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Patient Notes for Sensitivity Testing

- **Please fast for at least 3 hours** & longer if possible before your testing. If your appointment is in the morning overnight fasting is preferred, but if you are unable to fast that long 3 hours is fine. Simply let the technician know when you have eaten last. Ideally, 12 hours of fasting gives the best results.
- **Discontinue supplements** (herbs, vitamins, minerals, “green products” and antacids) **24 hours** before the test. Your usual prescription medications are fine, but please make the technician aware of what you are taking.
- Before the testing period it is advised that you **bathe in an apple cider vinegar** bath (1 cup in bath water). If you do not have apple cider vinegar, Epsom salts or plain water are alternatives. This bath is recommended to neutralize the surface of your body.
- Wear only **natural fiber clothing** such as cotton, wool, or rayon. As you will have to remove metal jewelry for the test, you may prefer not to wear any that day.
- Please **do not use any perfumed or chemical substances** on your body. We are trying to make our clinic safe for environmentally sensitive persons.
- **One hour before** coming in, please **apply unscented hand cream** to your hands, including thumbs and fingers. When you arrive, we will provide cream again to apply just before the test.

You will be tested for the following sensitivities. If there are any additional supplements or foods that you wish to be tested for, bring in a sample and we will include it.

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

housedust
 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
 banana
 berries
 citrus fruits
 grape

Legumes

chick pea
 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

Tobacco

dried tobacco leaf

Vegetables

garlic
 mushrooms
 onion
 potato
 tomatoes

Yeast

baker's yeast
 brewer's yeast