



— FOOD SENSITIVITIES AND —

Intolerance

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FOOD SENSITIVITIES AND INTOLERANCES

Food sensitivities and intolerances are on the rise. What's going on? Why do we see an increase in reactions to the foods we are eating? There have been many theories trying to explain this phenomenon, but they all boil down to one thing: modern diets and lifestyles.

MAKING SENSE OF FOOD REACTIONS

There are three main types of food reactions you will likely encounter: true food allergies, food sensitivities, and food intolerances. True food allergies involve the release of histamine. Food allergies range from mild to life-threatening¹.

FOOD SENSITIVITY

- Food sensitivities involve the immune system too but are not true food allergies.
- They are delayed, so reactions occur hours or even days after the offending food has been ingested, making identification tricky.
- Food sensitivities are accumulative so you may be OK with consuming a small amount of the food but have problems when too much of it is consumed.

¹ <https://www.aaaai.org/conditions-and-treatments/conditions-dictionary/food-intolerance>

The information provided is for educational purposes only and does not take the place of medical advice.

Consult your health care provider if you have a medical related question.

Andrea Dahlman - Redeeming Nutrition LLC

FOOD INTOLERANCE

Food intolerances, while often confused with food allergies and sensitivities, are unique.

They do not involve the immune system and are usually due to the lack of certain digestive enzymes.

WHAT CAUSES US TO REACT TO FOOD?

There are numerous factors involved, such as genetics, gut microbiome, and the immune system. If you have severe or an unusually high number of food reactions, there may be an underlying root cause, and your doctor is not likely to explore it. If you have food sensitivities, this may go entirely overlooked because, so few doctors are trained to identify food sensitivities.

SIGNS OF FOOD SENSITIVITIES OR INTOLERANCE

- Stomach problems such as diarrhea, bloating, constipation, gas, and heartburn
- Unintentional fluctuation in weight
- Skin conditions such as eczema, acne, skin dryness, rosacea, and so on.
- Difficulty in digesting certain foods
- Joint or muscle pain
- Fatigue
- Autoimmune conditions

SHOULD YOU AVOID FOODS YOU ARE REACTIVE TO?

If you have a true 'allergy' or true 'gluten intolerance' such as celiac, then yes.

Otherwise, repairing the gut is the best strategy as...

- ✓ **Strict food avoidance** can make your immune system more sensitive
- ✓ **Strict food avoidance** puts you at risk for nutrient deficiencies
- ✓ **Strict food avoidance** can disrupt the gut microbiome
- ✓ **Strict food avoidance** is not sustainable ²

3 WAYS TO REPAIR YOUR GUT AND EAT MORE OF WHAT YOU LOVE

NOURISH YOUR GUT MICROBIOME

The collection of bacteria that live in the gut is called the microbiome. An essential part of addressing food reactions is increasing the diversity of your gut microbiome. Here are a few ways to do it:

- **Feed your gut bacteria:** consume foods rich in prebiotics, a type of fiber that feeds good bacteria in the gut. Prebiotics can be found in non-gluten grains, seeds, and starchy vegetables.

² <https://drwillcole.com/gut-health/symptoms-of-hidden-food-sensitivities-intolerances>

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- **Expose yourself to different microbes:** spend time outdoors and maintain an active lifestyle. Activities like hiking and camping together are all things that contribute to a diverse microbiome.
- **Get the right probiotics on board:** You may already be using probiotics, but are you using the right strain? There are specific strains for different conditions, including asthma, peanut allergies, and so on. So do your research and make sure you are using the right strain for you³.

FIX YOUR LEAKY GUT

Your gut has a skin that acts as a barrier. You want the food to stay in the gut, however sometimes, the gut barrier breaks down, and molecules from the gut leak into the bloodstream. This condition is known as leaky gut. When molecules escape the gut and make their way into the bloodstream, the body's immune system goes on the defensive and attacks. If you have a leaky gut, it will feel like no matter what you eat; you react to it. So, you keep eliminating, eliminating, and eliminating some more! That doesn't work. You must fix your gut⁴.

TAKE DIGESTIVE ENZYMES

Several food sensitivities and intolerances result from the body not producing enough enzymes to help break down food properly. For example, lactose intolerance is a result of having too little enzyme that breaks down lactose. You can purchase a broad-spectrum digestive enzyme that can be taken with meals.

³ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5228404/>

⁴ <https://pubmed.ncbi.nlm.nih.gov/21070397/>

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TESTING

As a gut digestive focused practitioner, I do offer functional testing to assess your body and where it may need more support.

MRT Food Sensitivity Testing

This food sensitivity testing looks at mediator release response in the body showing any inflammation happening due to ingesting a particular food or chemical. The MRT testing simplifies an overly complex reaction and gives you the most useable information to help you make informed choices. It shows us where your body is having inflammatory responses to foods and food-chemicals.

The best part of this test is that unlike other food sensitivity tests, you do not have to have been exposed to a food in recent weeks for this test to be effective! It truly is the best food sensitivity test on the market!

Read more about this test on my [blog](#).

GI MAP

The GI MAP is a complete microbiome mapping test. It provides a comprehensive overview of the gut microbiome (gut health) with a simple single stool sample. This test gives insight/overview of: parasites, bacterial imbalances (pathogenic as well as opportunistic), levels of beneficial flora, the presence of yeast overgrowth and several other important intestinal health markers as it relates to digestive function.

If you have ever been diagnosed with IBS, leaky gut or have compromised digestive health - this test is a must. Many people are living with gut infections and not even realize it. Just because it's normal to you doesn't mean that it is normal. Unbalanced gut health can show up skin breakouts, headaches, brain fog, depression, anxiety, fatigue and muscle soreness. This test will shed light on what is really going on.

If you are interested in testing or just want to talk about what's going on – set up a [FREE Discovery Call](#).