

## food allergy and sensitivity testing : why saliva testing?

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### **It is a simple fact that most people will never know how good feeling good can feel...**

A balanced and vibrantly healthy body feels great and has natural abilities to cleanse itself, fight disease, build immunity, detoxify poisons, assimilate nutrition, maintain a good level of health and well being, keep excess weight off and stay energized. However, when cells, tissues and organ systems have been affected by processed food, chlorinated water, stress, caffeine, mercury fillings, repeated antibiotic use, environmental sensitivities and other toxins, the body needs extra help to keep itself clean and healthy.

**WHY? - Partly due to Increased Intestinal Permeability:** Added to the list above is the fact that most people get 75% - 90% of their nutrition from a very limited variety (or rotation) of foods, and mostly acid-based foods, at that (white sugar/flour & animal protein), drinks (coffee, alcohol). Once the pH (chemistry) of the body environment gets out of balance, yeast and other harmful micro-flora (including parasites) can take up residence and harm the integrity of the intestinal wall. (Picture the algae growing up the side of a dirty aquarium, but the aquarium is made of you!) This condition is nick-named '**Leaky Gut**', and it allows larger food particles to assimilate into the blood stream than the body can recognize or use. Once this process happens with a food, you begin to develop a sensitivity to that food. Once you have a sensitivity in place, every time you eat this food, it will cause the body to go into overdrive, using valuable resources to assimilate or eliminate this food. This process strips away vital energy needed for clarity, health, stamina, and well-being. It also taps and exhausts the immune system, and often causes the body to store unwanted extra weight to help buffer you from the food 'toxins'. You can be exhausted, bloated (if not over weight) and have degenerating health conditions due to your body recognizing 'food' as a 'toxin.'

Testing your saliva enables specific imbalances to be recognized brought back into balance. Your personal program is specific for you and addresses your needs on a cellular level. This is the most comprehensive and progressive nutritional and food sensitivity testing available today.

### **Individualized Testing Options:** (see info sheet or website for more detailed testing explanations)

Food Allergy and Sensitivity Testing removes the guesswork by providing you with a personal program based on the results of detailed testing. Depending on your personal needs and interests you can choose from a variety of evaluations, and your test results can include and identify:

- Your beneficial foods to help balance, nourish, support rebuild and energize your system.
- Your environmental, chemical and food sensitivity list.
- Your specific recommendations for herbs, vitamins, minerals, enzymes, homeopathics, etc.
- Your progress observed by statistical evaluation of seventeen body systems.

When you eat from an individualized tested food list your body receives the unique nutrition it needs to help it function optimally. This process can have profound and beneficial effects for those of us who want to feel and look great, enhance our health and well-being and promote optimum weight loss or gain. As you test, your body will begin to change and systems will start to rebalance: some symptoms will alleviate and others may spring up. This is all a normal part of the natural healing process. This is why a program of retests is suggested along the way: to monitor your body's progress and to be able to address and assist its process at regular intervals. For example: as your body balances and strengthens, its needs will shift...you will probably need to rotate foods in and out with each test, as well as make slight adjustments in supplementation.

The entire Food Allergy and Sensitivity Testing program is designed to work in harmony with the body's natural abilities to fight disease, build immunity, detoxify poisons and maintain a good level of health and well being. The evaluations provide information that enable you to understand how to enhance and build your own immune system through dietary changes, nutritional supplements, herbs and homeopathics. Although our bodies have remained the same for thousands of years, our environment and our foods have changed enormously. Because chemicals, stress and toxins have entered our environment, foods and our bodies, it is time to update our strategies for maintaining health.

**HOW? - By combining the science of saliva analysis with the body's inherent electrical nature to create a personalized nutritional program unique to you:** Saliva, while mostly water, contains the same elements found in blood (electrolytes, buffers, antibodies, hormones, enzymes, mucin, proteins, and a host of minerals). Like the blood, saliva also contains a blue-print of the body on a cellular level. So, your personal program is specific for you and addresses your needs on a cellular level.

The body is not only chemical, but electrical, in nature; hence, western medicine has been able to capture electrical frequencies monitoring a patient's heart by means of an EKG. In the field of alternative medicine, they have found electro-magnetic medicine to be one of the most comprehensive and progressive testing tools available today. Due to the existence of numerous electrical systems within our bodies which interact via our sympathetic and par-sympathetic nervous systems, they are able to decipher imbalances that can be corrected through proper nutrition.

These facts are referred to in an article that appeared in the Health/Science section of the Boston Globe on March 4th, 2003. Stated in part in her article: "Saliva Offers a Mouthful of Promising Science", Vivien Marx notes:

*...biomedical researchers are finding that this bodily secretion offers a mouthful of promising science. Last month, some of these scientists presented their newest work at the Gordon Research Conference and Symposium on Salivary Glands and Saliva in Ventura, Calif.*

*Lawrence Tobak is the director of the National Institute of Dental and Craniofacial Research, part of the National Institute of Health. He is also a diabetic, and has pricked his finger more times than he would like to count. He envisions a device so small it could be integrated into a tooth and would use saliva to monitor his blood sugar level. What sounds perhaps like science fiction is actually a research program involving several universities around the country to develop lab-on-a-chip technology for saliva diagnostic tests.*

*"Anything you can measure in blood", Tobak explained, "you can figure out how to measure in saliva." Collecting saliva samples is much less invasive and it might lower people's fears about going to the doctor, he said, "These methods hold tremendous promise."*

*For example, at the University of Mississippi Medical Center in Jackson, Charles F. Streckfus and his colleagues are working on various ways to compare saliva in healthy and cancer patients. One saliva test he is working on measures levels of HER2/neu protein, which is important in normal cell growth, but is overproduced in aggressive breast cancer cells. These elevated HER2/neu levels can be detected in saliva, and research shows this test can potentially reduce the number of false positives and negatives in breast cancer detection. The test also offers a noninvasive way to see how a treatment regiment is working.*

*Saliva can deliver insights into the body's immune response, Joe A. Bosch of Ohio state University stated in the International Review of Neurology. Intrigued by the connection between stress, periodontal diseases, and impaired wound healing, he looked at variations in the level of an antibody called Immunoglobulin A, or IgA in saliva.*

*With all it has to offer biomedical research, saliva is currently garnering more respect than ridicule.*

The testing and research used to perform these evaluations are based on the principles of the ancient Chinese methods of body balancing similar to the arts of acupressure and acupuncture. These principles have been combined with the techniques of neuro-muscular testing which utilizes the body's natural brain to body response to identify cellular weakness or imbalances. Whenever weakness or imbalances are noted in a client's test sample, nutrition that will strengthen and enhance those specific areas will be recommended. The principles and techniques used are among those taught in many chiropractic colleges and increasing number of medical schools, and are widely used in Europe and other countries worldwide.

For more information please visit: [www.shealynnbaird.com/food](http://www.shealynnbaird.com/food)

**NEURO-MUSCULAR SENSITIVITY EVALUATION FOR FOOD ALLERGY AND SENSITIVITY TESTING IS NOT A REPLACEMENT FOR MEDICAL DIAGNOSIS AND/OR TREATMENT.**