

(https://www.crigenetics.com/cs/c/?cta\_guid=9c6ccecc-3a50-4c03-8343-d431e105f629&signature=AAH58kEF5BZjz2Cww5eZOubEEnc8tBnVA&placement\_guid=158e8485-71a8-4517-90f4-884bedb1e48f&click=72fab70a-36aa-4826-b2c7-68275e838e98&hsutk=713a88599af7c1a92c9937780bdd702f&canon=https%3A%2F%2Fwww.geneticsillustrated.com%2Fbest\_allergy\_dna\_test\_companies%2FiVqRDBNABNaAi2h3\_4-CX\_5-ENU4FYhfW089m3VwLuizBYhHZ0stjTTVlSnAfGHCzPJGIQzxllXRi3aVul-nuWYNwjRNjGpd0hQfIcKbM5ATXeioManFu3RnsLajVdrEkIifDK5TptLfKjW9lFI7E3A-KLSZBs7jWJ9zBktOaGWJ7aojvrTuTZd3temJGVIqpiymkgL6Kmp9BEIcNhuROQm3uHGBDrb7FOkTHCoAtVelbil5MDjY3SQ9SMVGEeVbPTAlgEQ6EwtdBozyhTD\_MXs

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## How To Find The Best Food Sensitivity And Allergy Tests Of 2020

Your Free Guide To Discover Food Sensitivities And Allergies So You Can Feel Healthier  
And Avoid Tests That Don't Work.

### Our Editors (about.html)



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Adam Bodley is a consultant scientific editor and writer. A former professional scientist in the fields of environmental science research and public health, Adam embarked on a career change 12 years ago and is now a high school biology educator in addition to his editing and writing work.



If you're reading this, you're well aware that certain foods and substances simply don't jive well with your body.

Whether you get headaches from drinking red wine, indigestion (or worse) from eating cheese, or you break out in hives when the wind blows just the right cocktail of allergens into your face.

Sometimes, you know something is wrong and you know it's a reaction to something you ate or something in the environment, but you can't put your finger on exactly what caused it...

Fortunately, we live in an age where various tests can help you identify allergies, sensitivities, and intolerances that may be causing problems for you.



### Looking for accurate alternatives to painful skin pricks?

Food allergies alone affect 32 million people in the United States every year—15 percent of patients first being diagnosed in adulthood. According to the Centers for Disease Control & Prevention, from 1998 to 2010, food allergy prevalence among children increased by 50 percent.

And that's just on the food side. That doesn't even include seasonal allergies or other foreign allergens, which affect between 10% and 30% of the population, worldwide!

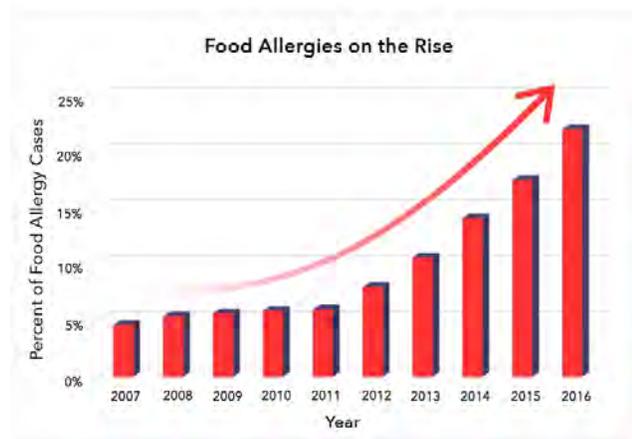
### What can we do about this growing problem?

One solution is at-home allergy testing. As allergies continue to rise, so do the number of allergy test options.

Unfortunately, not all of these tests are created equal. Some can be very helpful in improving your life and wellbeing. Others can be a downright waste of money that lead to unnecessary changes in your lifestyle that don't bring you any of the expected benefits.

This article will help you sort it all out. We'll show you the different types of allergy testing options available to you along with our own recommendations.

If you are having severe allergic reactions, you should see a medical professional...



Skin and food allergies have gone up every year—for the last 10 years. There's never been a better time to take an allergy test!

...But if you're just having some minor issues you prefer to deal with at home, here are a few basic guidelines to ensure you get the best test:

## What Allergy Tests Are Worth a Try?

### ✓ Skin

This test is typically performed at a doctor's office. Your skin gets pricked on the surface and exposed to a potential allergen. A medical professional then observes how your skin reacts. This is the most accurate type of allergy testing, but it is not the most convenient as it cannot be performed at home.

### ✓ DNA

These tests use either a saliva sample or tissue sample (via cheek swab) to look for specific genetic markers in your DNA. Many studies have linked various genes and alleles in your DNA to certain allergies and sensitivities. While these tests can't 100% predict all of your allergies and sensitivities, they are the most accurate test you can do at home for everything from an allergy test, to food sensitivity test, to a general intolerance test.

## What Allergy Tests to Avoid

### ✗ Hair

This test uses "bioresonance" to detect minerals in your hair, with the idea being harmful food will show up in your hair's mineral makeup. This type of test has been largely discredited by the scientific community. And would not be suggested for either a food sensitivity test, intolerance test, or generally allergy testing.

### ✗ Blood

Some companies will even have you send a small blood sample for analysis. They examine antibodies in your blood, with the idea being that your blood will contain antibodies for substances you're allergic to. These tests are notorious for giving false positives, as antibodies are not an accurate way to analyze allergies. You likely have antibodies in your system from whatever you ate for lunch, but that doesn't mean you're allergic to it.

### ✗ Urine

If you thought blood tests were weird... These tests are a little more rare than the alternatives because the science is fairly new. As of writing this article, most of the promising studies for urine-based allergy testing discoveries were conducted on mice, not humans. These tests are also a little more rare because, well, who wants to pee in a bag and put it in the mail?

## What You Should Look For In A Good Allergy Test

### ✓ Scientific Accreditation

Is the company run by actual scientists or a band of faceless businessmen – or worse, fraudulent witch doctors? No surprise, the best at-home allergy testing comes from companies run by real accredited scientists.

### ✓ Technology

What method is the company using to analyze your allergies and sensitivities? Are they using the most updated methods and technology or are they still cashing in on outdated rubbish and pseudoscience?

### ✓ Customer Service

Perhaps most importantly, what do the reviews say? Other customers are often your best resource for finding the best services.

## What We Recommend

Our research team has examined every at-home allergy test, DNA and otherwise, around the world. Based on the guidelines above, we've assembled what we believe are the Top 3 At-Home Allergy Tests that will help you make a real difference in your life. A free detailed report is available for each one.

## #1 CRI Genetics





(/crigenetics\_oct20.html)

**BRAND**



**TOTAL RATING**

**Excellent**

**OVERALL RATING**

**Scientific Accreditation**

Average Rating 9.7/10



**9.7/10**

**Accuracy of Reports**

Average Rating 8/10



**8/10**

**Value of Services**

Average Rating 9/10



**9/10**

**Customer Satisfaction**

Average Rating 9.9/10



**9.9/10**

## PROS

- ✔ DNA-Based Allergy Test
- ✔ New Allergy Reports Added Regularly
- ✔ "Efficiency Guarantee" Return Policy
- ✔ Several Health & Ancestry Reports

## CONS

- ✘ Frequently Backordered, Especially During Holiday Shopping Season

## OVERVIEW

CRI Genetics is headed by a renowned genetic scientist who was trained by a Nobel Prize winner. Alexei Fedorov, with a Ph.D. in Molecular Genetics, designed a patented DNA analysis algorithm they use to deliver the most advanced, accurate, and detailed ancestry reports on the market.

[Learn More → \(/crigenetics\\_oct20.html\)](/crigenetics_oct20.html)

## #2 FoodSafe Allergy Combo Panel



**BRAND**



**TOTAL RATING**

**GOOD**

**OVERALL RATING**

**Scientific Accreditation**

Average Rating 8/10

**8/10**

**Accuracy of Reports**

Average Rating 7.5/10

**7.5/10**

**Value of Services**

Average Rating 7.7/10

**7.7/10**

**Customer Satisfaction**

Average Rating 8/10

**8/10**

**PROS**

- ✔ Tests for 190 Allergens
- ✔ Strong Customer Reviews
- ✔ Friendly Customer Service

## CONS

- ✘ Blood-Based Allergy Test
- ✘ No Clear Return Policy

## OVERVIEW

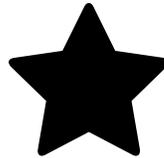
While they don't have any renowned scientist as the face of their company, FoodSafe claims to test for 190 allergens including food sensitivity testing. It is a blood test, so it will not be as accurate as a DNA or skin allergy test, but they have top notch customer service and a slew of passionate customers who swear they have above average accuracy.

[Learn More → \(foodsafe.html\)](#)

## #3 AllergyInsider



**BRAND**



**TOTAL RATING**

**ABOVE AVERAGE**

**OVERALL RATING**

**Scientific Accreditation**

Average Rating 6.5/10

**6.5/10**

**Accuracy of Reports**

Average Rating 7.5/10

**7.5/10**

**Value of Services**

Average Rating 6.8/10

**6.8/10**

**Customer Satisfaction**

Average Rating 7/10

**7/10**

**PROS**

- ✔ Accurate Prediction of Hay Fever
- ✔ Recommend Help of Healthcare Professional

## CONS

- ✘ Limited Range of Allergy Reports
- ✘ Blood-Based Allergy Test
- ✘ No Clear Return Policy

## OVERVIEW

AllergyInsider has a focus on Allergic Rhinitis, more commonly known as Hay Fever, which is one of the most common allergic conditions. Addressing this specific problem is a noble pursuit, but they fall to #3 on our list because it limits the range of allergies they can predict.

[Learn More → \(allergyinsider.html\)](#)

## Sources:

1. <https://www.foodallergy.org/resources/facts-and-statistics> (<https://www.foodallergy.org/resources/facts-and-statistics>)
2. <https://www.aaaai.org/about-aaaai/newsroom/allergy-statistics> (<https://www.aaaai.org/about-aaaai/newsroom/allergy-statistics>)
3. [https://www.realclearhealth.com/articles/2017/08/21/food\\_allergies\\_new\\_data\\_on\\_a\\_growing\\_health\\_issue\\_11070](https://www.realclearhealth.com/articles/2017/08/21/food_allergies_new_data_on_a_growing_health_issue_11070)

Results may be experienced differently by different individuals. This report is developed from clinical studies, research, and customer reviews analyzed by the editors. Further supporting research and documentation can be found in the "Research" section as well as the "Disclosure" section of Genetics Illustrated.

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