

VISUAL CONTRAST SENSITIVITY TEST: OVERVIEW

Welcome to this step-by-step guide on how to properly complete the Visual Contrast Test. This test measures your ability to distinguish subtle differences in shades of grey. Reduced contrast sensitivity can be associated with neurological, metabolic, or inflammatory issues, including exposure to biotoxins. Before beginning, make sure you're in a comfortable position and the room is evenly lit. You should have the contrast digital test open and ready at eye level.

Good lighting is essential for accurate results. Position yourself in a space with consistent, indirect light—avoid bright windows, harsh lamps, or shadows on the page or screen. Hold the test chart or device at arm's length, or approximately eighteen inches from your eyes, the distance recommended for most VCSs. If you normally wear glasses or contacts for distance vision, continue wearing them. Avoid reading glasses unless instructed otherwise. Take a moment to ensure the lighting is even and that there is no glare on your screen or paper. You must have 20/50 vision or better to complete the test. It is ok to wear corrective lenses if needed.

You will complete the test one eye at a time. Start by gently covering your right eye using your hand, a clean card, or a small piece of paper. Do not press on the covered eye—simply block the vision. With your left eye open, look at the top grey circle and note which way the lines are pointing inside – left, right, center. Slowly scan from left to right the four grey circles below, and choose the matching pattern. Take your time. Repeat this process 45 times for each eye. The goal is not speed, but accuracy. Once you have completed all circles for the left eye, switch sides and repeat the same method using your right eye.

Consistency matters, so try to perform future tests in similar lighting and at the same distance for meaningful comparisons. Three common uses:



Help make an initial assessment of CIRS, combined with symptoms and known exposure



Serial testing to monitoring treatment progress



Spot monitoring to assess for unintended or new exposure – the test will worsen four hours of more after a meaningful exposure to a toxic environment



Improvement in inflammation can occur as quickly as 24 hours after leaving an exposure will using binder therapy

The Visual Contrast Test is quick, non-invasive, and highly useful for monitoring visual pathways and neurological function. When interpreted correctly, it can provide valuable insight into recovery from environmental or inflammatory exposures.