

## Identifying Your Food Sensitivities

One strategy in reducing inflammation is to unburden the body of its chronic immune burdens. Many environmental allergies that we suffer from are secondary allergies being driven by primary allergic responses, principally to foods. Often, when basic food allergies are corrected, environmental sensitivities vanish. For example, by simply eliminating milk or wheat, oftentimes there will no longer be an environmental sensitivity to cats or dogs. The four basic food sensitivities are wheat, milk, corn and soy (followed by beef, tomato, peanut, and chocolate). The hypo-antigenic diet consists of eliminating these eight foods, along with obvious inflammatory agents, like alcohol and sugar.

Usually within three days of elimination, chronic inflammation reduces and the elevated immune responses downregulate. Although changes will continue for months after eliminating a food allergy, improvement is felt immediately, sometimes as increased energy, clarity of mind, digestive wellness, and a reduction of symptoms. By eliminating these foods experimentally for two weeks at a time, and then reintroducing the allergen, it can be determined whether an allergic reaction is occurring. Upon re-introduction, one may notice an immediate inflammatory response such as a rash, itching or burning eyes, or aching in the body, or diminished energy. Sometimes two or three days later, a virus or cold or immune issue may occur, which means that the food allergy caused inflammation in the gut lining. Digestive distress may often recur within three days of reintroducing a food allergen.

Please consider, which of these foods do you consume most often:

- |                                   |  |  |
|-----------------------------------|--|--|
| <input type="checkbox"/> Wheat    | <input type="checkbox"/> Peanuts                                     | <input type="checkbox"/> Beef          |
| <input type="checkbox"/> Dairy    | <input type="checkbox"/> Tree Nuts (almonds, cashews, walnuts, etc.) | <input type="checkbox"/> Chocolate     |
| <input type="checkbox"/> Corn     | <input type="checkbox"/> Eggplant                                    | <input type="checkbox"/> Bell peppers  |
| <input type="checkbox"/> Soy      | <input type="checkbox"/> Eggs  | <input type="checkbox"/> Citrus fruits |
| <input type="checkbox"/> Tomatoes | <input type="checkbox"/> Rice  | <input type="checkbox"/> Potatoes      |
| <input type="checkbox"/> Peas     | <input type="checkbox"/> Sesame                                      | <input type="checkbox"/> Sugar         |

Use certified organic foods whenever possible. Non-organic foods contain pesticides which mimic hormones in your body. Drink plenty of spring **water, 60-75 oz. daily**. Do not drink water from a plastic bottle that has been heated, as the chemicals from the plastic are then released.

Eliminate or Minimize from your daily diet:

- Wheat (all processed and whole grain forms can be inflammatory)
- Refined Carbohydrates: sugars, wheat and packaged gluten-free foods (high-glycemic)
- Conventionally-raised meat (poor Omega 6:Omega 3 ratios, hormones and antibiotics)
- All pork (high risk for parasites)
- Alcohol (reduces the liver's ability to clear estrogens and toxins)
- Conventional coffee, tea, chocolate, and soda (often containing chemicals, which deplete the adrenals)
- Dairy (increases inflammation)
- Fried foods (increase inflammation/estrogen levels, impair liver function)
- Soy products (endocrine disruptor, although Tamari can be used in small amounts)
- Artificial fats and fat substitutes (margarine or butter "spreads" contain trans fats)
- Processed junk foods (contain hormone-disrupting chemicals, artificial ingredients, and preservatives)
- Canned foods (contain BPA; however, ok to use coconut milk)
- Farmed fish (toxicity)
- Conventional eggs (poor Omega 6:Omega 3 ratios)