

Testimonials:

“Hi (New Zealand Herbals) I just wanted to send you a quick note to say THANK YOU! After being on a gluten/corn/dairy/egg/milk –Free diet for only 2 weeks, I feel like a new person, I am truly amazed. I even caught a bit of a cold, and am managing to get over it much faster than normal, with a bit of an Echinacea boost. My boys are both coping with the new diet well, and Mum managed to find a great “allergy cookbook” at the library which was full of recipes to try. Bin Inn is a great source of GF products, and the staff are very helpful. Thank you both so much for all of your great help and advice. Warm regards, the new-and-improved Sarah J”

Hi (New Zealand Herbals) – doing the “food detective” was one of the best things I have done – some of the things that came up for me in terms of food intolerances I had suspected – but some were a surprise for me – e.g. nuts were a problem for me – for years I had suffered from debilitating migraines and had not known that they were part of the “triggers” but because the migraines only appeared the next day or some days later. Now I understand the difference between food allergies – which are relatively easy to know (because they happen suddenly) and food intolerances – thanks so much for this wonderful tool – good news – my migraines have subsided considerably - Best wishes M.J.



NEW ZEALAND
Herbals[®]

NZ Herbals | **Nature Knows Best**

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Food Intolerance Test



NEW ZEALAND
Herbals[®]

DISCOVER THE FOODS THAT AFFECT YOUR HEALTH

The Food intolerance test is a rapid, qualitative, ELISA-based method for the detection of IgG antibodies to 59 different foods in human sera or plasma. IgG reactions to food have been implicated in a number of chronic diseases including arthritis, irritable bowel syndrome, bronchitis and depression. Such reactions involve the formation and deposition of food antigen/antibody complexes in a variety of tissues where they cause inflammation, pain and other symptoms.



There is a great deal of confusion about 'Food intolerances/allergies', in my experience there are two levels of food 'allergy' or intolerance. Basically there are the triggers and there are the Drivers. Triggers simply stimulate an auto-immune reaction (the allergy symptom) but are not necessarily the underlying problem. The real problem is the Drivers – these are food substances that create the ground for other triggers and often display no immediate or obvious symptom at the time of ingestion. This is the fundamental error of all other 'allergy' tests – they do not accurately detect the true cause of the problem/allergy, at best showing only some of the drivers and at worst showing only the triggers. Avoiding the 'triggers' is difficult if not impossible, eg: house dust mite and pollens, whereas avoiding the true cause – the drivers – is not only possible but often easy. Also over time the system becomes less allergic or rather more tolerant to the allergies/intolerances and one can ingest these substances in moderation without consequence – especially if you are also on a great Herbal and nutritional program such as the New Zealand Herbals System of Cure.

SUPPORTING HERBAL PROGRAM:

MINERAL MAX 6 capsules daily
BLOOD PURIFYING TONIC OR CAPSULES 10-20mls daily or 4-6 capsules daily
COD LIVER OIL 1 capsule daily
PROCLEANSE 1 teaspoon daily
PARA 10-20mls daily



If you would like more information on the food intolerance test, or to book an appointment to have the test done please contact us at New Zealand Herbals.

