

# ALCATEST



What's eating at the health and productivity of your employees? – It could very well be what they are eating!

## Are Hidden Food Allergies Making Your Employees Sick?

The answer is a definite yes. Helping your employees better understand how food choices affect them individually and uniquely can translate into sustainable savings in direct medical costs, 70% fewer sick days<sup>1</sup>, a 26%<sup>1</sup> absenteeism reduction, and improvements in other key performance indicators such as productivity, satisfaction, and retention.

*“The ballooning costs of health care act as a hungry tapeworm on the American economy.”* Warren Buffett<sup>2</sup>

<sup>1</sup> White et al.; “Association between CW Program Participation and Changes in Health Risks.” *J Occup Environ Med* 2015 Oct, 57 (10) 1119-26  
<sup>2</sup> <https://www.wsj.com/articles/amazon-berkshire-hathaway-jpmorgan-to-partner-on-health-care-1517315659>



# The Alcat Test works ...

When employees are well, your company's business is healthier

## Yale University: Alcat patients demonstrate significant improvement in IBS (irritable bowel syndrome)

Graphic:

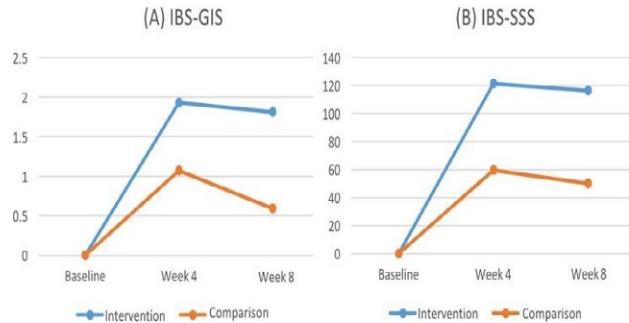
(A) Significant *Global Improvement Scale* improvement after 4-8 weeks

(B) Significant *Symptom Severity Scale* improvement after 4-8 weeks

1. Publication link:

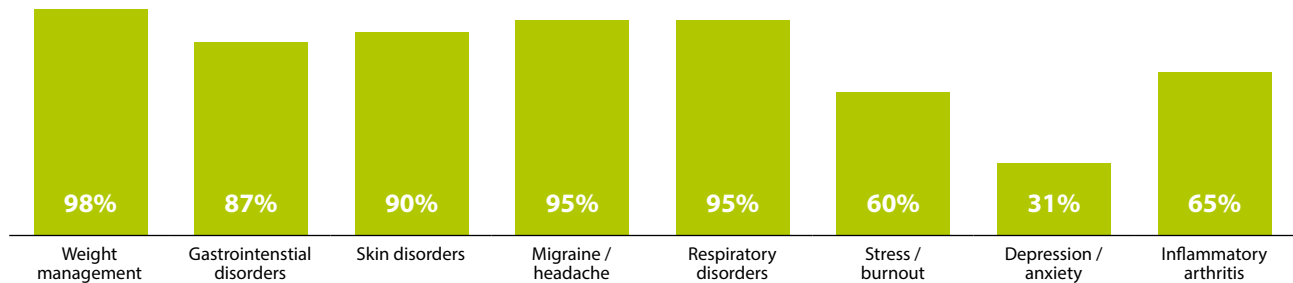
<http://bmjopengastro.bmj.com/content/bmjgast/4/1/e000164.full.pdf>

2. Yale researchers report on study of the efficacy of the Alcat Test for patients with irritable bowel syndrome, and pathomechanisms of food sensitivity" Webinar mit Dr. Mehal, Nov 16, 2017: <https://cellsciencesystems.com/education/webinars>



*"Results showed clearly that in this study<sup>1</sup>, which was very carefully randomized, double-blinded, removal of positive Alcat Test foods resulted in significant improvement in IBS."* Dr. W. Mehal<sup>2</sup>

## ALCATTEST Studies can benefit multiple disorders of up to:



### Studies (selection):

- M. Akmal, S. A. Khan, and A. Q. Khan, "The Effect of The ALCAT Test Diet Therapy for Food Sensitivity in Patient's with Obesity," MIDDLE EAST JOURNAL OF FAMILY MEDICINE, vol. 7, no. 3, 2009.
- 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" Kaats et al. in Am J of Bariatric Med, Spring 1996: 18-23.
- Rational management of food intolerance in an elite soccer club" Angelini et al., Journal of the International Society of Sports Nutrition 2011, 8 (Suppl 1):36
- Garcia-Martinez, T. R. Weiss, A. Ali, and W. Z. Mehal, "The ALCAT Test Predicts the Release of DNA and Myeloperoxidase by Innate Immune Peripheral Blood Leukocytes Via a PKC Dependent Pathway," International Congress on Integrative Medicine and Health (ICIMH), Las Vegas, Nevada, USA, 2016.
- A. Ather et al.; "Individualized Diets in Irritable Bowel Syndrome: A Randomized Controlled Trial," The International Congress on Integrative Medicine and Health (ICIMH), Las Vegas, Nevada, 2016.
- DeAmici et al.; "Evaluation of Alcat Test Results in the Non-IgE Mediated Pathology of the Skin"; University of Pavia, IT; 30th Congress of the EU Academy of Allergy and Clin. Immunology, 11 – 15 June 2011 Istanbul, Turkey. (Abstract #553)
- Berardi L. et al; "Alcat Test Results in the Treatment of Gastrointestinal Symptoms"; University of Pavia, IT; 30th Congress of the EU Academy of Allergy and Clin. Immunology, 11 – 15 June 2011 – Istanbul, Turkey. (Abstract #552)
- (N. Pietschmann, "Food Intolerance: Immune Activation Through Diet-associated Stimuli in Chronic Disease," (in engl.), Altern Ther Health Med, vol. 21, no. 4, pp. 42-52, 2015 Jul-Aug 2015.
- L. Berardi, M. De Amici, A. Vignini, C. Torre, and M. Mosca, "Food intolerance in patients with cutaneous diseases: diagnostic value of the alcat test," Allergy: European Journal of Allergy and Clinical Immunology, vol. 64, p. 490, 2009.
- D. Mylek, "ALCAT Test results in the treatment of respiratory and gastrointestinal symptoms, arthritis, skin and central nervous system," (in engl.), Rocznik Akad Med Białymst, vol. 40, no. 3, pp. 625-9, 1995.
- "Outcome Study in 353 Consecutive Patients Following The Alcat Diet", Study from Dr. Lene Hoj; Kopenhagen, Allergy Clinic Charlottenlund, Denmark 1998. Non-Published.
- "Cellular responses to food in irritable bowel syndrome – an investigation of the Alcat Test" Fell, Soulsby & Brostoff; J. of Nutritional Med., Vol 2 Nr. 2, 1999



### Provider of the Alcat Test for Food/Chemical Sensitivities

Cell Science Systems received the Frost & Sullivan Best Practices Award in 2016 as the "North American Food Intolerance Testing Company of the Year". The technology is supported by scientific studies from universities such as Yale School of Medicine, University of Illinois, Baylor Medical College, and University of Pavia. PreviMedica is a telehealth company focused on nutrition and behavior change.



**Integrating the Alcat Test into your company's health programs**

# We customize for every client's needs.



There are many “pieces to the puzzle” that need consideration when determining the appropriate plan. The health program includes the expertise of medical specialists, scientists, software engineers, registered dietitians and your staff, in fruitful cooperation customized to your needs.

Costs differ per employee depending on the Alcat panel chosen.

**Please contact us for a cost proposal.**

- ◆ Comprehensive gut health tests optional: Predictive genomic tests for gut health, metabolic, and nutritional health available.

## Program Steps

- 1 Customization of program plan to meet company's unique needs
- 2 Participant recruitment based on one or more presentations to employees
- 3 Registration / scheduling of participants' blood collection
- 4 General education and Q & A conducted by health professionals with expertise in the implementation of the Alcat Test results
- 5 Optional monthly monitoring membership for extensive individualized lifestyle guidance, customized meal planning tools and recipes. The program includes confidential one-to-one video counseling appointments with designated health practitioner.

### Contact and information

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