

CONDITIONS CAUSED BY OR ASSOCIATED WITH FOOD SENSITIVITIES

WARNING this discussion is about food sensitivities, not food allergic reactions of the IgE variety which can kill through anaphalatic shock. There are IgE allergic reactions to foods, particularly peanuts, citrus, seafood, tree nuts, eggs and strawberries, among others. For dealing with these types of life threatening reactions, a qualified environmental allergist is recommended along with scratch testing which is appropriate for IgE responses and then desensitization.

A FEW TRUISMS ABOUT FOOD SENSITIVITIES

If you have never considered the impact of an immunological assault upon the body, I have listed the symptoms and medical conditions alternative physicians commonly associate with food sensitivities.

Amazingly, many of the conventional allergists do not feel that conditions such as these can be caused by food sensitivity. The medical literature, however, proves that there is a clear-cut connection between these symptoms & diseases and food sensitivities.

Clinical treatment proves it.

If there is a fulcrum point in alternative medicine, food sensitivity is likely the place to start. There are others, of course, but evidence of cause of food sensitivity branches out in many directions. The primary cause is iatrogenic (doctor caused). The imprudent use of antibiotics destroys the native intestinal flora as well as creating an environment for the growth of pathogenic (disease causing) yeast and bacteria including antibiotic resistant species. The destruction of normal flora and the introduction of pathogenic bacteria and yeast with the resultant toxic byproducts creates a condition called "leaky bowel syndrome" discussed elsewhere on this site. While most alternative physicians prescribe antibiotics, it is always done with attention to an additional prescription or supplement to control yeast and a suggestion of a high quality probiotic. Other causes include, pesticide & heavy metal laden foods and water, and foods not philogenetically recognized by our digestive system like foreign proteins from genetically modified organisms. All food sensitivities begin from our environment and *not* from within.

A blood test for 190 foods using a combination of IgG, IgG4 and IgE antibodies is available, and is possible even for small children. The results are accurate and elimination of the offending allergens along with a comprehensive bowel healing program, gives a positive clinical response.

The three most common causes are dairy, eggs, and wheat. A common agreement among alternative physicians is that there is an addictive component to a patient's allergens. This holds true clinically.

Let me tell you about Jane. Jane came to me complaining of dry eyes after seeing several ophthalmologists with no resolution. I thought of allergy and we did the test for 190 foods which happened to be the first time I tried this particular test. When it came back I was shocked.

When the patient returned I apologized that I might have wasted her money because she was only sensitive to one food! When I told her it was almonds, she responded with her love for them, eating *seven* pounds a week! She ate two three pound packs from Sam's and topped that

off with a pound tin can of roasted almonds from her grocery store! She quit the almonds and in five days her eyes were no longer dry.

This points to the fact that there is an addictive component to food sensitivity.

In another case, a cardiac arrhythmia was caused by a sensitivity to dairy even though the patient showed no other symptoms such as heavy mucous and stuffy nose which is common in milk sensitivity. Removal of dairy from the diet mostly solved the cardiac problem although the patient's heart remained highly sensitive to pesticides. Pesticides are difficult to avoid even in "Organic" foods.

In another case, an east Indian mother brought in her three year old son who was obviously in serious condition, swollen belly, sunken eyes - skin and bones - sullen and sallow. We did the test and the baby was allergic to *all* but twelve foods - he was allergic to 179 foods!! We also did a comprehensive stool exam and he had bad bacteria and yeast. We started him on a bowel program and restricted diet to non reactive foods. The mother returned 3 months later with her baby and his color had returned, swelling was gone and the baby smiled at me and sat on my lap. The mother wanted to redo the test. I advised against it as it takes times for the reactive antibodies to go away, but she insisted saying life would be better if she could pick up a few more foods. We repeated the test and the baby picked up twenty-one more! This case shows that patient compliance and a workable bowel healing program are a must.

It also brings up an important concept: Look for simple causes first. There is an old saying, "When you hear hoof beats in Texas, do you watch out for Zebras?" Of course not, you look for horses! Don't overcomplicate illness. Most solutions are simple.

Frankly, it doesn't take uncomfortable expensive and often unreliable scratch tests to diagnose food sensitivity. By far, the blood test is cheaper and clinically significant. Avoidance is the inexpensive answer to food sensitivity.

Almost any symptom or physical sign can be caused by sensitivity reactions, because the symptoms are related to the tissues in which inflammatory chemicals are released. Any organ can be affected by food sensitivity and the symptoms may manifest immediately after exposure or hours or *days* later.

There are a couple of DIY solutions. First is a food elimination diet, being honest with oneself in eliminating addictive foods and the major three and starting with the least allergenic whole grain non GMO rice to see any improvement. The other is the pulse test where you take a single food and measure heart rate before and 15 minutes after eating. This is helpful and definitely inexpensive, but slow. A very detailed dietary record must be maintained by food sensitive people if tests are not done. Scratch testing is ineffective for IgG and IgG4 (delayed food sensitivities).

Another case showed the great quick benefit of the 190 food blood test. A mom and grandmother brought in a 2 year old who suffered rhinitis, crusty cheeks, cracked lips, irritability and poor sleep. They said she was fine on awakening that morning, but ate a mixed grain her favorite "out-of-the-box" cereal on the way to see me and now was demonstrating her symptoms. She turned out not to be allergic to the individual grains but to the cinnamon! How many months would it have taken to find cinnamon on an elimination diet?

The following is a list of diagnoses proven to be caused by food sensitivity.

CARDIOVASCULAR (Heart and Blood Vessels)

Angina
Arrhythmia
Hypertension (high blood pressure)
Increased heart rate, (palpitations)
Irregular heartbeat (arrhythmia),
Rapid heart rate (tachycardia),
Thrombophlebitis

DERMATOLOGICAL (Skin)

Acne vulgaris
Contact dermatitis
Eczema
Hives
Pallor, dry skin, dandruff
Psoriasis
Purpura
Stasis ulcers
Urticaria

ENDOCRINE (Hormones)

Diabetes
Hypoglycemia

ENT (Ears, Nose and Throat)

Aphthous ulcers
Canker sores, itching palate, sore throat, recurrent sinusitis, coated tongue
Chronic cough, gagging, hoarseness
Earache, ear drainage, fullness in ears, fluid in middle ear
Excessive nasal mucus, postnasal drip, runny nose, stuffy nose
Hay fever
Hearing loss, itching ears, recurrent ear infections
Malocclusion of the teeth - requiring braces
Meniere's disease
Nasal polyps
Nosebleeds (epistaxis)
Olfactory dysfunction
Otitis externa
Otitis media

Sinus congestion and infections (sinusitis)
Sore throat
Taste disorders
Tinnitus (buzzing, roaring, ringing), popping of the ears
Vasomotor rhinitis

GASTROINTESTINAL (Stomach & Intestines) - ADULTS

Abdominal pain or cramps
Bloating after meals, belching, gas
Celiac disease
Constipation
Crohn's disease
Diarrhea
Dyspepsia (without ulcer)
Eosinophilic esophagitis
Extreme thirst
Gallbladder disease
Gastritis
Gastroesophageal reflux disease (GERD)
Irritable bowel syndrome (IBS)
Mucus in stools, undigested food in stools, anal itching,
Nausea
Pancreatitis
Peptic ulcer
Proctitis
Rectal bleeding
Ulcerative colitis
Vertigo
Vomiting

GASTROINTESTINAL (Stomach & Intestines) - CHILDREN

Colic of infants
Colitis
Constipation
Enuresis (bed wetting)
Failure to thrive
Obesity
Stomachache

GENITOURINARY (Reproductive and Excretory)

Bed-wetting

Chronic bladder infections
Frequency
Urgency

Systemic lupus erythematosus
(SLE)
Vasculitis

LUNGS (Pulmonary)

Anaphylaxis (allergic shock , unable to breath, shut down of heart-lung)
Asthma, exercise-induced asthma
Chronic obstructive pulmonary disease (COPD)
Congestion of the chest, recurrent bronchitis
Cough

METABOLIC DISORDERS (Mitochondrial and other energy disorders)

Chronic Fatigue (CFIDS)
Fatigue
Fibromyalgia, other muscle aches

NEUROLOGICAL (Brain, Nerves)

Drowsiness or sleepiness soon after eating
Epilepsy, seizures, convulsions
Faintness, dizziness, disorientation (Ataxia)
Headaches: migraines, cluster, vascular, fullness in the head, tension.
Insomnia type I and II
Migraine
Multiple Sclerosis
Restless leg syndrome

MISCELLANEOUS

Candidiasis (*Candida-related* complex)
Edema
Food cravings
Allergy addiction syndrome
Halitosis
Insomnia
Obesity
Rapid daily weight fluctuations (2-10 pounds),
Recurrent infections
Swelling of hands and feet,
Teeth grinding (bruxism)
Thrombocytopenia
Vaginal itching / discharge
Weakness

OPHTHALMOLOGICAL (Eyes)

Conjunctivitis
Sicca (dry eyes)
Uveitis
Blurred vision, watery eyes, swollen itchy eyes

PHYSICAL SIGNS OF ALLERGY IN CHILDREN

Is This Your Child? by Doris Rapp, M.D.

RENAL (Kidney)

Glomerulonephritis
Nephrotic syndrome

Asthma or allergic coughing
Bumpy skin (similar to a mosquito bites, but are not)
Discolored circles under the eyes: dark black, blue or pink = Allergic Shiners
Eczema, red, scaly or itchy patches on the skin anywhere on the body
Hives
Patchy or white tongue
Pimples or redness on the buttocks
Puffiness or bags under the eyes
Red ear lobes on infants or toddlers
Red patches on cheeks or swollen or chapped lips

RHEUMATOLOGICAL (Auto immune, Arthritic Joint Conditions)

Autoimmune disease
Growing pains
Psoriatic arthritis
Rheumatoid Arthritis, Juvenile
Rheumatoid arthritis, Adult

Red ring around the anus
Scalloped tongue
Sleep problems: cannot get to sleep,
stay asleep or can not get up early in
the a.m.
Use of palm pushing the nose upward,
to stop an itchy/runny nose: allergic
salute
Wrinkles under the eyes = Dennle's
Sign

**PSYCHIATRIC (Behavioral and
psychological)**

Abnormal food cravings, binge eating,
anorexia / bulimia
Aggressive behavior
Alcoholism, addiction
Anxiety, panic attacks, hyperactivity,

Attention deficit-hyperactivity disorder
(ADD - ADHD)
Autism, confusion, excessive
daydreaming, indifference,
Bipolar disorder
Crying, depression
Depression
Dysthymia (chronic depression)
Inability to concentrate, mental
dullness, mental lethargy
Irritability, restlessness
Learning Disabilities
Panic attacks
Schizophrenia,
Speech impediments: slurred speech,
stuttering
Substance abuse