
Allergy test options:-

OPTION 2:

COST £135

FOOD GROUPS; 42
SCREEN TEST

Grains

Corn (maize)
Oat
Rice
Barley
Wheat

Dairy

Cows milk
Whole egg

Fish

White fish mix
(cod, haddock)
Shell fish mix
(crab, lobster, prawn/
shrimp)

Meat: Chicken/turkey
Pork/beef

Vegetables:

Legume mix
(haricot, peanut
Soya, pea)
Mustard mix
(Cabbage, broccoli,
cauliflower, brussell
sprouts)
Potato

Fruit:

Apple/pear
Berry mix
(Raspberry, strawberry,
blackberry)
Citrus mix:
(Orange, lemon,
grapefruit, lime)

Nuts:
Nut mix
(Almond, cashew,
hazelnut, brazil)

Others:
Spice mix
(Chilli pepper,
Garlic, ginger)
Yeast (bakers/brewers)

**OPTION 3:
COST £265**

113 Food tests.

Grains.

Barley
Buckwheat
Corn (maize)
Gliadin (Gluten)
Millet
Oat
Rice Rye
Wheat

DAIRY.

Cows milk
Egg-white
Egg-yolk

FISH:

Mollusc mix
(Mussell,
Oyster, Scallop)
Oily fish mix
(Herring, mackerel)
Plaice/sole
Salmon/trout
Shellfish mix
(Crab, lobster, prawn/
shrimp)
Tuna
White fish mix
(Cod/haddock)

MEAT:

Beef
Chicken
Lamb
Pork
Turkey
Duck

VEGETABLES

Aubergine
Avocado
Asparagus
Carrot
Celery

Cucumber
Haricot bean
Kidney bean
Lentils
Lettuce
Mushroom
Mustard mix
(Brussell sprouts)
Broccoli
Cauliflower
Cabbage)
Onion
Pea
Peppers
(Capsicum/Paprika)
Potato
Soya bean
Spinach
String bean

FRUITS:

Apple
Apricot
Banana
Blackcurrant
Blackberry
Cherry
Cranberry
Grape
Grapefruit
Kiwi
Lemon
Lime
Melon mix
(Cantaloupe,
honeydew,
watermelon)
Olive
Orange
Peach
Pear
Pineapple
Plum
Raspberry
Strawberry
Tomato

NUTS:

Almond
Brazil
Cashew
Coconut

Hazelnut
Peanut
Walnut

SPICES/HERBS:

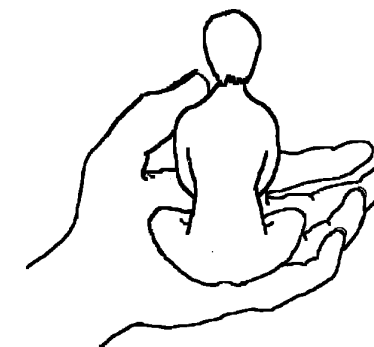
Chilli pepper
Cinnamon/Clove
Coriander/cumin/dill
Garlic
Ginger
Mint mix
(Basil, mint,
sage, thyme)
Mustard seed
Nutmeg/peppercorn
Parsley
Sesame seed
Vanilla

OTHERS:


Carob
Cocoa bean
Coffee
Cola nut
Hops
Sunflower seed
Tea
Yeast
(Brewers/bakers)

**Food Allergy
Testing
with
Christopher Hyslop**

From as little
as £20



**11 Hylands Close
Furnace Green
Crawley
Sussex RH10 6RX
Tel. 01293 533449**




Finding the problem?

The food we eat has changed a great deal over the last few decades. There are more new foods in our diet and new additives as well as new methods of containing and preserving foods. How does the food we eat affect our bodies?

A large number of us have a hidden sensitivity or intolerance or even allergy to different foods and this may cause us many potential problems. The most common symptoms (which may take time to build up) are:

Eczema
Irritable Bowel Syndrome
Migraines
Hives
Rhinitis
General Lethargy
Fluid Retention
Asthma
Arthritis
Aches and Pains
Childhood Hyperactivity



Food for thought.

Each one of us is unique and we react individually to the food we eat. It is beneficial to find out exactly how we react. Until recently a large sample of blood was needed to perform laboratory tests, but due to modern laboratory techniques only a pinprick of blood is required. From this small sample it is possible to find antibodies to foods. These antibodies are produced by your body as a defensive reaction to a food that irritates your system.

How will this help you?

It depends on how unwell you feel. If you have a very strong intolerance or sensitivity to a food, by excluding it from your diet you will usually feel a significant benefit within weeks. As a homeopath I can make recommendations to your diet and with further homeopathic treatment may be able to desensitise you with special homeopathic medicines.



What about cost?

Laboratory tests are not cheap.

OPTION 1 Indicator test. This test uses a finger prick sample of blood and will simply tell if you have an allergy or not. Cost £20.

OPTION 2 This test uses a finger prick sample of blood and is for 43 foods in groups. Costs £135, see list

OPTION 3 This test uses a finger prick sample of blood and is for 115 separate foods. Costs £260, see list over leaf.

In the past I have had experience of Vega testing and Kinesiology, but I feel a blood test is a truly conclusive method of finding antibodies present in your blood, demonstrating an allergy. The foods tested are listed on the back page.

When you get your results from the laboratory you will get a FREE 44 page guidebook on how to deal with your food allergy.

To have a test simply book with reception for a 15 minute blood test. PLEASE STATE CLEARLY THAT YOU WANT AN ALLERGY BLOOD TEST.

