

What is Food Sensitivity Testing?

Food Sensitivity Testing is a technique used to identify the various foods your body does not cope well with during the digestive process. Your body is not at its optimum digestive level if you feel bloated, experience heartburn, belching, or get frequent headaches after eating; have diarrhoea or constipation that you think may be food related. Nowadays many chemicals are used in food production so unless you are sure of your food sources you are more than likely exposed to these chemicals. The body through diet can be over exposed to these chemicals and it may respond with tiredness, unrefreshing sleep, and a general sense of apathy.

Through Food Sensitivity Testing it is possible to aid the body in detoxifying and achieving greater levels of health. When the body is attempting to detoxify itself in certain cases the toxins are pushed out into the skin; this may result in acne, eczema, hives and various skin conditions. So by avoiding certain foods these conditions can be alleviated.

Individuals who are sensitive to specific substances such as animal hair, detergents and cosmetic ingredients can develop contact allergies. By identifying the specific substances that aggravate conditions relating to them can be improved.

How is it done?

When you hold a substance that you may be allergic to we can detect if it breaks the person's energy field around their body. At this clinic we use a pendulum technique to measure the energy fields in the same way that people dowse for water, we also may use muscle testing or kineaseology.

What substances are tested?

Over 200 substances, the complete list that may be tested from is:

MEAT: Beef, Chicken, Duck, Lamb, Pork, Rabbit, Turkey

DAIRY: Butter, Cheese (Cow), Cheese (Goat), Cream, Milk (Cow), Skimmed Milk, Milk (Goat), Milk (Sheep), Caseinate, Lactose, Whey, Yoghurt

FISH: Cod, Haddock, Herring, Kipper, Mackerel, Plaice, Salmon, Sardine, Tuna, Trout

SEA FOOD: Crab, Lobster, Mussels, Oysters, Prawns, Scallops

EGG: Egg, White, Yolk

CEREALS: Barley, Buckwheat, Corn, Millet, Oats, Rice, Rye, Spelt Wheat, Wheat

VEGETABLES: Asparagus, Avocado, Beetroot, Broad bean, Broccoli, Brussel sprouts, Cabbage, Carrots, Cauliflower, Celery, Courgette, Cucumber, Garlic, Leeks, Lettuce, Mushroom, Olives, Onion, Parsley, Parsnip, Peas, Peppers, Potato, Pumpkin, Runner bean, Spinach, Swede, Sweet Potato, Sweetcorn, Tomato Turnip, Watercress

FRUIT: Apple, Apricot, Banana, Blackberry, Cherry, Currants, Gooseberry, Grape, Grapefruit, Kiwi fruit, Lemons, Lime, Loganberry, Mango, Melon, Nectarine, Orange, Peach, Pear, Pineapple, Plums, Prunes, Raspberry, Red/Blackcurrant, Rhubarb, Satsuma, Strawberry

NUTS: Almond, Cashew, Coconut, Hazelnut, Peanut, Pecan

ALCOHOL: Red wine, White wine, Beer, Budweiser, Cider, Guinness, Lager, Brandy, Gin, Port, Rum, Sherry, Tequila, Vodka, Whisky

OTHER FOODS: Black pepper, Canderel, Chilli powder, Chocolate, Coca cola, Coffee, Coffee, decaffeinated, Curry powder, Honey, Kidney bean, Lentil, Margarine, Olive oil, Salt, Soya, Sugar, Sunflower oil, Sunflower seeds, Tea, Tonic Water, Vinegar, Yeast

FOOD ADDITIVES: E102 Tartrazine, E104 Quinoline Yellow, E110 Sunset Yellow FCF, E122 Carmoisine, E123 Amaranth, E124 Ponceau 4R, E127 Erythrosine, E128 Red 2G, E131 Patent Blue V, E132 Indigo Carmine, E133 Brilliant Blue FCF, E142 Acid Brilliant Green, E150 Caramel, E151 Brilliant Black PN, E154 Brown FK, E155 Chocolate Brown HT, E170 Calcium carbonate, E173 Aluminium, E175 Gold, E210 Benzoic acid, E219 Sodium methyl hydroxybenzoate, E211 Sodium benzoate, E220 Sulphur dioxide, E223 Sodium metabisulphite, E250 Sodium nitrite, E251 Sodium nitrate, E252 Potassium nitrate, E270 Lactic acid, E320 BHA Butylated hydroxyanisole, E321 BHT Butylated hydroxytoluene, E516 Calcium sulphate, E621 MSG Monosodium glutamate

ANIMALS: Animal hairs & furs, Bee venom, Bird feathers, Cat hair, Dog hair, Guinea pig, Horse hair, Rabbit fur, Sheep wool, Wasp venom

TREES, POLLENS & GRASSES: Flower pollens, Grasses, Hay, House dust/mite, Pine, Rape seed, Silver birch, Tree pollens, Weeds & shrubs

MOULDS: Alt alternativa, Aspergillus, Candida albicans, Clad herbarum, Moulds, Sporobolonyces

GASES & FUMES: Ammonia, Car exhaust fumes, Chlorine, Cigarette smoke, Diesel fumes, Ethanol, Formalin, Gas fumes, Heating oil fumes, North Sea gas, Petrol fumes, Phenol, Propane gas

MISCELLANEOUS: Cotton, Dental amalgam, Newsprint, Nylon, Omo, Persil, Emulsion Paint, Gloss Paint

Will it help me to lose weight?

Yes but only as a part of improving one's overall health and increasing energy by being more careful with one's diet.

Is there any advice about diet and lifestyle?

Yes quite a lot. A good diet is of course essential for a healthy body. Any advice about diet and exercise is tailored to the individual's own need in terms of their illness, age, and various environmental factors. We believe that when the organism is healthy an imbalance lifestyle will diminish and positive changes will permeate all aspects of your life. There may be obvious 'obstacles to cure' in your life or environment which we will discuss with you.

Should I drink more water?

When changing your diet additional water should be consumed to help the body detoxify. We recommend that adults should drink 2-3 pints of water a day.

Is it alright to drink tap water?

We cannot say until we have tested it for you, please bring a small amount of water from your tap. However we may advise you to either filter your water for drinking and cooking or to use bottled water.

Is it compatible with medication from my GP or other therapy such as massage, homeopathy etc.?

Yes, food sensitivity testing is complementary to the health care that is available from your GP and other therapists.

What if I think I am allergic to something but it is not on the list of test substances?

If you have some of the substance then you can bring it with to the consultation and it can be included in the test.

Can I eat various foods together as long as I am not sensitive to them?

Yes, but occasionally it is necessary for people with digestive disorders to food combine. Food combining involves eating protein and carbohydrate meals separately and therefore aiding digestion.

What do I do if there are foods or environmental substances I find it impossible to avoid but I am still sensitive to?

It may be possible to de-sensitise you to these foods/ substances. If there are many of them we may recommend homeopathic treatment to improve the body's resistance to these foods/ substances.

How many appointments are necessary; should I come back after I am feeling better?

For many people only one consultation may be necessary however it is a good idea to be retested after two to three months to see what may have changed after following an improved diet.

Do I eliminate the foods from my diet I am sensitive to all at once?

No, for the first week of the diet it is advisable to reduce the foods to be eliminated by half otherwise you may suffer from flu' like withdrawal symptoms, like headaches and weakness.

At the start of Week 2 the foods should be eliminated totally for 6 weeks.

Week 1 should then be repeated (except for specific foods which will be indicated to you).

Please note any reactions when the foods are re-introduced.

Then Week 2 should be repeated again for another 6 weeks.

We recommend the following books:

The Kensington Diet, Stephen Twigg, Bantam, 1998 - The new food combining system
E for Additives, Maurice Hanssen, Thorsons, 1988 - The definitive E Number guide
The Hay Diet Made Easy, Jackie Habgood, Souvenir Press, 1998 - a practical guide to food combining

How long does it take?

The consultation and test takes up to 45 minutes. Please arrive promptly so that we can allow enough time for discussion after the test itself.

How much does it cost?

Currently (January 2005) the fee for the test is €45. Please check consultation fees when you make your appointment. Follow up consultations are usually €20.

How do I get more information about food sensitivity testing and make an appointment?

If you wish to discuss whether food sensitivity testing will be helpful for your condition or if you want more information about food sensitivity testing please phone.

And last, but most important of all, food should be chewed thoroughly, at least 20 times per mouthful!

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