



Sensitivity Testing Procedure

Often I find many people who are doing the GAPS Diet have a number of sensitivities / allergies to certain foods and have had reactions as a result. Before introducing new foods it's often a good idea to check if you have a sensitivity to a particular food by following the below, simple procedure.

If, for example, you wish to test an allergy to the egg yolk.

- Separate the yolk from the white
- Take some of the raw egg yolk and rub it on the inside of your wrist (ensure there's no white included)
- Do this at night, let it dry, go to bed and when you wake up in the morning check the spot you had rubbed the egg into.
- If the skin is red, inflamed and angry then there is an allergy and that food is best left for another 6 weeks before repeating the sensitivity test.
- If the skin is fine and there's no reaction then you're good to try the food.

Please note, when doing the sensitivity testing it's important to rub the food onto your wrist in the form you intend to ingest it. If you're doing the introduction diet then there is a point where you introduce egg yolks raw so test the raw egg yolk on your wrist, not cooked egg yolk.

When testing dairy ie: kefir, yogurt, ghee etc use this same procedure and if there is an angry reaction the next morning then retest in 6 weeks time and don't introduce until there's no reaction on the skin.

In some cases it will always cause a reaction, when the gut has healed this indicates a more genuine allergy as opposed to a reaction caused by poor gut bacteria.