

# FOOD INTOLERANCE TESTING: A FUNCTIONAL NUTRITION APPROACH TO HEALING THE ROOT CAUSE

## WHAT IS A FOOD INTOLERANCE?

A food intolerance occurs when the body has **difficulty digesting or properly responding to certain foods**. Unlike food allergies, which cause immediate and severe reactions, food intolerances often create **delayed symptoms** that can appear hours—or even days—after eating.

Because reactions are delayed, many people don't realize that everyday foods are contributing to their symptoms.

## COMMON SYMPTOMS OF FOOD INTOLERANCES

Food intolerances can affect the body in many ways, including:

- Bloating, gas, constipation, or diarrhea
- Fatigue or low energy
- Brain fog or difficulty concentrating
- Headaches or migraines
- Joint pain or muscle aches
- Skin issues (acne, rashes, eczema)
- Sinus congestion or post-nasal drip
- Weight loss resistance or unexplained weight gain
- Inflammation and autoimmune flare-ups

## WHY FUNCTIONAL NUTRITION USES FOOD INTOLERANCE TESTING

From a **functional nutrition perspective**, symptoms are signals—not random events. Food intolerance testing helps us uncover **hidden stressors on the body** that may be driving inflammation, gut dysfunction, and immune imbalance.

Instead of guessing or using long-term restrictive diets, testing allows us to be **targeted and strategic**.

## KEY BENEFITS OF FOOD INTOLERANCE TESTING

### 1. Identifies Hidden Triggers

Many people react to foods they eat regularly—often “healthy” foods. Testing helps identify specific foods that may be quietly stressing your immune and digestive systems.

## 2. Reduces Chronic Inflammation

Food intolerances can create low-grade, chronic inflammation. Removing reactive foods allows the body to calm inflammation and begin healing.

## 3. Supports Gut Healing

Food intolerances are often linked to gut permeability (“leaky gut”). Identifying and removing triggers gives the gut lining a chance to repair and strengthens digestive function.

## 4. Improves Energy, Digestion, and Mental Clarity

Clients often notice improvements in:

- *Energy levels*
- *Digestive comfort*
- *Focus and mental clarity*
- *Mood stability*

Once inflammatory foods are removed, the body can redirect energy toward healing instead of defense.

## 5. Personalized Nutrition—No Guesswork

Functional testing allows us to create a **customized nutrition plan** based on your unique biochemistry, rather than one-size-fits-all advice.

## 6. Helps Explain “Mysterious” Symptoms

Many people are told their labs are “normal,” yet they don’t feel well. Food intolerance testing can reveal contributors that conventional testing often misses.

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**FOOD INTOLERANCES VS. FOOD ALLERGIES**

<b>Food Intolerances</b>	<b>Food Allergies</b>
Delayed reactions	Immediate reactions
Often dose-dependent	Can occur with very small amounts
Digestive, inflammatory, or neurological symptoms	Severe immune response
Common and often unnoticed	Less common but more severe

## HOW TESTING FITS INTO YOUR FUNCTIONAL NUTRITION PLAN

Food intolerance testing is **not about lifelong restriction**.

It is a **temporary tool** used to:

1. *Identify reactive foods*
2. *Remove them for a healing period*
3. *Support gut and immune repair*
4. *Strategically reintroduce foods when appropriate*

The goal is **resilience, not restriction**.

## THE BOTTOM LINE

Food intolerance testing helps us uncover hidden stressors that may be holding your health back. By identifying and removing foods that your body struggles with, we can reduce inflammation, support gut healing, and move you closer to optimal health—using a personalized, root-cause approach.