

GMTV Doctor promotes Food Intolerance Testing

‘A staggering 45% of the population could have a food intolerance - are you one of them?’

GMTV recently highlighted Food Intolerance Testing in their feature with Dr Hilary Jones. Many people suffer from intolerance to various foods, such as wheat, dairies and even chocolate, causing all different types of symptoms including headache, constipation and eczema. However, it's only recently that doctors are becoming aware and offering allergy advice.

A recent study commissioned by Allergy UK showed that up to 45% of the population could be intolerant to certain food.

Woodside Clinic's Dr Heli Ots however advises that food intolerance and food allergy should not be confused with one another, 'Food intolerances are different to allergies, unlike food intolerance, a food allergy causes a hypersensitivity reaction of the immune system and usually shows itself within a few minutes of eating or being exposed to the offending substance – this can be very serious to a person's health. Food intolerances, however, usually show themselves between 1 and 72 hours after eating; therefore making it harder to diagnose'.

At Shefford's Woodside Clinic, Dr Heli Ots uses a new, non-invasive (and painless!) food intolerance test that has been developed in Germany. It works by measuring electrical resistance within the body and has become very successful there. The patient holds onto a silver baton whilst a probe is placed on an Acupuncture point on the hand.

Potential allergens or food samples are inserted into the honeycomb matrix and a measurement is taken. This procedure helps to detect foods and other substances, which might trigger an individual's health problems.

Your test results will be produced in a computer printout, and you will be offered direct advice and guidance. Dr Heli Ots is also a medical Homeopath, able to provide expert advice on supplements and lifestyle changes.

If you'd like to discuss it personally, Dr Ots has agreed that readers of the Biggleswade Chronicle can contact her at home on 01162 312949.

Woodside Clinic provides Osteopathy, Physiotherapy, Chiropody/Podiatry, Acupuncturist & various holistic therapies in Shefford. Please call 01462 850228 for more information.

Please visit our website for more information: www.woodsideclinic.co.uk