

FOOD SENSITIVITIES and INTOLERANCES

Are the foods that you are eating making you sick? According to Lucretius, “One man’s meat is another man’s poison.”¹ My answer to this question was no up until last month. I thought that I was eating a healthy low fat diet filled with fruits and vegetables, good proteins and fats.

This year after experiencing five months of severe chronic muscle and joint pain, I had blood tests done by my Rheumatologist in May. Although the results of the tests were negative, my pain persisted. After another trip to the Doctor I was given a diagnosis of an auto immune disease that affects joints and muscles. I was then given a prescription for prednisone which I am still taking. I am currently weaning off of it at this time. This was the fourth auto immune disease that I have been diagnosed with and was told that I may have an underlying fifth auto immune disease to which I am testing negative. This was very discouraging news along with the prospect of being on long term prednisone treatment.

My Primary Care Physician recommended that I have the ALCAT blood test done for Food Sensitivities and Intolerances. This test was developed by Cellular Science Systems more than 20 years ago. I had never heard of it and the majority of people I have spoken to since then have never heard of it. This test is different from an IGA or IGE test for Food Allergies. A person who has a true food allergy will have an immediate reaction to the food that was ingested, such as hives, an allergic rash or the worst scenario, anaphylactic shock.

I was tested for reactions to 200 foods at the cellular level. I tested sensitive or intolerant to 100 of those foods. When an intolerant food is eaten by a person, a reaction may not result until 72 hours later. Most people do not relate a symptom or reaction to a specific food that was eaten 3 days prior. Continually eating foods that one is sensitive to creates chronic inflammation of the small and large intestines. “Inflammation and chronic activation of the immune system due to food intolerance has been linked to: Digestive Disorders, Migraines Headaches, Obesity, Chronic Fatigue, ADD/ADHD, Aching Joints, Skin Disorders, Arthritis and many more...”² Some other conditions are Sinusitis, Rhinitis, IBS, Autism, Auto Immune Diseases, Asthma, Fibromyalgia, Weight Gain, Obesity and Digestive Health.

Chronic inflammation of the small intestinal walls causes permeability. Undigested proteins and particles of our intolerant foods escape through the intestinal walls causing “Leaky Gut Syndrome.” These proteins and particles are released into the blood stream and attach themselves to different organs in the body. Our Immune System sees them as foreign invaders and then develops antibodies to this foreign material, eventually leading to inflammation, auto immune diseases, acute and chronic health problems. In my case this caused systemic joint and muscle pain and auto immune diseases.

I was diagnosed as being severely gluten intolerant, mildly intolerant to casein and whey in dairy, and mildly intolerant to candida albicans. In addition to this I have sensitivities to many healthy vegetables, fruits, meat and fish. The results of the ALCAT test are color coded.

The severely incompatible foods are listed in the Red column, the moderate ones in the Orange column, and mildly intolerant foods in the Yellow column. The Green section lists the non-reactive or acceptable foods you can eat. You are also given a 4 Day Rotation Diet meal plan using your non-reactive foods and mildly intolerant foods. Eating foods on a rotating basis and not reintroducing a food again until the 5th day, prevents you from becoming sensitized to the foods that you are allowed. Moderate and severely sensitive foods are eliminated from your diet for 6 months. Mildly intolerant foods are eliminated for 3 months. Each sensitive food is then reintroduced once every 5th day to see if it can be tolerated. If the food is tolerated without a reaction, place the food on your rotation plan. The best time to reintroduce a food is the first thing in the morning on an empty stomach and only if you are symptom-free. Wait a minimum of 4 days before reintroducing a different food. If you have a reaction, omit the food for another 3 weeks before re-challenging your system. A food that you have a strong reaction to may not be able to be reintroduced to your diet. During this time it is very important to keep a Food Log of which foods you eat each day and any reactions you may have to them.

Since the GMO vegetables, fruits, grains and legumes are causing more and more people to develop food intolerances and sensitivities, organic produce, grass fed, lean meat, vegetarian raised poultry, eggs and wild caught fish are recommended on this food plan. Eating as close to nature is what assists your body in healing itself. As Hippocrates said, "Let thy food be thy medicine and thy medicine thy food."³

Since I am beginning my new health journey, I am looking forward to feeling better, improving my health, being pain free, having much more energy and losing weight. Diet is very important in preventing premature aging and a wide range of degenerative diseases.

Footnotes 1, 2, 3 – "ALCAT Worldwide Are Foods Making You Sick" Cellular Science Systems Corporation – ALCAT Worldwide

"Understanding Your ALCAT Test Results – Optimal Wellness through Customized Nutrition" Cellular Science Systems Corporation – ALCAT Worldwide

alcat.com

"Your Hidden Food Allergies Are Making You Fat" by Rudy Rivera MD and Roger Davis Deutsch, 2002, Three Rivers Press