



Food Allergies & Your Health

Do you suffer from one or more of the following:-

- Weight problems
- Respiratory difficulties
- Mood disorders
- Joint and muscle problems
- Fluid retention
- Fatigue
- Skin rashes, headaches

You may well be suffering from a type of food allergy known as a food sensitivity. There are two types of food allergies. **Immediate** - when an individual has a rapid often violent reaction to a certain food. **Delayed** - when an individual has a delayed reaction to a food. These reactions can occur anytime from a few hours to a few days after exposure to the food. These are often referred to as food sensitivities. The symptoms can vary from irritable bowel type syndrome - bloating, constipation or diarrhoea - to skin complaints, headaches, mood swings and sleep disturbance as well as digestive, joint and muscular problems.

Frequently Eaten Foods

People are often sensitive to foods that they eat most frequently. For example, dairy, breads, pastas, breakfast cereals, wheat, eggs and gluten. Because the reactions are delayed and not severe people do not associate their chronic ill health symptoms with the foods they eat. Even people who are eating the "right foods for health" such as fruits, vegetables, grains, legumes, fish and poultry may not be obtaining the full benefit because they may have food sensitivities to these foods, thus causing chronic ill health problems.

Testing For Food Sensitivities

A simple blood test can be used to identify food sensitivities, which in most individuals are only temporary and will typically disappear if the offending food is eliminated from the diet completely for approximately 90 days and correct nutrition is taken. Ask your health care professional for details on food sensitivity testing, available from **Healthibeing**. After the elimination period, most offending foods can be re-introduced without the reoccurrence of symptoms. Careful reintroduction of the foods needs to be carried out (one food per week normally) so that observation of any immediate or delayed reaction can be monitored. By rotating foods so they are not eaten as regularly, this should help to avoid food sensitivities.

Supplements To Help

Certain nutritional supplements may be of benefit to those people who have food sensitivities.

Digestive enzymes can be useful to help ensure food is completely broken down. Many people have deficiencies in the amount of digestive enzymes that they produce. This can cause problems with digestion and create symptoms such as pain, bloating, wind etc. This is caused by undigested food particles passing through the gastrointestinal lining and causing a sensitivity reaction. Often this is called "Leaky Gut Syndrome". By taking digestive enzyme supplements during a meal, food will be completely digested and this will prevent large food particles from passing through the gastrointestinal lining.



Examples of digestive enzymes are:

Amylase - helps to digest protein

Lipase - helps to digest fat

Lactase - helps to digest milk sugar

Sucrase - helps to digest sucrose

Cellulase - helps to digest cellulose (fibre)

Hydrochloric Acid

Some people have very low levels of hydrochloric acid in their stomach. Hydrochloric acid is essential to help digest fat and protein. Therefore, people who find they get symptoms after a rich or high protein meal may well find relief by taking supplements containing hydrochloric acid. The best way to take any digestive supplement is during a meal. Small meals require only one tablet where as larger meals may require two. People with ulcers or gastritis should not take digestive enzymes or digestive aids containing hydrochloric acid.

Healing a Leaky Gut

Other nutrients such as L-Glutamine, an amino acid, have been shown to be very helpful with healing an inflamed gastrointestinal tract and helping prevent undigested food molecules from passing through into the blood stream and causing an allergic or sensitivity reaction.

Essential Fatty Acids

Essential fatty acids have been shown to be helpful in calming an inflamed gut caused by food sensitivities. Essential fatty acids have to be taken into the body in the food that we eat. Many diets today are lacking in the essential fatty acids which play an important role in manufacturing substances which help to prevent inflammation. People who suffer from pain and inflammation of the gastrointestinal tract may well benefit from supplementing essential fatty acids in order to increase the levels of these important nutrients in the body. Essential fatty acids can be obtained from stable fish oil, blackcurrant seed oil or star flower oil. These may be helpful in alleviating the pain that often accompanies inflammation.

Gamma oryzanol, or rice bran oil, is another supplement from which people who have inflammation and allergies may find relief. Today in Japan it is one of the most popular substances used to help people with gastritis and ulcers. By combining a food elimination programme together with a supplement programme, many chronic health problems associated with food sensitivities can be avoided.