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## FOOD SENSITIVITY TESTING/DUSTS, MOLDS AND POLLENS

We now offer testing for over 170 foods and common dust, mold and pollen allergens. When these irritants are removed from the diet or the environment the immune system has an increased chance of healing and symptoms involving any organ system in the body improve. We are using the electrodermal (EDS) method (Vega -style) of testing to measure these allergens or "sensitivities". The term "sensitivity" implies that if the offending agents are removed from the diet or environment for a period of three months or so, that the body in the future may be able to tolerate them again in small quantities. The term allergy implies an offending agent that can never be introduced back into the diet. This EDS method is testing for sensitivities only. This method is also appropriate for babies as well as the elderly. In preparation for the test it is recommended that all foods need to be eaten for one week prior to the test. If foods are being avoided then they may not show. If you are bringing children please make sure they are well rested and fed for accurate results!

Electrodermal Testing is a non-invasive energetic evaluation using a galvanometer. It was developed in Germany over the last 35 years by a number of physicians, dentists, and scientists and applies biophysical techniques to Oriental acupuncture. The original technique started in 1953 by Dr. Voll was a complex procedure involving measuring hundreds of acupuncture points. The Electrodermal Test or EDS TEST method used in this office is the culmination of much of this research, and was developed in Germany in 1978 by Dr. Schimmel, M.D. and D.D.S. It requires that only one point be measured, as the system is based on measuring against test ampoules rather than against the organ-linked points themselves.

The skin resistance on the acupuncture point is measured by producing a slight potential difference (voltage) between a tip electrode held against the point and a large hand electrode held by the patient. The procedure measures changes in skin resistance at the acupuncture point in response to placing test substances (foods or special test ampoules) in circuit with the patient. The testing is painless, involving no needles, shocks or scratches, and allows for specific information regarding the patient's health to be determined. The test results are used in conjunction with other clinical observations and tests performed by the doctor or clinical assistant.

Presently, more than 10,000 Electro-Diagnosis machines are used in Germany, Austria and Switzerland. In the past decade, use has increased in Great Britain and North America.

North American Physicians and patients encounter more difficulty in understanding and accepting these methods, as we have been educated and conditioned to view health and disease from a mainly biochemical perspective. German doctors recognize and use both biochemical and biophysical means. Also, until recently most of the research material was available only in German.

In a controlled, comparative study of various ways of testing for food sensitivities, performed by Julia Tsuei M.D., which compared blood, scratch, cytotoxic, food challenge and Electrodermal Testing results proved to be accurate and reproducible. This study, reported in the American Journal of Acupuncture, 1984, revealed that it was non-invasive but demonstrated great sensitivity.