



Testimonials

*"I have used The ALCAT Test in my practice for twelve years – no other test is as accurate or useful."
Fred Pescatore, M.D., M.P.H.*

*"The ALCAT Test has helped in a multitude of chronic cases where other investigations and treatments had reached a dead end."
David M. Brady, ND, DC, CCN, DACBN*

*"I strongly believe that everyone, and I mean EVERYONE, should have an ALCAT Test performed."
Michael Brown, N.M.D.*

*"...within just four weeks of taking The ALCAT Test and following the rotational diet I lost 11 lbs., my stuffed nose and throat problems completely cleared and I now have much more strength during training."
Christian Mayer, Olympic Skier*

*"I have often dreamed of walking my girls down the aisle when they get married or seeing my son graduate from college. Until now those dreams were just that, only dreams. The ALCAT Test has ultimately saved my life.
Thank You!" Jeff from Ohio*

References 1. Deutsch, R.D. (2007). The Right Stuff: Use of ALCAT Testing to Determine Dietary Factors Affecting Immune Balance, Health, and Longevity. *Anti-Aging Therapeutics* Volume X. 51-69. 2. Fell P, Soulsby, S and Brostoff, J. (1991). Cellular Responses to Food Intolerance in Irritable Bowel Syndrome – an Investigation of The ALCAT Test. *Journal of Nutritional Medicine* (2), 143-149. 3. IMS Health. (2006). Influence of Food Intolerance in Migraines. Immunological Center of Catalunya. Final Report of Statistical Results 4. Kaats G, Pullin D and Parker L. (1996). 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. *The Bariatrician*, Spring 1996. 5. Rosenbaum, M. (1998). Energy For Life. Health Sciences Institute: Members Library of Modern Underground Medicine. Volume III 6. Health Sciences Institute. (1998). Overcoming Arthritis: Hidden Causes and Permanent Solutions. Members Library of Modern Underground Medicine. Volume IV 7. HØJ, L. (1995). Food Intolerance in Patients with Angiodema and Chronic Urticaria. An Investigation by RAST and ALCAT Test. Presented at the XVI European congress of Allergology and Clinical Immunology – Supplement, Number 26, Vol. 50 8. Kotsanis C, Dart L, Harjes C and Miller R. Autism – A Multi-disciplinary Approach to Treatment. DFW Ear, Nose & Throat Associates. Grapevine, TX 9. Fell P, Brostoff J, et.al. (1988). ALCAT – “A New Test For Food Induced Problems in Medicine?” Presented at the Annual Meeting of the American Academy of Otolaryngic Allergy on Oct. 1, 1988. 10. Fell P, Brostoff J, and Pasula, M. (1988). High Correlation of The ALCAT Test Results with Double Blind Challenge (DBC) in Food Sensitivity. Presented at the 45th Annual Congress of the American College of Allergy and Immunology, Los Angeles, CA: November 12-16, 1988 11. Cordain diet: health implications for the 21st century. *American Journal of Clinical Nutrition*. 81: 341-54 12. Cessna R. (2002). The Four-Day Rotation Diet. *Original Internist*, 9(2), 11-18



Cell Science Systems - ALCAT Worldwide
852 South Military Trail, Deerfield Beach, Florida 33442
1-800-US ALCAT (872-5228) Fax 954-428-8676
www.ALCAT.com

For more information about The ALCAT Test
ask your healthcare provider:



610-018 REV D

Are Foods Making
You Sick?

Inflammation and chronic activation of the immune system due to food intolerance has been linked to:

- Digestive Disorders
- Migraines
- Obesity
- Chronic Fatigue
- ADD/ADHD
- Aching Joints
- Skin Disorders
- Arthritis
- And many more...

Your Solution?
The ALCAT Test



ALCAT

WORLDWIDE

Food Intolerance

Many years ago Lucretius expressed the basic concept for The ALCAT Test. He stated, "One man's meat is another man's poison." Now more than ever, diet plays a critical role in preventing a wide range of degenerative diseases and premature aging.

The immune system is a double-edged sword. It should react appropriately and protect against infection when confronted with harmful invaders or "infectious agents" like viruses or bacteria. Unfortunately for some, exposure to common foods, chemicals and molds may trigger chronic activation of the immune system.¹

For over 20 years The ALCAT Test has provided healthcare professionals and their patients with a tool for managing a wide variety of conditions linked to chronic activation of the immune system, such as:

Digestive Disorders²

Migraines³

Obesity⁴

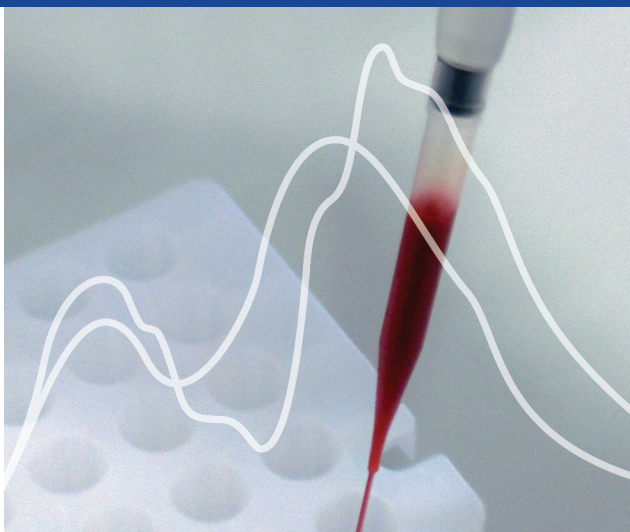
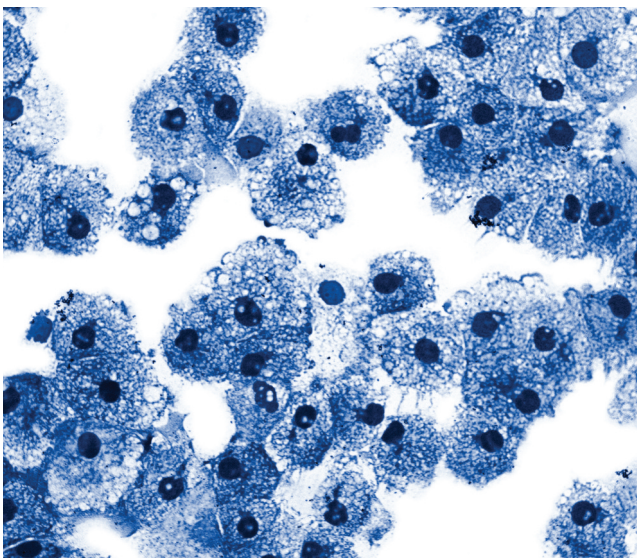
Chronic Fatigue⁵

Aching Joints⁶

Skin Disorders⁷

Autism⁸

And many more...



About the Technology

Cell Science Systems, Ltd. Corp., developed The ALCAT Test to measure personalized nutrition at the cellular level. The core technology is a blood test that measures the body's cellular response to challenges from a wide array of substances including various foods, additives, colorings and chemicals. The individual's cellular reactivity after exposure of the blood to the various test agents, versus the person's own baseline control, tells the healthcare provider which substances may be causing a sensitivity-related response in the body.⁹ Following testing, a 4-Day Rotational Diet is recommended to the patient.

The ALCAT Test has been validated by demonstrating a high correlation with double-blind oral challenges with both foods and food additives.¹⁰ In addition, a controlled study from Baylor Medical College reported 98% success for weight loss and/or improvement in body composition from patients that followed the recommended ALCAT Rotational Diet, an unparalleled achievement.⁴

Optimal Wellness Through Customized Nutrition

Test Results

The ALCAT Test results are presented in an easy to understand, color-coded format. They highlight each patient's incompatible foods and the level of each reaction (severe, moderate or mild). The ALCAT Test results also clearly identify the foods which are non-reactive or "safe" foods by putting them in the green section of the results and organizing them by food groups.

Rotational Diet

Each test result also includes a customized 4-Day Rotational Diet. History has shown that variety in the human diet is very important to health and wellbeing. Research in physical anthropology and nutritional science has shown that the human digestive system is more suited to coping with a seasonal diet as opposed to the traditional Westernized diet.¹¹ By eating foods in a particular family one day and then omitting them for at least the next three days, a cumulative sensitizing effect is avoided.¹² This time allows the food molecules to "clear" the system, avoiding overload.

We believe Hippocrates was right over 2,500 years ago when he said, "Let thy food be thy medicine and thy medicine be thy food."

