

FOOD REACTION TESTING

# Is food the cause of your health issues?



**GENOVA**  
DIAGNOSTICS®  


# Learn about symptoms caused by foods:

Adverse food reactions can make you feel sick and lead to chronic illnesses. Often it is unknown exactly which food(s) may be the cause.

Genova's food testing can identify whether certain foods could be causing the symptoms you are experiencing.



Skin Rash?

Sinus Problems?

Joint Aches?

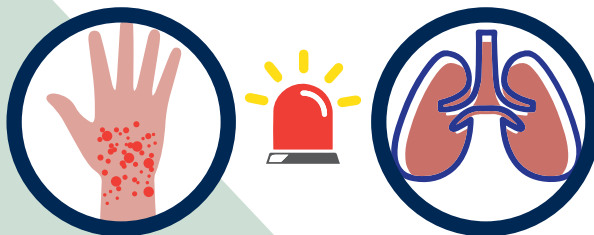
Trouble Losing Weight?

If you've answered yes to any of these questions, Genova's advanced food antibody testing may be the answer. **Talk to your doctor today.**

## DO YOU HAVE IMMEDIATE OR DELAYED REACTIONS?

### IMMEDIATE REACTION

More easily identified

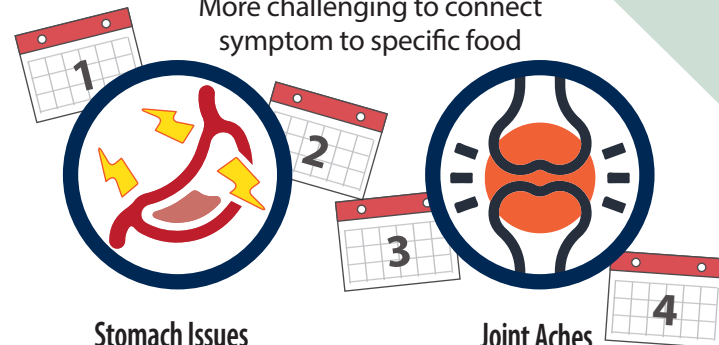


Hives or Rashes

Trouble Breathing

### DELAYED REACTION

More challenging to connect symptom to specific food



Stomach Issues

Joint Aches



## Which Foods Are Right For Me?

- The most **common foods known to trigger reactions** include wheat/gluten, milk, eggs, peanuts and tree nuts, soy, and shellfish. However, removing all of these foods may not be necessary. Testing can help pinpoint which foods are causing the reaction.
- **Eliminating** specific reactive foods can **improve your symptoms**.
- Knowing which foods may be a problem can help you and your clinician **build the best diet for you** rather than following fad diets or restricting foods unnecessarily.



## How can Genova's testing help you?



- Genova offers an **all-in-one test** to provide a full picture of your immune system response.



- Every food test comes with a **personalized summary of reactive foods**. This can help your clinician develop a tailored food plan specific to your needs and symptoms.

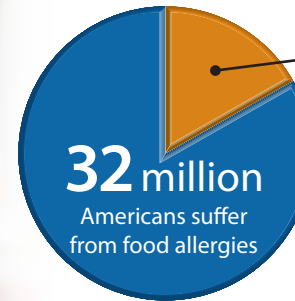


- We offer an educational **Elimination Diet** to help guide you through steps and answer questions you may have about food elimination and reintroduction.



# Food Allergies in Children

Testing can be beneficial in order to identify certain foods and create a targeted elimination versus eliminating multiple foods unnecessarily.



**5.6 million** are children under the age of 18  
*(Roughly 1 in 13 children)*

- The Centers for Disease Control & Prevention reports that the prevalence of food allergy in children increased by 50 % between 1997 and 2011.
- About 40 % of children with food allergies are allergic to more than one food.
- More than 170 foods have been reported to cause allergic reactions.

[www.foodallergy.org/life-with-food-allergies/food-allergy-101/facts-and-statistics](http://www.foodallergy.org/life-with-food-allergies/food-allergy-101/facts-and-statistics)

**Talk to your Doctor Today!**

Visit [www.gdx.net](http://www.gdx.net) to learn more.



## FAQs

- **Does Genova offer testing for environmental allergies?**

In addition to food reaction testing, Genova offers environmental allergy testing which includes molds, grasses, trees, weeds, cats, dogs, and cockroach and dust mites. These tests help your healthcare provider to identify other allergic triggers, offering insight into your overall system burden.

- **Will my health insurance cover Genova testing?**

Genova offers patients the ability to use their commercial health insurance to pay for their testing. We also offer a number of other billing options, including payment plans.

- **How do I get started with Genova testing?**

Talk to your doctor about your symptoms to see if Genova food antibody testing is right for you. They can provide you with proper testing options based on your clinical needs. You can also visit Genova's website at [www.gdx.net](http://www.gdx.net) for more information on our company and our testing.



## About Genova Diagnostics

Genova Diagnostics is an innovative leader in comprehensive laboratory testing. With 30+ years of extensive experience and expertise, we are committed to improving lives by bringing insights to health.

- We are a fully licensed clinical laboratory, providing testing worldwide.
- Our testing is only available through your doctor or other healthcare provider.
- We accept all commercial insurance plans, work with government payors, and offer payment plans for patients.

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