



Bringing Food and Environmental Samples for BioSET Appointments

At each BioSET appointment, we will be testing for and clearing specific foods and/or environmental triggers. To help ensure the best results, please bring the following samples to each appointment:

- Clearing #1: Amino Acids: please bring samples of protein foods (meats) to your first appointment. This includes chicken, pork, beef, turkey, fish, etc. Any animal product you are eating or would like to eat (not including dairy, as we will clear for dairy separately). Sample sizes should be small (bite size is plenty). Please store in individual baggies. Samples can be frozen. Avoid any protein foods that cause major reactions, as we will clear these separately at a later date.
- Clearing #2: Phenolics: Please bring samples of fruits and vegetables (bite size) to test and to clear. Again, if there is a particular food in this group that causes a major reaction, we will clear that food separately at a later date.
- Clearing #3: Vitamins and Minerals: Please bring any supplements you are taking (multivitamin formulas, mineral formula, magnesium, calcium, vitamin D, etc.)
- Clearing #4: Sugars: Please bring samples of sugars that you consume (table sugar, agave, honey, etc) you can also include samples of carbohydrate foods.
- Diary: please bring samples of foods derived from diary (milk, cheeses, eggs, yogurt, butter, sour cream, etc).
- Grains: please bring breads, pastas, quinoa, wheat, rice, etc.
- Nuts: please bring nuts and nut butters.
- Soy and Corn: please bring foods made from soy and corn.
- Additives/Condiments: please bring individual food colorings, mustard, soy sauce, ketchup, etc.
- A Week of Food: After we have cleared for all of the food groups, as well as the foods that cause the most reactivity, we often test and clear for what I call "a week of food." To do this, take small samples of everything that you eat for a week, store it in a Ziploc in the refrigerator or the freezer, and bring it in to test/clear.
- Molds: Molds can be collected in 2 ways. The most cost effective is to clean out several glass jars with tops (mayonnaise jars or jam jars work well). Fill the jars with 1-2 inches of water and leave them uncapped in areas of your house that you think might have a mold issue (bedroom, bathrooms, play area, basement, etc.). Leave the jars out for 1-3 weeks. Cap them and bring them to the office to test and clear. You can also order mold plates on line and leave the plates out in conjunction with, or in addition to the water jars. Follow the directions on the plates and once the mold grows, bring the plates in to test and to clear.

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- Pollens: The easiest way to collect pollens is to follow the directions above for mold collection but leave the jars outside to collect whatever is in the air. You should also collect buds and blooms from around your yard, school, and neighborhood to test and clear. If there are specific known issues (ragweed, specific flowers, etc), please try your best to track down samples, as this is the most effective way to clear. You should also collect pollen by swiping a cloth or paper towel along windowsills and car windshields (or anywhere pollen collects). Store in a Ziploc bag and bring it to the office to test and to clear.
 - Dog/Cat: Please bring a clipping of the specific dog and/or cat that you are hoping to clear for. If you can, please bring a saliva sample as well.
 - Dust: please bring samples of dust from around your house – taking a sample from the vacuum bag is a great idea as well.
 - Soaps/Detergents: please bring samples of your laundry detergents, fabric softeners, body soaps, lotions, toothpaste, shampoos and conditioners, sun block, household cleaners, etc.
 - Water: please bring samples of the water from your home and/or bottled water if you use it regularly.
 - Feathers and Carpet: please bring in pillows and/or fill from pillow to test. If you can, take samples from carpets as well.