



hassle free
healthcare



The Difference Between Food Intolerance and Food Allergy

01206 625206

Table of Contents



Introduction	01
Understanding Food Allergies	02
Understanding Food Intolerances	03
Symptoms: Allergy vs Intolerance	04
Comparison Table	05
Frequently Asked Questions	06
Contact Us	07

Introduction

At Hassle Free Healthcare we understand how hidden food intolerances and allergies can make everyday life challenging, especially when you don't know the cause.

The problem is, you don't have quick access to know what foods you might be reacting to. We believe everybody should be able to enjoy food without suffering negative consequences. This is why we offer comprehensive tests, to find out whether your body is reacting to certain foods and ingredients.

During your appointment we will gather a detailed medical history, alongside a symptom diary, to make sure this is the right test for you.

Your simple finger-prick blood test causes minimal discomfort and takes less than 30 seconds.

Once your test results are back we will go through these in detail and you will be provided with an easy-to-understand report, that includes personalised insights.

Understanding Food Allergies

Food allergies are serious, potentially life-threatening, and can cause immediate and severe swelling, rashes (hives), vomiting and more.

Food allergies involve a **immune system response** to a food protein that the body mistakenly identifies as harmful.

In a food allergy, the immune system produces Immunoglobulin E (IgE) antibodies, which lead to the release of histamines and other chemicals, causing symptoms that can range from mild to life-threatening.

If you have an allergy you very quickly (within minutes) produce IgE antibodies and the reaction is severe.

Common Allergens Include:

- Peanuts
- Tree nuts
- Shellfish
- Milk
- Eggs
- Soy
- Wheat

Understanding Food Intolerances

Unlike allergies, food intolerances do not involve the immune system. Instead, they involve a **digestive system response** where the body cannot properly break down certain foods.

In a food intolerance, Immunoglobulin G (IgG) antibodies are produced, then symptoms such as bloating and diarrhoea develop more slowly, over hours or days.

Without a blood test, finding which foods you are intolerant to can be difficult, as you will consume many different types of foods each day. Many people try and second guess which foods are the problem and try and remove them from their diet, but this often ends in failure. You may think you react to bread, but it could be a reaction to the yeast, gluten, wheat, rye and/or other ingredients such as milk, seeds, olives or herbs.

Symptoms: Allergy Vs Intolerance

Food allergy reactions often occur immediately after ingestion, while food intolerance symptoms may take several hours to develop.

Food allergies can lead to severe, life-threatening reactions, whereas food intolerances usually result in discomfort without severe health risks.


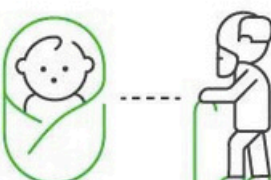
























































Food Allergy Symptoms:

- Hives or rash
- Swelling of the face, lips, or throat
- Difficulty breathing
- Anaphylaxis (severe cases)
- Nausea, vomiting

Food Intolerance Symptoms:

- Bloating
- Gas
- Diarrhoea or constipation
- Stomach pain
- Migraines or headaches

Comparison Table

Allergy	Intolerance																		
<p>What age?</p>  <p>Developed from infancy</p>	<p>Any age</p> 																		
<p>Who?</p> <p>2% of adults</p> <p>6-8% of children have an allergy</p>	<p>45% of the population suffer from food intolerance</p>																		
<p>Reaction</p>  <p>Allergies Immediately 2 hours or less</p>	<p>Intolerances Delayed reaction to a food Up to 72 hours after eating</p> 																		
<p>Symptoms</p> <table border="0"> <tr> <td>Wheezing </td> <td>Itching </td> <td>Vomiting/Diarrhoea </td> </tr> <tr> <td>Dizziness </td> <td>Breathing difficulties </td> <td>Swelling </td> </tr> <tr> <td>Rapid pulse </td> <td>Fainting </td> <td>Loss of consciousness </td> </tr> </table>	Wheezing 	Itching 	Vomiting/Diarrhoea 	Dizziness 	Breathing difficulties 	Swelling 	Rapid pulse 	Fainting 	Loss of consciousness 	<table border="0"> <tr> <td>Bloating </td> <td>IBS </td> <td>Weight issues </td> </tr> <tr> <td>Migraines </td> <td>Arthritis </td> <td>Depression/anxiety </td> </tr> <tr> <td>Rhinitis </td> <td>Psoriasis </td> <td>Tiredness </td> </tr> </table>	Bloating 	IBS 	Weight issues 	Migraines 	Arthritis 	Depression/anxiety 	Rhinitis 	Psoriasis 	Tiredness 
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Frequently Asked Questions

Q1: Can food intolerances ever turn into food allergies?

No, food intolerances and food allergies involve different physical responses and mechanisms and one does not lead to the other.

Q2: Can medication cure my food allergies or intolerances?

Currently, there is no cure for food allergies, but treatments focus on managing symptoms. Food intolerances can often be managed by adjusting your diet.

Q3: How can I be sure whether I have an intolerance or an allergy?

Professional medical testing and consultations are essential for accurate diagnosis. Avoid self-diagnosis as it can lead to inappropriate management.

Book A Test Today



UK's most comprehensive allergy panel that checks how your body reacts to 295 allergens.



Results Back Within 7 days.
Results discussed in person alongside a personalised report and recommendations.



Take the guess work out your diet and enjoy the feeling of knowing what food or drink makes you feel unwell.

1

Contact our team – Book your test today. Our phone lines are open 8am to 8pm Monday to Friday and 8am to 4pm on Saturday.

2

Get your blood test results within 7 days – We will go over your results in person and answer any questions you may have. You will leave with a detailed easy to understand report that includes personalised insights and recommendations.

3

Take action – Use your personalised results to change your diet, so you can enjoy life with more energy, better health and freedom from discomfort.



01206 625206



info@hasslefreehealthcare.co.uk



The Point Clinic, 1 De Grey Rd, CO4 5YQ