



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Subtle Sensitivities to Food

“One man’s food is another man’s poison.” Hippocrates

Are you someone who just doesn’t feel right until you’ve had your first cup of coffee in the morning or a glass of milk before bedtime? Have your food rituals become so much a part of your daily life that you can’t wait to get your hands on that nightly after-dinner chocolate? Do you eat the same foods over and over with very little variety in your diet?

If these symptoms sound familiar to you, it’s likely that you may be suffering from a food sensitivity or addiction. Learning to recognize your cravings and compulsions about food begin with tip-offs that will ultimately help you become wiser and healthier about your food choices in the future. Prior to developing food sensitivities, perhaps you’d never imagined how something seemingly as innocent as food could be considered toxic to your system.

Learning to accurately identify the symptoms of food sensitivities better enables you to deal with the basis of these warning signals - your own immune system malfunction. You’ll also become better attuned to the countless ways in which your diet affects your immune system, white blood cell count, muscles, joints, and even your thoughts and moods.

Perhaps you’ve wondered why you often crave the very foods to which you prove most sensitive. Quite simply, you’re addicted! Ironically, many of your food sensitivities and addictions started at birth or shortly thereafter. More than likely, dairy, wheat, and corn products were much too strong and/or hybridized for your infant digestive system to cope with. This scenario would have begun the early imbalances in your body that only now, years later, can you finally begin to deal with successfully and completely.

Imagine your immune system as a solid oak bucket. Over the years, as it faithfully collects all the toxins and traumas dumped into it, it slowly begins to fill up. Ultimately, as you add one more problem, such as food sensitivities, your bucket begins to crack at the seams. Finally, the bucket overflows—and you’re faced with a crisis. Begin finding ways of bailing out your bucket!



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By learning how to handle foods that create imbalances in the current state of your physiology, immune, and digestive systems, you can eliminate them—and find alternative ways to allow your body and your immune system to recuperate and rebuild itself.

The first step is to obtain a thorough patient history, and perform the Clinical Kinesiology exam. Dr. Susan Levy will then be able to understand a great deal about the status of your digestive function including the presence or absence of Candida, parasites, or leaky gut. Proper nutrient and dietary recommendations and measures will be implemented for a foundational regimen.

The next major step will be to perform the food sensitivity test via Clinical Kinesiology. Dr. Susan Levy tests approximately Two Hundred Twelve different food items when doing a comprehensive examination.

Generally, it is recommended to avoid incompatible foods for a period of time, which will be determined based on your individual needs. Nutrient and dietary measures to combat digestive enzyme deficiency, Candida, parasites, or leaky gut, will ultimately diminish the number and severity of food sensitivities in the majority of cases.

In many cases, during in-office treatments to desensitize the body to specific foods, Dr. Susan Levy uses a healing method termed A/SERT (Allergy/Sensitivity Elimination and Reprogramming Technique). The patient holds small vials of the offending items during the several minute long sessions, while multiple balancing therapies are simultaneously applied. These include Color and Sound therapy, laser or piezoelectric stimulus to multiple acupuncture points, Erchonia® laser with specific hertz frequencies, and gentle chiropractic adjustments. A series of A/SERT treatments are required as well as some dietary modifications, and continuing the recommended nutrient program.