely due to an overall reduction of inflammation in the body which normalizes the metabolic function of the body, reducing fat and water weight.**

8. Do I need to work with my doctor if I get an ALCAT test?

Your doctor will probably not be familiar with the ALCAT test. An open-minded doctor may express interest and support you in your efforts to improve your health using food. A

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traditional-minded doctor might call the validity of the test into question, without the actual knowledge to do so. I suggest you **educate your healthcare team about what you're doing to improve your health. Doctors need to know that there is tremendous power in using food to heal the body!**

9. How hard is it to implement the ALCAT directed diet?

The ALCAT directed diet is NOT hard. What is hard is **changing habits!** So, allow yourself time to make changes. When you "fall off the wagon" and eat foods that are on your reactive list, you'll **feel the effects of inflammatory foods in your diet. This is very important to learn and will strengthen your new food habits!**

10. I don't think I have any food reactions or sensitivity... How can an ALCAT test help me?

In this case, I'd say that **you'll only know if you're reacting to foods AFTER you implement the ALCAT directed eating plan.** Personally, I did not know how certain "healthy" foods were affecting my body until I used the ALCAT test to eliminate those foods... and **discovered how bad certain items on my moderate and severe list made me feel!**

11. Is an ALCAT-directed eating plan still useful even if I don't follow the diet perfectly?

I'd give a definite YES to this question. In fact, **you don't need to do anything perfectly to get results.** In my experience, people who even partially follow the ALCAT directed eating plan realize results... **improvement that helps them to continue to make progress!**

12. What if the ALCAT directed eating plan doesn't work for me?

Although this is possible, in my professional experience **the only people who claim zero results from the ALCAT directed eating plan have not made the commitment to use it.** I think these few individuals were hoping for a quick fix for weight loss or other symptoms. **There are no quick fixes...** for anything meaningful, especially our health!

13. Is the ALCAT test worth the investment?

In short, **ONLY IF YOU USE IT!** If you use the test to help you **learn how food related inflammation feels,** then you'll be able to use this experience for the rest of your life!

14. Will my insurance company pay for the ALCAT test?

Probably not... sorry.

15. Do I need to have blood drawn for the ALCAT test?

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Yes. The ALCAT test requires several tubes of blood to be collected. It is similar to the amount of blood required during a typical screening panel of labs with your doctor. The draw can be performed in your home or office and takes about 10 minutes. We will schedule the Mobile Blood Draw for you.