

Millions of Americans suffer from food sensitivities. Conditions such as irritable bowel syndrome, acid reflux, migraine and other headaches, weight imbalances, fibromyalgia, chronic fatigue, skin eruptions, brain fog and many other uncomfortable lingering health problems are often directly related to specific immune reactions to the foods we eat. Even so-called "healthy" foods such as salmon, chicken, apples, or garlic can provoke symptoms in sensitive individuals.

Identifying Reactive Foods Can be Difficult For Many Reasons:

- Reactions can be delayed up to 72 hours after ingestion.
- Reactive foods can vary widely from patient to patient. Even people with the same symptoms can have completely different sets of trigger foods.
- Usually many foods and/or additives are reactive, not just one or two.
- Reactions can be dose related. A small or medium amount of a reactive food may not produce symptoms, but a large amount will.

Brandywine Area Nutrition, LLC uses a remarkable program that will allow you to ...quickly identify what foods, and food-chemicals are provoking your symptoms, and, more importantly, which foods have the highest probability of being safe. We use ...a *patented* blood test named MRT® (Mediator Release Test®) to isolate a safe foods diet for each patient. Once the test is performed, an eating plan is developed and tailored to the needs of each individual patient.

Delayed-type hypersensitivity testing and advanced nutrition therapy have ...helped thousands of IBS, migraine, fibromyalgia and other food sensitive patients quickly overcome their food sensitivities and find lasting relief, even to the point of feeling completely healthy again after years of suffering. In fact, most patients see noticeable improvement within 5-10 days on the program. All without the ongoing costs and potential side effects of prescription medications that will never fix the underlying cause of the illness.*

Find out today if your health problems are from food sensitivities.

[Contact us](#) at Brandywine Area Nutrition, LLC to set up an initial consult.

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