

## **Biotron Sensitivity Test**

Sensitivity testing for 84 different food and environmental substances that may cause intolerance or irritation is done at our clinic by using diagnostic techniques of energy medicine. The Biotron electrodermal testing device measures traditional Chinese acupuncture points for sensitivity, but it uses a low level of electricity instead of needles. This simple electric resistance measurement can help us to determine your intolerance to specific items and also informs us which foods and substances are good for you, using principles of energy medicine.

An intolerance is an adverse or abnormal reaction to a substance that does not involve the immune system. Intolerances are triggered by a physiological – not an allergic – reaction to a substance. 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. If a food that is eaten regularly is not on our list a sample of it may be brought in 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, not metal containers.

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 counseling, or refer you to one of the naturopathic doctors for further consultations. Please call the office if you have any questions or concerns.



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