



Introduction to Food and Environmental Sensitivity Testing

Food and Environmental sensitivities and intolerances are more common than most people realize. The increasing incidence of sensitivities appears to be linked to excessive, regular consumption of a limited number of foods, often processed. There may also be high levels of refined sugars, preservatives, stabilizers, artificial colours and flavours and food enhancers.

Both classic and hidden food allergies or intolerances are not easy to diagnose but can cause digestive problems, fatigue, headaches, sinusitis, nasal congestion, recurrent infections, skin problems, learning &/or behavior issues and mental and emotional symptoms just to name a few. Signs of sensitivities may include dark circles under the eyes, puffy eyes and/or lips, horizontal creases in the lower eyelids, fluid retention, swollen glands, frequent colds and infections and digestive upsets.

Sensitivity testing for 84 different food and environmental substances that may cause intolerance or irritation is performed at our clinic. The Biotron electrodermal testing device works on traditional Chinese acupuncture points for sensitivity using low levels of electricity rather than needles. You simply hold a probe in one hand and the technician touches your finger with another.

You will take home a clearly explained copy of the test and receive further guidance if required. Preparation instructions and a list of the items to be tested are provided—you can bring samples if there is an item you would like tested that is not on the list.