Diagnosis of Dietary Hypersensitivity (DDH)

Wilson Floriano da Silva Neto

*Professor, College Mario Schenberg (CEATA), Brazil

Keywords
Food Intolerance; Nutrition; Vitamins and Minerals

Many cases of occupation of hospital beds, early retirements, mortality of unknown cause or enormous complexity, such as cardipatias among other degenerative diseases, are derived from nutritional deficiency. Since the emergence of the diagnosis of Food hypersensitivity (DDH) has become possible to act in both prevention and chronic diseases. This is due, because the diagnosis of dietary hypersensitivity (DDH) is an individualized supplementation examination based on the concepts of traditional Chinese medicine. In this way, it is possible to individually diagnose the lack of vitamins and minerals from each organism since birth. For this, it is revealed groups of functional foods and groups of food allergens, so that the evaluation facilitates adherence by the individual, as they are food of popular consumption.

- Individual diagnosis;
- It is no miracle-as in any diet, it takes discipline and dedication;
- Reveals the functional food groups (not allergens);
- Indicated for people who practice physical exercises but cannot lose weight;
- Combating early aging due to the consumption of antioxidant foods, substances that act against cellular degeneration;
- Increases nutrient absorption and oxygen;
- Eliminates toxins (inflammation, edema, and fluid retention);
- Non-obese individuals the slimming signals are seen in four weeks.

References