

Food Sensitivity Case Studies

Subject ID: D.S.L
Gender: Female
Age: 51
Height: 5'5"
Weight: 128 lbs

Food:
- Supplements
- Grapefruit Juice
- Oatmeal
- Maple Syrup
- Fresh raspberries
- Green Tea

Description

The subject took her morning pulse of 54 beats/minute 30 minutes after rising.

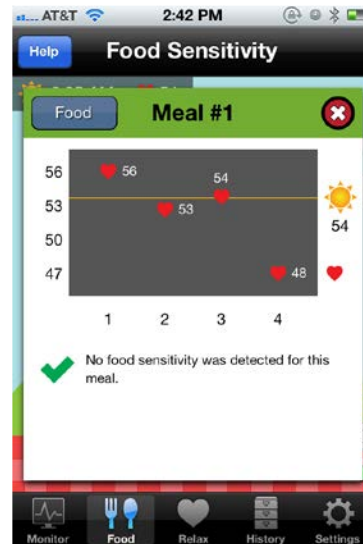
She ate breakfast at 7:30 am, about one hour after her morning pulse was taken. She took supplements with two ounces of grapefruit juice and ate oatmeal with maple syrup and fresh raspberries for breakfast along with her morning tea. As shown in the charts below, there were no food sensitivities.

She was reading at her desk during the 90 minute Food Sensitivity test after her breakfast.

Notice her pulse dropped into the 40s which is not unusual for her in morning. and that the morning tea did not have enough caffeine to affect her readings.

Results

As you can see in the charts below, there was no significant change or increase in her heart rate after breakfast. This indicates that it is unlikely that she has sensitivity to any of the food or beverages consumed at breakfast.



Subject ID: D.S.L
Gender: Female
Age: 51
Height: 5'5"
Weight: 128 lbs

Meal #3 Food:
- Trail Mix
- Iced Tea

Description

The subject took her morning pulse of 54 beats/minute 30 minutes after rising.

She had a snack at 2pm. She purchased what looked like a health trail mix, assuming it had a healthy mix of nuts and dried fruit with a few M&Ms. As shown in the charts below, there was a reaction to something in the trail mix and the food sensitivities test was positive.

She was reading at her desk during the 90 minute Food Sensitivity test after her snack.

Note that the food sensitivity induced a headache that lasted several hours.

Results

As you can see in the charts below, there was a significant increase in her heart rate after eating the trail mix. This, along with the headache, indicates that it is very likely that she has sensitivity one or more ingredients in the trail mix.



Subject ID: J.M.D
Gender: Female
Age: 53
Height: 5'4"
Weight: 130 lbs

Food:
- Pasta
- Marinara Sauce
- Fresh Parmesan
- Red Pepper Flakes
- Mixed Salad
- Oil and Vinegar

Description

The subject took her morning pulse of 58 beats/minute while still lying in bed.

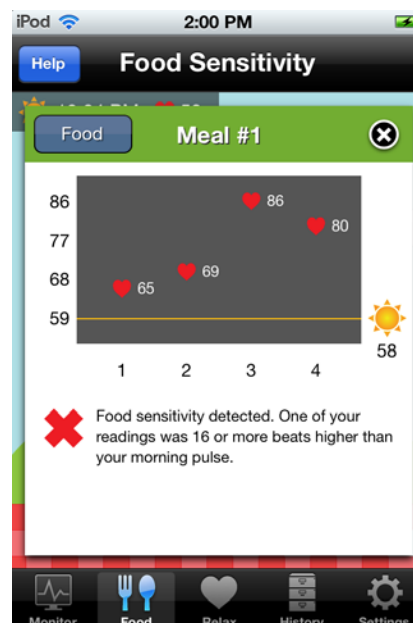
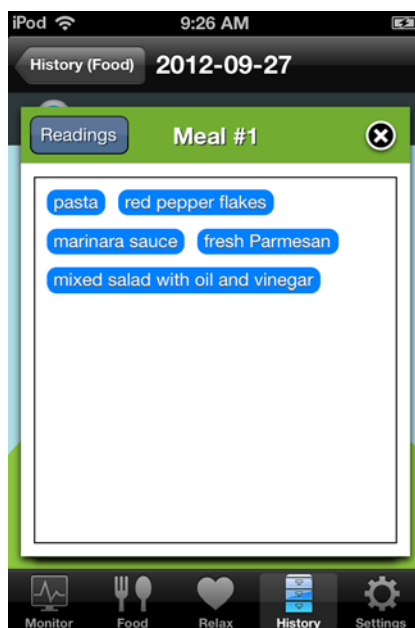
She has suspected a Gluten intolerance for several years and has avoided, though not completely eliminated Gluten. She had pasta with marinara sauce, parmesan cheese and red pepper flakes. In addition she had a side salad. As shown in the charts below, there was a significant increase in her heart rate 1 hour after eating

She was relaxing on the couch watching TV after her meal.

Notice her pulse rose to 86 BPM at the 1 hour reading and remained elevated at the 1 ½ hour reading.

Results

As you can see in the charts below, there was a significant increase in her heart rate after eating the meal. Because she ate several items, she could be sensitive to something else, with the cheese, marinara sauce and red pepper as the likely candidates.



Subject ID: D.S.L
Gender: Female
Age: 51
Height: 5'5"
Weight: 128 lbs

Meal #3 Food:
- Peanut Honey
Pretzel Luna Bar
- Supplements

Description

The subject took her morning pulse of 54 beats/minute 30 minutes after rising.

She had a snack at 2pm. She eats Luna bars regularly though on this occasion tried a new "flavor", Peanut Honey Pretzel. As shown in the charts below, there was a reaction to something in this meal. She has tested the supplements separately so it seems this particular Luna bar caused the food sensitivities test to be positive.

She was reading at her desk during the 90 minute Food Sensitivity test after her snack.

Note that the food sensitivity induced a sluggish feeling that lasted about an hour.

Results

As you can see in the charts below, there was a significant increase in her heart rate after eating the Luna bar. This, along with the sluggish feeling, indicates that it is very likely that she has sensitivity one or more ingredients in the Luna bar.

