

Biodynamic Diet and Food Sensitivity

As a Chiropractor and Applied Kinesiology Diplomate, I use muscle testing to determine if a person is sensitive to food. I start by finding an intact muscle and then place the food I am testing on the person's tongue. If the food is okay for that person then the muscle stays strong. If the food is inappropriate the strong muscle will then weaken.

I have tested a number of patients who were sensitive to white sugar. Invariably these patients are sensitive to most fruits including organic fruits.

I have then tested the Biodynamic fruits (raisins, apples, peaches, blueberries and pears) with these organic fruit sensitive individuals. They all were not sensitive to the Biodynamic fruit.

Why is this? I am not sure except that the Biodynamic fruit probably has something that is not in the organic fruit. The organic fruit may be lacking in some enzymes/nutrition that should be there.

Another reason to use Biodynamic products. I tell all my patients that to achieve better health they need to improve their diets, and Biodynamic food is one way to do that!

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