

“LET FOOD BE THY MEDICINE AND MEDICINE BE THY FOOD.”

HIPPOCRATES



Do you want to rid yourself of chronic conditions, but are not sure how to do so? Do you want to feel more alive during the day and sleep better throughout the night? Now there is a test that can help alleviate unexplained ailments and provide you with results for optimal health.

The food you eat: friend or foe?

Food is the stuff of life, yet sometimes the foods you eat are the cause of ill health and dysfunction. Often, it is hard to know which foods are the culprits. According to James Breneman M.D., former Chairman of the Food Allergy Committee of the American College of Allergy, approximately 60% of all undiagnosed symptoms are due to underlying food allergies. By eating the foods that work for you, you can experience new levels of vitality and optimism as well as eliminate symptoms that may have been plaguing you for years.

Wouldn't I already know if I have a food allergy?

When we think of “food allergy”, we tend to think of someone who eats a food, such as strawberries, and breaks out in a rash or has difficulty breathing. This type of “immediate hypersensitivity” reaction is what most people think of when they hear “food allergy”. It is only one type of food allergy,



and not even the most common type. Most food allergies are of the “delayed hypersensitivity” type in which symptoms appear anywhere from hours to days after eating the offending food. If the food is one that you eat frequently, the repeated exposure can lead to a constant level of symptoms that begins to seem “normal”. You may not even realize that you could feel much better than you do.

Can I be allergic to something I eat all the time?

It is very common for people to be allergic to foods that they eat frequently. Often a person will find that the foods they crave the most are the very ones causing their symptoms. There are a number of reasons for this.

When faced with a challenge, such as a food you are allergic to, your body produces higher levels of stress hormones. These stress hormones may give you a temporary boost in energy and effectiveness that can mask symptoms. This fuels cravings for the very foods that are causing your symptoms. The high levels of stress hormones can lead to other problems.

How does a food allergy test work?

At Meridian Valley Lab we use a type of testing called ELISA (for Enzyme-Linked ImmunoSorbent Assay) which is highly reproducible. This type of testing checks your blood for antibodies that your body may be making to specific foods. IgE antibodies test for immediate type hypersensitivities. IgG antibodies test for delayed type hypersensitivities. Depending on the test your doctor offers, we look for IgG antibodies or both IgG and IgE antibodies. Foods that can be problematic for you result in higher levels of antibodies in your blood.

Do You Have Symptoms of Food Allergies/Sensitivities?

Cognitive/Mental/Emotional/Neurological Symptoms

- ADD/ADHD/Obsessive-Compulsive Disorder
- Autism Spectrum Disorder
- Tourette's Syndrome
- Alcoholism or other addictions
- Anxiety/irritability/tension
- Depression/mood swings/tearfulness
- Foggy brain/poor concentration
- Headaches or migraines
- Seizures

Digestion

- Constipation and/or diarrhea
- Irritable Bowel Syndrome (IBS)
- Candida (yeast) overgrowth
- Colitis or Inflammatory Bowel Disease (IBD)
- Food cravings/Eating disorders
- Gas/bloating
- "Leaky Gut"
- Poor absorption
- Vitamin/mineral deficiencies

Skin

- Eczema/ Dry skin
- Rashes/Rosacea
- Hives
- Acne

Respiratory/Eyes, Ears, Nose & Throat

- Asthma
- Hay fever/ itchy, watery eyes/sneezing
- Ear infections
- Frequent sore throats or Strep throat

Immune System

- Frequent or chronic infections
- Multiple Sclerosis/other autoimmune disease

Musculoskeletal

- Joint pain/stiffness/discomfort
- Neck pain
- Arthritis/Rheumatoid Arthritis
- Gout
- Fibromyalgia

General

- Fatigue/Chronic Fatigue
- Low blood sugar
- Fluid retention (edema)
- Leaky bladder/bedwetting
- Menstrual cramps/PMS
- Unexplained weight gain or loss

Food Allergies and Your Health



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Your journey back to wellness

