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Healthy Directions of Poway

ADVERSE FOOD REACTIONS

Food allergies, food sensitivities and food intolerances are often used interchangeably and inappropriately. **Food allergy** is any adverse reaction to food that involves the immune system. It can be broken down further into **food allergy** and **food sensitivity**. The best example of food allergy is anaphylactic shock, caused by a massive, immune mediated release of histamine and other chemicals in response to peanuts, shellfish, or sulfites in food. This is the most dangerous, but least common example, occurring in only 1-2 % of the population. True food allergies are a well understood phenomenon and easy to identify because the triggering mechanism is easily identified, symptoms occur rapidly and in response to a very small (even one molecule) amount of allergenic food. **Food Sensitivity**, however is much more difficult to identify, because reactions are delayed anywhere from 45 minutes to a few days and can manifest in different ways because they can affect any organ system in the body. These reactions are difficult to figure out from the serum lab tests that have been traditionally used, because the triggering mechanisms are complex, and dose dependant. For that reason, they have gone undiagnosed or misdiagnosed, and treatments have just masked the symptoms, instead of addressing the problem. This is a common issue for 20% or more of the population, who experience chronic symptoms like fatigue, diarrhea, irritable bowel problems, headaches, cough, insomnia, heartburn, Fibromyalgia, Autism, ADD, and Arthritis. A new blood test called MRT (Mediator Release Test) & treatment program called LEAP (Lifestyle Eating and Performance) is available for people suffering from food and food chemical sensitivities. These effectively get to the problem & solve it. **Food Intolerance** doesn't involve the immune system. It is a result of the body's inability to digest a food due to lack of enzymes. The best example of this is lactose intolerance, where the enzyme lactase is in short supply. Symptoms of gas, bloating & diarrhea can be easily resolved by avoiding milk products and supplementing the diet with lactase enzyme. For more information speak with your local Certified LEAP Therapist: Donna Wolf R.D. FREE phone consultation available @ 858-335-2140. www.healthydirectionspoway.com