

Village Health Clinic

#105 - 15153 Highway 10, Surrey V3S9A5

T: 604.575.7275 F: 604.574.7290

www.villagehealthclinic.ca

“Phenolics”

What are They?

Phenolics are the compounds which colour, flavour, perfume, preserve and/or are the reactive agent in foods, living organisms, supplements, drugs, chemicals, perfumes, pesticides, herbicides, dental products and the such. **Through phenolics, we perceive the world around us.** In otherwords, phenolics are essential for: a perfume to give off a fragrance; an enzyme to react; a flower to have a specific colour.

Phenolics are the key concern in allergies, environmental sensitivities (such as: chemical, pesticide, herbicide and perfumes), food intolerance, endocrine imbalances, hypersensitivity, behaviour, ADD/ADHD, chronic degenerative disease processes and dental toxicity, to name a few. Food elimination programs are sometimes not fully effective, since the phenolic which the person is reacting to may be found in over 75 other foods. For people with food sensitivities, using desensitizing phenolic compounds allows them to regain a full diet, in a similar fashion, it allows people with environmental sensitivities to overcome them. For hormonal and neurotransmitter imbalances, these compounds will help to balance the system, by allowing the body to re-establish natural processes. Without question, phenolics are essential to life.

When used medicinally, they are given orally for a specified amount of time. Selected phenolics are used to help each patient treat their specific illness or allergy.