Resources

The following is a selection of handouts to give some basic health advice, please contact us for further information.

Next is for Links to studies

A small selection of papers to give present some of the evidence that supports the view that functional medicine has a major role to play in the modern medical practice.

Clinical Trials re: Migraine

93% of 88 children with severe, frequent migraine recovered on oligo-antigenic (low risk) diets. The role of foods provoking migraine was established by double blind controlled trials.

85% of 60 patients became headache free.


Clinical Trials re: Irritable Bowel Syndrome

Specific foods provoked irritable bowel syndrome in 65% of the patients. Double blind challenges confirmed results.

Clinical Trials re: Crohn's Disease

51 out of 77 patients remained well on an exclusion diet, for over four years.

Positive results, as above.

Clinical Trials re: Epilepsy and Migraine
Clinical Trials re: Rheumatoid Arthritis

75% of 44 patients improved substantially or totally on dietary elimination.

Most patients responded to restricted diet and responded adversely to the reintroduction of specific foods.

Clinical Trials re: Polysymptomatic States

Very positive results from Double Blind Feeding Tests.

Clinical Trials re: Asthma and Rhinitis

91% of 322 children showed significant improvement in trial.

Study of 265 patients on avoidance of incriminated foods led to a huge reduction in the use of inhalers and steroids.

18% of 272 patients with asthma reacted to one or more of the constituents of orange drinks.

Clinical Trials re: Behavioural Disorders

Of 76 selected overactive children treated with Oligoantigenic diet, 62 improved, 21 of which becoming totally normal.

Results showed that enzyme potentiated desensitization permitted children to eat foods previously identified as responsible for their symptoms.

Clinical Trials re: Eczema

With the avoidance of just two foods (milk and eggs), 14 out of 20 children improved.

Clinical Trials re: Genitourinary Problems

Recurrent cystitis and bladder pain respond frequently to elimination diets. Food sensitivity also a possible cause of nephrotic syndrome.

Clinical Trials re: Chronic Fatigue

The Role of Food Intolerance in Chronic Fatigue Syndrome in Hyde B.M. Ed. Lobley R.

The Clinical and Scientific Basis of Myalgic Encephalomyelitis / Chronic Fatigue Syndrome
Ottowa. The Nightingale Research Foundation 1992; pp521-38

Clinical Trials supporting the Value of Neutralization / Desensitization to Food and Inhalant Sensitivities

A double-blind cross-over study. In most cases the response if lifelong severe intractable symptoms was rapid and dramatic (within 3-4) days. Symptoms returned within 3 of the 4 days on placebo injections


The phenomenon of Subcutaneous Food Neutralization can be scientifically endorsed for clinical treatment of food reactions.

[24] **Low Dosage Sublingual Therapy in Patients with Allergic Rhinitis due to House dust Mite.** Scadding G. & Brostoff J. Department of immunology, Middlesex Hospital. Clinical Allergy 1986: Vol 16; pp483-491


Triple Blind Studies provide evidence that subcutaneous neutralization treatment is an effective form of food hypersensitivity therapy. These two studies led by the American Academy of Otolaryngic Allergy to recommend neutralization as the treatment of choice to Ear, Nose and Throat Specialists treating Rhinitis. Most ENT specialists in the USA now use neutralization as the preferred choice for perennial rhinitis.


The first study worldwide of neutralization on an animal model. 87% of horses with COPD (equine asthma) responded well after neutralization. 92% of horses with urticaria responded well.