

ALLERGY TESTING

Every Thursday 9am – 7pm

Many people may be suffering from allergies without realising it, and if you have any chronic or unexplained symptom, allergy could be the cause.

Using muscle response testing (Kinesiology) Sandra is able to check your reaction to a wide range of foods, chemicals, parasites, dust mites and common household and bathroom products.

How to suspect you may have an allergy:

- Do you have difficulty sleeping, feel tired all the time or just feel tired after meals?
- Do you get migraine or headaches, rashes or spots or find a swelling of the tissues in the nose, mouth or throat?
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- Do you have hay fever, tightness of chest, wheezing or eczema/psoriasis?
- Do you react to smells when you are out shopping?
- Can't use certain bathroom products?
- Do you get side effects from your medication?
- Do you suffer from bloating, flatulence, IBS or constipation?
- Do you have aches or pains anywhere in your body?
- Do you suffer from PMT, or just feel unexpectedly 'down' at certain times?
- Do you have any symptoms that you can't explain, or perhaps just feel 'under the weather'?

If the answer to any of the above is 'Yes' then you may be suffering from an undiagnosed allergy.

Allergies can easily be tested on all age groups, including babies or elderly, using a totally non-invasive bio-feedback method that does NOT involve scratches or blood tests.

Sandra Shackleton works at the Castle Clinic every Thursday. You can just drop in on the day, or preferably call first for an appointment, to ensure you are seen.

**Allergy testing is £40 per 30 minutes.
RESULTS GIVEN INSTANTLY!**

You can also make an appointment to see Sandra individually for Health Kinesiology treatment for allergies. This is very successful, and generally results in an improvement of the person's overall health and wellbeing as well as removing the allergies.

Sandra Shackleton at Castle Clinic

01423 797800 or 07597 566867