

Green Giants 環保先鋒

Tried & Tested Allergy Alleviation

“We think of ourselves as promoting wellness through technology,” says **Kelvin Tang**, Director of HK BioTek. With the key to many chronic illnesses lying in the foods we eat and substances in the air we breathe, the company can help identify the foods and inhalants that may be causing you and your family’s allergies and other health issues in a simple test.

Some allergies are instantly apparent, such as eating something that immediately gives you a rash or makes you feel ill soon after you ingest it. But the effect other foods can have on the system may not be as apparent and may cause lasting but seemingly unidentifiable problems over a lifetime without ever being detected.

Now that conditions from eczema to ADHD to infertility have been found to improve with changes to the diet, allergy testing is a simple tool everyone can use to help find solutions to lingering health problems.

HK BioTek’s ELISA (Enzyme Linked Immunosorbent Assay) Aller-Food Check tests can offer information about the body’s reaction to up to 96 standard foods. There’s even a test to check 96 Asian foods, perfect for the Hong Kong market. Best of all, the test only requires a few drops of blood for analysis, eliminating the redness and swelling caused by traditional skin prick and patch tests.

And unlike RAST blood tests, ELISA tests, which are analysed at the US BioTek laboratories in Seattle, Washington, not only pinpoint allergens that cause immediate problems (IgE antibodies), but also those that result in delayed onset reactions (IgG antibodies). The latter, a kind of ‘hidden allergy’, can cause ongoing problems that, while having less dramatic effects, can hinder quality of life in more subtle ways.

A former TV news reporter, Tang joined HK BioTek’s founder Anthony Wong in 2003 on a mission to spread the word about how easy it is to isolate and eliminate problem foods and other potential allergens from our lives. With SARS looming and people more interested in staying healthy, it was a good time to start a wellness venture.

Tang even took the tests himself, though he admits he was hesitant at first. “I love to eat, so I didn’t want to give up the foods I love,” he confesses. His report showed long-term health reactions to gluten, cheese and eggs.

HK BioTek doesn’t just identify problem foods – their dieticians will review your results with you and make recommendations on dietary changes and healthier alternatives for favourite culprit foods. When Tang’s wife Connie was pregnant with their son Jeff, she resisted being tested until she became violently ill. “At the time, we thought she’d had a reaction to some mango she’d eaten,” he says.

Instead, Connie turned out to have long-term reactions to eggs and milk, and with her doctor’s help, she was able to find alternative foods to ensure a healthy pregnancy. When baby Jeff’s test revealed an allergy to cow’s milk, he was switched to soymilk. The whole family feels much healthier now, says Tang.

HK BioTek is also committed to educating the public through forums, seminars, expos and partnerships with local companies such as BUPA and Health Gate, appearing at *The Parents’ Journal’s* annual Education Expo and Family & Home Show in May of this year.

Other allergy testing is available, including tests for 64 inhalants (mould, pollen, dust mites, etc.) and a test that can evaluate risks for cardiovascular diseases and cancers.

Tang says he can understand how some people might be reluctant to take the tests, just as he was initially. “But now I figure, the more I know about myself, the better off I may be,” he says. “By sharing this information with more families and medical doctors, we can help people improve their health and live longer, happier lives.” ■

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食物過敏測試 解開致敏之謎

生物保健科技(香港)有限公司董事鄧景輝表示：「我們公司以科學方法，助大家打開健康之門。」許多陳年宿疾的起因，皆由食物過敏及空氣中的微粒所造成，而生物保健提供的過敏測試，只需一次簡單檢驗，便可識別引致過敏和其他健康毛病的食物和空氣微粒，有助你和家人維持身體健康。

過敏反應分兩類，若吃東西後馬上出現紅疹，或吸入某類物質後即感到不適，便屬即時過敏；延遲過敏則較難發現，這類過敏引致的不明徵狀可纏繞一生，至終未能找出成因。

然而，現今已有研究顯示，各種過敏症狀，包括濕疹、過度活躍症，甚至是不孕症，均可透過調節飲食獲得改善。患長期過敏人士，若接受食物過敏測試，將有助解開困擾多時的致敏之謎。測試過程簡單快捷，大人小孩，均適合使用。

生物保健科技的過敏食物測試 ELISA技術（與濕疹相關的免疫球蛋白吸附法），能準確量度出身體對多達96種不同食物所產生的反應，甚至還提供檢測96種亞洲食物，絕對符合香港人的需要。測試最受稱道的，是只需抽取數滴血液，便可進行分析，減少如傳統戳針測試所造成的皮膚紅腫。

他們採用的ELISA技術，會將樣本寄往位於華盛頓州西雅圖的美國生物保健實驗室進行分析。ELISA測試與發射致敏原吸附法（RAST）截然不同，ELISA不但可驗出導致即時過敏（IgE抗體）的致敏原，更可找出延遲過敏（IgG抗體）的致敏原。延遲過敏是種「隱藏的過敏」，即使症狀並不明顯，但過敏情況持續不癒，生活質素難免受到影響。

曾任電視新聞主播的鄧景輝，於2003年加入香港生物保健科技，與創辦人黃中紅攜手推廣健康生活。他們致力讓大家明白，要從生活中摒除問題食物和其他潛在致敏原，只是輕而易舉、簡單不過的事。當時非典型肺炎陰影猶在，市民對健康極其關注，正是開展保健事業的大好時機。

鄧景輝身體力行，親自接受測試，但他最初對此的態度也相當遲疑，他坦言：「我非常饒嘴，擔心要放棄心愛食物。」結果測試報告顯示，長期以來，他的身體對麩質、芝士和雞蛋有著過敏反應。

香港生物保健科技的服務範圍並不限於識別問題食物，他們的營養師會與客戶一起檢討報告結果，並因應需要提出調節飲食的建議，鼓勵大家以較健康的飲食代替心愛的垃圾食物。鄧景輝的太太Connie，懷著兒子Jeff時同樣抗拒測試，直至感到非常不適才改變初衷，鄧氏憶述：「我們當時還以為Connie因吃了芒果而出現過敏反應。」誰知測試結果發現，Connie對雞蛋和牛奶長期過敏。但藉著醫生的協助，她終能找到替代食品，懷孕時營養充足，母子健康。Jeff出生後接受過敏測試，結果顯示他對牛奶過敏，於是以此奶代替。鄧景輝說，現時他們全家人都感到比以前更加健康。

生物保健亦全力教育公眾有關保健的知識，他們藉著各種渠道，包括網上論壇、研討會、展覽，並夥拍本地公司（如保柏醫療保險和康源健康食品），以及參與於今年五月舉行的一年一度《育兒天地》教育及家居用品博覽等，全面推廣健康生活資訊。

除過敏測試外，他們提供的測試還包括涵蓋64種吸入物（包括黴菌、花粉、塵埃、塵蟎等）的測試，以及評估心血管疾病及癌症風險的測試。

鄧景輝最後表示，他非常理解有人像他起初那樣不願接受測試，「但我現在則認為，多些了解自己，對健康更有好處。若與更多家庭和醫生分享這些資訊，便可協助他們改善健康，活得更快樂、更長壽。」 ■

HK BioTek
4/F, Universal Commercial House
4 Shell Street
Fortress Hill
Tel: 2763 1488
Website: www.hkbiotek.com

生物保健科技(香港)有限公司
炮台山觀殼街4號
宇宙商業大廈4樓
電話：2763 1488
網址：www.hkbiotek.com

