

Food Allergies and Food Intolerances

PRESERVATIVES are added to food-stuff to prevent or slow spoilage due to micro-organisms such as fungi and bacteria.

SULPHITES (220-228) can precipitate asthma attacks in sufferers.

The sulphur dioxide gas (a major irritant to asthmatics) contained in sulphites in acidic food is released and inhaled when the food is swallowed. Those with weak kidneys or livers should also avoid sulphites as they could lack the necessary enzymes to break down sulphites.

220 SULPHUR DIOXIDE

USE: Preservative, antioxidant, whitener, improving agent
 ORIGIN: Burnt gypsum & sulphur
 COMMENTS: Can be fatal to asthmatics, destroys Vitamin B1 in food, may induce gastric irritation, individuals with poor kidney/liver function should avoid sulphites, possible mutagenic. May cause adverse reaction in some people ranging from mild nausea and skin irritation to more severe reactions.

NITRITES and NITRATES (249, 250, 251, 252) can effect the oxygen carrying ability of the blood causing dizziness, headaches and difficulty in breathing. Not suitable for infants and small children. Potential carcinogen.

252 POTASSIUM NITRATE (SALTPETRE)

USE: Preservative, curing, colour fixative
 ORIGIN: Mineral or animal & vegetable matter

COMMENTS: Potential carcinogen, possible anaemia & kidney inflammation from long term exposure, large amounts can result in gastroenteritis, oxygen-carrying ability of blood can be effected, not suitable for infants or small children.

Food Allergies – an antibody response to a certain food.

Food Intolerance – an enzyme deficiency to digest a certain food. This type of sensitivity is the fastest growing allergy group as people are more exposed to chemically altered, enzyme-depleted, processed foods. Without enzyme active foods, our bodies must assume all digestive responsibilities. This capacity eventually weakens, total

food assimilation does not occur, and large amounts of undigested fats and proteins are left that the immune system treats as potentially toxic. It releases prostaglandins, leukotrienes, and histamines into the bloodstream to contact the perceived threat, and allergy reactions occur. As the body's toxic burden increases it becomes increasingly less able to tolerate even small doses of an allergen.

Common allergy foods

include wheat, other gluten foods, dairy products, fruit, sugar, yeast, mushrooms, egg, soy, coffee, corn and greens. Although some of these are healthy in themselves, they are often heavily sprayed, and in the case of animal products, secondarily affected by antibiotics and hormones.



Pulse Test



When people eat foods to which they are allergic, there is a dramatic increase in the heartbeat – 20 or more beats a minute above normal. Pulse Rate is normally remarkably stable, and unaffected by digestion or ordinary physical activities or normal emotions. Unless a person is ill or under great stress, pulse rate deviation is probably due to an allergy. By performing the Pulse Test one can find and eliminate foods that harm.

Take your pulse when you wake in the morning. Using a watch with a second hand, count the number of beats in a 60 second period. A normal pulse reading is 50-70 beats per minute. Take your pulse again after eating a suspected allergy food. Wait 15 to 20 minutes and take your pulse again. If the pulse rate has increased more than 10 beats per minute, omit the food from your diet.

Life Style Support Therapy

Use the Pulse Test to identify allergies
 Food allergies in children are the result of feeding babies meats and pasteurized dairy foods before the age of 10-12 months. Babies do not have the proper enzymes to digest these foods. Feed babies mothers milk or goats milk for at least 8 months to avoid food allergies
 Use a garlic/catnip enema to cleanse the digestive tract and balance colon pH.
 Try reflexology points for food assimilation

COMMON CAUSES

- Eating chemically altered, sprayed, injected or processed foods that the body cannot handle
- Inherited food sensitivities
- Food additives such as nitrites, aspartame, MSG, sulphites
- Stress
- Fast-food diets
- Alkalosis with low gastric pH and enzyme deficiency
- Insufficient sleep
- Emotional Trauma
- Chronic infections
- Particular allergen food like gluten foods.

COMMON SYMPTOMS

- Inability to eat normal amounts of food
- Cyclical Headaches
- Dark Circles under the eyes
- Puffiness under the eyes
- Horizontal creases in the lower lid.
- Chronic non-cyclic fluid retention
- Chronic swollen glands
- Hypothyroid
- Osteoarthritis
- Hypoglycaemia
- Hyperactivity
- Irritability and flushing in children
- Excessively swollen stomach
- Gastrointestinal Trouble
- Nausea or mental fuzziness after eating
- Sweating, Hives, Palpitations, Unexplained obesity



Reflexology Point:
For Food Assimilation



Symptoms and Disorders commonly associated with Food Allergies

System	Symptom and disorders
Gastrointestinal	Canker sores, coeliac disease, chronic diarrhoea, stomach ulcer, gas, gastritis, irritable colon, malabsorption, ulcerative colitis
Genitourinary	Bed-wetting, chronic bladder infections, kidney disease
Immune	Chronic infections, frequent ear infections
Mental/emotional	Anxiety, depression, hyperactivity, inability to concentrate, insomnia, irritability, mental confusion, personality change, seizures
Musculoskeletal	Bursitis, joint pain, low back pain
Respiratory	Asthma, chronic bronchitis, wheezing
Skin	Acne, eczema, hives, itching, skin rash
Miscellaneous	Arrhythmia, oedema, fainting, fatigue, headache, hypoglycaemia, itchy nose or throat, migraines, sinusitis