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ALLERGIES &

INTOLERANCE

It is estimated that 60 to 80 percent of the world population suffers from food allergies and food intolerances. And if you suffer from headache, irritability, moodiness, epilepsy, arthritis, high blood pressure, indigestion, bloating, eczema, acne, than you have possible allergic reaction.

An allergy has no single cause. It causes constant assault and trauma to the body. Its presence depends on the person's metabolic state and predisposition to allergy.

As we age we accumulate toxins from the environment, food that we eat, and emotional and physical stress. All of this leads to a metabolic overload. Emotional and physical stress lowers the immunity, which increases nutrient demand, which then leads to nutrient defi-

ciency. Nutrient deficiency further stresses the immune system and your body loses the ability to function optimally. According to James C. Breneman, M.D., author of *Basics of Food Allergy and Intolerance*, allergies are technically forms of malnutrition.

WHAT IS THE DIFFERENCE BETWEEN FOOD ALLERGY AND FOOD INTOLERANCE?

Food allergy is an immune system response to a certain food, and food intolerance is usually an enzyme deficiency to digest a certain food.

Food intolerances are on the rise because of the increased consumption of chemically altered, enzyme depleted processed food.



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Without enzymes food assimilation is not possible. Our immune system then treats undigested fats and proteins as foreign (toxic). The immune system then releases histamines and other special body chemicals into the bloodstream and triggers allergic symptoms such as asthma, mood swings, skin rashes etc.

Common allergy foods are corn, wheat, dairy products, eggs, sugar, yeast, mushrooms, peanuts, soy, coffee, beer, and wine. These foods are lacking enzymes,

and when you eat them frequently your body becomes tired of producing the enzyme that will help digest this particular food.

When offending food is discovered, elimination of food allergens is essential and it can be done with four-day rotation diet. Foods are temporarily eliminated in order to give the digestive and immune system time to recover and heal. After four weeks the food can be reintroduced one at the time.

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HOW TO PREPARE YOUR BODY TO GET WELL:

1. GO RAW

Organically grown raw fruits and vegetables provide enzymes that speed up metabolism, stimulate digestion, boost the immune system, and eliminate toxins. Cabbage, cauliflower, Brussels sprouts, green peppers, kale, garlic, celery, cucumber, onions, radishes, and spinach are all good sources of vitamin C and quercetin, which may help to prevent the release of histamine.

2. EXPERIENCE JUICING

Juices are fresh and alive formulas that help to improve the immune system, speed up the healing process and increase energy. They are good detoxifiers and blood cleansers. Find a good quality juicer in a health food store.

3. LOVE ESSENTIAL FATTY ACIDS

Incorporate essential fatty acids in your diet. Fish oil contains EPA and DHA and can be converted into natural anti-inflammatory substances called prostaglandins. They help regulate inflammation and pain. Flaxseed oil



contains a good balance of omega 3 and omega 6 (good for vegetarians).

4. TRY FOOD COMBINING

Proper food combining will help you digest

food more efficiently, and your body will have no chance to attack undigested food particles and turn them into allergens. Your digestive system will thank you.

FOOD COMBINING GUIDANCE:

- Eat fruit alone. Do not eat any other food one hour before and one hour after.
- Eat meat only with non-starchy vegetables
- Whole grains must be eaten on their own or with nuts, legumes and vegetables.
- Try sugary treats and desserts on an empty stomach and not after a big meal!
- Dairy products are eaten only in combination with vegetables

Listen to your body! How do you feel emotionally, physically and spiritually after ingesting certain foods? Being aware will bring you to a higher state of wellness. And that is what is important.