

Dealing with Allergies and Sensitivities

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Overview

- Unravel the mystery of allergies vs. sensitivities vs. intolerances
- Focus on food sensitivities
- Symptoms
- Testing for
- Treatment
- Daily life



Distinctions

- Allergy
- Intolerance
- Sensitivity



Allergy

- According to The Food Allergy & Anaphylaxis Network (FAAN), there are 4 types of allergies
 1. Anaphylaxis
 2. Eosinophilic Esophagitis (EE)
 3. Food Protein Induced Enterocolitis
 4. Oral Allergy Syndrome



Oral Allergy Syndrome

- Oral Allergy Syndrome
 - Birch pollen: Apple, raw potato, carrot, celery, hazelnut, pear, peach, plum, cherry
 - Mugwort pollen: Celery, apple, peanut, kiwi fruit, carrot, parsley, spices (fennel, coriander, aniseed, cumin)
 - Ragweed pollen: Melons, e.g., watermelon, cantaloupe, and honeydew, bananas
 - Latex: Avocado, kiwi fruit, chestnut, papaya, banana Chironomidae Crustaceans (shellfish)



Food intolerance

- Not immune reaction



Food sensitivities

- Not immediately life-threatening
- Chronic tax on immune system
- Documented throughout history
 - Hippocrates, 400 B.C.
- Often called food allergy

Symptoms

- Cardiovascular
- Gastrointestinal
- Genitourinary
- Immune
- Mental/emotional
- Musculoskeletal
- Respiratory
- Skin
- Misc



Common symptoms

- Canker sores
- Chronic diarrhea
- Colic (babies)
- Constipation
- Ulcers
- Gas
- IBS/IBD
- Malabsorption
- Memory loss
- Nausea
- Vomiting
- Eczema
- Constant congestion
- Itchy skin and/or eyes
- Migraines
- ADD/anxiety
- Fatigue
- Brain fog
- Heartburn

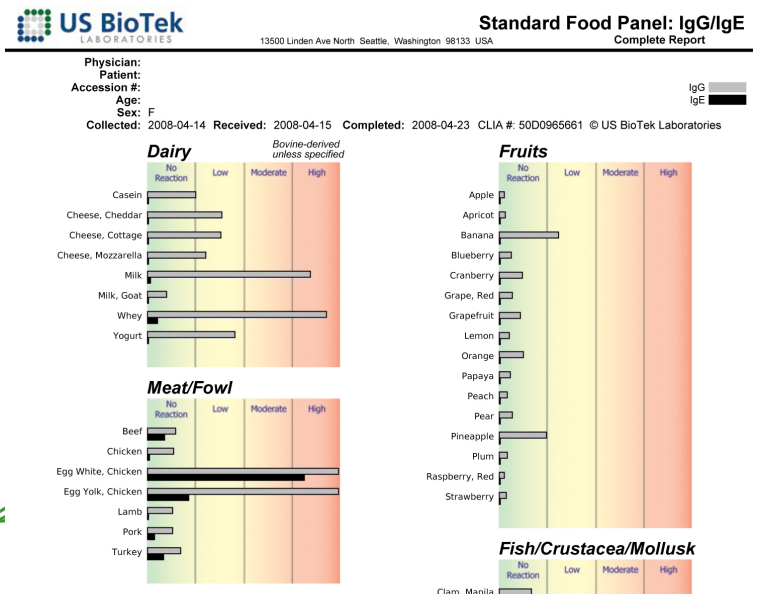
Other effects

- Crave the foods to which we are sensitive
- Food allergies more common in children, food sensitivities more common in adults
 - Compromised digestion or gut
 - Alcohol intake, medications like NSAIDs (ibuprofen)
 - More stress
 - Reduction of enzymes and stomach acid production



Determining food allergies

- Many approaches and tests
 - Provocative testing – gold standard
 - Fasting & challenging
 - Elemental diets
 - Hypoallergenic diets
 - Elimination of one or more food items
 - Cytotoxic testing
 - RAST or ELISA testing
 - Electrodiagnosis (Vega, Voll, Intero...)
 - Blood typing
 - Kinesiology
 - Comprehensive digestive and stool analysis
 - Secretory Intestinal IgA
 - Intestinal permeability
 - Bowel transit time
 - Gastric pH via Heidelberg or Gastro-test
 - Urinary indican
 - Chymex
 - Adrenal evaluation
 - Microclot test
 - Thyroid-basal body temperatures or thyroid panels



Dealing with the allergies

- Use a Food & Symptom diary
- Improve overall health
- GI health
- Liver detox
- Specific treatment
- Maintenance
- Prevention



Improve overall health

- Sleep more
- Reduce stress
- Breathe deeply
- Take time for yourself daily
- Exercise
- Eat better



Eat better

- Reduce sugar and refined carbohydrates (even if it is gluten-free!)
- Eliminate food allergens
- Eat whole foods
- At least ½ vegetables and fruit (less fruit than veggies)
- Chew well – every bite



Improve GI health

The 4 'R's

- Remove offending antigens and toxic substances
- Replace: Enhance digestive support with HCl and digestive enzymes
- Repair: Help repair the gut lining with nutrients (L-glutamine, zinc, pantothenic acid, vitamin E, etc)
- Reinoculate: add probiotics to reinoculate the intestinal track with beneficial flora
- And decrease bowel transit time



Detoxify/Cleanse

- Improve liver's ability to remove toxins
- Reduce ingestions of toxins: alcohol, smoking, NSAIDs (ibuprofen), many Rx medications
- Increase dark leafy greens like dandelion greens, arugula, kale, cilantro, Swiss chard...
- Drink detox teas & add detox formulas
- Various types of cleanses available



Specific Treatment

- Eliminate the allergens
 - “Allergy Avoidance Diet”
 - Fasting
 - Elemental diet
 - Small trial elimination
 - Hypoallergenic diet
- Improve resistance to environmental allergens and foods
- Antioxidants
- Support adrenal function



Prognosis & other treatments

- Occasional reduction of antibodies over time
- Homeopathy
- Energy medicine



Alternatives and Eating out

- Allergen-free cookbooks, blogs, websites
- Cooking classes with some nutritionists
- Some online video cooking classes
- Telling chef about allergens
- Have “safe” snacks on hand, just in case
- Cannot be sure of 100% allergen-free



FAAN Chef Card

To the Chef:
WARNING! I am allergic to _____. In order to avoid a life-threatening reaction, I must avoid all foods that might contain _____, including these ingredients:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Please ensure that my food does not contain any of these ingredients and that all utensils and equipment used to prepare my meal, as well as prep surfaces, are thoroughly cleaned prior to use. Thanks for your cooperation.

Blank form courtesy of the Food Allergy & Anaphylaxis Network



Maintenance & Reintroduction?

- | Maintenance | Reintroduction? |
|---|--|
| <ul style="list-style-type: none">• Healthier lifestyle• Avoid/reduce exposure to toxins and allergens• Rotation diet for other foods• Going out | <ul style="list-style-type: none">• Major vs. minor offenders• Eventual rotation diet |



Rotation Diet

- Eliminate the allergic foods
- Do not eat any food more than once every 4 days
- Purpose: Vary foods to not create new ones
- Duration: ideally forever but min 2-3 years
- Eventually many people can reintroduce food allergens into their diet



Benefits of avoiding allergens

- Weight loss without trying
- Improved energy and focus
- Improved immune system to fight off real disease
- Clearer more vibrant skin, stronger nails, nicer hair
- Better mood (less irritability)



Prevention

- Minimize whole food exposure before 4-6 months of age
- Introduce proteins, fruits and vegetables first, not grains or dairy
- Wait until 2 years old to introduce dairy and grains
- Don't eat the same thing every day



Resources

- Please see handout

