

ALCAT FOOD AND CHEMICAL SENSITIVITY TESTING

Many years ago, Lucretius said, "one man's meat is another man's poison." Never before has the possibility of the truth of that statement been so real. In our modern day, our foods are filled with chemicals, additives, coloring, and preservatives to extend shelf life, brighten colors of our fruits and vegetables and even create new versions of old products. We are far from the original garden!

This takes its toll on our immune system by triggering chronic activation which is linked to many diseases such as digestive disorders, migraines, obesity, chronic fatigue, aching joints, skin disorders, autism, and many others. Now, thanks to Alcat Labs, we have a tool to measure personalized nutrition at the cellular level. This technology is a blood test that measures the body's cellular response to challenges from a variety of substances including various foods, additives, colorings, and chemicals. Your test results are presented in an easy to understand, color coded format. Each test results also include a customized 4 day Rotational Diet. History has shown that variety in the human diet is very important to health and wellbeing.

Hippocrates said, "*Let thy food be thy medicine and thy medicine be thy food.*" But, make sure it's the foods you can tolerate!

Contact Total Health Solutions today for testing options.

Call 954-577-0008 or Email ttlhlthsolutions@aol.com