

The scientific research is clear, adverse reactions to common foods, known as hidden food allergies, prevent efficient fat burning. In a study from Baylor Medical College 98% of the subjects following an eating plan avoiding their own trigger food, as determined by the **Alcat test**[®], decreased scale weight and/or improved body composition (muscle to fat ratio). They also experienced improvement in skin, more energy, elimination of migraines, reduced sugar cravings, better mood and sleep, and other benefits.



"The Alcat test...will change the future of medicine."

William G. Crook, author, *The Yeast Connection*, and many other books.

The Alcat Test[®]
is a simple, effective
blood test that will
determine which
foods and chemicals
YOU need to avoid.

The Alcat test has been proven successful in helping overcome

- Stomach Disorders
- Fatigue
- Migraines
- Asthma
- Skin Disorders
- Aching Joints
- Hyperactivity/ADD
- Obesity
- And much more...



WHY WEIGHT?

Physicians and scientists now know that caloric restriction alone is not enough. The body is genetically programmed to lower metabolism and conserve energy stores during times of perceived famine. In contrast, the **Alcat test**[®] produces the required improvement to metabolic function necessary for healthy and effective weight loss...fat is burned, energy increases, muscle mass is maintained or even increased...all without caloric restriction!

For more information
on the Alcat Test
please ask your
healthcare professional



The **Alcat test**[®] is the **only** proven laboratory method for finding out which foods are causing weight gain, water retention, skin problems, fatigue, arthritis, and various other problems.

It is scientifically validated, has been awarded three US patents, and is performed under careful control by only one U.S. Government certified laboratory. The health benefits help ensure that you'll meet your weight goals safely, with less effort than you ever imagined possible, without the feeling of deprivation.

The **Alcat test**[®] eating plan is compatible with any other diet program. Many weight loss experts already realize this and have been relying on the **Alcat test**[®] for years.

The following results were obtained in a study of subjects experiencing food intolerance related health problems (n=353)

Condition of Subjects	Migraine/headache	95%	Experienced Improvement
	Irritable Colon	87%	
	Eczema	94%	
	Perennial Rhinitis	95%	
	Arthritis	85%	
	Asthma	96%	

Each Year Millions of People Start Diets That Don't Work: **WHY?**



Don't even think about starting a diet without reading this book!

"For eight years I have used the Alcat test in my practice. No other test is as accurate or useful."
Fred Pescatore, M.D., former associate Medical Dir., The Atkins Center

"I've seen the (ALCAT) technique work when absolutely no other approach has made the scale budge."
Steven Lamm, M.D., author, Thinner at Last

"I have been tested and have been following the rotation diet sent to me for about two weeks. After only three days, the residual inflammation in my hands disappeared. I discontinued my arthritis medication, and the pain free condition continues. What a great relief that is! To say I am impressed would be totally inadequate"
Kathryn P. Noble, M.D., Columbus, OH

"My clients have certainly seen results with your Alcat test. You may not realize how you have improved the quality of life for many people by making this test available."
Registered Dietitian from Massachusetts



"I have been using the Alcat test consistently for weight loss, chronic fatigue, depression, arthritis, candidiasis and a host of other diseases and find it an invaluable tool."
Dr. John P. Salerno, formerly of The Atkins Center, Medical Director Salerno Center Rockefeller Center in New York, Medical Consultant Josai Clinic, Tokyo, Japan, Medical Director, Cell Science Systems, Ltd.

"...within just four weeks of taking the test and following the food plan, I lost 5 kilograms (11lbs.), my stuffy nose and throat problem has completely cleared up and I now have tremendously more strength during training."
Christian Mayer, World Champion Skier

"After the Alcat test I have probably 5% more strength and where I would take a rest after workouts in the afternoon I can carry straight through the day with no need or desire to stop for a break. To think that a mundane and harmless food like black pepper could be causing my problems is incredible...but it works! I recommend it to anyone looking for that edge on the competition and for health generally."
Dave Gauder - "Big Dave"
"The strongest man that ever lived"*
Holder of 22 Guinness World Strength Records.

*Quote from Strength Athlete magazine.

Dieting is frustrating and almost never brings long lasting results...

But fortunately, **there is** an answer.

The answer is finding an eating plan that's right for your own unique biochemistry.

