

WHAT FOODS MIGHT BE AFFECTING YOUR HEALTH?

Inflammation triggered by food sensitivity is an underlying problem for numerous conditions. By testing for food sensitivity, an elimination diet can be designed and implemented to lower inflammation and achieve significant improvement in symptoms.

Consider taking **FIT test (Food Inflammation test)** if you have one of the following conditions:

Thyroid problems (primarily Hashimoto's)	Digestive/Gut issues
Arthritis	Infertility or first trimester loss
Brain fog	Fibroids, endometriosis or breast cancer
Fatigue	Auto-Immune issues

Why FIT Test?

- Measures 132 foods and additives across all major groups

<i>Dairy</i>	<i>Seeds</i>	<i>Microbial</i>
<i>Grains</i>	<i>Beans</i>	<i>Additives</i>
<i>Fruit</i>	<i>Fowl</i>	<i>Extract</i>
<i>Meat</i>	<i>Shellfish</i>	
<i>Nuts</i>	<i>Vegetable</i>	
<i>Fish</i>	<i>Spices</i>	

- Finger stick kit provides a quick and easy way to collect a sample
- Utilizes new technology (measuring IgG and Immune Complexes) and offers the most sensitive test in the market
- An elimination diet can be planned using the easy-to-read test results



Physical reactions to certain foods are common, but most are caused by a **food sensitivity** rather than a **food allergy**. A food sensitivity can cause some of the same signs and symptoms as a food allergy, so people often confuse the two.



My Healing Mentors

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