

Food Allergies

Symptoms

There are two types of food allergies: immediate reactions that can lead to anaphylaxis, and delayed reactions. Food allergies that cause immediate reactions show up as hives, angioedema, and swelling of the throat. Most people can easily identify these food allergies from the direct cause and effect reaction.

Delayed reactions to food allergies are often harder to identify as they manifest 1-3 days after ingestion. Symptoms may include headaches, sinus congestion, skin rashes, chronic ear infections, fatigue, moodiness, depression, digestive issues such as constipation and gallstones.

Repeated exposure to food allergens stresses the immune system and can aggravate existing conditions such as rheumatoid arthritis, thyroid disease, and other inflammatory conditions such as Irritable Bowel Syndrome and Crohn's Disease.

Causes

One of the most common causes of food allergies is a compromised digestive system. When a person consumes foods that irritate the stomach and the intestines, the result is inflammation. This inflammation can increase intestinal permeability. When food is consumed, it is not completely digested due to the irritation of the stomach and intestines. Then some partially digested proteins will pass through the intestines into the blood. The body does not recognize the proteins because they are not in an acceptable format; therefore the body creates antibodies to the proteins. This is how food allergies develop.

Nutritional deficiencies and parasitic infections can also lead to food allergies by disrupting digestion. Some people are predisposed to develop food allergies. Typically when one or both parents have allergies, there is a high probability that their children will develop allergies.

Treatment

Identify the allergens! We work with a lab that utilizes ELISA (enzyme-linked immunosorbent assay technique) to measure serum antibodies in the blood. We receive a comprehensive test that lists allergens and indicates the degree of reaction obtained.

The E95 panel is the basic food allergy test panel and consists of 95 commonly eaten foods. (Combined IgG4 and IgE, by ELISA Method) - **See chart below.**

ALMOND	LIMA BEAN
AMERICAN CHEESE	LOBSTER
APPLE	MALT
APRICOT	MOZZARELLA CHEESE
ASPARAGUS	MUSHROOM
AVOCADO	NECTARINE
BAKER'S YEAST	OAT
BANANA	OLIVE
BARLEY	ONION
BEEF	ORANGE
BEEF	OYSTER
BLUEBERRY	PAPAYA
BREWER'S YEAST	PEA
BROCCOLI	PEACH
BUCKWHEAT	PEANUT
CABBAGE	PEAR
CANE SUGAR	PECAN
CARROT	PINEAPPLE
CASEIN	PLUM
CAULIFLOWER	PORK
CELERY	POTATO, WHITE
CHEDDAR	RASPBERRY
CHICKEN	RED SNAPPER
CHOCOLATE	RICE
CLAM	RYE
COD	SALMON
COFFEE	SARDINE
CORN	SESAME
COTTAGE CHEESE	SHRIMP
COW'S MILK	SOLE
CRAB	SOY
CRANBERRY	SPINACH
CUCUMBER	SQUASH
EGG WHITE	STRAWBERRY
EGG YOLK	SUNFLOWER SEED
GARLIC	SWISS CHEESE
GLIADIN	TOMATO
GLUTEN	TROUT
GOAT'S MILK	TUNA
GRAPE	TURKEY
GRAPEFRUIT	WALNUT
GREEN BEAN	WATERMELON
GREEN PEPPER	WHEAT
HALIBUT	WHITEFISH
HONEY	
KIDNEY BEAN	
LACTALBUMIN	
LAMB	
LEMON	
LENTIL	
LETTUCE	

- **Avoid the allergens** - Food allergens will be removed from the patient's diet for 90 days. This will support the digestive system as it heals.
- **Heal the gut** - Nutritional supplements will be included to soothe the irritation of the digestive system and speed healing.
- **Slowly reintroduce allergens** - After 90 days, symptoms will be reassessed. Food allergens may slowly be reintroduced at this time and symptoms will continue to be monitored.

Expected Results

Treating food allergies will reverse most symptoms. Patients can expect improved digestion and nutrient absorption increasing their overall health. Inflammation in the body will decrease which will reduce or eliminate pain and discomfort in the body. Symptoms that have limited lifestyle choices in the past are no longer present. Patients will have an improved overall sense of well-being, sleep better, have more energy, and get more enjoyment out of life!

Thank you and be well!