



## Now What?

If you found that you had foods or supplements that you were reactive to then you will want to remove the offensive food for 90 days and then retest that food/s again at that time. This will give your body the chance to rest from having to respond to that food and will possibly reduce any inflammation that the food could have been causing.

Did you find that you were sensitive to a lot of different foods? This could be a sign that your body needs some additional healing or balancing. Often times this can be linked to an unhealthy gut that needs some attention.

**For additional support and to chat about your health goals, call Danny Maresca at (919) 561-0767 or email [danny@livingwellsense.com](mailto:danny@livingwellsense.com).**

**Disclaimer:** At WellSense our purposes are educational and informational only and we assume no responsibility for the correct or incorrect use of our information. Any information we provide and any recommendations we make should not be used to, nor are then intended to, nor do they in fact diagnose, treat, cure or mitigate any specific health problem. Anyone with any health complaint should seek the care and consultation of an appropriate licensed health practitioner. No attempt should be made to use any information we provide as a form of treatment for any specific condition without the approval and guidance of a physician.

