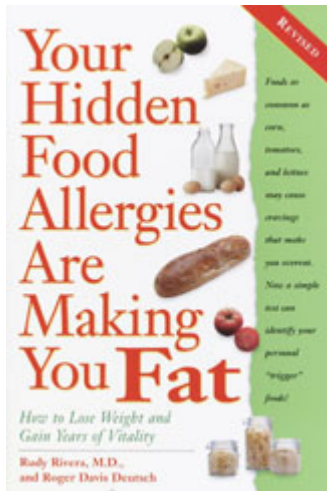


Are Your Hidden Food Allergies Making You Fat?



Roger Deutsch, co-author of *Your Hidden Food Allergies Are Making You Fat*, is no stranger to allergies.

"I grew up in the Northeast, and I suffered very extensively from serious allergy problems," says Deutsch. "I asked my doctor what caused allergies, and she said, 'No one knows' - so I felt a bit discouraged and decided to set out on my own to try and figure out how to solve my own problems."

"It didn't take too long to figure out that food and nutrition have the most to do with everything regarding health, including allergy and sensitivity. I found drastic, phenomenal improvement in my own condition when I began to control my own diet."

Since 1986, Deutsch has been working on the development of the [ALCAT test](#), a simple blood test that measures food sensitivities. Deutsch is the founder of Cell Science Systems, the only company in the world that offers ALCAT testing. The ALCAT test is the only proven laboratory method for finding out which foods may be causing allergies, weight gain, water retention, skin problems, fatigue, arthritis, and various other problems.

Food Sensitivity vs. Food Allergy

A food sensitivity, also known as a food intolerance, delayed food allergy, or hidden food allergy, is not the same thing as a true food allergy.

"They involve different branches of the immune system," explains Deutsch.

A true food allergy causes a rapid, violent onset of symptoms. "It's meant to be that way," says Deutsch. "This is an evolutionary carryover from our defenses against parasites, so the body's reaction is to give it everything it's got... and when this occurs with food, it can actually be life-threatening."

"A food intolerance, on the other hand, is mediated by a different branch of the immune system," says Deutsch. "It's called the innate immune system as opposed to the specific immune system, and it's the same branch of the immune system that works as a first line of defense against bacteria. The symptom onset is different. We actually see symptoms coming on a delayed and chronic basis and a more low-grade basis, so people may be reacting to a food that they're in contact with on a very regular basis but have no idea that it's the food causing their fatigue, or migraines, or chronic arthritis, or disturbance to their metabolism."

Since food allergies and food sensitivities involve different chemical pathways, they require different tests for detection. A standard allergy test cannot detect a food sensitivity.