

MRT FOOD TEST

OVERVIEW

Did you know that even “healthy” foods could be triggering inflammation in your body? This is due to a common condition nicknamed “leaky gut,” which is when there is microscopic gaps in your intestines that increases food reactions over time.

If you have chronic inflammation in your body (i.e. migraines, arthritis, joint pain, skin conditions, gut issues, autoimmune conditions, etc.) eliminating trigger foods can be a huge relief.

Why we prefer the MRT over other food tests:

- Tests 176 foods and food additives/chemicals.
- Results include a detailed plan of action for best results.
- Most food sensitivity tests, like Everlywell, measures an IgG response which is unfortunately unreliable. It is also dependent on whether you have recently eaten each food.
- MRT is accurate for foods whether you have eaten them recently or not, so no need to be miserable eating foods that you already know make you feel unwell.
- Allergy testing only shows IgE reactions - fast, intense reactions - helpful, but does not include delayed reactions.
- MRT can catch an inflammatory response that occurs up to 2-3 days after ingestion. Much more comprehensive!
- Retesting the MRT can show any shifts in immune reactions to new or different foods, improvement in overall sensitivities and hopefully show a pattern of healing leaky gut in the long-run.

IMPORTANT NOTE

Food sensitivities are one part of the picture for your health. Food allergies should always be avoided regardless of sensitivity results, as well as food intolerances.

An intolerance means you cannot digest it well, like lactose intolerance, which can indicate a lack of enzyme production and possibly small intestinal inflammation. This differs from a food sensitivity, which is an immune inflammatory reaction.

Other food-related symptoms can be caused by celiac & non-celiac gluten sensitivity, H Pylori, ulcers, candida overgrowth, SIBO, MCAS/histamine intolerance and more.

To discuss further evaluation beyond food sensitivities, [book a free Clarity Call](#) with Rebekah.



TEST DETAILS

TEST TYPE

- Kit mailed to you, take it to the lab
- **Blood drawn at Any Lab Test Now** or another lab location if needed

LAB FEE

- **\$375 for MRT Test**

CONSULT FEE

- **\$175 for Lab Review Consult**
- Includes a detailed review, up to 1 hour consult and recommendations
- This is a **virtual consult**, so anyone can benefit, near and far

EXPERT REVIEW

Rebekah has extensive training and experience in gut health and nutrition. Instead of reading the lab at face value, she will share deeper insights indicated by your results, a plan of action on how to address these sensitivities, and additional natural supports you can consider to get the best results.

Rebekah Lund, Owner, Functional Practitioner, Certified Thermographer

