

# Village Health Clinic

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#105 - 15153 Highway 10, Surrey V3S9A5

T: 604.575.7275 F: 604.574.7290

[www.villagehealthclinic.ca](http://www.villagehealthclinic.ca)

## VEGA Test Method

Food & environmental allergies/sensitivities can be draining to a person's biochemistry. Instead of waiting to respond to a viral, bacterial or other infectious agent, your body is using energy reacting inappropriately to benign substances such as food or pollens/grasses - it draws from your body's vital reserves to do this work. Not only does this result in typical allergic symptoms, but overtime, chronic fatigue becomes a major side effect of this immune response.

There are no tests currently available that are 100% accurate. However, VEGA testing is a fairly sensitive method of detecting food & environmental sensitivities. It may detect true allergens, however, the method is not specific enough to distinguish between a true allergen versus food/environmental sensitivities. Clinically, however, it has been found that those who eliminate foods shown as sensitivities by VEGA have clear improvement in symptoms. In addition, those who follow allergy desensitization protocol (allergy shots or oral allergy drops) for environmental allergens detected by VEGA show striking improvement in allergic symptoms.

VEGA testing, or Electro-Dermal Screening, was developed in Germany originally in 1953 by Dr. Voll, M.D., and modified in 1978 by Dr. Schimmel, M.D., D.D.S. It has been used mainly in Europe as a testing method by physicians, dentists, and scientists. Most of the research material to date is still only available in German. It is based on the theory that all foods have different electrical patterns. In order to access this electrical field, a circuit is created between the machine, the test technician, and the person being tested. Food or environmental allergens are contained in a small test vial and added to the circuit for testing.

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The VEGA machine detects changes in skin resistance on the skin surface in response to a food or environmental allergen in the test vial added to the circuit. The skin resistance is measured by producing a slight voltage difference between a tip electrode held against the client's skin surface on one hand and a large hand-held electrode held by the client on the opposite hand. The testing does not require puncturing of the skin surface. It is painless and non-invasive.

Testing by VEGA method usually requires about 45-minutes for a full, initial food screen. The food test will cover grains, dairy products, eggs, fruits, vegetables, nuts & seeds, meats & poultry, seafood, food additives, and miscellaneous foodstuffs such as caffeine, honey, sugar, yeast, alcohol, vinegar, etc. In addition, the test will detect skin changes correlated with inflammation due to intestinal bacterial, yeast or parasite overgrowth, also known as dysbiosis. An environmental panel takes about 30 minutes and covers grasses, trees, molds, weeds, & other inhalant allergens.

Following testing, you have a follow-up visit with a physician to discuss results and to formulate a treatment plan consisting of dietary changes, oral allergy desensitization, and improving digestive function and nutrient absorption. Shopping and cooking guidance is offered with an emphasis on optimizing caloric intake as well as intake of major nutrients,