PreviLean bundle references

PreviLean

Alcat food sensitivity studies related to weight loss and inflammation

	Study Keywords	Study Result & Description	Publication
1)	**Innate Immunity, Inflammation**	Immune **pathway of food sensitivity (Alcat) discovery**: mtDNA and nDNA released from food allergen-activated neutrophils (2021)	König B, Bellanti J et al
2)	**Weight Loss, Cardio-Metabolic Fitness**	**Significant Weight Loss & Body Composition Improvement**; **Greatest changes** in Group I (Alcat + Aerobic exercise): Weight -32.2lbs, BMI -4.6, and Waist -4.3 inches; **Significant changes** Group 2 food allergen elimination (ALCAT test) alone, Study 12 months (2021)	University of Texas
3)	**Wellness, Low Immunity, High Inflammation**	High food sensitivity correlates with **nutrient deficiency, oxidative stress & lower immune redox status** (2020)	Steele et al
4)	**Inflammation, Insulin Resistance & Diabetes**	**Correlation between insulin resistance and Alcat Food Intolerance Test** (2019)	University of Camerino
5)	**Link Food Sensitivity & Inflammation**	Pathogenesis of food sensitivity: Alcat identifies foods which induce the release of **DNA from innate immune cells** (2018)	Yale University
6)	**Weight Loss – Body Composition**	**Alcat is beneficial for obesity reduction: Significant weight loss (2028)**	University of Texas
7)	**Digestive Health: Diagnose Gluten Sensitivity**	**Alcat as biomarker for Non-Celiac Gluten Sensitivity:** Non-Celiac Gluten Sensitivity in patients with severe abdominal pain and bloating: The accuracy of ALCAT 5 (2018)	University of Pavia
8)	**Digestive Health, Symptoms & Alcat**	Alcat-guided dietary changes **reduced inflammation, weight,** & medical symptoms (2018)	Northern Illinois University
9)	**Positive Impact Digestive & Overall Health**	**Significant improvement** of irritable bowel syndrome using the Alcat Test (2017)	YALE University
10)	**Weight Loss, Cardio-Metabolic Fitness**	**98% of the subjects following the ALCAT plan either lost scale weight or improved their body composition (1996)**	Baylor Medical College
11)	**Weight, Inflammation & Cardio-Metabolism**	The elimination diet has been shown to reduce also reflux disease, chronic fatigue syndrome, headaches that the problems associated with food sensitivity and **losing weight** decreases the inflammation markers (2009)	Middle East Journal

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