

## OF NUTRITION

### Your Hidden Food Allergies: Making You Fat?

(NAPSA)—Your intolerance to certain foods may be keeping you from losing weight. This is the message in *Your Hidden Food Allergies Are Making You Fat* (Prima Publishing, \$15) by Rudy Rivera, M.D., and Roger D. Deutsch.



**Eliminating foods you are allergic to from your diet is a key factor in losing weight.**

Even such wholesome foods as fruits, fish and wheat can be triggers that cause the body to change its metabolic processes. Not only can this cause the body to resist weight loss, but it may also lead to medical conditions ranging from migraines to arthritis and fatigue.

The book also details some interesting scientific studies. In one, women who addressed their food intolerances were able to not only lose weight, but also lost fat from their thighs—something they had previously been unable to do.

People can determine their food intolerances with the help of a simple blood test called the ALCAT Test. In a recent clinical study conducted by medical experts, 98 percent of the subjects following the ALCAT plan lost weight or improved their body composition.

The book is available in bookstores, or by calling 800-881-2685. It can also be ordered online at [www.alcat.com](http://www.alcat.com). The studies and other useful information are on the Web site.