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Dieters Dealt A Body Blow From Recent Labeling Of Hydroxycut As Unsafe For Human Consumption

Food Intolerance Testing: Natural Alternative to Hydroxycut?

DEERFIELD BEACH, FL, May 05, 2009 **/24-7PressRelease/** -- The country's estimated 50 million dieters were dealt a body blow on Friday when the FDA declared Hydroxycut (containing hydroxycitric acid, a purported liver toxin) unsafe for human consumption and warned users to immediately stop using the product. Millions of dieters were taking Hydroxycut.

With increasing awareness that being even slightly overweight increases the risk of diabetes, heart diseases and even susceptibility to infection and cancer, many Americans are seeking short cuts to weight loss. Following the FDA ban on phen-fen years ago, a popular drug combination that was later found to cause a rare but potentially deadly respiratory and lung disease, the weight conscious have increasingly turned to the use of herbs and other non-drug products.

Herbs, although natural, can have negative side effects. According to the National Center for Complementary and Alternative Medicine, a division of National Institutes of Health, "natural" does not always mean "safe." Additionally, the term "standardized" does not necessarily guarantee product quality or consistency.

A recent study published in the Middle East Journal of Family Medicine has shown that avoidance of hidden food allergies (or food intolerances, as they are sometimes called) can be every bit as effective and far safer than the use of drugs, herbs or even severe calorie restriction.

In the course of the 12 week study the 27 patients underwent a single treatment: avoidance of foods that were shown to be immune reactive according to blood testing through a system known as the ALCAT test. The study participants showed an average weight loss of approximately 37 pounds plus an average drop of six points of BMI (body mass index) and an average decrease of 30% of body fat.

Food intolerance testing is safe as it only requires a small blood draw, so long as the dieter maintains sufficient nutritional intake. The results come about not from calorie restriction but rather by removing factors that cause inflammation and interfere with normal metabolism

With the ever increasing rate of overweight and obesity in not only adults but also children now, maybe a dose of food intolerance testing is just what we need to save America's waistline and health care budget.

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Reference: <http://www.fda.gov/bbs/topics/NEWS/2009/NEW02006.html>