



New!

# Programmes for assessment of food intolerance

Are you inflated, chronically tired, have irregular digestion and overweight? Do you suffer from joint pain, skin problems, headaches, insomnia, poor concentration and memory? Do you experience a poor immune system? Do you suffer from frequent colds, nasal congestion, throat discomfort, coughing and breathing?



## Test yourself and eliminate any burdensome food

Food intolerance is a negative reaction to food, beverages or food additives, which occurs very often with almost half of the population. Even foods which are every day on our menu, and are considered to be healthy and nutritious, may cause problems for many of us. Although the symptoms are mild, they can have a significant impact on the quality of life. By eliminating certain dietary products, the symptoms may fade very quickly, within a few days. However, it is vital to keep our diet balanced and varied. With nutritional counselling and expert monitoring, we help you appropriately compensate for the eliminated food products. After a certain period of time, we may begin to eat this food again, but firstly in small amounts. With the help of a nutritionist, who expertly plans and adjusts your menu, the way to your goal – life without food intolerance symptoms – is faster and closer.

  
Anita Kek – Ljubec,  
MD, spec. gastroenterologist

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## Which programmes for the assessment of food intolerance do we offer?

### a. The STANDARD food intolerance programme:

- the testing for 88 or 90 types of food (allergens) – includes the majority of basic foods typically used in the normal diet

### b. The BASIC food intolerance programme:

- the testing for 20 or 24 types of food (allergens) – includes types of food that most commonly cause intolerance reactions

### c. The SUPERIOR food intolerance programme:

- the testing for 284 types of food (allergens) – includes a wide range of types of food from various world cuisines

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## The programmes include:

**testing:** we perform a standardised test in order to determine the presence of specific immunoglobulin G (IgG4), which occur in the blood as a response of the body after coming in touch or overloading the body with certain types of food

### **nutrition consultation with a nutritionist:**

- an interpretation of the findings, the proposed diet in writing;
- expert preparation of an individual 7-day menu (planning based on the needs, wishes and eating habits of an individual; additional payment);
- expert preparation of an individual 7-day menu and three-month monitoring – consultation with a nutritionist once a week (via e-mail); detailed planning and regular adjusting of the menu based on the needs, wishes and eating habits of an individual (additional payment).