

# Information about Food Intolerance Testing



Mary Roe



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What is food  
to one, is to  
others bitter  
poison.

Titus Lucretius Carus

## What is Food Intolerance?



Food intolerance, also known as non-IgE mediated food hypersensitivity or non-allergic food hypersensitivity, refers to difficulty in digesting certain foods.

This can lead to a variety of different symptoms.

It is important to note that food intolerance is different from food allergy.

Food allergy triggers the immune system, while food intolerance does not.

# Mary Roe



## **A bit about me**

I am a registered nurse and I specialise in food intolerance.

My original nursing qualification was gained in the nineteen seventies.

I was a ward sister until I had a career break when my children were young.

My interest in food intolerance began in 1981 and I started working testing people in 1994.

## **Where do I work?**

I work from my home in Purley, Surrey. There is easy street parking here. I am equidistant from Purley and Wallington train stations, [half an hour walk,] and 10 minutes walk from the 127 bus route, via which you can access Purley and Wallington.

For the disabled or housebound, I will do a home visit if possible. I am happy to do a home visit to child who is on the autistic spectrum, should the parents feel it would be helpful to the child.

## **How can I help you?**

I am committed to help you significantly improve your day-to- day health.

### **Food Intolerance Testing**

**Adults £100**

**Children £75**

Book in for a hour long testing session during which I will test everything you eat and drink, and any products you use that could be aggravating your symptoms. I will also check for vitamin and mineral deficiencies.

Based on the results of testing, I give sensible, carefully considered advice about a **temporary** strict elimination diet. This advice will take into consideration the kind of person you are and the lifestyle that you need to lead.

I give detailed instructions about reintroducing problem foods, and tell you ways to avoid having problems with food intolerance again in the future.

You will have a written record of all that I tell you, and free back up support by phone or email.

### **‘Do it yourself testing guide’**

**£12 from this website.**

Based on the data I have accumulated over the last 13 years, this gives you guidance as to the appropriate elimination diet for your age and gender. It also encapsulates the information I have accumulated about the symptoms you suffer, which products to use or avoid, and which supplements to take to assist recovery.

This will be useful for those from abroad or far away who cannot get to me for a test.

I am heartened to see that NICE [National Institute for Clinical Excellence] has for the last few years been advocating that GPs consider food intolerance more when they see a patient whose symptoms might be food related. I note that the NICE Guidelines recommend ‘if non IgE mediated food allergy is suspected, trial elimination of the suspected allergen [normally for between 2 – 6 weeks], and reintroduce after the trial.’

However, in a survey that I did in 2011, I found that from the clients I saw, their suspicions of which were their problem foods were correct only 17% of the time. Based on that information, if doctors advise an elimination diet excluding the patient’s or parent’s suspect foods, the result for the patient [ie getting rid of their symptoms] will not be good. If the patients’ symptoms have not abated when they avoided their suspected problem foods, the doctor will then presume that food intolerance was not a cause of the problems. Meanwhile the patient continues to suffer.

Please look at my ‘Success Rates’ at the end of this handbook for the improvements that are possible with my methods.



## **In a survey of my clients in 2009 / 2010**

### **Abdominal symptoms.**

Tummy aches, diarrhoea, constipation, nausea, bloating, wind.

52% had already seen their GP. 19% had seen a consultant. 10% had consulted someone else [eg homeopath, herbalist] On average these clients achieved an 88.9% improvement in symptoms when following my suggested diet. Only 4.4% of clients saw no symptomatic improvement

### **Eczema, itching and rashes.**

75% of my clients had seen their GP. 10% had seen a dermatologist. 15% had consulted someone else [eg homeopath, herbalist, Chinese herbalist]. On average these clients achieved a 93.4% improvement in symptoms when following my suggested diet. Only 2.9% of clients showed no symptomatic improvement.

### **Headaches and migraine.**

55% of clients in this group had seen their GP. 18% had seen a consultant. 27% had consulted someone else [eg homeopath, herbalist, acupuncturist, osteopath, chiropractor] On average my clients achieved an 88.9% improvement in symptoms following my suggested diet. All patients showed improvement in their symptoms.

**Some of the above percentage improvements [from 2009 2010] have improved in the last five years.**



I use a Dietx machine to test you. This machine is a newer version of the Vega machine. The testing is non painful, non-invasive, and comfortable. I test 175 foods and drinks. 60 common additives, all alcoholic drinks, and any product that might aggravate symptoms. Eg washing products, fabric conditioners, soaps, shampoos, deodorants, air fresheners, fragranced candles, polishes, cleaning sprays. .

I keep very careful records which enable you to know how well I do with any symptom. Please look at the section ‘Success rates’ to see with which symptoms I get the best results. If you would like to know about other symptom success, please phone or email me.

If you would like to see a demonstration of my use of the machine see

## **Charges**

Adult 'Do it yourself testing guide' £12

Child 'Do it yourself testing guide' £12

Adult Food Intolerance Test £100

Child Food Intolerance Test £75

Adult retest [3 months after first test] £40.00

Child retest [3 months after first test] £30.00

Should someone not attend without notice, I shall ask for a payment of £40.00

At present I can accept payment by cash, card, cheque, or online transfer.

## Testing Children

Many children cope very well with the testing. It does not hurt, and they are 'centre stage', which some really love! The machine that I use is quite interesting to most children, and I am very experienced with all ages.

I have 4 adult children of my own, one of whom has severe learning difficulties and challenging behaviour, and I have experience in testing children of all ages with behaviour problems, ADHD, ADD, and those who fall under the autistic spectrum. I regularly receive referrals from the Hyperactive Children's Support Group

With some children, [especially younger ones and those with concentration difficulties] I do not test everything I have at my disposal, but just the main suspects or foods that they eat. This can cut down on the testing time. If the child sees little benefit after a few days I will then test the foods that I omitted before, as part of the original testing charge.

Some children find it very hard to cope with the testing, perhaps because they are particularly anxious, or because they find it nearly impossible to co-operate. If this is the case I usually have a long telephone discussion with the parent, during which we work out the best way to handle the session. Any form filling can be done before the appointment. Any advice given may also be done over the phone after the session. This enables the parent to be more relaxed and able to take on board the information that I am imparting. By tailoring the consultation to the child rather than vice versa, we can get the best outcome for all. In these cases the child would only need to be in my house for 20 - 30 minutes, and most can manage that.

Another option is for me to visit you and do the test in your home. I have often done this with children who are on the autistic spectrum.

Sometimes a child will cooperate beautifully, if given 20 minutes to get used to me and the house before we start testing. If your child may benefit from this approach, please let me know when you book an appointment, so that I can allow extra time.

I can test babies of any age, breast-fed or bottle-fed, partially or fully weaned. If testing a breast fed baby, I will need to test everything that the mother eats, as the baby may be reacting to a food that the mother eats.

If for whatever reason it is not possible to test a child there will be no charge. This has only happened three times in the last 21 years.

# What you should bring with you

## Everyone

### Bring

- samples of your tapwater, from home, work and school. These samples can be in any container, [glass jar, plastic bottle, tupperware] If you use a water filter bring a sample of that water too.
- slice of the bread that you usually eat, especially if that bread is wheat or gluten free.
- A teabag and / or a small amount of your usual coffee, especially if you use instant. Less common drinks eg jasmine tea, fruit teas, herb teas or dandelion coffee if you are a regular consumer.
- artificial sweeteners or coffee whiteners [eg coffeemate], if you use them.
- quorn if you use it.
- agave, sucralose, stevia or any other natural sweetener, if you use any of them.
- aromatherapy oils, if often used.
- beer or wine, or if you have suspicions about a certain beer or wine which necessitates avoidance,
- any alcoholic drink brand that you drink in preference to other brands. Eg Stella lager, or a particular ale.
- chewing gum if you regularly use it.

**PLEASE EAT ANY FOOD THAT YOU HAVE AVOIDED FOR MORE THAN A MONTH SEVERAL TIMES IN THE LAST 4 DAYS BEFORE SEEING ME.**

**UNLESS YOU HAVE A TRUE ALLERGY TO THE FOOD.**

**IF UNSURE ABOUT THIS PLEASE CONTACT ME BY EMAIL AND I WILL ADVISE. THIS IS BECAUSE IF YOU HAVE NOT EATEN SOMETHING FOR A LONG TIME IT MAY NOT SHOW UP AS A PROBLEM WHEN I TEST IT.**

**Headache, migraine, asthma, rhinitis, sneezing, recurrent cough, catarrh, throat clearing**

Bring

- your preferred household cleaning polish, and preferred kitchen and bathroom cleaning products.
- perfumes, body sprays, deodorants and after-shaves if used by anyone in your household.
- fabric conditioner.
- fragranced candles, incense sticks, and plug-in air fresheners.

**Eczema, rashes, itch, psoriasis and acne sufferers**

**If the condition is on your body, and you use any of the following, bring with you...**

- clothes washing products
- fabric conditioner
- bubble bath, shower gel, soap
- body moisturizer, fake tan, sun cream

**If the condition is on your face, and you use any of the following, bring with you....**

- shampoos
- conditioners
- all make up, soap
- cleanser, toner, moisturizer, face wipes

**If the condition is in your scalp or ears, bring with you...**

- shampoos, conditioners, hair gel, hair spray or other hair products.

# **SYMPTOMS I HELP THE MOST**

## **Stomach and bowel problems**

Many of my clients suffer from irritable bowel syndrome. Their symptoms include, tummy aches, abdominal pain, bloating, diarrhoea, constipation, nausea, wind.

Please take a look at my success rates at the end of this handbook.

I have tested many people with Crohns disease and ulcerative colitis. A change of diet helped 70% of sufferers.

## **Headaches and Migraine**

### **Possible Causes**

There are many possible causes for headache and migraine, and in order for my client to get the best possible result, all causes need to be addressed. I look at food intolerance, vitamin deficiencies, problems relating to blood sugar control, chemicals in their environment, all of which, in combination, can lead to headaches and migraines.

Please see Success rates at the end of this handbook for how well my methods work with headache and migraine.



## **Eczema rashes itching and acne**

Causes

1 Food Intolerance

2 Exacerbation of symptoms by products used [eg washing products, fabric conditioners, shampoos, bubble baths, soaps, hand creams]

3 Certain vitamin deficiencies

4 Stress

Look at Success rates at the end of this handbook for how much my intervention could help your skin.

## **Asthma, catarrh, chronic cough, sneezing, rhinitis, throat clearing**

With all these conditions, I will look at foods, natural environmental substances and chemical products in the sufferer's environment, that might affect the person.

Exposure to some natural substances can lead to asthma, hayfever, rhinitis, and cough. These natural substances include grass, flower and tree pollens, feathers, moulds. It is possible, with some detective work, to determine which natural substances are the cause of your physical symptoms

## **Child Behaviour Problems**

For any child that has concentration problems, has difficulty staying still, is irritable, angry, moody, does silly talk, has trouble making friends, is oppositional, diagnosed with ADD ADHD, is on the autistic spectrum and has behaviour difficulties, a test could be very worthwhile.

Many of these children are also deficient in certain vitamins, minerals or essential fatty acids.

Most children whose behaviour / concentration issues stem from a food intolerance will have other manifestations of food intolerance eg tummy aches or headaches, asthma, catarrh, eczema.

See Success rates for behavior and concentration problems at the end of this handbook.

## **Recurrent Infections**

For all of you who get every bug that is going, please be aware that if you suffer from food intolerances you are very likely to catch any virus with which you have contact.

For some people this could mean that they have 6 colds in one winter.

For someone else, they could suffer from very frequent sore throats.

Perhaps you get recurrent thrush or cystitis? Interstitial cystitis [where there are no signs of infection on urine lab testing] can often be put down to a food intolerance

## **Depression, Anxiety, Panic Attacks**

Surprising though it may seem, some people who have depression or problems with anxiety, display major improvements when they avoid certain foods. Clients who suffer from depression see an 73% improvement in their symptoms. Clients who suffer from panic attacks are helped [67% average improvement ] by a combination of a change of diet, and a detailed explanation of what is happening when someone has a panic attack, and strategies for how to deal with the onset of an attack. 20% of clients showed no improvement, but the remainder improved by an average of more than 95%. Many people who are depressed or anxious are deficient in certain vitamins, and supplementation can improve things.

Usually if an elimination diet is likely to help, these people will have other symptoms of food intolerance.

## **Fatigue**

Any adult who is regularly eating a food to which they are intolerant will be tired. It goes with the territory, whatever other symptoms they have.

The results from the study that I did in 2012 indicated an average improvement in tiredness of 85% and an average improvement of 97% in lethargic symptoms.

If my approach does not improve fatigue clients may need to have their adrenal and thyroid function assessed.

I do see people who suffer with Chronic Fatigue Syndrome and Fibromyalgia. My input can be a key part of their recovery, and I can point them in the direction of other practitioners who could provide other helpful.

# Comparison with Yorktest

## Charges for Yorktest

£9.99 [refundable] pre-screening test to check whether you have any intolerances.

£250 Foodscan

£199 Drinkscan

£299 Combined Foodscan and Drinkscan.

## Charges for my testing.

£Between £12 and £ 100 per adult, £12 and £75 per child. To test everything possible. No further charge for follow up sessions in first month. Repeat testing [3 months later] £40 per adult, £30 per child.

## What foods does Yorktest cover?

113 foods in their Foodscantest.

95 drinks in their Drinkscan test. [50% of which are included in Foodscan]

No additives are tested.

No inhaled or applied chemicals are included.

Some types of wine and beer, no spirits, no additives present in fruit squashes are tested.

## What does my testing cover?

I test 160 foods and drinks including any brands of wine, beer, cider, alcopops, spirits.

60 additives.

Any polish, cleaning spray, washing products, fabric conditioners, fragranced candles, cosmetics, shampoos, plug in air fresheners.

## **Yorktest method of testing and advice**

- You are sent a kit which includes instructions and equipment as to how to take a small sample of blood from a finger. You post the sample to the Yorktest lab.
- Your results are posted to you [time frame not mentioned for most of their tests] and include details of whether your food sensitivities are strong or mild on a scale of 1 - 4.
- You will be advised how frequently you will be able to eat some foods, and how long you should totally avoid certain foods.
- Included in the cost of the test are 2 phone consultations with a BANT registered nutritionist. This is very useful, because these consultations can flag up other problems.
- You will also receive 1 year free membership of AllergyUK.
- £230 money back if no intolerances

## **My methods of testing and advice**

- My testing is non-invasive...no blood tests, skin pricks or scratches. Results are immediate. I see each client for at least one and a half hours very often 2 hours. My advice is tailored to each individual.
- Free back-up phone calls or emails.
- Extra follow up testing [for free] if clients' symptoms are not at least 90% improved after a week.
- No charge if no intolerances discovered.

## **How well does the Yorktest work?**

Yorktest states that 3 out of 4 clients feels much better within 3 weeks of a test.

## Success rates

These figures are based on the responses of clients [seen between January and September 2012] to a questionnaire sent approximately 4 - 6 weeks after commencing my suggested diet. 43% of my clients responded to my questionnaire.

**The list below shows the average percentage improvement.**

- Bloating 86%
- Abdominal pain 92% [98% in children]
- Diarrhoea 98%
- Constipation 89%
- Urgency 99%
- Indigestion 100%
- Nausea 98%
- Vomiting 100%
- Headache 95%
- Migraine 100%
- Eczema 94% [97% in children]
- Rash 85 % [96% in children]
- Itch 99%
- Acne 91%
- Catarrh 83%
- Asthma 84%
- Frequent colds 87%
- Cough 100%
- Fatigue 95%
- Lethargy 98%
- Children's behaviour, concentration, irritability, mood swings 96%

# CONTACT DETAILS

Mary Roe  
Registered Nurse Specialist in food intolerance  
16 Ridge Park  
Purley  
Surrey  
CR8 3PN  
[www.foodintolerancesolutions.com](http://www.foodintolerancesolutions.com)  
020 8647 8309  
07980 914 815

