






Food Sensitivity Preparation Instructions

-  Please fast for at least **3 hours** or longer if possible, before your testing. If your appointment is in the morning, overnight fasting is preferred. If you are unable to fast overnight, simply let the technician know when you have eaten last.
-  **Discontinue supplements** (herbs, vitamins, minerals, 'greens' products and antacids) **24 hours before** the test. Your usual prescription medications are fine to continue, but please tell the technician which medications you are taking.
-  It is best to wear **natural fiber clothing** such as cotton, wool or rayon because they are the least likely to affect your body temperature. You will be asked to remove all metal jewelry for the test, so you may prefer not to wear any to the clinic.
-  Our clinic has a **scent free policy** to make our clinic safe for environmentally sensitive persons. Please do not use any scented or perfumed products on the day of the test.
-  You will be tested for the sensitivities listed below. If there are any **additional supplements or foods** that you wish to be tested for, please bring in a sample and we will include it in the test.

Animal

dander cat
dog
lab animals

Beverages

cocoa
coffee
cola
tea

Cereal Grains

barley
barley malt
buckwheat
corn
millet
oats
rice
rye
wheat
wheat bran
wheat germ
wheat gluten

Dairy

Products
butter casein
cow cheese
cow milk
goat cheese
goat milk
ice cream
whey
yogurt

Dust

house dust
mixed dust &
mites

Eggs

egg white
egg yolk
hen's eggs

Environment

al ethanol
formalin
phenol

Fish & Shellfish

mixed crustaceans
mixed fish
mixed
mollusks
salmon
tuna

Food additives

food dyes
MSG
preservatives
sweeteners

Fruits

apples
bananas
berries
citrus fruits
grape

Legumes

chickpea
lentils trio
mixed beans
peanuts
soya

Meat

beef
chicken
pork
smoked meat

Moulds

candida
albicans
mixed
moulds

Nuts & Seeds

coconut
mixed seeds
mixed tree
nuts

Pollens

mixed grasses
mixed tree
mixed weeds
ragweed

Sugar

fructose
lactose
sucrose
honey

Tobacco

dried tobacco
leaf

Vegetables

garlic
mushrooms
onion
potato
tomatoes

Yeast

baker's yeast
brewer's yeast

ELECTRODERMAL FOOD SENSIVITY TESTING

How it works:

Sensitivity testing for 84 different food and environmental substances that may cause intolerance or irritation is done on site at our clinic and the results are based on energetic properties and how your body responds to specific substances. The test is done on an electro-dermal device that works on traditional Chinese acupuncture points for sensitivity, but uses a low level of electricity instead of needles. This simple electric resistance measurement can help us to determine intolerances that you may have to specific items and also determine which foods and substances are beneficial for your body. The test is painless and can even be done on children.

An intolerance is an adverse or abnormal reaction to a substance that does not involve the immune system in the same way that an anaphylactic reaction does. It is not the same as when a child has a severe reaction to peanuts for example. Intolerances can lead to immediate symptoms, or you can be symptom free for several days before the offending substance causes a reaction. Whether a person reacts to the foods in question can depend upon several things, for instance the amount eaten or the way the food is processed. Food eaten regularly must be tested because it may be a potential intolerance, especially if it is a craved food.

Testing for foods not on the list:

If a food that is eaten regularly is not on our list, please bring a sample of it to the appointment and we will add it to the test items. Samples should be in the form they are most commonly eaten. For example, fruit could be raw or cooked, but a grain or legume should be cooked. It is advised that the additional items be brought in glass or plastic, but not metal containers. Patients often bring their favorite wine or beer and commonly used cooking ingredients such as olive oil or other nutritional oils (flax, avocado, etc).

Who should take the test?

The food and environmental testing can be taken for your own interest or used as part of a thorough Naturopathic assessment. You will take home a copy of the test list with items underlined, checked or circled, depending on the response per each individual item. The technician may offer you guidance as a result of the testing, and/or book follow-up appointments for diet or lifestyle counselling, or refer you to one of the Naturopathic Doctors for further consultations. Each person reacts to an offending substance in a unique way. While one patient may have severe headaches after eating wheat for example, another patient may have digestive upset.

Some of the common reasons why people take this test : digestive complaints, fatigue, chronic headaches, allergies, behavioral problems in children, joint and body pain, immune system problems, difficulty losing weight and low moods.

Please call the clinic if you have any questions or concerns and we will be happy to help you.