

Food Intolerances

What is a food intolerance?

Each person is unique in how well we digest our food. Some of us do not have the enzymes to digest certain foods. Celiac's patients are lacking gluten digesting enzymes. Lactose intolerant, lactose digesting enzymes. However, these people are the only ones with food intolerances. Each of us has some degree of food intolerance. Food intolerance causes improper digestion which causes food particles that putrefy in the GI tract and creates toxicity and inflammation. When we stop eating these foods or food combinations, we feel better!

We begin with how we digest and assimilate our food, in order to have a healthy body. A healthy barrier function (gastrointestinal lining) would not allow these undigested particles into the bloodstream. The cause must be in the poor barrier function of our gastrointestinal lining. This is also called gastroporesis. The question then becomes what are we doing or not doing that is causing the lining to be compromised? One of the main causes could be Food Intolerances. Here is a list of possible causes of a poor gastrointestinal lining.

- Antibiotic use
- Chemotherapy – (methotrexate)
- Alcohol use
- **Consuming Foods Intolerances**
- Chronic use of NSAIDS (aspirin, ibuprofen)
- Steroids (prednisone, cortisone, etc)
- Surgery/Trauma
- Recent gastroenteritis
- Aging
- Stress
- Low anti-oxidants
- Poor diet

What happens when I cannot digest foods I eat (food intolerance)?

These partly digested food particles are noted as foreign to the blood and an immune response takes place. These particles basically “rot” in the intestines and interfere with normal functioning of the body. This can lead to chronic disease. These intolerant foods are a source of maldigestion, intestinal toxemia, dysbiosis, and chronic irritation to body tissues.

First symptoms of food intolerance?

Headaches, constipation, diarrhea, migraines, IBS, pain, weight gain, depression/anxiety, insomnia, asthma, anxiety, ADHD, chronic fatigue syndrome, arthritis, eczema, PMS.

The body may or may not “react” immediately to these foods when eaten. Reactions can vary from sneezing, coughing, mild itching, to less noticeable chronic reactions that can lead to a variety of health issues. Regardless, these partially digested materials weigh heavily on our immune system, leave toxic residue in our gastrointestinal tract that causes dis-ease in the body.

How can I find out my food intolerances?

Food intolerance can be determined by a blood test, performed in the doctors office and shipped to the lab. Contact Dr Wells at drwendywells@gmail.com

What is food allergy?

Then when undigested particles get inside the body due to weakened gastrointestinal lining, food “allergy” or “reaction” occurs. Allergy involves an IgG, or IgE immune reaction. This reaction is a symptom of a deeper pathology. Symptoms include itching, hives, swelling of lips, throat.

What are common food intolerance results?

Food categories include: milk, soy, egg, meat, sugar, fruit, and potato. Most of us have a problem with one or more combinations of food, similarly not well tolerated. The most common are the following: grain and potato, grain with milk, grain with fruit, grain with sugar, and fruit with sugar. Food intolerance is not limited to these categories, but most commonly a person will fall into one of these. Occasionally we need to look to other possibilities, such as soy, nuts, fish, honey, etc.

How was the the Food Intolerance Test developed?

Food intolerance testing as developed by Dr. Carroll is similar to the bio-electronic testing of Voll, from which many biofeedback instruments have evolved. In the testing, a blood sample is placed in a specific electric circuit, and exposed to various foods in contact with a reagent. Fluctuations in the current are detected, and thereby the outcome of the testing determined.

(For further information, you may want to consult writings by or about Albert Abrams, MD, such as “The Electronic Reaction of Abrams”, which is available online. Copies of Abram’s books and papers can be found at the library of the National College of Medicine in Portland, Oregon . The book Nature Doctors by Boyle and Kirshfeld have a chapter on Dr. Carroll, which includes some information about the development of the food intolerance test, and the book Naturopathic Hydrotherapy has a chapter on Dr. Carroll's dietary work. Thanks to Dr Jared Zeff, ND of Portland, Oregon for this information.