

Allergy test

Our allergy test lets you know which foods and other products you are reacting to. It is always a good idea to find out what foods to avoid as these can really be affecting your quality of life. There are so many health problems that could be caused by the foods you eat, and the products you are exposed to on a regular basis. This test takes out the guess work out of which potential allergens may be lowering your health potential.

We use saliva to test your allergies; we just need a sample of saliva on an absorbent piece of paper, such as a piece of kitchen towel, put into a plastic bag. (zip lock bag is perfect)

All of our test results are sent to you via email and/or we can send a hard copy, if you require a hard copy please let us know on the questionnaire.

Allergy and nutrient test

This test does the above plus tells you what your nutritional levels are, this is really important, as many of us are low in many nutrients which are vital for health. We endeavour to give you as much information to enable you to make sure your body is in optimum nutritional shape. This test will also show you if your enzyme levels are in great shape so that you can absorb all of those vitamin and mineral pills you may be taking. If your enzyme levels are low this can account for any nutritional deficiencies you may have even though you are eating a wonderful diet and/or taking supplements. The benefit of this test is to enable you to supplement/or eat accordingly. For this test we also use saliva (see above)

Chemical, hormone and heavy metal test

We cover as many chemicals hormones and metals in this test that are currently available (we are updating all the time), which also includes vaccinations. This enables you to know what could be throwing your body out of balance.

We have found that many chemicals in our environment are affecting our lives, but with some knowledge they can be removed from our cells and our bodies are able to rebalance themselves. With that our health levels start to adjust and we begin to feel more energised and our lives improve. With this test we often recommend herbal or

homeopathic products which can help to remove these products from the cells. With this test we use a hair sample, we need about 20-30 hairs which are about 1 cm long. They can come from any area of the body and you just need to attach the hair via sticky tape onto the right hand corner of the questionnaire.

Full body test: with this test we again use hair and saliva, which enables us to do all of the above tests plus to find out which organs may be functioning at less than 100%. We can also see if you have any viral activity, bacterial infection, fungal problems, and any parasites which could be affecting your wellbeing.

With this test we send you the results plus (what you don't get with the other tests) we give you a programme to follow to enable you to deal with anything that has come up for you! Plus a consultation with one of our practitioners which will enable you to be comfortable with your programme, so that you will feel supported with the changes you may have to make.

This is a very comprehensive test and the programme can be a challenge for some, but if you follow the recommendations on the programme the changes in your health can be incredible.