

Nutricheck



Functional Guide

Allergy

Please Note: This *Allergy Guide* is not intended to be a recommendation for self-medication, or to replace medical services.

ALLERGY

Many people with health problems are sensitive to commonly-eaten foods. These include dairy foods, yeast-containing foods, wheat and other grains, and a variety of chemical substances which occur naturally in fruits and vegetables.

The reactions to these foods may be due to an immune system reaction or to a biological chemical effect. They can, however, profoundly affect a person's health and may produce a wide variety of symptoms.

A carefully managed low-allergy and/or low-chemical diet is required in the treatment of people with food allergy or in chemical sensitivity problems.

If a food sensitivity/allergy problem is indicated by Nutricheck's analysis, a four-week trial of a low-allergy diet may be beneficial in relieving these allergy/sensitivity problems.

A low-allergy diet is included in the Nutricheck program for your reference and is best supervised by your health practitioner.

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