Are Hidden Food Allergies Making Your Employees Sick?

The answer is a definite yes. Helping your employees better understand how food choices affect them individually and uniquely can translate into sustainable savings in direct medical costs, 70% fewer sick days\(^1\), a 26%\(^1\) absenteeism reduction, and improvements in other key performance indicators such as productivity, satisfaction, and retention.

“The ballooning costs of health care act as a hungry tapeworm on the American economy.”\(^2\) Warren Buffett

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The **ALCAT Test** is the foundation.

Bring to your employees a proven pathway for health improvement that has been utilized by doctors for over 30 years.

How Can Your Company Help Your Employees Help Themselves?

**Employee costs – inflammation associated disorders**

An individualized diet that avoids hidden food allergies (sensitivities) can have a direct and immediate impact on employees’ health, making a significant impact on estimated annual per employee costs such as:

- **Heart disease** - $6,100
- **Depression** - $5,000
- **Arthritis** - $5,000
- **Obesity** - absent 2.3 times more than lean employees
- **Diabetes** - $6,670

**Food matters!**

The **Alcat Test for Food and Chemical Sensitivities** identifies pro-inflammatory cellular responses to incompatible foods, additives, and other substances, which may contribute to decreased energy, chronic disorders, and the worsening of the symptoms and severity of other diseases.

The individual eating plan includes compatible foods, which support immune balance, energy, and health.

- Lifestyle modification for disease prevention, immune balance, and well-being
- Alleviate fatigue and assist with stress management
- Weight loss
- Reduction in headaches, gut disorders, skin and respiratory issues, and more
The Alcat Test works ...

Yale University:
Alcat patients demonstrate significant improvement in IBS (irritable bowel syndrome)

Graphic:
(A) Significant Global Improvement Scale improvement after 4-8 weeks
(B) Significant Symptom Severity Scale improvement after 4-8 weeks

1. Publication link: http://bmjopengastro.bmj.com/content/bmjgast/4/1/e000164.full.pdf
2. Yale researchers report on study of the efficacy of the Alcat Test for patients with irritable bowel syndrome, and pathomechanisms of food sensitivity” Webinar mit Dr. Mehal, Nov 16, 2017: https://cellsciencesystems.com/education/webinars

“Results showed clearly that in this study1, which was very carefully randomized, double-blinded, removal of positive Alcat Test foods resulted in significant improvement in IBS.” Dr. W. Mehal

Studies can benefit multiple disorders of up to:

- Weight management: 98%
- Gastrointestinal disorders: 87%
- Skin disorders: 90%
- Migraine / headache: 95%
- Respiratory disorders: 95%
- Stress / burnout: 60%
- Depression / anxiety: 31%
- Inflammatory arthritis: 65%

Studies (selection):
2. 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” Kaats et al. in Am J of Bariatric Med, Spring 1996: 18-23.
5. A. Ather et al.; “Individualized Diets in Irritable Bowel Syndrome: A Randomized Controlled Trial,” The International Congress on Integrative Medicine and Health (ICIMH), Las Vegas, Nevada, USA, 2016.
6. DeAmici et al.; “Evaluation of Alcat Test Results in the Non-IgE Mediated Pathology of the Skin”, University of Pavia, IT, 30th Congress of the EU Academy of Allergy and Clinical Immunology, 11 – 15 June 2011 Istanbul, Turkey. (Abstract #553)
7. Beradi L. et al; “Alcat Test Results in the Treatment of Gastrointestinal Symptoms”, University of Pavia, IT, 30th Congress of the EU Academy of Allergy and Clinical Immunology, 11 – 15 June 2011 – Istanbul, Turkey. (Abstract #552)
11. “Outcome Study in 353 Consecutive Patients Following The Alcat Diet”, Study from Dr. Lene Hoy; Kopenhagen, Allergy Clinic Charlottenlund, Denmark 1998. Non-Published.
We customize for every client’s needs.

Integrating the Alcat Test into your company’s health programs

There are many “pieces to the puzzle” that need consideration when determining the appropriate plan. The health program includes the expertise of medical specialists, scientists, software engineers, registered dietitians and your staff, in fruitful cooperation customized to your needs.

Costs differ per employee depending on the Alcat panel chosen. Please contact us for a cost proposal.

Comprehensive gut health tests optional: Predictive genomic tests for gut health, metabolic, and nutritional health available.

Program Steps

1. Customization of program plan to meet company’s unique needs
2. Participant recruitment based on one or more presentations to employees
3. Registration / scheduling of participants’ blood collection
4. General education and Q & A conducted by health professionals with expertise in the implementation of the Alcat Test results
5. Optional monthly monitoring membership for extensive individualized lifestyle guidance, customized meal planning tools and recipes. The program includes confidential one-to-one video counseling appointments with designated health practitioner.

Contact and information

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