

## **Food & Chemical Sensitivity Testing**

Do you “eat healthy“but still suffer from migraines, chronic fatigue, skin disorders, respiratory problems or unexplainable weight gain? Or perhaps the diet you’re following just isn’t working the way it’s supposed to. For more and more people, these are common occurrences and classic symptoms of food and/or chemical insensitivities.

Recent research suggests that food and chemical sensitivities are associated with minor ailments, chronic diseases, and weight gain. Many people are unaware of the impact that even the slightest allergen can have on their physical and mental health. The Center for Applied Health Sciences offers a state of the art system which has the ability to test for over 300 foods, food additives, colorings, antibiotics, anti-inflammatories, and pharmacoactive agents which may impact your health.

The result is a scientific snapshot of your own unique intolerances, which enables our qualified nutritionists to create a personalized nutrition plan to optimize your health and wellness.

These tests have been used for over 20 years by individuals from a wide selection of society; from those looking to improve achieve optimal health to elite athletes looking to maximize their athletic ability. A wide range of test options are available from standard food panel to a full comprehensive multi-sensitivity analysis.