



Hidden Food Allergies

(NAPSA)—Low carb, high carb, no carb—perhaps the real secret to dieting success is checking food allergies.

For six years, Dr. Fred Pescatore, former medical director of the Atkins Center, has used the ALCAT test to check for hidden food allergies. “No other test is as accurate or useful.”



Hidden food allergies may be sabotaging your diet.

The success of the test for dieters is described in the book, “Your Hidden Food Allergies Are Making You Fat,” by Roger Davis Deutsch and coauthor Rudy Rivera, MD. Studies show that following the ALCAT test eating plan can mean weight loss success and a reduced craving for sweets. A Baylor Sports Medicine and Performance Institute study found that 98 percent of the subjects following the plan either lost weight or improved body composition.

Indications that food allergies may exist include fatigue, skin rashes, sugar craving, migraine, joint pain and Irritable Bowel Syndrome.

The book is available at bookstores. For information about the test, visit www.alcat.com or call 1 (800) 872-5228.