

FOOD TOXICITY PACK

In theory sensitivity to a food or foods should show up when you challenge the body with that food (or one of our food vials), but sometimes that doesn't happen.

In these cases other test kits may be helpful. We've put five of them together in one pack – the FOOD TOXICITY pack, although, of course, you can order the kits individually.

The kits are

8025: Food Phenolics - Includes apiol, coumarin, indole, piperine and tyramine, all naturally present in a range of foods. 14 vials

9061: Food Toxins – includes lactose, caffeine and solanine. 10 vials.

8100: Lectins - found in plants and milk. Lectins are sticky and so interact with the lining of the throat and the digestive tract when we eat them. 7 vials

8087: Mycotoxins – produced by fungi, and will often be on food (particularly fruit and vegetables) even though not visible to the naked eye. 27 vials.

8081: Salicylates - both natural and synthetic salicylates can cause health problems in anyone when consumed in large doses. But for those who are salicylate intolerant, even small doses of salicylate can cause adverse reactions. 10 vials.

FOOD PHENOLIC COMPOUNDS TEST KIT (14 vials)

Product Code 8025

Phenolic food compounds (also known as aromatic food compounds) occur naturally in all foods: they give the food colour and flavour and help to prevent premature decomposition.

Code	Name	Alternative Name	Occurrences	Correlations
FP 1	Apiol		Beef, cheese, chocolate, milk, oranges, peas, black pepper, soybeans, tomatoes, almonds, carrot, celery, lettuce, parsley, walnut, bay leaf, lemon.	Irregular menses, amenorrhea, menopausal flushing, breast tenderness, itching of skin, obesity, chronic fatigue, elbow pain.
FP 2	Caffeic Acid		Grass pollen, apple, artichoke, beans, carrot, cauliflower, grape, lettuce, olives, coffee.	Sinus congestion, headache, indigestion, joint pains, dizziness and tingling and numbness of extremities.
FP 3	Cinnamic Acid		Fruit, cheese, lettuce, tomatoes, clover pollen, sagebrush pollen; used as a flavouring, and in perfumes, <i>cosmetics</i> and medicinal products to give a spicy, oriental perfume; also used to make synthetic indigo dye.	Acne, eczema, psoriasis, bladder problems, chronic fatigue, hypoglycaemia, chest constriction, craving for fruit, headache, indigestion, sore throat.
FP 4	Coumarin		Wheat, rice, barley, corn, soy, cheese, beef, eggs, clover pollen, grass pollen.	Asthma, arthritis, low back pain, cervical neck pain, non-specific pruritis, chronic fatigue, abdominal bloating, ear congestion.
FP 5	Eugenol		Foods, perfumes, dental practice including in analgesics, cloves, cinnamon, pimento.	Chronic urticaria.
FP 6	Gallic Acid		Milk, apple, apricot, banana, barley, beans, beer, cashew nut, cheese, cocoa, egg, crab, cucumber, garlic, ginger, grape, olives, papaya, peach, peanut, pear, pineapple, potato, tea, tomato, wheat, yeast, food colourings.	Hyperactivity, ADHD, dyslexia, arthritis, low back problems, sciatica, chronic severe chest pain, nasal congestion, allergic rhinitis, sinusitis, headaches, dyspepsia, itching, chronic fatigue.
FP 7	Indole		In all complete proteins, especially milk, clover pollen.	Bowel problems, asthma, sinus problems, mental disorientation, craving for milk, headaches, chronic fatigue.

© Jane Thurnell-Read 1992-2018

Life-Work Potential Limited, United Kingdom | Tel UK 01392 434 389 Tel from outside UK: +44 1392 434 389

Email: contact@lifeworkpotential.com | www.lifeworkpotential.com

Code	Name	Alternative Name	Occurrences	Correlations
FP 8	Kaempferol		Grass pollen, some flower pollens, widely distributed in fruit, tomatoes.	
FP 9	Phenyl Isothiocyanate		Chicken, eggs, beef, cheese, lamb, peanuts.	Chronic arrhythmia, hypertension, arteriosclerosis, migraine headaches, hyperthyroidism, shoulder bursitis, burning arm pains, joint pains, chest constriction, heartburn, headaches, sinus congestion, tingling arms and legs.
FP 10	Phloridzin	Phlorizin, Phloridzite	Beef, cheese, beet sugar, soy, apples, strawberries.	Diabetes, collagen disease, active cancer, mood swings, light headedness, low back pain, headaches, shoulder pain, drowsiness and tiredness.
FP 11	Piperine		Beef, beet sugar, chicken, eggs, lamb, milk, tuna, turkey, yeast, black pepper, tomato, potato.	Arthritis, burning skin and face, chest congestion, sneezing.
FP 12	Pyrrole	Pyrole	Found in chlorophyll so widely distributed in plants.	Chronic abdominal discomfort, mood swings, anxiety, depression, multiple sclerosis, skin rashes.
FP 13	Rutin		Clover pollen, grass pollen, ragweed pollen.	Joint pain, bruising, sinus congestion, constipation, hay fever, irritability.
FP 14	Tyramine		Beer, red wines, some cheese, bananas, red plums, figs, raisins, avocados, some beans, aubergine / eggplant, pickled herring, canned meats, salami, yoghurt, soup cubes, commercial gravies, chocolate, and soy sauce.	Migraine.

Reference:

Abram Ber "Neutralization of Phenolic (Aromatic) Food Compounds in a Holistic General Practice" *The Journal of Orthomolecular Psychiatry* Volume 12, Number 4

© Jane Thurnell-Read 1992-2018

Life-Work Potential Limited, United Kingdom | Tel UK 01392 434 389 Tel from outside UK: +44 1392 434 389

Email: contact@lifeworkpotential.com | www.lifeworkpotential.com

© Jane Thurnell-Read 1992-2018

Life-Work Potential Limited, United Kingdom | Tel UK 01392 434 389 Tel from outside UK: +44 1392 434 389

Email: contact@lifeworkpotential.com | www.lifeworkpotential.com

FOOD TOXINS (10 vials)

Product Code 9061

This kit is based on the work of Michael Lebowitz, DC.

Name	Comment
Albumin / Ovalubin	Egg protein, highly allergic.
Caffeine	Potentially toxic stimulants found in coffee, tea, chocolate, cola, guarana, yerba mate, acai berries.
Casein	Dairy protein, highly allergic.
Gliadin	Component of gluten that is problematic for a high % of the population.
Lactose	Sugar found mainly in milk; many people are lactose intolerant.
Paraxanthine/ 1,7-	Potentially toxic stimulants found in coffee, tea, chocolate, cola, guarana, yerba mate, acai berries.
Solanine/Alpha Solanine	Naturally occurring neuro-toxin in members of the nightshade family, acts as an acetylcholinesterase inhibitor.
Theobromine	Potentially toxic stimulants found in coffee, tea, chocolate, cola, guarana, yerba mate, acai berries.
Theophylline	Potentially toxic stimulants found in coffee, tea, chocolate, cola, guarana, yerba mate, acai berries.
Zein	Corn protein, highly allergic.

© Jane Thurnell-Read 1992-2018

Life-Work Potential Limited, United Kingdom | Tel UK 01392 434 389 Tel from outside UK: +44 1392 434 389

Email: contact@lifeworkpotential.com | www.lifeworkpotential.com

LECTINS TEST KIT (7 vials) Product Code 8100

Lectins are carbohydrate-binding proteins (not to be confused with glycoproteins, which are proteins containing sugar chains or residues). Lectins in plants are a defence against micro-organisms, pests, and insects. If an animal eats a lot of the plant it gets digestive disturbances when the sticky lectins bind to the lining of the digestive system. Lectins may also have evolved as a way for seeds to remain intact as they passed through animals' digestive systems, for later dispersal. Lectins are resistant to being broken down as part of the digestive process in humans.

Foods with high concentrations of lectins, such as beans, cereal grains, seeds, nuts, and potatoes, may be harmful if consumed in excess in uncooked or improperly cooked form. Soaking, sprouting and fermenting helps to break down lectins in food, but much modern food is cooked as quickly as possible, so does not break down the lectins before they are ingested. Some people are also more sensitive to lectins than others.

Because we do not digest lectins, we often produce antibodies to them. Almost everyone has antibodies to some dietary lectins in their body. This means our responses vary. Some individual can have full blown allergic reactions. Certain foods can become intolerable to someone after an immune system change or the gut is injured from another source.

Adverse effects may also include nutritional deficiencies (through damage to the villi in the small intestine). Lectins may also cause leptin resistance, which may translate into diseases, particularly weight loss issues in individuals who have high levels of leptin.

Lectins may also be responsible in part for 'leaky gut syndrome'. Plant lectins have been found attached to other organs indicating that some may get through the gut wall. Lectins appear to aggravate existing inflammatory such as rheumatoid arthritis.

References (all web based ones accessed 20th November 2013):

Wikipedia entry on Lectins

Do dietary lectins cause disease? British Medical Journal 1999; 318
(<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1115436/>)

<http://www.marksdailyapple.com/lectins/#axzz2IAyL7h00>

© Jane Thurnell-Read 1992-2018

Life-Work Potential Limited, United Kingdom | Tel UK 01392 434 389 Tel from outside UK: +44 1392 434 389

Email: contact@lifeworkpotential.com | www.lifeworkpotential.com

<http://www.precisionnutrition.com/all-about-lectins>

<http://www.vrp.com/digestive-health/digestive-health/lectins-their-damaging-role-in-intestinal-health>

LC 01	Lectins from Dairy
LC 02	Lectins from Egg
LC 03	Lectins from Fruit
LC 04	Lectins from Nightshade
LC 05	Lectins from Nuts (includes peanuts / ground nuts)
LC 06	Lectins from Soya Bean
LC 07	Lectins from Wheat

© Jane Thurnell-Read 1992-2018

Life-Work Potential Limited, United Kingdom | Tel UK 01392 434 389 Tel from outside UK: +44 1392 434 389

Email: contact@lifeworkpotential.com | www.lifeworkpotential.com

MYCOTOXINS TEST KIT (27 Vials) (Product Code 8087)

Mycotoxins are produced by moulds. One mould species may produce many different mycotoxins, and the same mycotoxin may be produced by several species.

Mycotoxins have the potential for both acute and chronic health effects via ingestion, skin contact, and inhalation. These toxins can enter the blood stream and the lymphatic system. They inhibit protein synthesis, damage macrophage systems, inhibit particle clearance of the lung, and increase sensitivity to bacterial endotoxin.

There is evidence that they can cause cancers, kidney damage, gastro-intestinal disturbances, reproductive disorders and suppression of the immune system.

Code	Name	Produced by	Comments
MT 01	Aflatoxins	Aspergillus	Symptoms include anorexia, lethargy, muscle weakness, liver problems (haemorrhages, necrosis and cancer) and engorged kidneys.
MT 02	Alternariol	Alternaria	A toxic metabolite of the Alternaria fungi. Naturally occurs on fruits, vegetables, and cereals, such as apples, tomatoes, and wheat. Inhibited by light. Highly toxic. May be mutagenic.
MT 03	Altertoxin	Alternaria	
MT 04	Brevianamide	Aspergillus sp. (particularly Aspergillus ustus); Penicillium sp.	Causes inflammatory response in lung cells.
MT 05	Chaetoglobosin A,B,C	Chaetomium, Penicillium Discolor	Found in water-damaged houses and in air-conditioning systems.
MT 06	Citreoviridin	Aspergillus terreus, Penicillium toxicarium, Penicillium ochrosalmoneum	It is believed to be the cause of the acute cardiac Beri-Beri disease.
MT 07	Citrinin	Aspergillus carneus, Penicillium citrinum, Penicillium expansum, Penicillium verrucosum	Occurs mainly in stored grains, but also in other plant products such as beans, fruits, fruit and vegetable juices, herbs and spices, and also in spoiled dairy products; the cause of yellow rice disease in Japan. Has been shown to result in enlarged kidneys and livers in young broiler chicks.
MT 08	Cladosporic Acid	Cladosporium	

© Jane Thurnell-Read 1992-2018

Life-Work Potential Limited, United Kingdom | Tel UK 01392 434 389 Tel from outside UK: +44 1392 434 389

Email: contact@lifeworkpotential.com | www.lifeworkpotential.com

Code	Name	Produced by	Comments
MT 09	Cyclopiazonic Acid	Aspergillus flavus, Aspergillus versicolor, Penicillium camemberti, Penicillium commune, Penicillium griseofulvum, Penicillium palitans	
MT 10	Cytochalasin	Aspergillus clavatus, Bioploaris, Phoma, Zygosporium	Inhibits cellular processes such as cell division.
MT 11	Diplodiatoxin	Diplodia	
MT 12	Fumonisin	Fusarium moniliforme	Found in wheat and maize. Also to a lesser extent in rice, sorghum and navy beans. Implicated in oesophageal cancers.
MT 13	Gliotoxin	Penicillium, Aspergillus, Alternaria, Trichoderma, Gliocladium	Possesses immunosuppressive properties. May be implicated in autism.
MT 14	Ochratoxin A	Aspergillus niger, Aspergillus ochraceus, Penicillium verrucosum, Penicillin nordicum	Found as a contaminant of a wide range of commodities including beer, wine, grains and cereal products, dried vine fruit, coffee, grape juice, processed cereal based foods and baby foods. Most European pork has trace amounts of ochratoxin. May be a human carcinogen (particularly urinary tract cancers) and also kidney disorders.
MT 15	Ochratoxin Mix		Found as a contaminant of a wide range of commodities including beer, wine, grains and cereal products, dried vine fruit, coffee, grape juice, processed cereal based foods and baby foods. May be a human carcinogen.
MT 16	Patulin	Paecilomyces, Penicillin sp., Aspergillus sp.	Associated with a range of mouldy fruits and vegetables, in particular rotting apples (but not cider) and figs.
MT 17	Penicillic Acid	Aspergillus ochraceus, Penicillium aurantiocandidum, Penicillium brasilanum, Penicillium melanoconidium, Penicillium polonicum, Penicillium veridicatum	Toxic and carcinogenic.

© Jane Thurnell-Read 1992-2018

Life-Work Potential Limited, United Kingdom | Tel UK 01392 434 389 Tel from outside UK: +44 1392 434 389

Email: contact@lifeworkpotential.com | www.lifeworkpotential.com

Code	Name	Produced by	Comments
MT 18	Roridin E	Stachybotrys chartarum	Found in water-damaged houses.
MT 19	Rubratoxin	Penicillium crateiforme	Found on cereal grains.
MT 20	Satratoxin G & H	Stachybotrys chartarum	Found in water-damaged houses; toxic to humans and animals. Possible symptoms are a rash that becomes a moist dermatitis, nosebleeds, chest pain, pulmonary haemorrhage, hyperthermia (raised temperature), headaches and fatigue.
MT 21	Sporidesmin	Bioploaris, Pithomyces chartarum	Facial eczema in animals.
MT 22	Sterigmatocystin	Aspergillus nidulans, Chaetomium, Emericella nidulans, Bioploaris	Found in water-damaged buildings and some food. Found at significant frequency in urine and blood of patients with gastric or liver cancer; Helicobacter pylori facilitates Sterigmatocystin induced gastric cancer. Highly toxic and carcinogenic.
MT 23	Tenuazonic Acid	Alternaria, Phoma	Found in grain and grain-based products, vegetables (particularly tomato products), fruits and fruit products, wine, beer, sunflower seeds and sunflower oil. It inhibits the protein synthesis machinery.
MT 24	Trichothecene	Myrothecium, Memnoniella, Phomopsis, Stachybotrys chartarum, Trichothecium, Cylindrocoryn, Fusarium	Synthesised by around 300 fungal species, infecting the grain of developing cereals such as wheat and maize. Reduces immune response.
MT 25	Viriditoxin	Aspergillus brevipes, Aspergillus fumigatus, Aspergillus viridinutans, Paecilomyces	Inhibits cell division.
MT 26	Walleminol	Wallemia	Found on cereals, pulses, dried fruit, cakes, confectionery, conserves. Toxic for some animals.
MT 27	Zearalenone	Fusarium	Commonly found in maize but can be found also in other crops such as wheat, barley, sorghum and rye, particularly during cool, wet growing and harvest seasons. Has been found in bread. A naturally occurring oestrogen that is well recognised as causing hormonal effects in animals.

References:

© Jane Thurnell-Read 1992-2018

Life-Work Potential Limited, United Kingdom | Tel UK 01392 434 389 Tel from outside UK: +44 1392 434 389

Email: contact@lifeworkpotential.com | www.lifeworkpotential.com

Mycotoxins and Indoor Molds by Sean P. Abbott, Ph.D.

http://www.uaf.edu/ces/energy/housing_energy/resources/mold/Abbott-Mycotoxins.pdf

<http://www.seeml.com/fungal%20center.html>

<http://www.arthritis-trust.org/Articles/Fungal-Mycotoxin%20Connection/index.htm>

<http://www.efsa.europa.eu/en/efsajournal/doc/2407.pdf>

<http://www.moldbacteria.com/mycotoxins/mycotoxins-in-indoor-environment-their-health-effects-and-the-moulds-producing-them.html>

http://www.dynamiclist.com/export/static_html.aspx?node=53687436-2e3a-4aec-9f29-cc878ce9974d

© Jane Thurnell-Read 1992-2018

Life-Work Potential Limited, United Kingdom | Tel UK 01392 434 389 Tel from outside UK: +44 1392 434 389

Email: contact@lifeworkpotential.com | www.lifeworkpotential.com

SALICYLATES TEST KIT (10 vials)
Product Code 8081

Salicylates are derivatives of salicylic acid that occur naturally in plants and serve to protect the plants against diseases, insects, fungi, and harmful bacteria. The range of foods that have no salicylate content is very limited. Synthetic salicylates can also be found in many medications, perfumes and preservatives.

Both natural and synthetic salicylates can cause health problems in anyone when consumed in large doses. But for those who are salicylate intolerant, even small doses of salicylate can cause adverse reactions.

If you are interested in learning more about salicylate sensitivity, go to www.salicylatesensitivity.com and <http://www.feingold.org/>.

Code	Name	Comments
S 01	Aspirin / Acetylsalicylic Acid	Often used as an analgesic to relieve minor aches and pains, as an antipyretic to reduce fever, and as an anti-inflammatory medication.
S 02	Benzyl Salicylate	Most frequently used in cosmetics; used as a solvent for synthetic musks and as a fixative in floral perfumes such as jasmine, lilac, and lily; found in hair dyes, moisturisers, sunscreen, bubble bath cleanser and aromatic candles; has been associated with allergies and contact dermatitis.
S 03	Ethyl Salicylate	A pleasant odour resembling wintergreen; used in perfumery and as an artificial flavour in food.
S 04	Isoamyl Salicylate	An orchid like smell: used in perfumery.
S 05	Isobutyl Salicylate	Used as a perfume in a range of products (aromatic, herbaceous, floral smell) and as a food flavouring (sweet aromatic; cooling, spicy with fruity nuances).
S 06	Methyl Salicylate	Used in perfume; also found in artificial flavours, sports rubs and pain relief creams; found naturally in wintergreen and birch.
S 07	Octyl Salicylate / Octisalate	Used as an ingredient in sunscreens and cosmetics to absorb UVB (ultraviolet) rays from the sun.
S 08	Phenethyl Salicylate / Phenylethyl Salicylate	Used as a perfume in a range of products (medicinal, balsamic, slightly fruity-floral smell) and as a food flavour (medicinal, balsamic).Used in detergents, fabric softeners, antiperspirants and deodorants, foam bath, bleach, hard surface cleaner, shampoo and soap.
S 09	Phenyl Salicylate	Used in the manufacture of some polymers, lacquers, adhesives, waxes and polishes. Used as an antiseptic.

© Jane Thurnell-Read 1992-2018

Life-Work Potential Limited, United Kingdom | Tel UK 01392 434 389 Tel from outside UK: +44 1392 434 389

Email: contact@lifeworkpotential.com | www.lifeworkpotential.com

S 10	Salicylic Acid	Natural sources are unripe fruits and vegetables, particularly blackberries, blueberries, cantaloupes, dates, raisins, kiwi fruits, guavas, apricots, green pepper, olives, tomatoes, radish and chicory; also mushrooms; some herbs and spices contain quite high amounts; while meat, poultry, fish, eggs and dairy products all have little to no salicylates. Of the legumes, seeds, nuts, and cereals, only almonds, water chestnuts and peanuts have significant amounts.
------	----------------	---