

Information about Food Intolerance Testing



Mary Roe



A bit about me

I was a nurse [I have not renewed my registration since March 2018 because of illness.] I specialise in food intolerance.

My original nursing qualification was gained in the nineteen seventies.

I was a ward sister until I had a career break when my children were young.

My interest in food intolerance began in 1981 and I started working testing people in 1994.

Where do I work?

I work from my home in Purley, Surrey.

How can I help you?

Please look at my 'Success Rates' at the end of this handbook for the improvements that are possible with my methods.



I use a Dietx machine to test you. This machine is a newer version of the Vega machine. The testing is not painful and non-invasive. I test 175 foods and drinks. 60 common additives, all alcoholic drinks, and any product that might aggravate symptoms. Eg washing products, fabric conditioners, soaps, shampoos, deodorants, air fresheners, fragranced candles, polishes, cleaning sprays.

Testing Children

Many children cope very well with the testing. It does not hurt, and they are 'centre stage', which some really love! The machine that I use is quite interesting to most children, and I am very experienced with all ages.

I have 4 adult children of my own, one of whom has severe learning difficulties and challenging behaviour, and I have experience in testing children of all ages with behaviour problems, ADHD, ADD, and those who fall under the autistic spectrum. I regularly receive referrals from the Hyperactive Children's Support Group

With some children, [especially younger ones and those with concentration difficulties] I do not test everything I have at my disposal, but just the main suspects or foods that they eat. This can cut down on the testing time. If the child sees little benefit after a few days I will then test the foods that I omitted before, as part of the original testing charge.

Some children find it very hard to cope with the testing, perhaps because

they are particularly anxious, or because they find it nearly impossible to co-operate. If this is the case I usually have a long telephone discussion with the parent, during which we work out the best way to handle the session. Any form filling can be done before the appointment. Any advice given may also be done over the phone after the session. This enables the parent to be more relaxed and able to take on board the information that I am imparting. By tailoring the consultation to the child rather than vice versa, we can get the best outcome for all. In these cases the child would only need to be in my house for 20 - 30 minutes, and most can manage that.

Sometimes a child will cooperate beautifully, if given 20 minutes to get used to me and the house before we start testing. If your child may benefit from this approach, please let me know when you book an appointment, so that I can allow extra time.

I can test babies and toddlers of any age, breast-fed or bottle-fed, partially or fully weaned. If testing a breast fed baby, I will need to test everything that the mother eats, as the baby may be reacting to a food that the mother eats.

If for whatever reason it is not possible to test a child there will be no charge. This has only happened three times in the last 28 years.

Food Intolerance Testing charges

Adults £100

Children £75

Book in for a minimum hour long testing session during which I will test everything you eat and drink, and any products you use that could be aggravating your symptoms. I can also check for vitamin and mineral deficiencies.

Based on the results of testing, I give sensible, carefully considered advice about a **temporary**, but strict elimination diet. This advice will take into consideration the kind of person you are and the lifestyle you need to lead.

I give detailed instructions about re introducing foods after three months exclusion, and outline ways in which you can avoid becoming intolerant to foods in the future.

You will have a written record of everything I tell you, and free backup support by phone and email.

What you should bring with you

Everyone

Bring

- slice of the bread that you usually eat, if that bread is wheat or gluten free.
- A teabag and / or a small amount of your usual coffee, if you use decaffeinated. Less common drinks eg jasmine tea, fruit teas, herb teas or dandelion coffee if you are a regular consumer.
- artificial sweeteners or coffee whiteners [eg coffeemate], if you use them.
- quorn if you use it.
- agave, sucralose, stevia or any other natural sweetener, if you use any of them.
- aromatherapy oils, if often used.
- beer or wine, or if you have suspicions about a certain beer or wine which necessitates avoidance.

Any food you have avoided for at least a month in order to reduce symptoms, please eat twice in the week before your test, unless you have a true allergy to the food. If unsure about this contact me.

Headache, migraine, asthma, rhinitis, sneezing, recurrent cough, catarrh, throat clearing, shortness of breath

Bring

- your usual cleaning polish and kitchen and bathroom cleaner
- perfumes, body sprays, deodorants and after shaves if used by anyone in your household.
- Fabric conditioner
- Fragranced candles and plug in air fresheners.

Eczema, rashes, itch and psoriasis sufferers

If the condition is on your body, and you use any of the following, bring with you...

- clothes washing products
- fabric conditioner
- bubble bath, shower gel, soap
- body moisturizer, fake tan, sun cream

If the condition is on your face, and you use any of the following, bring with you....

- shampoos
- conditioners
- all make up, soap
- cleanser, toner, moisturizer, face wipes

If the condition is in your scalp or ears, bring with you...

- shampoos, conditioners, hair gel, hair spray or other hair products.

SYMPTOMS I HELP THE MOST

Stomach and bowel problems

Many of my clients suffer from intestinal problems, some of which have been given the diagnosis of Irritable Bowel Syndrome. Symptoms include tummy aches, abdominal pain, bloating, diarrhoea, constipation, nausea, wind, indigestion, reflux, GERD.

Please take a look at my ‘success rates’ at the end of this handbook.

I have tested many people with Crohns disease and ulcerative colitis. A change of diet helped 70% of sufferers.

Headaches and Migraine

Possible Causes

There are many cumulative causes for headache and migraine, and all possible causes need to be addressed

I look at food intolerance, vitamin deficiencies, problems relating to blood sugar control, hydration, chemicals in their environment, all of which, in combination, can lead to headaches and migraines.

Please see ‘success rates’ at the end of this handbook for how well my methods work with headache and migraine.

Eczema rashes itching and acne

Causes

- 1 Food Intolerance
- 2 Exacerbation of symptoms by products used [eg washing products, fabric conditioners, shampoos, bubble baths, soaps, hand creams]
- 3 Certain vitamin deficiencies
- 4 Stress

Look at ‘success rates’ later in this handbook for how much my intervention could help your skin.

Asthma, catarrh, chronic cough, sneezing, rhinitis, throat clearing, shortness of breath

With all these conditions, I will look at foods, natural environmental substances, pollution and chemical products in the sufferer’s environment.

Child Behaviour Problems

For any child that has concentration problems, has difficulty staying still, is irritable, angry, moody, does silly talk, has trouble making friends, is oppositional, diagnosed with ADD or ADHD, is on the autistic spectrum and has behaviour difficulties, a test could be very worthwhile.

Many of these children are also deficient in certain vitamins, minerals or essential fatty acids.

Most children whose behaviour / concentration issues stem from a food intolerance will have other manifestations of food intolerance eg tummy aches or headaches, asthma, catarrh, eczema.

See ‘success rates’ for behavior and concentration problems later in this handbook.

Recurrent Infections

For all of you who get every bug that is going, please be aware that if you suffer from food intolerances you are very likely to catch any virus with which you have contact.

For some people this could mean that they have 6 colds in one winter.

For someone else, they could suffer from very frequent sore throats.

Perhaps you get recurrent thrush or cystitis? Interstitial cystitis [where there are no signs of infection on urine lab testing] is helped by a food intolerance approach.

Depression, Anxiety, Panic Attacks

Some people who have depression or problems with anxiety, display major improvements when they avoid certain foods. Clients who suffer from depression see an 73% improvement in their symptoms.

Many people who are depressed or anxious are deficient in certain vitamins, and supplementation can improve things.

Usually if an elimination diet is likely to help, these people will have other symptoms of food intolerance.

Fatigue

Any adult who is regularly eating a food to which they are intolerant will be tired. It goes with the territory, whatever other symptoms they have.

The results from the study that I did in 2012 indicated an average improvement in tiredness of 85% and an average improvement of 97% in lethargic symptoms.

If my approach does not improve fatigue clients may need to have their adrenal and thyroid function assessed.

Success rates

These figures are based on the responses of clients [seen between January and September 2012] to a questionnaire sent approximately 4 - 6 weeks after commencing my suggested diet. 43% of my clients responded to my questionnaire.

The list below shows the average percentage improvement.

- Bloating 86%
- Abdominal pain 92% [98% in children]
- Diarrhoea 98%
- Constipation 89%
- Urgency 99%
- Indigestion 100%
- Nausea 98%
- Vomiting 100%
- Headache 95%
- Migraine 100%
- Eczema 94% [97% in children]
- Rash 85 % [96% in children]
- Itch 99%
- Acne 91%
- Catarrh 83%
- Asthma 84%
- Frequent colds 87%
- Cough 100%
- Fatigue 95%
- Lethargy 98%
- Children's behaviour, concentration, irritability, mood swings 96%

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PAYMENT

Cash or payment online following the appointment
M Roe [not a business account]
20-84-20
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