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Holistic health analysis uses computer technology

By LAURA KENDALL

DOGS, dust, doughnuts: it seems we're all allergic to something these days.

But if you thought allergies and intolerances meant a lifetime of popping antihistamines and denying yourself your favourite foods, think again.

A revolutionary holistic health test has arrived at a Canary Wharf complementary health clinic and, surprisingly, it's built on state-of-the-art technology.

The Quantum Xrroid (QX) system, developed by former NASA scientist Bill Nelson, uses hi-tech computer software to "read" the body's electro-magnetic impulses.

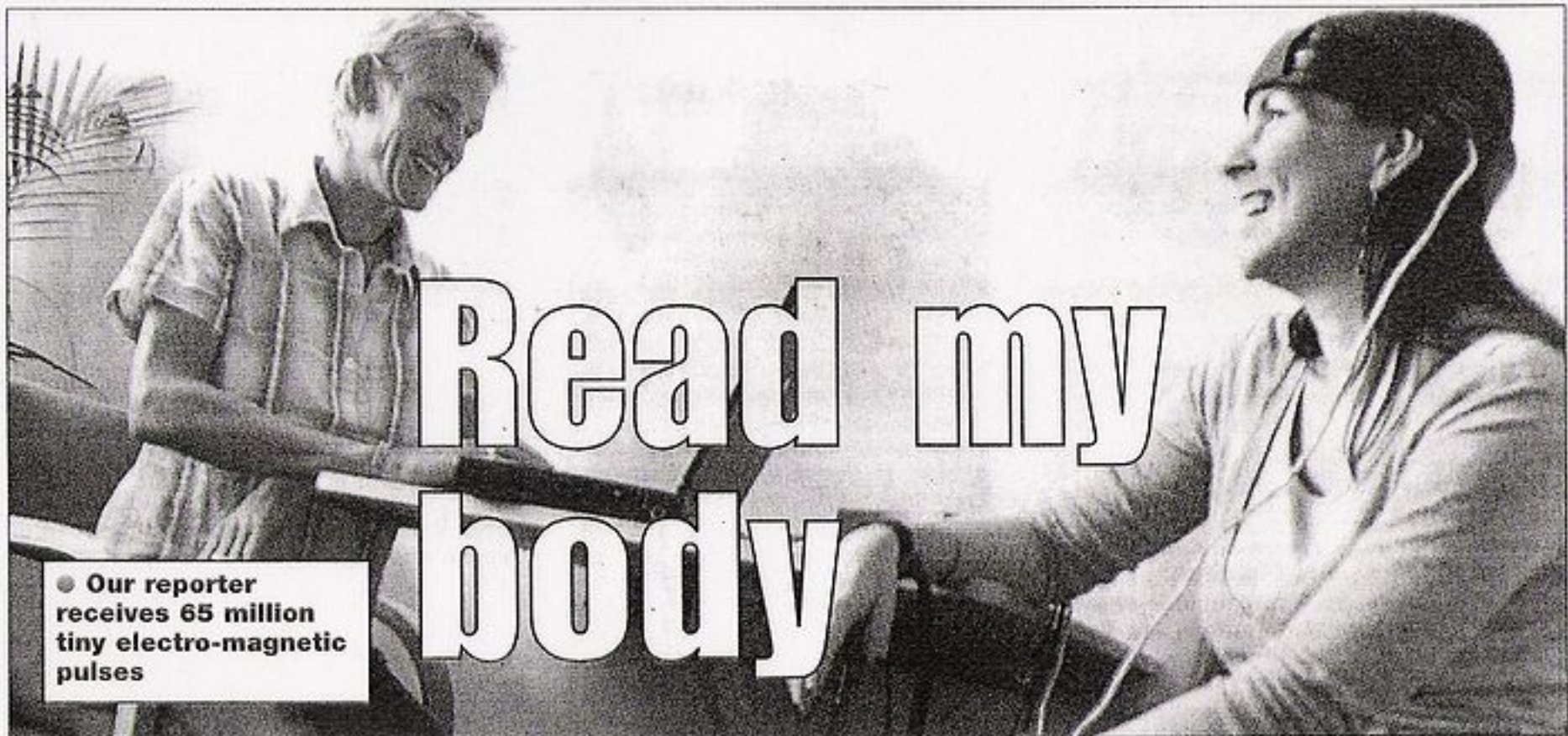
Available at Exceptional Health, in Admiral's Way, it delivers a startlingly accurate analysis of not only the client's physical health – it can test for allergies to more than 3,000 substances – but their emotional well-being.

Of course, its impressive credentials seemed rather cold comfort as Exceptional Health's director, Claire Stiling, hooked me up to a contraption that looked unnervingly like an electric chair.

With electrodes strapped to my forehead, wrists and ankles, she tapped a key on her laptop which sent 65 million tiny electro-magnetic pulses coursing into my body.

I didn't feel a thing (except slightly silly at being swathed in cables) and was able to move freely as the machine "mapped" my body and its organs.

Within seconds, the QX system began spitting out all manner of fascinating information.



● Our reporter receives 65 million tiny electro-magnetic pulses

On the upside, I'm in pretty good shape, even my nightly glass or two of wine aren't wreaking much havoc.

Less positively, the gluten intolerance I had long suspected was confirmed, with a surprise lactose intolerance and aversion to starch also cropping up.

Fortunately, Claire is a realistic practitioner. Rather than insisting I cut out all the foods I enjoy, she simply recommended I cut down by

half and continue to monitor how I feel.

As a qualified homeopath, she also gave me two herbal remedies which, four days later, already seem to be making a difference. But it was the emotional assessment that proved most telling.

Apparently my stress levels are through the roof and I'm scraping by on adrenaline which, given I'm in the midst of planning my wedding and preparing to move abroad, was

uncannily accurate.

So as well as watching what I eat from now on, I'll be making a concerted effort to chill out and have much more fun.

● A 75-minute QX Health MoT costs £75 at Exceptional Health, 1 Scott House, Admiral's Way (off Marsh Wall). Tel 020 7515 5755 or visit www.exceptionalhealth.co.uk