Testing for food & environmental sensitivities

Food allergy testing has been around for many years. I have been using the Vega test to identify food and environmental allergens for almost 20 years. During that time I have witnessed the entry of extremely sophisticated technology into the natural therapies arena. An example of this technology is the SCIO device which measures the body's frequencies in relation to thousands of stressors.

However, a simple food test with the VEGA machine can be the starting point or pathway to balanced digestion and the feeling of well-being that a healthy digestive system can bring. Anyone who suffers the discomfort of bloating, reflux and constipation, and the often embarrassing symptoms of flatulence, burping and gas, can testify to uneasiness or lack of confidence when eating out. When armed with the knowledge a food test can provide there is no need for any apprehension.

While certain foods can create a hyper-reactive response in the body, it is generally not the food alone which is the underlying cause of the problem. A multitude of issues can create the terrain or environment which paves the way to becoming susceptible to hypersensitivity.

Some issues/situations which can create an environment susceptible to intolerances are:-

- Lowered digestive function which can include decreased production of digestive enzymes and/or hydrochloric acid
- Liver damage
- Gall-bladder impairment
- Bowel issues eg. - diverticular disease, irritable bowel syndrome
- Periods of stress
- Hormonal changes
- Chronic illness
- Lowered immunity
- Fatigue
- Exposure to pesticides, insecticides

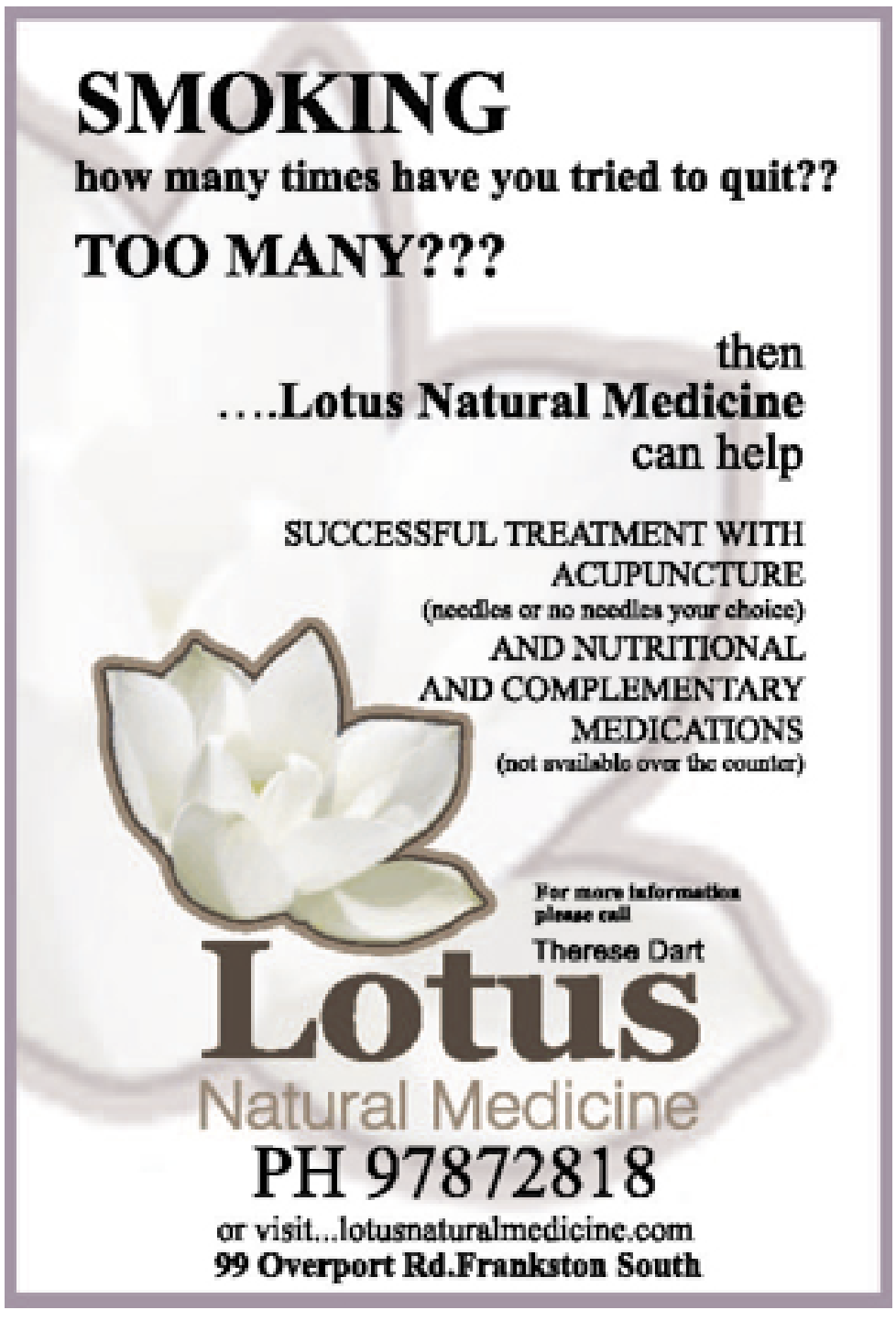
Many of the above conditions can be addressed with changes to diet and lifestyle, some well-chosen supplements and stress reduction techniques. In a minority of cases, there is a severe reaction which can be life threatening and in these cases, avoidance of the offending allergen is mandatory.

Environmental allergens such as tobacco, smoke, dust, pollution, petrol and gas fumes also play a role in the maintenance of good health. At present it is impossible to totally avoid these toxins. However, if our bodies are well treated, well maintained (just as we do with our cars) and provided with good nutrition, regular and balanced exercise and rest, our immune system is more able to cope with the stressors of daily living.

The exercise of active smoking (as opposed to passive smoking) is one environmental toxin over which we do have control. Smoking is an activity which works against the body's defences. Introducing even more toxins into the body it weakens the immune system and the skin, lungs and cardiovascular system are all severely affected.

I use a very simple and effective method in my clinic to assist people who want to stop smoking. Many extra benefits are to be gained from these treatments, not the least of which is a vast improvement in overall health and well-being!

By Therese Dart. Therese manages her own clinic in Frankston South and can be contacted on 9787 2818 or at www.lotusnaturalmedicine.com



Sue Lay
Health Practitioner
0418 317 044
suelayhealth@yahoo.com.au

To my valued clients,

I am terminating my practice at close of business on Friday 9 July 2010 to move interstate.

Thank you for your support during my 14 years on the beautiful Mornington Peninsula and I wish you all the very best in your personal journeys.

To those of you whom I may not have contacted, please feel free to ring or email me so that I may recommend other therapists to you.

An Alternative Voice

Don't miss out!

Feature **YOUR** business in our Spring issue!
September/October 2010

Deadline Friday August 6th 2010
Ask about our Six Issue Specials

Call us on **5976 3201** or email to
robyn@alternativevoice.com.au