

FOOD SENSITIVITY TEST

If you suspect an allergy to any particular food, do the Sensitivity Test.

Take a drop of the food in question (if the food is solid, mash and mix with a bit of water) and place it on the inside of the wrist of the patient.

Do it at bedtime. Let the drop dry on the skin, then let your patient go to sleep.

In the morning check the spot: if there is an angry red reaction, then avoid that food for a few weeks, and then try again.

If there is no reaction, then go ahead and introduce it gradually starting from a small amount.

This is to test the sensitivity to foods and does not apply to severe allergic reactions some people have to peanuts and bee stings.