NATURAL SOLUTIONS for a Healthy You

FOOD SENSITIVITIES
OPTIMAL BODY BALANCE

Are Food Sensitivities Making You Fat?

Did you know that 80-90% of overweight individuals have food sensitivities? Food sensitivities are becoming a new buzz word in alternative medicine, mainly because research is showing they can have a huge impact on overall health of not only overweight people, but anyone. There is often confusion about what food sensitivities are and how they differ from food allergies.

Food sensitivities are similar to food allergies but the symptoms experienced from eating a reactive food are delayed. It can take up to 4 days for a food reaction to occur, which is why many people do not correlate the symptoms that they are experiencing on Friday with what they had to eat on Monday. Food sensitivities can create many undesirable symptoms in the body, such as tissue swelling (hands, ankles and/or feet), bloating (abdomen, puffy face or double chin), watery eyes, running nose (especially right after eating), nasal congestion, heartburn, headaches, achy or stiff joints and cravings for certain types of foods.

With all the bloating and swelling that takes place from food sensitivities, it is no wonder that many people may be carrying around an extra 10-25 pounds of “false fat.” False fat is not really true adipose (fat) tissue but is created from extra fluid and gas that forms by delayed food reactions.

“False fat” will make you look and feel heavier and will only be lost if the offending food(s) are eliminated. Following is a list of seven foods that are the most common culprits related to delayed food reactions: dairy products, wheat, soy, corn, eggs, peanuts, and sugar. Looking at the list, it becomes clear that the foods most people consume on a regular basis are the most allergenic.

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Following are some helpful tips to aid in preventing food sensitivities:

Mix-It Up

The average American obtains 75% of their calories from the same 10 foods. (Hass 33) When consuming the same foods over and over, we eventually weaken our ability to digest them. Varying the foods in the diet will ease digestive stress and help to keep sensitivities out of the picture.

Eat Whole Foods

Packaged and highly processed foods are devoid of nutrients and often contain chemical additives which put an additional burden on the detoxification system. Increasing whole foods, which are as close to nature as possible, will support overall good health.

Eat More Fiber

Foods that are high in fiber help to pull toxins out of the body and also literally keep things moving. When the body is unable to eliminate properly, undigested food sits in the colon causing inflammation and irritation that can lead to food sensitivities.

Eat Less

When we over consume food, or in other words eat until we are “stuffed,” our digestive system becomes overwhelmed and does not function properly.

Chew Your Food

Completely chewing food before swallowing eases digestive stress and facilitates proper digestion.

Drink In-Between Meals

Focus on consuming liquids between meals, not with meals, so stomach acid is not diluted when eating. Drinking around 4 ounces of water every half an hour between meals is ideal.

Another interesting aspect of food sensitivities is that people are often sensitive to their favorite foods. Food reactions can cause the body to produce its own natural “feel good” endorphins, which is partly why people can become addicted to certain foods. The “feel good” high created by elevated endorphins levels will eventually lead to a crash that creates a craving for the foods that caused the problem in the first place. It turns into a cycle that can have devastating effects on both over health and weight

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If you think that you are experiencing food sensitivities consider doing the following:

- Check out Dr. Elson Haas's book, The False Fat Diet. This book will give you more detailed information on food reactions and also provides a special elimination diet that aids in uncovering food sensitivities.
- Tune into your body and listen to the messages it is giving you after you eat certain foods. For example, if every time after you consume wheat bread you feel bloated, it might be a signal from your body that it is not agreeing with your system. If this is happening to you, try eliminating the food for a week or two and then reintroduce the food and see if symptoms reappear.
- Have your blood tested for food sensitivities. It will help take some of the guess work out of figuring out what foods are creating a reaction in your body. We have several options for food sensitivity testing. Please contact us to determine which test is right for you.

In most cases, until food sensitivities are resolved optimal health and achieving ideal body weight are difficult if not impossible to accomplish. However, once we can identify and remove off ending foods, many people fi nd weight loss and overall health improves quickly.

Testing for Gut Imbalances

Lymphocyte Response Assay (LRA) Testing

We have found the Lymphocyte Response Assay (LRA) by ELISA/ACT Technologies to be the most comprehensive and clinically relevant hypersensitivity test available today. It measures all hypersensitivity pathways with high precision and clinical significance.

Compared to other types of lab tests, the LRA tests are the most comprehensive and specific tests available to help you determine underlying food hypersensitivity reactions. They are the only tests available that measure all three types of delayed sensitivity reactions through lymphocyte (which are your white blood cells) activation:

- Reactive antibody (IgA, IgM, and IgG)
- Immune complexes
- T cell direct activation

This testing method also helps distinguish between reactive and protective antibodies, which means it will only provide information on harmful reactions (as opposed to other testing methods that cannot distinguish between harmful and protective antibodies) making your diet

less restrictive. In addition, LRA tests are more reliable and comprehensive than RAST (IgE), IgG, and IgG4 tests.

For all the LRA's benefits, there is one downside – it requires a blood draw. However, we have arranged for in-house blood draws for those that do not have access to a phlebotomy facility. There are several different panels you can choose from.

If a blood draw is not possible, the Bloodstick IgG4 Food Antibody Profile is the best choice to help determine possible food allergens.

Bloodspot IgG4 Food Antibody Profile

Immunoglobulin G4 (IgG4) antibodies are associated with "delayed" food reactions that can worsen or contribute to many health conditions. IgG4 antibodies represent the largest subfraction of delayed food reactions; about 70% of delayed hypersensitivity reactions are caused by IgG antibodies. The Bloodspot IgG4 Food Antibody Profile measures levels of IgG4 antibodies specific to 30 commonly offending foods including:

- Almonds
- Lobster
- Salmon
- Aspergillus (bacteria found in cheese)
- Milk
- Shrimp
- Beef
- Mustard
- Soybean
- Cantaloupe
- Oats
- Strawberry
- Cashew
- Orange
- Sunflower
- Chicken
- Pea, Green
- Tomato
- Corn
- Peanut
- Tuna
- Crab
- Pinto Beans
- Turkey
- Egg, Whole
- Pork
- Walnut
- Garlic
- Rice
- Wheat

The limitations of this test are that it only tests for the 30 most common food allergens; if you happen to have a sensitivity to a food that is not included in this test, you would not find it using this test alone (although you can combine this test with an elimination and provocation diet like those listed at the end of the chapter). In addition, as we discussed IgG4 testing accounts for about 70% of delayed food hypersensitivity reactions; therefore, you could miss about 30% of those reactions.

However, even with these limitations, the Bloodspot IgG4 Food Antibody Profile can provide valuable information about your food sensitivities that can help you achieve a positive outcome much faster than using an elimination diet alone. Furthermore, it is easy to do and can be performed in the comfort of your own home.

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The Pulse Test

The pulse test was first studied and suggested as a way to determine allergic reactions to substances by Arthur Coca, MD, back in the 1950s. It is a simple, non-invasive test that can help identify not only food allergies and sensitivities, but any substance to which you may be sensitive. The procedure is simple and straightforward:

1. Sit down, take a deep breath, and relax for 2 minutes.
2. Establish your baseline pulse by counting your heart beat for a full minute and record your pulse.
3. Put a sample of a food or supplement to evaluate in your mouth (on your tongue). You may chew but refrain from swallowing. However, you do need to taste it for approximately one-half minute.
4. Retake your pulse for another minute (the food or the supplement remains in your mouth) and record.
5. Discard the tested ingredient (do not swallow) and repeat the procedure to test other foods or supplements. You must always return to your normal pulse before testing the next food.

This test works because the sensory (taste) information from your mouth will inform your brain as to the nature of the test substance. If the test substance (food or supplement) is stressful to the body, you will have a brief reaction that causes your heart to beat faster. An increase of 4 or more beats per minute is considered the result of a stressful reaction. The greater the degree of stressfulness or reactivity, the higher the heart rate will be and the longer it will remain elevated.

If a reaction occurs, rinse your mouth out with some purified water and spit the water out. Wait two minutes and retest your pulse to see if it has returned to its baseline. If it hasn't, wait a couple of minutes more and retest; continue to retest until you have returned to your normal pulse. Once your pulse has returned to its normal rate you can test the next food.

Test only one food at a time. Testing individual ingredients will yield specific information, compared with testing foods containing multiple ingredients. Testing a banana, for example, yields more specific and therefore more valuable information than testing banana bread.

Note, this is not a diagnostic test, but it can provide very valuable information to help you determine if you have a sensitivity to certain foods and other substances. Click here to download a form you can use for the Pulse Test.

CDSA 2.0 with parasitology

The Comprehensive Digestive Stool Analysis 2.0 (CDSA 2.0) is the most advanced non-invasive evaluation of specific gastrointestinal imbalances available. This test evaluates markers of

digestion, absorption, gut immunology and inflammation, gut flora and parasites, and provides a comprehensive overview of the colonic environment. This profile is indicated for all chronic GI problems, for acute bowel pattern changes, and for many systemic diseases – including osteoporosis, diabetes/Food Sensitivities, arthritis, autoimmune diseases, fibromyalgia and chronic fatigue - and provides a sensitivity panel for eliminating pathogenic flora.

This test requires a stool sample and can be done in the comfort of your own home.

Supplementation for Gut Imbalances

If you'd like specific supplemental recommendations, we have used the following products with great success when trying to reverse and prevent dysbiosis and food hypersensitivities:

Ortho Biotic– 1 capsule or 1 scoop twice daily on an empty stomach (ideally fi rst thing in the morning and before bed); this is a full-spectrum probiotic that is dairy-free to restore proper fl ora balance in the small and large intestine.

Glutagenics – take 1 tsp before each meal; this formula will help repair the damage to GI tract and reduce your allergic/hypersensitivity potential; this is especially important if you have or are using any non-steroidal anti-inflammatory medications (i.e., Aleve, Advil, ibuprofen, aspirin, naproxen, etc.), as these medications are known to damage the gut wall. It is a combination of glutamine, DGL and aloe vera.

Ortho Digestyme or **Plant Enzyme Digestive Formula (vegetarian)** – 1-2 capsules with meals; these are full-spectrum digestive enzymes to help you break down the foods you eat.

Endefen or **MetaFiber**– 1-2 tbsp. 1-2x/day as needed for supplemental fiber. **Metafiber** is a low-allergy-potential fiber drink that is approximately 83% insoluble and 17% soluble fiber, which can help greatly to keep things moving in the GI tract. **Endefen** has a much higher proportion of soluble fiber along with other compounds to help promote the growth and repair of the cells lining the stomach, small and large intestines as well as promote the growth of beneficial bacteria and deter the growth of harmful organisms.

Eliminating dysbiosis and food intolerances can lead to dramatic differences in your weight loss as well as improve your energy and mood, decrease pain and stiffness and alleviate many GI problems, and it is one of the most common underlying metabolic imbalances we see in the clinic. If you do not find the results you are looking for after taking these supplements, consider doing one or more of the test indicated in this section to help pinpoint your exact imbalances.