

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.

GRAINS

- 1 Barley
- 2 Barley Malt
- 3 Buckwheat
- 4 Corn
- 5 Millet
- 6 Oat
- 7 Quinoa
- 8 Rice
- 9 Rye
- 10 Wheat
- 11 Wheat Gluten

DAIRY

- 12 Butter
- 13 Casein
- 14 Cow's Cheese
- 15 Cow's Milk
- 16 Cow Yogurt
- 17 Eggs White
- 18 Eggs Yolk
- 19 Goat Cheese
- 20 Goat's Milk
- 21 Hen's Eggs
- 22 Whey

LEGUMES

- 23 Black Bean
- 24 Chick Pea
- 25 Kidney Bean
- 26 Lentils Trio
- 27 Peanut
- 28 Soy

FRUIT

- 29 Apple
- 30 Banana
- 31 Berries
- 32 Dates
- 33 Grapes
- 34 Lemons
- 35 Mango
- 36 Melon
- 37 Oranges
- 38 Pineapple
- 39 Tomato
- 40 Watermelon

VEGETABLES

- 41 Beets
- 42 Cabbage
- 43 Carrot
- 44 Cauliflower
- 45 Celery
- 46 Corn (fresh)
- 47 Garlic
- 48 Green Peas
- 49 Mushrooms
- 50 Onions
- 51 Peppers
- 52 Potato
- 53 Sweet Potato

NUTS / SEEDS

- 54 Almond
- 55 Chia Seed
- 56 Coconut
- 57 Flax Seed
- 58 Hemp Seed
- 59 Seeds, Mixed
- 60 Tree Nuts, Mixed

FOOD CHEMICALS

- 61 Carageenan
- 62 Food Dye (#5 & 40)
- 63 MSG
- 64 Nitrates
- 65 Preservatives
- 66 Sweeteners

OTHER

- 67 Candida Albicans
- 68 Cat
- 69 Dog
- 70 Dust & Mites
- 71 Grass Pollens (mixed)
- 72 Moulds (mixed)
- 73 Ragweed Pollen
- 74 Tree Pollens (mixed)

OTHER

- 75 Alcohol (vodka)
- 76 Baker's Yeast
- 77 Red Wine

MEAT

- 78 Beef
- 79 Chicken
- 80 Fish-Mixed
- 81 Pork
- 82 Salmon
- 83 Shellfish-Mixed
- 84 Smoked Meat

SUGARS

- 85 Fructose
- 86 Honey
- 87 Lactose
- 88 Maple Syrup
- 89 Stevia
- 90 Sucrose
- 91 Xylitol

BEVERAGES

- 92 Cocoa
- 93 Coffee
- 94 Cola
- 95 Tea

ELECTRODERMAL FOOD SENSITIVITY TESTING

HOW IT WORKS Sensitivity testing for 95 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, you are welcome to bring a sample of it to the appointment (\$1.75 extra per item) 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). **PLEASE NOTE: PLEASE make sure you write out your extra items in a list so that Cindy can write the results easily beside these items.** PLEASE call to book a longer appointment if you want to bring more than 5 extra items to be tested

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 NOTE: This test is not performed by a registered health practitioner and in most cases, her services are not covered by health insurance plans and this testing is not covered by OHIP.

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