

food allergy and sensitivity testing : **getting started**

If you've read this material and you feel ready to begin testing, then you have the following two options for getting started. Please follow these instructions thoroughly!

1. **Downloading:** The fastest and easiest way to get started is to download the Food Allergy and Sensitivity Test Pack, which includes all of the forms you will need to fill out. Then, you can use common household items for collecting your saliva sample.

Once you've downloaded your forms and filled them out completely you will need:

- **a small ziplock-type plastic baggy that has never before been used for anything**
- **a BRAND NEW cardboard wand (not plastic!) Q-Tip** that your family has not had access to, nor has it been exposed to the bathroom environment...
(If the Q-Tip is not BRAND NEW and STERILE we will be testing for more than just you—and the results WILL NOT BE ACCURATE.)
- **to label baggy** (preferably with stickers as markers smudge.) Address labels are fine, however **no metallic items** (such as foil lined).
Please note on label: **your name, and the date & time of collection.**
- **to mail your completed forms, saliva sample, and payment information to me:**
Shea Lynn Baird, 446 Lincoln St., Santa Rosa, CA 95401

2. **Mail/Prepay:** You can call my office (707-529-1020), or email me (shea@shealynnbaird.com), and when you prepay using a credit card number I will mail a Testing Pack to you which will include: several forms for you to fill out and a sterile saliva sample collection kit. After you've completely filled out the forms, and collected your saliva sample, you can mail it back to me in the provided envelope.

Congratulations again on taking this step!

Your progress and your success are my foremost concern. I want you to get the results you most desire... I look forward to working with you and assisting you in discovering and becoming a more vibrant and healthy you!

And along the way, I hope to build a life-long wellness relationship with you.

Sincerely,



Shea Lynn Baird

For more information please visit: www.shealynnbaird.com/food

NEURO-MUSCULAR SENSITIVITY EVALUATION FOR FOOD ALLERGY AND SENSITIVITY TESTING IS NOT A REPLACEMENT FOR MEDICAL DIAGNOSIS AND/OR TREATMENT.