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## **Nutrition Notes – May 2008**

By Donna Wolf R.D. CLT

### **It's Allergy Season...What's Food Got To Do With It?**

Everything!

For allergy sufferers this is the time of year to purchase, or get out your netti pot. It's a natural alternative to antihistamine medications, in which you irrigate the nasal passages with saline solution to cleanse them of allergenic pollens, and other foreign substances which cause problems. It is a very effective folk remedy that's been used for thousands of years.

For Folks with TRUE food allergies, this season is no different than any other time of year. Continue diligently avoiding your trigger foods and chemicals. Always ask questions about ingredients in your foods, especially when eating away from home, where ingredients are often a mystery.

For the rest of the population, of which 25% and more suffer from food sensitivities, **spring can bring on additional symptoms**. Fatigue, pain, sinus issues, coughs and multiple gut issues are common, because we consume foods from the same botanical families as the pollens, grasses and weeds many people are allergic to. **Spring is a great time to enjoy the bounty of fresh harvested offerings** from your local farmers markets, Community Supported Agriculture memberships, or the locally grown produce in your supermarkets. Produce is at its peak of taste, freshness, flavor and nutritional value, when harvested locally in season! However, **if you are sensitive to particular foods, even healthy ones, you need to avoid those foods to minimize adverse reactions, and enjoy the rest.**

The definitive way to determine food sensitivities (non IgE mediated) is through a comprehensive, patented and scientifically grounded blood test called MRT (Mediator Release Test). It identifies foods and food chemicals which provoke immune reactions, that result in so many uncomfortable and annoying symptoms and are often confused with other medical issues. MRT is a significantly useful tool clinically for helping people to identify and solve longstanding problems, easily and effectively without drugs, through dietary modification.

For more information call Donna Wolf R.D. at Healthy Directions of Poway at 858-335-2140 and visit our website: [www.healthydirectionspoway.com](http://www.healthydirectionspoway.com).