

Is the test suitable for everyone?

Apart from very young children the test is suitable for most people.

If you are in any doubt as to your suitability for this screen please enquire with your therapist beforehand.

How much does it cost?

The 30 minutes (approx) consultation

Standard Test

50 food and drink items including 31 E numbers is £25

Complete Test

As above and includes a test for 32 Vitamin & Mineral deficiencies at £30

Either test can be paid by cash or cheque accompanied by a cheque guarantee card.

Unfortunately we are unable to take a credit/debit card payment at this time.

If you have any questions regarding this screen please feel free to enquire at any time.

- **SAFE**
- **SIMPLE**
- **INSTANT**
- **LOW COST**
- **CONVENIENT**
- **PERSONALISED**

Daytime, evening and weekend appointments available

Home visits can be arranged

Discounts for party bookings

healthYourself Ltd

**a: The Grid
Bottomley Street
Bradford
BD5 7LJ**

**t: 01274 688774
m: 07747 163646
info@healthyourselfltd.com
www.healthyourselfltd.com**

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Children's

Food Sensitivity Test

Small changes in a young person's diet can greatly improve general health and well-being.

It is now widely accepted that E numbers in foods are a major contribution in children's health.



Helping you to discover which foods may be affecting your child

What does the **healthYourself** test involve?

This simple test is available to detect which foods may be contributing to recurring symptoms and ill health.

Using a machine which measures Bio-Electrical Response, substances are introduced to the client via a circuit which gauges the response or resistance to the foods tested.

We do not test for true allergies which can be permanent, severe and life-threatening.

Our screen is to pin-point sensitivities to foods which have built up over a period of time or are sometimes triggered by some other trauma or change in circumstances which you may have experienced.

We are great believers in the line **'One man's peas is another man's carrots'**

The results of your test are personal and unique to you as an individual and for this reason clients are asked to complete a questionnaire in order that we can discuss in detail your health concerns and be clear about what diagnoses, remedies, or treatments you have undergone.

Symptoms most commonly helped by having a food sensitivity test:

Temper tantrums
Moody or aggressive behaviour
Concentration Span
Memory function
Social interaction
Confidence
Sleep patterns
Exzema
Tummy upsets

Elimination & Re-introduction

The gold standard for dealing with any Food Sensitivity issues is to eliminate potential problem foods and re-introduce after a suitable break.

Our counsellor will provide you with safe, suitable alternatives for most of the foods identified for elimination.

What our clients tell us:

'I can't believe how much calmer my son has become since having his food test'

'It's amazing, I feel as though I've got my old child back'



Side effects

Whilst the screen is perfectly safe, some side-effects associated with withdrawal can be experienced. These are usually short-lived but can include headaches, fatigue, or light-headedness. These usually pass in a matter of days and going through the side effects far out-weigh the long-term benefits.