

"When it is not Food Intolerance"

Excluding wheat, dairy, meat and other foods can improve symptoms of "food intolerance". *On the other hand, the same foods can cause symptoms if the gut is unwell.* Assuming "food intolerance" is the cause of your symptoms can delay diagnosis and treatment of a serious digestive illness.

"Food Intolerance" is unlikely to be the problem

- If the same food is only occasionally not tolerated
- If you violently vomit with abdominal pain that comes on in waves
- If you have oily stools that float with severe central abdominal pain
- If your pain comes on suddenly with dark urine and/or pale stools
- If you have diarrhoea with bleeding or are severely constipated
- If the symptoms started after age 40-50
- If you have severe weight loss
- If faecal calprotectin or FIT test is high or coeliac blood test is positive



If you have any of the above then a small intestinal, gallbladder, pancreas, digestive enzymes or colon disease amongst others could be masquerading as "food intolerance."

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