

## Why Suspect Food?

Adverse food reactions, especially food allergies, can produce a low-level background of inflammation which can disrupt virtually any organ or system in your body. There are several patterns, however, which are frequently seen in patients with food allergies. The more of these conditions or symptoms you have, the more likely it is that all or part of your health problems are actually caused by foods

### Gastro-Intestinal System

Gas	Bloating
Constipation	Diarrhea
IBS	Colitis
Ulcers	GERD
Abdominal Pain	Leaky Gut

### Weight Gain

- Difficulty losing weight, even with a "good" diet
- Slow, insidious weight gain
- Weight that is unresponsive to exercise

### Respiratory System

Chronic Sinusitis	Asthma
Chronic Bronchitis	other allergies

### Joint

- Osteo Arthritis
- Rheumatoid Arthritis

### Skin

- acne
- eczema
- psoriasis
- Any chronic skin condition

**Dr. Cage is a retired Naturopathic practitioner and assists his on-line community through lectures blogs, podcast, videos and consultations.**

### Areas of Emphasis

Endocrinology  
Women's Health  
Gastrointestinal Complaints  
Cardiovascular Disease  
Thyroid disorders  
Infectious Illnesses  
Chronic Disease  
Fibromyalgia  
Diabetes

### Suggested Therapies

Herbal Medicine  
Homeopathy  
Acupuncture  
Clinical Nutrition  
Constitutional Hydrotherapy  
Kinesiological Physiotherapy  
Bio-Identical Hormones  
Intravenous Vitamins & Minerals

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# Adverse Food Reactions

*Allergies,  
Sensitivities,  
Intolerances*



Could the food you are eating actually be part of the root cause of your ill health?

## **Intolerance, Sensitivity, or Allergy, What's the difference?**

Food Intolerances may involve the lack of an ability to digest a particular food or some molecule in it. This includes things such as Lactose Intolerance. This may be genetic or acquired. With Lactose, for instance, an ingredient in milk, we all have the ability to digest milk as infants, but many people lose this ability upon becoming adults. It may not even be a disease; this could simply be normal development, since as mammals, we are not really intended to consume milk after we are weaned.

Food sensitivities are a little more severe: they may induce an inflammatory response from your body, and symptoms may be more severe, with pain, bloating, etc. There is actually a great deal overlap in symptoms between food intolerances and food sensitivities. Some sources may not distinguish between them, though the causes are usually different. Food sensitivities involve a response from the body's non-specific immune system, which results in inflammation. Symptoms of food intolerance may be caused by foods not digesting and subsequent putrefaction in your GI tract.

Food allergies involve the deepest layer of your immune system -- cell mediated, specific immunity. This means your immune system perceives of these things as a more serious threat to your body and starts producing anti-bodies against them.

## **Testing**

The most effective tests for food allergies are blood tests which measure the antibodies being produced by your immune system. This is accomplished using a test called the ELISA method -- Enzyme-Linked Immuno-Sorbent Assay. A simple blood test can check for 100-200 foods at one time.



For food intolerances and sensitivities, there is a different type of blood test available which records the changes in shape of white blood cells when exposed to the different antigens. This test, called the ALCAT test, will detect subtle food reactions that antibody tests will not. However, it appears to be less successful at detecting food allergies, the more serious of the adverse food reactions, and is a bit more expensive. At South Bay Total Health, we usually recommend starting with the food allergy test

## **Treatment & Recovery**

The good news is that food allergies are treatable. Once you have a list of foods that you are allergic or intolerant to, the first step is to avoid these foods to the greatest extent possible for a minimum of 2 months.

While you are avoiding the foods you are allergic to, you should begin to notice a gradual reduction in your symptoms.

This is followed by two months of desensitizing your immune system to these foods using a type of homeopathic medicine called Allersodes. During this period, you should continue to avoid these foods. Allersodes are made from the actual food you are allergic to but are highly diluted. These medicines are subtle ways of retraining your immune system not to over-react to the foods you eat.

After avoiding and desensitizing, it is usually possible for most people to re-introduce many of the foods you were allergic to on a rotating basis. This involves starting to eat one or two formerly allergenic foods per week in small quantities, a process called a rotation diet. While some sources claim that rotation diets alone can eliminate food allergies, in our clinical experience they will not be sufficient for most people, and avoidance & desensitization are a required part of treatment.

There may be some foods, however, such as conventionally produced dairy products, it may be wise to avoid permanently, even if you desensitize to them, due to the poor nutritional quality of those foods.