



NEWSLETTER NO. 3 March 2009

**Food Allergy and Food Intolerance/Sensitivity**

Allergy is an immune response to what the immune system sees as non-self. The reaction can take any form and can range in severity of symptoms and conditions. By definition someone can only be allergic to protein in foods (so reactions to others e.g. lactose, fructose are termed 'intolerances').

An allergy can develop at any time in ones life. Often a sufferer is likely to react to more than a single allergen. Because the response is often delayed, trying to find the cause can be very difficult.

The main issue one needs to be aware of with allergies is that it will markedly suppress the immune system causing the body to be weakened to many other diseases. Allergies are now linked to just about every modern day disease including asthma, eczema, arthritis, schizophrenia, and even diabetes.

**Contributing factors**

- Excessive, regular consumption of a limited number of foods.
- Nutrient deficiencies
- Excess alcohol and painkiller consumption
- High intake of preservatives, stabilizers, artificial colourings & flavourings
- Stress uses essential nutrients, suppresses enzyme production, slows peristalsis, and generally suppresses the immune system.
- Diets with low levels of omega 3 fats, high omega 6 and too few antioxidants
- Foods with high histamine content (peanuts, tomatoes, pork, alcohol, chocolate).

**How to fix it**

- Discover and avoid the allergen (elimination diet). The 'allergic' food can often be re-introduced after a period of avoidance (3-4 months) or using 'diversified rotation diets'.
- Reduce toxic load (avoid sugar and stimulants, and artificial ingredients).
- Heal the gut and cleanse the liver.
- Address any nutritional deficiencies.
- Reduce stress.
- Improve eating habits (chew well, relax).

Allergies can be a problem on there own but are mostly linked to another condition. It will be very difficult if not impossible to effectively treat a condition without treating the allergy.

**Testing**

The best way to find out if you are suffering form food intolerance is to avoid the suspected food for two weeks and then reintroduce it. However, often there is more than one offending food and a blood test might help clarify which foods to avoid.

The **foodSCAN** from Yorktest offers probably the most recognized laboratory testing for allergies. The test is a simple pin-prick blood test. It offers a comprehensive test for 113 specific food items. More than 73% of test users that follow the recommendations based on the test results report a significant improvement after 20 days and an extensive improvement in their overall health after one year.

The test is available through ScandinavianHealth and cost €399,- and includes a comprehensive Nutrition Programme.

**Allergy and Intolerance Symptoms**

<b>Neurological</b>	<b>Digestive</b>	<b>Skin</b>	<b>Muscular</b>	<b>Respiratory</b>	<b>General</b>
<b>Depression</b> Mood swings Irritable Headaches <b>Fatigue</b> Hyperactivity Foggy head Dizziness Poor concentration Cravings	Bloating Gas Constipation Cramps Nausea Indigestion Vomiting Diarrhoea	Eczema Dermatitis Hives Itching Acne Cracked skin Sweating Fungal infections Rings under eyes	<b>Arthritis</b> Backache Neck ache Myalgia Swollen ankles	Asthma Bronchitis Sinusitis Coughing Snoring Runny nose Wheezing Sneezing	<b>Cataracts</b> <b>Conjunctivitis</b> <b>Diabetes</b> Bed wetting Obesity

For more information or a personal **Optimum Nutrition consultation** contact:  
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*Don't change your medication or start a supplement regime without consulting a health professional.*