



FOOD INTOLERANCE TESTING FOR GROWING CHILDREN

FINDING OUT WHAT'S REALLY BEHIND THE TUMMY ACHES AND OFF DAYS

Food intolerance is a condition where the body has difficulty digesting certain foods or ingredients. It's different from a food allergy, which is a potentially life-threatening immune response - but it's far more common, and can quietly affect a child's day-to-day comfort, energy, and mood.

WHY THIS MATTERS ESPECIALLY FOR CHILDREN

Children are often the least equipped to tell us what's wrong. A younger child may not have the words for 'bloated' or 'foggy,' and symptoms can take up to 72 hours to appear after a food is eaten - which makes it nearly impossible for a parent to pin down the trigger through observation alone. A simple test can do in one step what months of guesswork and food diaries often can't.

COMMON SIGNS WORTH INVESTIGATING

- Abdominal pain, bloating, or gas
- Diarrhoea or irregular bowel habits
- Headaches or unexplained fatigue
- Skin conditions such as eczema or rashes
- Nausea or a generally sensitive tummy

Because gut health and brain function are closely linked, ongoing digestive discomfort can also ripple into a child's mood, sleep, and ability to concentrate - one more reason to get to the root of it early.



HOW THE TEST WORKS

- The sample is taken with a simple finger prick
- The test measures how specific antibodies in your child's blood react to 57 of the most common foods
- Results are based on foods consumed within the last three months
- Once we know which foods your child's body is reacting to, we build a temporary, tailored elimination plan
- This is followed by a systematic reintroduction of foods, alongside any supplementation needed to support healing



WHY TEST RATHER THAN GUESS

Every child's body is different, so a generic 'avoid dairy and gluten' approach can mean cutting out foods that were never the problem, while missing the ones that are. Testing gives your Naturopath or Nutritionist real data to work from - a faster, more precise route to relief, without the cost or frustration of unnecessary elimination or unnecessary supplements.

BOOKING YOUR CHILD'S CONSULTATION

Contact Organic Heart via WhatsApp to make a booking for your child - we'll take it from there.



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