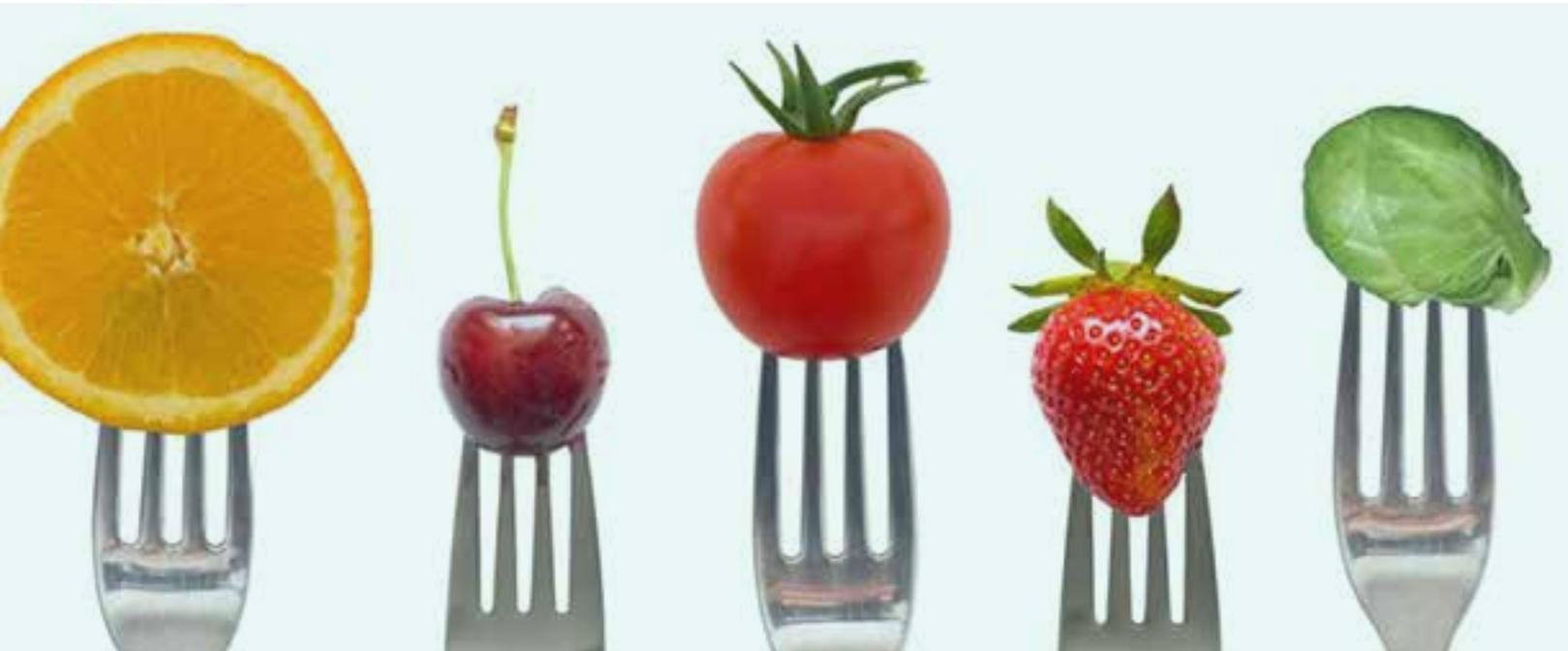


Booklet

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Food Sensitivities

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Booklet 1: Food Sensitivities

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Introduction

You or someone you know may be struggling with seemingly unrelated symptoms that come and go at random. While there can be multiple causes for these symptoms, they may be due to sensitivity to the foods you are eating. **Food sensitivities** might be the cause. In this ebook, we will explore food sensitivities and how to determine if they may be causing you problems.

My Story

I have food sensitivities. I did not know this until I was in Naturopathic Medical School, where we studied sensitivities and how to test and treat them. Because I do not believe in having my patients do anything I wouldn't do, I scheduled a test session. The results came back that I was moderately sensitive to dairy and sugar. How could this be? Those foods don't bother me!

Part of the test was to abstain from dairy and sugar for 4-6 weeks and then re-introduce them into my diet. I abstained for 2 weeks. I didn't feel any different – or so I thought. At the end of the 2 weeks, I drank a glass of chocolate milk, full of dairy and sugar. In roughly 30 minutes I felt like I had the flu. I ached all over and my mind was in a fog. My sinuses were stuffy and runny. These were symptoms that, until now, I thought were normal. Was I surprised!

I was so impressed, I purchased the test equipment. I have tested many patients with remarkable results. I have used this information in conjunction with other treatment plans with amazing results. Now I want to share what I have learned with you!

What are Food Sensitivities?

When talking about food sensitivities, most people think of food allergies. According to the Food and Drug Administration's Food Allergen Labeling and Consumer Protection Act of 2004, there are eight foods identified as allergens:

- Milk
- Egg
- Fish (i.e. bass, flounder, cod)
- Crustacean shellfish (i.e. crab, lobster, shrimp)
- Tree nuts (i.e. almonds, walnuts, pecans)
- Peanuts
- Wheat
- Soybeans.¹

Eating these foods can be deadly for those who are severely allergic to them.

But there are other foods that can stress our bodies; those are much more difficult to determine. We call these subtle reactions Food Sensitivities. According to the American Academy of Allergy Asthma and Immunology:

“A food intolerance, or a food sensitivity occurs when a person has difficulty digesting a particular food.”²

A sensitivity is not an allergic reaction. It is the digestive system reacts to the offending food as if it were something foreign that needs to be defended against. This can cause multiple reactions, some of which can appear hours to days after eating that particular food. The Food Sensitivity Quiz below looks at some of these reactions.

Food Sensitivity Quiz

This quiz can help you determine if you may be sensitive to the food you eat:

1. Do you crave certain foods?
2. Do you experience “Brain Fog” or headaches frequently?
3. Do you have acne or skin rashes that come and go?
4. Do you experience fatigue even though you slept well the night before?
5. Do you have joint pains?
6. Do you have frequent heartburn/gas/bloating?

If you answer Yes to one or more of these questions, you may have a Food Sensitivity.

Approaches to Evaluating Food Sensitivities

Approach #1

The gold standard to determining which foods are a problem is to go on a hypo-allergenic diet for several weeks. This diet consists of foods that do not cause reactions. Foods are reintroduced one at a time, allowing several days between introductions to see if your body reacts to the food.

There are two downsides to this process:

1. This evaluation takes a long time.
Most of us want to feel better faster than that.
2. Often times the offending food is actually an additive in other foods.
For example, if your the lasagna from you favorite restaurant gives you brain fog and fatigue, is it the wheat noodles or something in the “secret sauce”?

Approach #2

A second common evaluation performed is a skin prick test of various foods to see if you react.

The downside to this process:

1. You can only perform a limited number of foods per visit. If the body become overwhelmed by the numbers of tests, it may react to every test.
2. This test demonstrates whether there is an allergic reaction to those particular foods.

Since food sensitivities involve the digestive tract, many argue that digestive reactions may not show up as skin reactions.

Approach #3

A third approach is to test the body's overall reaction to foods.

This evaluation measures the energy flow in the body when a food is introduced. It works similar to a circuit tester; the patient holds a metal wand in one hand and the technician touches an acupressure point on the other hand to measure the "circuit" (energy) in the

body. Food essences are introduced into the circuit and the energy changes are measured. The patient does not need to ingest the foods nor are there any skin pricks.

Changes in the patient's energy show how much the particular food affects the body. Once the sensitive foods are identified, a variation of the gold standard is applied. The offending foods are removed from the diet for 2-6 weeks and then re-introduced one at a time to determine how they affect the body.

This third approach is used in my clinic, Joy of Health.

Conclusion

Though you may not have life-threatening food allergies, food sensitivities may be interfering with your day-to-day activities. Finding out which foods you are sensitive to will enable you to make smart diet choices and live life more fully.

References

1. <https://www.fda.gov/food/resourcesforyou/consumers/ucm079311.htm>
2. <https://www.aaaai.org/conditions-and-treatments/conditions-dictionary/food-Intolerance>