

# Information on Allergies and Intolerances

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elementa

## What is an allergy?

An allergy occurs when the body's immune system over-reacts to normally harmless substances, which may be in the air or water, or things we touch or eat. When an allergic person comes in contact with such a substance, their immune system produces a special kind of antibody (IgE) and other cells release further chemicals, such as histamines. This causes the symptoms of an allergic reaction.

## What is the difference between allergy and intolerance?

An allergy is an abnormal immune system response to the introduction of a food or an ordinarily harmless substance into the body. A reaction can occur within minutes, or a few hours after a food is ingested or a person comes into contact with the food or other allergen. An intolerance is an adverse reaction to a food or substance that does not involve the immune system. An intolerance tends to affect the digestive system. Reactions can be immediate or delayed up to 20 hours after ingestion or contact.

### In summary.. a food allergy is:

- Usually a fast reaction occurring within 30 minutes
- People with food allergies usually know they have them, and they often appear at an early age
- An immune reaction involving an immune cell protein called IgE
- The allergic food will often need to be avoided for life as reactions can be life-threatening
- Allergy symptoms may include hives, swelling around the mouth, diarrhoea, vomiting, stuffy nose and hayfever symptoms, eczema (a skin rash) and anaphylaxis (a potentially life-threatening reaction that affects the whole body).

### A food intolerance is:

- A slower reaction, taking up to 48 hours or longer
- Can be difficult to determine which foods/substances are causing the problem
- Can be an immune reaction (via IgG antibodies) or a physiological response
- Is related to how much of a food is eaten and / or how often
- Babies can be affected through mother's breast milk

- Symptoms of intolerance are sometimes vague and can include a combination of the following: headache, fuzziness, fatigue and irritability, gastrointestinal problems such as bloating and wind, fatigue, diarrhoea, nausea and indigestion, aggravation of eczema or asthma, and joint pain.

## Which foods are the most common cause of food allergy?

The most common food allergens are eggs, wheat, soy, dairy, peanuts, tree nuts, fish and shellfish. These eight foods account for 90% of all food allergies. However, almost any food can cause an allergy.

### Common culprits in food intolerance

Almost any food can cause an intolerance – many of the above plus citrus, bananas and rye are culprits - but there are some types of intolerances that occur more than others.

**Lactose intolerance**, a condition in which a person cannot digest the sugar found in dairy products, is one of the most common food intolerances.

Sensitivity to naturally-occurring food chemicals can cause symptoms of intolerance. These chemicals include **salicylates**, natural preservatives found in a wide variety of fruits, vegetables, nuts and spices; **amines**, produced during fermentation, aging and ripening; and **glutamate**, an amino acid found naturally in all protein foods. Some **food additives** can also cause food intolerances. A specific type of intolerance can develop to the protein in wheat and other grains called **gluten**. This condition can progress to become **Coeliac disease**, and it is estimated that 1 in 300 New Zealanders are affected.

**Please note:** Foods that you have been avoiding in your diet before the hair test may not show a positive response in this test. Substances that have a stimulating effect on the body may increase an allergic response and it is wise to avoid these in the initial stages of treatment. Stimulants include: coffee, tea, alcohol, cola, chocolate, strong spices

## Why test for allergies?

Allergy testing provides you with a definitive answer of the allergenic substances that are the underlying cause of your inflammatory response.

## How is the hair testing done?

Using an EAV machine (Electro-Acupuncture according to Voll), originally developed by Dr Reinhold Voll in Germany. The machine measures changes in the electro-magnetic resonance of the hair sample when exposed to different foods, additives and other substances, thus giving a reading that reflects sensitivity.

One of the most popular and effective forms of allergy testing. The results of EAV testing have been compared to standard diagnostic modalities (RAST, serum IGE, intra-dermal allergy skin testing, food rechallenge testing and allergy history analysis). EAV testing results were the most effective and accurate along with food rechallenging testing, which is widely considered the most effective of the standard methods.

## How is kinesiology done?

The client has a consultation with the kinesiologist, who will use muscle testing to check for insensitivities currently in the body. Alternatively the practitioner will test the hair sample in the same way. A kinesiologist can test for single foods and combinations of food and once tested is able to find the cause of the intolerance and help clear it.

## Understanding your results score

Your results will be accompanied with a 'score' between 1 and 10.

Score	Meaning
1-3 Food Sensitivity	Food is causing mild irritation. Eat only 1 day in 4.
4-5 Food Sensitivity	Food is starting to cause irritation to the system. Intolerance noted. Eat only 1 day in 4.
6-8 Food Sensitivity	Food is starting to cause inflammation in the body. System has become intolerant to it. Avoid for 3 months.
9-10 Food Sensitivity	Food is causing inflammation in the body and needs to be avoided totally for 3 months.

## Which foods do I remove first?

*Remove all foods with a score of 6-10 immediately. Foods with a score of 1-5 eat only 1 day in 4.*

**For best results remove all foods that have come up in the test for at least 3 months.**

## How to remove sensitive foods from your diet?

1. Avoid all sensitive foods (as indicated by your hair test) for 2-3 months. If your symptoms are being caused by food intolerances you will see an improvement in your health.
2. Re-introduce one food at a time back into your diet, watching for any return of symptoms. If no symptoms occur, keep this food in your diet, but only consume it one day in four to keep within your body's tolerance level.

Should symptoms recur when introducing a food, stop the food and wait for symptoms to settle, then go on to re-introduce another food. You will soon find your level of tolerance to different foods.

3. If you are having trouble working out what you can eat whilst avoiding sensitive foods we recommend a consultation with elementa's nutritionist to assist you in devising a healthy, balanced diet or menu plan to meet your needs.

Any underlying causes of food sensitivity such as inadequate digestive enzymes or dysbiosis of digestive flora need to be addressed and it is therefore strongly recommended for **best results** that you follow the programme that has been individually devised for you and your needs.

If you do not see improvements in your condition within a month then food intolerances are simply only part of the problem and we recommend a consultation with one of elementa's experienced naturopaths, kinesiologists or nutritionist.

# Foods, additives and environmental irritants currently tested

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## **Dairy products:**

Milk, Cheese, Cottage Cheese, Cream, Ice-cream, Yoghurt, Butter, Lactose. Eggs

## **Grains:**

Wheat(Gluten/Grain/Meal), Barley, Rye, Corn, Rice, Oats, Spelt

## **Soy:**

Tamari, Soy Lecithin

## **Fruits:**

Apple, Apricot, Avocado, Banana, Coconut, Dates, Grapefruit, Grapes, Kiwifruit, Lemon, Mango, Nectarine, Orange, Pawpaw, Peach, Pear, Pineapple, Plum, Prunes, Strawberry, Tomato.

## **Other legumes:**

Dried Beans (Haricot, Lima), Chick Peas, Lentils, Peanuts, Fresh Green Beans, Green Peas, Beansprouts.

## **Nightshades:**

Potatoes, Tomatoes, Capsicum, Eggplant, Tobacco, Chillies, Cayenne, Paprika.

## **Citrus:**

Mandarins, Oranges, Tangelos, Lemons, Limes, Grapefruit

## **Other fruits:**

Apples, Pears, Grapes, Apricots, Peaches, Cherries, Melon, Bananas, Strawberries, Kiwifruit, Pawpaw, Watermelon, Pineapple.

## **Vegetables:**

Beetroot, Broad Beans, Broccoli, Brussel Sprouts, Beans, Cabbage, Capsicum, Carrots, Cauliflower, Celery, Corn, Cucumber, Garlic, Lettuce, Mushroom, Onion, Peas, Potato, Pumpkin.

## **Other:**

Asparagus, Avocadoes, Cabbage, Cauliflower, Broccoli, Courgettes, Cucumber, Carrots, Celery, Spinach, Silverbeet, Lettuce, Mushrooms.

## **Nuts:**

Peanuts, Cashews, Macadamias, Hazelnuts, Pecan, Walnut, Almond, Brazil, Pitashio

## **Meats:**

Chicken, Beef, Lamb, Pork, Bacon

## **Fish:**

Cod, Herring, Plaice, Sardine

## **Shellfish:**

Mussels, Oysters, Crab, Lobster, Shrimp

## **Sugars:**

White, Brown, Honey, Lactose, Saccharine, Aspartame, Chocolate, Malt

## **Yeasts:**

Baker's yeast, Vegemite, Marmite

## **Alcohol:**

Gin, Scotch whisky, Sherry, Brandy, Beer

## **Beverages:**

Coffee, Tea, Coca-cola

## **Additives:**

Phosphoric acid, Saccharine, Benzoic acid, Aspartame, Sodium nitrate (251), Sodium nitrite (250), Sodium sulphite (221), Sodium metabisulphite (223)

## **Colours:**

102, 123, 132, 142

## **Misc:**

Salt, Pepper, Paprika

## **Environmental irritants:**

Dust/mites, Pollen, Grasses, Cat Hair, Dog Hair, Horse Hair, Goat Hair, Cow Hair, Cat Fleas, Dog Fleas, Sheep Wool, Mixed Feathers, Perfumes/aftershave, Petrol, Diesel, Lpg, Paint, Cigarettes, Detergents, Mould, Dry Rot, Hair Dye, Round-up, Straw/hay/chalk Dust