



## **Blue Logic Food Intolerance Pilot Study; One Month Summary**

### **Aim**

Food-specific IgG-guided elimination diets are used by those who consider that food may be contributing to symptoms such as fatigue, weight gain (or loss), joint pains, bloating, IBS, headaches/migraines, skin problems and low mood. This pilot study was carried out to find out whether dietary changes based on food-specific IgG results (from YorkTest, [www.yorktest.com](http://www.yorktest.com)) could benefit the health and wellness of those in a corporate setting, over a three month period.

### **Study Outline**

In October 2017, Staff members from Blue Logic, a leading managed IT Services provider, were offered a YorkTest food-specific IgG (food intolerance) test for reactions to 158 different food and drink ingredients. The employees were offered the test at a subsidised rate; 33 employees took up the offer and consented to change their diet according to the test results.

The study required the employees to be interviewed, and complete questionnaires about their health, at baseline (Day 0) and after one and three months. The questionnaires included questions about any symptoms that they were experiencing, the severity and duration of these symptoms and the impact that these symptoms were having on their home, social and/or working life. The employees were also weighed and their BMI calculated. The employees were fully supported with YorkTest Nutritional Therapist consultation(s) over the period.

### **Results and Compliance**

Food-specific IgG antibody results for 3/33 employees came back negative and these were excluded from the trial. One individual (SS) did not attend for the baseline questionnaire and was also excluded from the trial. The remaining 29 employees in the study all had “positive” and/or “borderline” reactions to at least one food. 6/29 had only “borderline” reactions and the remaining 23/29 employees had “positive” reactions ranging from 1 – 8 foods (average 2 foods).

After one month, 2 individuals were identified who had not been able to comply with the dietary changes. One individual (SB) was on the Slimming World programme and she felt unable to continue with the dietary changes recommended by YorkTest at the same time. Another individual (MS) suffered from swelling of his lip, with no other symptoms, but wasn't prepared to change his diet to see if it would help. The other 27 employees (13 female and 14 male; age range where stated 21 - 60) have now completed the first month of the study.

This is a summary of results after the one month time point. HR metrics such as absenteeism, days off sick and performance will be provided by Blue Logic and incorporated into the full study report at the end of the trial.

## **Symptoms**

All 27 employees reported at least one symptom at the start of the study.

23/27 employees provided information about the length of time that they had suffered from their primary symptom prior to taking the test. 14/23 had been suffering from their primary symptom for 5 years or more (5-30 years), 6/23 had been suffering for 1-4 years and 3/23 had been suffering for less than a year.

Key areas for concern (all symptoms) were as follows; range of number of symptoms per person is 1 to 8:-

- Digestive problems (22/27; 3 of which had been diagnosed with IBS)
- Fatigue (13/27)
- Musculo-skeletal pain (9/27)
- Weight gain (8/27)
- Psychological (7/27)
- Respiratory (6/27)
- Skin problems (5/27)
- Migraines (5/27).

After one month employees were asked to provide information about their primary and secondary symptoms.

### **Key Findings: Primary and secondary symptoms**

21/27 reported **digestive problems** as their primary or secondary symptom and after one month **18/21 (86%) reported some benefit with 13/21 (62%) reporting moderate to considerable benefit.**

11/27 reported **low energy** as their primary or secondary symptom and after one month **10/11 (91%) reported some improvement in their energy levels with 6/11 (55%) reporting moderate to considerable benefit.**

3/27 reported **skin symptoms** as their primary or secondary symptom and after one month **2/3 (66%) reported moderate to considerable benefit.**

The other primary and secondary symptoms were weight gain (see below), psychological, joint pain and respiratory symptoms.

Out of the 4 employees who stated that **psychological symptoms** had a high impact on their lives at the beginning of the study (score 4/5 or 5/5 on the impact scale), **3/4 (75%) reported moderate to considerable benefits after one month.**

### **Key Finding: Weight**

At the start of the trial the average BMI for the 25 employees who recorded their weight was 28.9 (range 21.7 – 47.9). After 1 month of dietary change the average BMI was 28.1 (21.7 – 45.6); an overall 3% reduction in BMI (range 2% increase to 12% decrease in BMI). **For those classed as overweight with a BMI >25 there was an overall 4% reduction in BMI.**

In further detail, 2/25 gained weight (up to 2kg), 3/25 showed no weight change, 9/25 lost 0.1 – 2.0kg, 6/25 lost 2.1 – 5.0kg and 5/25 lost >5kg in one month. **Out of the 20/25 (80%) that lost weight 11/20 were considered overweight (BMI ≥25) and 6/20 were considered obese (BMI ≥30) at the start of the study.**

### **Key Finding: Overall Health Measure**

At the start of the study each employee was asked to rate their own health state on a scale of 0 to 100 where 100 is the best imaginable health state. This exercise was repeated after one month. 26/27 employees rated their health. **The average Health Score at baseline (Day 0) was 59 (range 20 to 80) and this increased to 75 (range 30 to 90) after one month.**

3/26 employees reported no change in their overall Health Score, all others reported an increase in their Health Score (range 5 – 50 point increase). 5/26 employees reported a ≥30

point increase in their overall Health Score. Quotes from these 5 employees (there are many more quotes / feedback within the questionnaires) are summarised in the table below.

Employee	Quote
DW (female aged 42)	I feel better at work, feel I can concentrate for longer at my computer. It's made a real difference
AB (male aged 35)	I have so much energy, have never felt better. Tiredness, low energy and toilet trips have all improved. Before the test I had suffered for 2-3 years. Since taking the test I have had zero symptoms. This test has improved my home, social and work life.
CM (male aged 34)	Stress, energy and digestive symptoms have improved. I'm sleeping a lot better and have more energy. I'm also feeling more positive in general. So much improvement, I'm taking up walking at the weekend. I'm feeling so much happier and healthier.
BJ (male aged 39)	An improvement in IBS and bloating within 3 weeks. I am now able to attend client sites without worrying about toilet breaks. The test has made me feel so much more confident when on client visits.
BF (female aged 21)	Extreme IBS (had been hospitalised) and back pain. After taking the test BF reported an "amazing improvement". Discharged from physio after 1 year, no longer requires acupuncture, no longer taking IBS medication and can now go to the gym.

## Conclusion

Dietary changes based on food-specific IgG results can benefit the health and wellness of those in a corporate setting, over a one month period. These benefits include improvements in symptoms severity, increased energy levels, improved mental health, weight loss and improved overall health measures. A full study report including HR metrics will be provided at the end of the study.

**Dr Gill Hart, Scientific Director**

**10<sup>th</sup> January 2018**