

Carroll Food Intolerance Testing

The Impact of Diet on Health:

"Let your food be your medicine, and your medicine be your food."

Hippocrates

There is no debate about the significant impact that diet has on our health. Food is what nourishes our body and allows us to obtain energy to function. In many ways food determines a lot of our chemistry – through our blood and ultimately through our cells and the space in between them. Eating something that we are not equipped to digest produces toxic metabolites. What we are not able to digest putrefies and creates toxicity in the intestines. The toxemia or putrefaction often drives the inflammatory process throughout the entire body. The purpose of this test is to learn what foods or food combinations are driving the toxemia, and thus reduce the inflammatory process of many conditions.

Why perform the test:

I now perform this test on 90% of my patients (there are some patients who have no health concerns and just want ‘preventative medicine’ and even in these cases I often recommend it – but for any patient that has a specific concern this is what I use). I especially use this test on patients that have any chronic condition or who have suddenly developed a new persistent symptom. (These can include: diarrhea, constipation, eczema, acne, high blood pressure, abdominal pain, arthritis, migraines, etc.)

It is important to note that intolerances can vary in severity. So some patients might not even be aware of having a food intolerance. Often they are eating the food without noticing any immediate reactions (e.g. diarrhea). But once the food is removed from the diet they notice an overall improvement in their energy levels or ability to heal or recover from acute disease. For these patients following the diet may only then be necessary during periods of stress, when fighting off a cold or during an acute condition.

For people recovering from more serious or chronic conditions however, it is extremely important for them to follow the diet as closely as possible – this will allow them to recover from the imbalance that the body has been driven to exist in.

"What is food to one man may be fierce poison to others."

Lucretius (1st century BC)

How the test is done:

- A small sample of the patient’s blood is obtained with a lancet (same as what is used to measure blood sugar levels) from the patient’s finger or ear lobe.
- The blood is placed on a specific filter paper (Whatman) – the sample taken should be about the size of a dime.
- Physician must obtain the patient’s age, sex and history of blood transfusion (as this can affect the results)
- Sample is analyzed at the clinic. Report is sent to physician/patient

Ana Gabriela Lara N.D.

69 Queen St., St. Catharines, ON L2R 5G9
T (905) 682-9636

F (905) 682-9659

Naturopathic Clinic 

www.naturecure.ca
e-mail: analarand@cogeco.net