

Key Information about your Vega Testing Appointment:

- 1) The first step is to schedule an appointment for Vega testing.
- 2) Vega testing is a safe, painless, non-invasive procedure. No blood draw, scratches or needles are involved.
- 3) The initial appointment for food allergies and the organ screen is about a 45 minute procedure for both screenings. You will receive your results immediately.
- 4) Please ensure that you have an appointment booked to see Dr. Macdonald shortly after your Vega test to help you interpret the results and take appropriate action steps.

Food sensitivities screening (30 min) Fee: \$80
(94 foods) and candida yeast screening

Organ Screen (15 min) Fee: \$40
67 body parts are tested for their overall vitality including organs, nerves, hormone glands, vertebrae, digestive system and more

Follow-up testing allows us to monitor your progress and assess your program.

Re-test the: Candida yeast Fee: \$25
We retest the Foods/Organs that were flagged in the initial screen. We recheck the candida level if needed.

PLEASE DRINK 2 GLASSES OF WATER PRIOR TO YOUR APPOINTMENT.

Please refrain from taking antihistamines and **IF** possible, steroid inhalers 24 hrs prior to your testing.

Please allow 48 hours notice for any changes to your appointment.
A \$25 cancellation fee will be charged for those appointments cancelled without adequate notice.

VEGA TESTING – Frequently Asked Questions

What is Vega testing?

Vega testing is a fast, safe, painless, and most importantly, helpful way of gathering information about your body. At the Macdonald Centre for Natural Medicine, we have used Vega testing extensively for 22 years and have found it to be a highly valuable tool for helping patients to understand the underlying causes of their health issues and achieve lasting improvements in their health.

Vega testing is also called Electro Acupuncture, according to Voll or EAV testing. It uses the acupuncture points in the hands as access points to your body's sensitive electromagnetic system. From there, the machine measures electromagnetic fluctuations in your body in response to testing various substances.

Naturopathic physicians also use conventional blood work, medical history and physical examination to assess their patients. Vega testing is one more tool in the quest to understand the keys to unlocking your health potential.

What types of tests are done with the Vega Machine?

- 1) **Food allergy testing:** we test 90 common foods to see which ones may be disturbing your body and which ones are not. Patients consistently see clinical improvements when they eliminate or limit the foods that the Vega test identifies. Your naturopathic physician will coach you on what you CAN eat so that you can easily transition to the diet that is right for YOU.
After a period of elimination, your naturopathic doctor will guide you on how to put these foods to the test with a systematic reintroduction process. Your body is the test.
- 2) **Organ Screen:** we assess 67 different body parts on a three point scale: healthy, stressed, very stressed. The organ screen assesses organs such as the stomach, kidneys, lungs etc and other body parts like spinal segments, lymph nodes, eyes, diaphragm, adrenals and more.
It is not a diagnostic test. Your naturopathic physician will use the results of this screen as **clues** to be investigated. Most times, patients report that the body parts that are flagged as stressed are the areas they are having trouble with. Often areas with old issues like a surgery or an old injury will also show up. If new areas show up, it may give you and your naturopathic doctor insight into your symptoms, or you both may decide to “watch and wait”.
- 3) **Intestinal Microbiome imbalance:** One of the keys to the healthy functioning of the body is the presence of adequate good bacteria in the lining of the intestine. If the good bacteria are disturbed then yeast (*Candida albicans*), fungus and other opportunistic organisms will colonize the intestine, creating problems. This screening test assesses the balance of intestinal microbiome and reports the degree of *Candida* yeast present on a scale from 0-10. Zero indicates a healthy balance of microbiome. Ten indicates a lack of good bacteria and an overgrowth of *Candida* and possibly other opportunistic organisms. If the symptoms and clinical history also corroborate this test, your naturopathic physician will discuss an intestinal microbiome restoration program to reestablish a more healthy intestinal microbiome. **This test is included in the Food Allergy Profile**

Why use Vega testing when there are other forms of testing available?

The advantages of Vega testing:

- Results are far more accurate than skin prick testing for food allergies and as accurate as the much more expensive blood tests for food allergies.

- The test is virtually painless. No scratching and no blood draw.
- Most children and even infants can be tested, as long as they can sit with the tester for at least 20 minutes.
- We can retest you after some time to see if your food sensitivities have resolved or are persistent.
- It is reasonably priced compared to blood tests. Blood tests for food allergies are not covered by MSP unless there are exceptional circumstances like Autism.
- Dietary food elimination and reintroduction require months of dietary restrictions that may not prove fruitful. With Vega testing, you can eliminate foods that have a much higher chance of making a clinical difference.
- You get your results right away and can begin designing the dietary program that will lead you to greater health.

The cons of Vega testing:

- There is no perfect test for food allergies. This test, like all others, may not detect a food you are allergic to.
- Foods you never eat may be harder to pick up a reaction on. So if you **know** you are reactive to a food and never eat it, a negative test result doesn't mean you should try it again.
- The test may have 'false positive' results indicating allergies to foods that are not significant. That's why we always do an elimination/reintroduce trial so that in the end, you are only avoiding the foods that have a demonstrable negative effect.

What should I do to prepare for the test?

Water: Drink lots of water. Water assists the conductivity of the electromagnetic system. Your test will run more smoothly if you are very well hydrated. Please ensure that you drink abundant fluids the day before and the day of testing.

Food: Just eat what you normally eat.

Medications: If you are taking anti-histamines or oral steroids, these medications may mask results. Use your judgment and consult Dr Macdonald if you need guidance on whether or not to stop medication.

Fatigue: Extreme fatigue or extreme stress can affect the testing. Try to ensure that you arrive at the test as well rested as possible.

What should I expect during the test?

- 1) You will be seated in a chair at a desk. You will be asked to hold a metal rod that is connected to the machine via a wire.
- 2) The test will be conducted by our trained Vega technician:
Sue Zonneveld – laser technician with 15 years of experience
- 3) A probe will be gently applied to your hand by the technician. It doesn't hurt.
- 4) You will receive a copy of your results immediately after your testing.

- 5) **At an appointment with your naturopathic physician, you can discuss the significance of the results and what treatments may be indicated. The Vega technician is not in a position to interpret results or advise you on treatments.**

What is the history and science behind Vega testing?

For fifty years, Vega testing has been used in clinics throughout Europe and North America. The concept that the body is a bio-regulatory mechanism under electro-magnetic control is not new. The Chinese developed a sophisticated theory of energy (chi) and bio-electrical control through the acupuncture meridian system of the body. The Indians developed an analogous system based on breath energy (prana) and electro-magnetic control points called chakras. It was not until the early 1950's that a German medical doctor found that he could accurately locate acupuncture points using a simple electrical measuring device. He found that acupuncture points had a uniquely different electrical resistance (lower) than the tissues immediately adjacent to them. Dr. Voll mapped the entire body using his device which he called the DERMATRON.ⁱ He also discovered a method of testing the allergic response of substance using the Dermatron without physically introducing the material into the patient.

In the early 1970's, another German, Dr. Schimmell, a dentist, simplified Dr. Voll's technique by inventing another electrodermal diagnostic device called the VEGATEST.ⁱⁱ Dr. Schimmell took all measurements on one acupuncture point on the finger and varied which organ system was being measured by putting a homeopathic dilution of it into a metal honeycomb on the machine. Much research continues into the technique in Germany, and the method has more recently become completely computerized and automated through a device called the Segmentalelectrogram (Seg).

Dr. Julian Kenyon has done considerable clinical research in the application of the Vega technology to the field of clinical ecology at the Centre for the Study of Alternative Therapies in England.^{iii iv v vi}

At least three double-blind studies have been published on electrodermal allergy testing. Dr. Ali found a 73% concordance between electrodermal testing and ELISA IgE antibody levels for a variety of pollens and moulds.^{vii}

University of Hawaii research team compared six different diagnostic modalities for assessing food allergies including history, food challenge, skin, RAST, IgE antibodies, and electrodermal.^{viii} In over 300 tests, electrodermal testing matched the history 74%, the food challenge test 77%, skin testing 71%, and RAST testing 69%.

^{viii} Fehrenbach, J., Noll, H., Nolte, H.G. & Schimmell, H.: Short Manual of the VEGATEST method. Vega Grieshaber, 1981.

^{viii} Kenyon, J. : Modern Techniques of Acupuncture, vol. 3, Thorsons, 1985.

^{viii} Lewith, G. & Kenyons, J. : Clinical Ecology, Thorsons, 1985

^{viii} Kenyon, J. : "Diagnostic Techniques of the Future: Bioenergetic Regulatory Medicine", Journal of Alternative Medicine, vol. 12, December 1985.

^{viii} Kenyon, J. : Twentieth Century Medicine, Thorsons, 1986.

^{viii} Ali, M. : "Correlation of IgE antibodies with specificity for pollen and mould allergy with changes in electrodermal skin responses following exposure to

allergens", American Journal of Clinical Pathology, 91:357, 1989.

- viii Kiop, J., Swierczek, J., Wood, A. : "Comparison of Ecological Testing with the Vega Test Method in Identifying Sensitivities to Chemicals, Foods and Inhalants", American Journal of Acupuncture, 13:253-59, 1985.
- viii Lam, F., Tsuei, J., : "Case Findings from a Family Practitioners Office Using Electroacupuncture According to Voll", American Journal of Acupuncture, vol. 11, 23-29, 1983.