

## Food intolerance testing procedures

**Aim:** To determine if your body is reacting allergically to common foods, causing neuro-immunological stress or addiction.

**Procedure:** Bring in samples of the following items for testing.

1.	Eggs Milk Cheese Cream/Butter/Marg Yoghurt/ Ice-Cream	6.	Fruits Citrus Apples etc.
2.	Chocolate Sugar & Sweets/Cakes etc	7.	Meats Beef Chicken/Turkey Port/Bacon Lamb Seafood
3.	Spaghetti Wheat Bread Rye Bread Oats Barley Rice White/Brown Breakfast Cereal Soy Products Whiskey	8.	Nuts & Seeds
4.	Toothpaste Shampoo/Soap Washing Powder Dish Detergent Perfume/Deodorant Hair Spray	9.	Jams & Spreads
5.	Vegetables	10.	Beverages Coffee Tea Orange juice Beer Spirits
		11.	Tobacco
		12.	Water

## Testing

Muscle Response / L Field Or 5 Day Water Fast - *with subsequent single testing re-exposure.*

“Foods, eaten daily by the pound and absorbed over a period of two or three days, are man’s greatest environmental exposures. Food addiction, which initially is usually confused with normalcy, manifests itself sooner or later in a whole range of physical and or mental illnesses.

This process sets the stage for the development of addictive responses to other more absorbed and potentially harmful agents. Food addiction is capable of occurring in anyone. As it usually involves multiple common foods, it is demonstrated most convincingly by preliminary fasting under environmentally controlled conditions, then observing the acute effects resulting from single test re-exposures.”

*(Introductory summary from Randolph’s Human Ecology study group in Chicago, pamphlet  
“The Realities of Food Addiction”)*