



# Understanding Food Intolerances, Addictions & Allergies

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# Allergies

- Allergies are a reaction that occurs when the immune system responds and misinterprets a normally nontoxic substance as a harmful invader.



# Types of Food Allergies

1. Immediate Onset Food Allergy



2. Delayed Onset Food Allergy



# 1. Immediate Onset Food Allergy

- **Physiology:** The immune system creates an IgE antibody. One side of the IgE antibody will recognize and bind to the allergic food. The other side of the antibody is attached to a specialized immune cell packed with histamine, called the mast cell. When you eat the allergic food the next time, IgE antibodies latch onto the food and releases histamine from the mast cell.



# Common Symptoms

- Nasal congestion
- Sneezing
- Red, itchy eyes
- Wheezing
- Sore throat
- Hives, rashes, eczema
- Headache
- Fatigue
- Fluid retention
- Swelling of the throat



# General Information for Immediate Onset Food Allergy

- Occurs in less than 5% of the population.
- Generally genetically predisposed.
- Once thought to be the only "true" food allergy, immediate food allergy is common in children, but rare in adults.
- Allergic symptoms in immediate reactions occur within two hours of eating.
- Involves one or two foods in the diet.
- Immediate food allergy involves foods that are rarely eaten.
- When people quit eating foods that cause immediate symptoms, they have no withdrawal or detoxification symptoms.
- Immediate food allergens primarily affect the skin, airway and the digestive tract.
- Frequently permanent and fixed allergies.

## 2. Delayed Onset Food Allergy

- Occur when the immune system creates an overabundance of IgG antibodies to a particular food. The IgG antibodies bind directly to the food as it enters the bloodstream, forming different sizes of circulating immune complexes (food allergens bound to antibodies circulating in the bloodstream).





# Delayed Onset Food Allergy Cont.

- The allergic symptoms appear anywhere from within two hours up to several days after consuming allergic foods. Delayed food reactions may emanate from any organ or tissue in the human body, provoking over 100 allergic symptoms and well over 150 different medical diseases. An estimated 60 to 80 million Americans suffer from clinically significant food allergies, most all of whom suffer delayed symptoms.





# Delayed Onset Food Allergy Facts

- Delayed reactions characteristically involve 3 to 10 foods, sometimes as many as 20 foods.
- Due to a combination of delayed symptoms, multiple foods, and food cravings, delayed-onset food allergies are rarely self-diagnosed.
- Powerful cravings and withdrawal symptoms are reported in over 30 percent of delayed food allergy patients when they stop eating food.
- Involves commonly eaten foods, foods that you eat every day and may even crave.



# Delayed Onset Food Allergy Facts Cont.

- Virtually any tissue, organ or system of the body can be affected by delayed food allergy including the brain, joints, muscles, endocrine system, lungs, kidneys, and nervous system.
- Delayed food allergies are skin-test negative.
- Symptoms may include asthma, migraines, irritable bowel syndrome, chronic fatigue, fuzzy brain, non-seasonal rhinitis, depression, eczema, arthritis, bloating, or insomnia.
- Because delayed food allergies do not make themselves apparent immediately and can be caused by multiple foods, they are very difficult to detect without sophisticated laboratory testing.



# General Causes for Delayed Onset

- Stress
- Genetic predisposition
- Weak immune system
- An excess of mucus caused by poor diet
- Nutritional Deficiencies
- Limited diet, lack of variety can lead to food sensitivities
- Candida
- Parasites
- Leaky gut syndrome



# Most Common Allergenic Whole Foods

- Cow's Milk
- Wheat gluten
- Gluten (in wheat, oats, rye and barley)
- Yeast
- Egg
- Cashew nuts
- Garlic
- Soy beans
- Brazil nuts
- Almonds
- Corn
- Hazelnuts
- Oats
- Lentils
- Kiwi fruit
- Chili peppers
- Sesame seeds
- Sunflower seeds
- Peanuts



# Natural Treatments: Diet

- Avoid mucus producing foods, processed foods, alcohol, and smoking.
- Support general immunity.
- Eat organic.
- Include non-mucus foods such as whole grains, fruits, vegetables, cold pressed oils.
- Drink 6-8 glasses of water.



# Food Combining Principles

- Only one protein per meal.
- Combine protein with greens and non-starchy vegetables.
- Eat fruit alone.
- Do not drink with meals.
- Do not combine protein with starch.





# Elimination Diet

- Allergies are commonly reversible through the elimination diet.
- Eliminate all allergic foods for 3 to 6 months, then reintroduce them back into the diet one by one every week.
- Eliminating foods one by one rarely works because most people are sensitive to more than one food.
- It takes three to six months for your body to replace all of its IgG antibodies. The new batch of IgE antibodies would have no memory of the list of foods you were strongly reacting to.
- Keep a food diary and write down all the symptoms you are experiencing.
- Avoid denatured and refined foods.





# Stages of the Elimination Diet

## Stage 1: Planning Phase

- Healthy diet.

## Stage 2: The Exclusion Phase

- Avoid any food that might be causing imbalances and notice any symptoms that alleviate.

## Stage 3: Reintroduction Phase

- If previous symptoms alleviate reintroduce foods one by one and watch for any symptoms.



# Elimination Diet Preparation

## **1. Make an appointment to see your doctor:**

- Describe your symptoms to your doctor and ask for a check-up.
- Investigate the possibility of Celiac disease before altering your diet.
- Discuss the elimination diet with your doctor and if he or she feels you should not alter your diet follow the advice.



# Elimination Diet Preparation Cont.

## 2. Keep a Record:

- Keep a daily record of your symptoms.
- This will provide an accurate record of how you felt before the diet.
- Use this as a base-line comparison for later stages of health.
- Include what you eat

## 3. Quit Smoking

- Now is the time to do it.



# Elimination Diet Preparation Cont.

4. Try to plan the diet so it happens during a socially quite time.
5. Plan what you are going to eat the first few days.
  - Cook meals in advance, freeze them in individual portions.
  - Have a supply of allowable snacks handy.



# Stage 1: Planning Stage:

## Eat a healthy diet for about 1 month

### Allowed Foods

- Whole wheat bread
- Milk, butter, most cheeses
- Fresh unprocessed meat and fish
- Potatoes
- Rice
- Beans and lentils
- Any vegetables
- Any fruit except pineapples and papayas
- Herbal teas, except mate and red bush
- Unsweetened fruit juice



### Foods Not Allowed

- Alcoholic drinks
- Coffee
- Caffeine
- Colas
- Sugar
- Artificial sweeteners
- Vinegar and pickles
- Margarine
- All food additives
- Smokes fish or meat
- Salami and sausages
- Ripe cheeses
- Take-out and fast food
- Restaurant food
- Salty foods
- Aspirin
- Curries and other spicy food



# Possible Outcomes of Healthy Diet:

## 1. **Feel much worse.**

- This is probably due to caffeine or alcohol withdrawal. Move on the stage 2.

## 2. **Feeling about the same.**

- Move on to stage 2.

## 3. **Feeling better**

- If you are satisfied with the improvements you may stop here.
- Reintroduce one item that was not allowed each week to see if there are any reactions.



## Stage 2: Simple Elimination Diet

- Begin stage 2 if at least one month of stage 1 has been completed.
- Continue with the restrictions from stage 1.
- Do not begin stage 2 if there is diarrhea or an infection.





# Stage 2: Elimination diet, exclusion phase

## **Allowed Foods**

- Lamb, turkey, duck, goose, rabbit, fresh and unprocessed
- All vegetables
- Potatoes
- Rice, unless you eat this often
- Any fruit other than citrus
- Chickpeas, beans and lentils
- Any nuts that are not consumed regularly



## **Foods Not Allowed**

- Bread, wheat, rye, corn, oats
- Beef and chicken
- Milk, butter, eggs, cheese
- Margarine
- Eggs
- Soy
- Pineapple and papaya
- Citrus fruits
- Mushrooms
- Peanuts
- Bouillon cubes
- Any suspect foods
- Anything you eat daily or crave
- Sugar and sugar additives
- Alcoholic drinks
- Vinegar , pickles, relishes
- Bacon, ham and cured meats
- Chili, curries, spicy foods
- All additives
- Aspirin and other drugs

# Possible Outcomes of Elimination Diet

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1. **Feeling much worse:**
  - Often happens and is considered a good sign, as these are withdrawal symptoms and should dissolve after a few days.
2. **Feeling a little worse:**
  - Mild version of withdrawal, but should not persist more than 7 days.
  - May be undernourished, consider a multi-vitamin and mineral and go back to the healthy eating diet.
3. **Feeling worse then much better:**
  - After feeling better for several days start reintroducing foods.
4. **Feeling much better quite quickly:**
  - Happens with children, start reintroducing foods.
5. **Feeling much better, but with 1 or 2 lingering symptoms:**
  - Check food diary for possible offenders and remove from diet.
  - Consider other allergens, airborne, environmental or chemical possibilities.
6. **Feeling worse, then much better, than worse again:**
  - May want to introduce rare foods, vary the diet as much as possible.
7. **Feeling about the same:**
  - Go back to healthy eating diet and try a different approach.



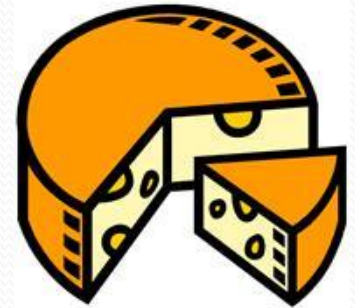
# Phase 3: Reintroduction Phase

- Wait until symptoms have alleviated for 2-3 days.
- Reintroduce foods that are not consumed daily.
- Keep the diet varied.
- Do not eat anything daily.
- Continue to keep a record of everything eaten and symptoms.
- Test only one food at a time.
- Eat a single portion for lunch and dinner.
- Note any changes that occur.
- If there is no reaction the following day eat 2 more servings on the second day and 2 servings on the third day. If there is not a reaction then the food is considered safe. Avoid the food for four days then begin eating it again.



# Order for Reintroducing Foods

- Milk and cheese should be tested separately, test milk first.
- Citrus fruits should be tested with an orange first then a lemon.
- Test yeast before mushrooms.
- Test wheat before cereals, do not test wheat in the form of bread because it contains other chemicals. If there is a reaction to wheat wait one week before testing other cereals.
- Oats can be tested as oatmeal.
- Corn can be tested as a kernel or cornmeal.
- Barley can be tested as pearl barley.
- Reintroduction phase may take 7-8 weeks.
- Once all foods from the elimination diet have been tested, reintroduce foods from stage 1: the healthy diet.



# Supplements



- **Vit. C:** 1,000 mg 3-5 times daily. Has a natural antihistamine effect.
- **Stinging nettles:** 300-500 mg daily. Shown to be effective for hay fever.
- **MSM (mehylsulfonylmethane):** 3,000-5,000 mg daily. Reduces allergic and inflammatory responses.
- **Eyebright:** Apply as an eye drop.
- **Lactobacillus acidophilus and bifidus:** at least 4 billion organisms
- **Digestive enzymes:** 1 or 2 capsules can be taken with food to support digestion

# Natural Therapies



- **Massage:** can be used to help break up mucus, drain lymph and reduce stress
- **Hydrotherapy:** hot baths can be used to induce sweat, wet compress draw out congestion in the chest
- **Aromatherapy:** Eucalyptus, peppermint, lemon balm, tea tree, all helps to break up mucus
- **Bach flower remedies:** Beech-if you are losing patience



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