

Identifying Food Intolerance and Food Sensitivities

Remember: Always follow the advice and directions of your Physician.
This protocol is not meant to treat any disease, but rather to support a healthy body.

This document is going to discuss a very important area of your health: Food Intolerance and Food Sensitivities. We will detail how utilize the elimination/re-introduction protocol to identify how various foods affect you. If you grasp this concept and apply it, you may find that many of your health issues either disappear completely or become greatly reduced. So let's get started!

Please note: This support program is best for those who have chronic health issues and or want to lose more fat. Whether you will need to add digestive enzymes, Bile Acid support, or Pre/Pro-biotics to support gut health will be determined by your doctor.

There are two types of "reactions" that apply to most people. IgE and IgG food allergies. The first one (IgE) is immediate and the second one (IgG) is delayed.

An immediate response to a food you are allergic to might present itself through symptoms such as sneezing, runny nose, red eyes, increased heart rate, hives, nausea, migraines, etc. The solution to this? Simply avoid these foods!

The other type of food intolerance is more insidious, difficult to identify...and the most important for our discussion here. It is "the delayed reaction" type of food intolerance. This IgG reaction can take hours, even days to express itself. For example, you eat wheat on Monday and all that day, all day Tuesday and even part of

Wednesday you feel fine. Then, on Wednesday evening your migraines are back, or your joints are on fire, or your irritable bowel rears its ugly head. You wouldn't normally make the connection between the food you are eating (or in this example 'ate') and your symptoms, but there seems to be a strong connection between these delayed food allergies and many chronic health concerns of patients.

As if that is not enough, here is another rub... You may actually be addicted to or craving the very foods to which you are intolerant. They give you kind of an adrenaline rush! You feel almost euphoric/high after eating them only to crash afterwards, feeling drained and miserable.

Major symptoms associated with food intolerances and addictions include:

- ⇒ Weight problems
- ⇒ Joint pain
- ⇒ Fatigue
- ⇒ Migraines
- ⇒ Poor concentration
- ⇒ Sleep disorders
- ⇒ Urinary trouble
- ⇒ Eczema (dairy)
- ⇒ Respiratory distress
- ⇒ Digestive trouble like diarrhea and bloating



Wow, this may sound discouraging but alas... there is good news here! There is a way to identify these food allergens and remove them from your diet to achieve amazing health benefits. Let's see how you can do this?

“Elimination” Phase

First, throughout this protocol you will need to stay on a “low allergy diet” or “baseline diet” such as the Phase I Diet from Dr. Melvin Page¹.

As you are just completing the Purification Program, this simply means that you will continue the diet you followed on days 11-21. It is a good idea to be on this diet for at least 2 weeks, up to 6 weeks before introducing a “new/suspect” food. Once your symptoms are clear you can begin by slowly re-introducing suspect foods back into your diet to see how you react.

This can take 2-6 weeks, so be patient! In most cases, the 21-Day Purification Program has already expedited this and if you are virtually symptom free you can begin the “Re-Introduction” Phase immediately.

“Re-Introduction” Phase

To begin the “Re-Introduction Phase”, start by consuming one “new food” on day 1 of your trial. Begin with the food you previously ate most frequently and really miss. In most cases, the best place to start is with one of the “Big 5” offenders such as: Wheat, Dairy, Corn, Soy and Egg. Eggs are an especially good place to start as they are least likely to react and are a good source of nutrition and satisfaction.



Eat the trial food 2-3 times during that day and then do not eat it again for at least 48

hours, *ideally 72 hours or 3 days*. You should now be back on your “Baseline Diet”. If you have a reaction to the food during the next 48 hours, record it on your chart² and do not eat it again for at least 3-6 months. If you are uncertain whether you had a reaction, re-test that food after the 72 hours.

¹ With the exception of eggs

² You can simply create a chart listing each of the items you reintroduce, the date you reintroduce it and any symptoms experienced during the following 72 hours.

Introduce a new/suspect food every 48 hours (2 days) and chart your progress or reactions accordingly.

Key Point: DO NOT Introduce another suspect food back into your diet until you feel good and clear again. This could take up to three days, so be patient!

A Note on Reactions

If you have a reaction or symptom occur, record it on your chart, along with the day and time. Contact the office as soon as you can and explain your symptoms to the doctor along with how many hours/days it took to react after eating that new food.

By considering the timing of the introduction of the new food, the doctor will likely be able to tell you which of the new foods you ate is suspicious.

As an example, let’s say you started eating one new food every two days and after day 7 you began to get abdominal cramps 6 hours after eating. The most likely foods to be suspicious of are milk, cheese, gluten, nuts, apples, coffee and pork. Your doctor would be able to help you determine which, if any of these, is the culprit.

Or say you suddenly experienced a migraine 12 hours after eating. Highly suspicious foods would be chocolate, coffee, soy, corn, nuts, cola and foods containing MSG. Again, your doctor is there to help you in determining which if this is most likely affecting you. Remember, the key to successfully identifying the culprit is maintaining good records of your re-introduction.

It is always best to work closely with your doctor in performing this “Elimination/Re-introduction” trial. Guidance from your doctor can increase results. Hang in there with this important program – the results can change your life!

Tips

Tip 1 – Symptom Relief

If you do experience a reaction, you can use some Activated Charcoal (available from a health food store) to help minimize the symptoms. Saunas are helpful as well. The good news is you are finding foods that may be contributing to your health issues and removing them! Can you imagine the control this will give you over many of the chronic health issues you are dealing with?

Tip 2 – Food Rotation

It is always a good idea to rotate the foods you eat in general so you are not eating the same food day in and day out. Doing this can decrease the likelihood of developing food intolerances as well. So, try rotating your foods every 4 days eating new and different foods from your Phase I diet. It will take some discipline, but you may feel better than you have in years and lose even more fat!

References

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Tip 3 – Most Common Allergens

The 8 most common food allergens are milk, eggs, peanuts, tree nuts, soy, wheat, fish and crustacean shellfish. Keep an eye out when introducing these items!

Caution

There is another type of Food Allergy called **ANAPHALACTIC**. This is a **serious food allergy** that causes the tissues of the tongue, throat and mouth to swell and can obstruct breathing. This can be life threatening and immediate medical attention is required. If you experience this sort of reaction, **seek immediate medical attention**.

Thankfully, most of the allergies people deal with are not of this sort, but rather food intolerance or sensitivity as we have outlined above.