



## 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

### Environmental

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 Sensitivity 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.*