



*Dr. Maura Scanlan, N.D., LAc.*

## Dr. Maura's Food Sensitivities / Food Allergies Program

### Who is this package for?

**This special 5-month natural treatment program** is for people who are suffering with food sensitivities or food allergies, or who suspect they may be sensitive or intolerant to certain foods. This program is specifically designed for people to meet “virtually” (on phone or Skype), making it available to anyone around the world.

### Why food sensitivities can be so problematic

Most mainstream doctors do not consider food sensitivities testing as part of their standard practice, and many of them are inexperienced in dealing with them. This results in many people suffering with undiagnosed food sensitivities – sometimes for decades.

Among doctors who do test for food sensitivities, many will only use an IgE (type-1) test. Unfortunately, this test can only determine the most extreme types of food sensitivities: the kinds that cause an immediate (and potentially life-threatening) anaphylactic reaction. However, far more people have food sensitivities that cannot be measured via type-1 testing, as their reactions to certain foods are not immediate and acute, but *delayed and chronic*. In fact, their symptoms can show up anywhere from 15 minutes to 3 days after ingesting the food to which they are sensitive.

Because of this delayed response, it's often difficult to recognize the connection between food you ate on Monday and the reaction you had on Wednesday. Also, the symptoms you experience may be so non-specific (OR have spread into so many places in your body) that you might not think they are related to food at all!

### Why Dr. Maura's approach is different

Because most people's food sensitivities and food allergies create delayed reactions, Dr. Maura uses an **IgG** food sensitivities test, which is specially designed to measure **delayed** food sensitivities.

Also, as a naturopathic doctor, Dr. Maura is highly aware of the **wide range of symptoms** that can be the telltale signs of food sensitivities and allergies.

### Signs you may have food sensitivities or food allergies

Food sensitivities can trigger a surprisingly diverse array of symptoms, including:

- Feeling sick or nauseous after eating certain foods
- Stomach pain
- Heartburn

- Constipation
- Diarrhea
- Gas, frequent or chronic stomach bloating
- Fatigue
- Depression
- Anxiety, racing heart
- Joint pain, muscle pain, fibromyalgia
- PMS, hormone symptoms
- Sugar cravings
- Weight gain; inability to lose weight
- Skin rashes; chronic itchy skin; acne
- Auto-immune attacks

Food allergies can also cause:

- Hives
- Difficulty breathing
- Swelling of mouth and throat
- Sinus congestion, sneezing

## What makes Dr. Maura's treatment program effective?

Dr. Maura's approach is thorough, practical and natural. Instead of simply treating your *symptoms*, she gets to the **root cause of your condition**, thus giving you the best chance for a permanent solution. She does this by:

- **GETTING the RIGHT TEST for the **RIGHT DIAGNOSIS**** – After discussing your health history and symptoms, Dr. Maura will have you take an IgG food sensitivities test to determine your specific food sensitivities and allergies.
- **FOOD ELIMINATION** – To get the most effective results, we also do a food allergy elimination while you are doing the Candida cleanse.
- **LEAKY GUT HEALING PROGRAM** – To help reduce inflammation and restore the barrier between your digestive lining and your bloodstream, and thus stop the vicious cycle of immune reactions you might be experiencing, Dr. Maura will also prescribe a regime of natural supplements for you.
- **POSSIBLY also a CANDIDA CLEANSE** – If your results show you are candida positive, we will also do a thorough candida cleanse, to flush it out of your system.
- **GRADUAL REINTRODUCTION of PROBLEM FOODS** – Once your body has stabilized, it's time to test whether you are able to bring some of the previously eliminated foods back into your diet. Doing this slowly and carefully is crucial, lest you undo all the good work you have done so far.
- **CREATING A LONG-TERM REGIME** – After four months, if you have closely followed Dr. Maura's plan for you, you will know which foods you are tolerating well and which still have the potential to create imbalances in your body. Armed with this information, Dr. Maura will create a long-term health regime just for you, to ensure you stay healthy and symptom-free on your own.

## What is included in this treatment program?

### CONSULTATIONS (6)

- 1) Initial 60-minute consultation to discuss your condition and arrange for your testing to be done.
- 2) At about week 3 of your program (after Dr. Maura receives your test results), one 30-minute session to go through your test results and design your course of treatment. If your tests show you have food sensitivities/allergies, you will be put on a food elimination diet, as well as a leaky gut healing program.
- 3) At about week 7 of your program, you and Dr. Maura will meet for a 30-minute session to assess your progress and address any questions/concerns you might have. Also, if your food panel has shown you are “candida positive”, you will begin a candida detox program.
- 4) At about week 11 of your program, you and Dr. Maura will meet for a 30-minute session to assess your progress and address any questions/concerns you might have, and do a post-candida check, if relevant.
- 5) At about week 15 of your program (after you have been on your food elimination for a total of 12 weeks), you and Dr. Maura will meet for a 30-minute session to discuss reintroduction of certain foods into your diet.
- 6) At about week 19 of your program, you will have another 30-minute session to discuss how you did when you reintroduced certain foods into your diet, and to create a long-term diet regime. She will also give you tips and strategies for managing food sensitivities and allergies, including travelling, eating at restaurants, going to friends' houses, etc.

### TESTING

In this package, you will take an IgG food sensitivities panel test for 115 foods, to determine your health issues.

### ADDITIONAL SUPPORT

This package also includes email support (during office hours only), where you can email your queries between your consultation sessions. Dr. Maura or a member of her team will aim to reply within 48 hours on weekdays.

### SUPPLEMENTS and NUTRIENTS

People with different food sensitivities will need different supplements to help heal their condition. This package INCLUDES a \$200 credit towards whatever recommended supplements you will require for this program. Some of these supplements could include:

- **Bio-inflammatory powder** – protein power to heal intestinal inflammation and support detox
- **Probiotics** – to establish healthy bacteria in the digestive system
- **Digestive enzymes** – to assist the breakdown and absorption of foods and nutrients
- **Candisol** – an enzymes-based formula to treat yeast
- **Yeast formula** – an herbal-based formula to kill off yeast
- **High-potency probiotics** – to repopulate the gut with good bacteria

Request a free consultation to discuss this package with Dr. Maura at <http://apathtonaturalhealth.com/contact>

## SPECIAL DISCOUNTS

During your 5-month plan, should you require any additional products after you have used your \$200 supplement credit, you will also receive a 10% discount on anything you might wish to purchase from A Path to Natural Health.

## How much does this program cost?

**The total cost of this 5-month program is \$1,795.** You may opt to pay in two installments: \$1,000 upon your first visit, and the balance of \$795 one month later.

*Non-US Residents: Your fee may be slightly higher to cover the shipping costs of your supplements.*

⇒ THIS PACKAGE gives you more than \$200 in savings over 'a la carte' pricing for the same services.

## About Dr. Maura Scanlan



**MAURA SCANLAN, N.D, L.Ac.** is a doctor of naturopathic medicine and licensed acupuncturist. Starting her extensive studies in holistic medicine in 1990, she established her professional practice in 2000. Over the years, Dr. Maura has specialized in food allergies and sensitivities, hormonal issues, thyroid issues, women's health and fertility, and fatigue. Her diverse professional background has enabled her to combine Eastern medicine and herbalism with the Western medical practice. As a mother to a child with deadly food allergies, she personally knows how challenging day-to-day living can be for people with food-related health conditions. As she has met so many people with chronic health conditions who have felt "dropped" by the modern mainstream medical system, she is passionate about helping people take back control of their own health – naturally. Based in Washington State, she serves patients worldwide through her private practice "[A Path to Natural Health](#)".

To request a free consultation to discuss whether this is the right treatment program for you, contact Dr. Maura at:

PHONE: 425.822.0602

EMAIL: [apathtonaturalhealth@gmail.com](mailto:apathtonaturalhealth@gmail.com)

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