



Wellness Minute

Health Information You Can Use On Your Path To Wellness

Have Any Of These?

Headaches
Depression
Fatigue
Chronic Pain
Obesity
Brain Fog
IBS

You Might Have Hidden Food Allergies

Simple Test
To Find Out

Hidden Food Allergies

“Many health conditions can be traced to food sensitivities and the inflammation that accompanies them.”

At this point in Wellness Care, most clinicians agree that food sensitivities can cause, or at least contribute, to ANY condition. Food sensitivities activate the immune system in ways that can produce systemic inflammation. Since foods can initiate inflammation, something you may want to consider is food sensitivity testing. With effective testing, your clinician can help you determine which foods you are sensitive to.

Dr. Joel Evans has observed that many health conditions can be traced to food sensitivities and the inflammation that accompanies them. Food sensitivities can contribute to: hypertension, digestive conditions of all kinds, especially IBS, obesity, inflammatory joint disease, autoimmune con-

ditions, thyroid conditions, brain fog, fatigue, depression, anxiety, and just an overall feeling of malaise.

Have you ever made the connection that food sensitivities could cause infertility? Dr. Evans is a gynecologist and specializes in female issues, especially infertility. He described that toxins in the gut can cause intestinal permeability or leaky gut. These endotoxins cause ovarian inflammation, which creates reduced progesterone. Now, take a look at what happens when progesterone is reduced. Low progesterone causes short cycles, painful menses, endometriosis, irritability... the list is pretty long. Low progesterone in the first trimester will cause infertility,

miscarriages, small babies, and more.

I recently heard about a clinician who treated vitiligo successfully. Dr. Evans shared a case of vitiligo that positively responded once offending foods were removed. The patient's mom was a dermatologist, and yet only after inflammatory foods were removed, did the condition clear up.

Speaking of unique cases, I was consulting with a doctor on a resistive patient with hyperglycemia and extreme chronic pain. I suggested he run a food sensitivity test to reduce systemic inflammation. He called me three weeks later to tell me that the patient followed the diet restrictions as indicated from the test to the letter, and she

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was completely pain free. Her diabetes numbers dropped, and she felt amazing. The food sensitivity test is a simple prick-of-the-finger blood spot test that reveals which foods you are sensitive to. Following the test results, you avoid those foods, and only eat foods that will not inflame or cause an allergic response. The results that follow can be life changing.

Dr. Evans believes uncovering food sensitivities is a must for cancer prevention and certainly for post cancer treatment to prevent recurrence. A standard wellness principle is that the first line of defense against the outside world is gut barrier function. But Dr. Evans shared this profound concept, “The mucosa is directly exposed to the external environment and taxed with antigen loads consisting of bacteria, dietary antigens, and viruses at far greater quantities on a daily basis than the systemic immune system sees in a lifetime.”

In other words, the immune cells in your gut lining work harder in a day than your systemic immune system works in a lifetime. To me that’s a mind grenade! How do people become sensitive to food? One of the biggest clues is poor digestion and all the factors that cause it. If someone is not digesting proteins, and they pass the gut barrier, it will cause an immune response

which will elicit an inflammatory reaction. Since food can initiate inflammation, when should you seek food sensitivity testing? This type of test can be helpful to everyone, but certainly for anyone with a chronic condition. The test result identifies only the foods that are directly causing inflammation, so the list of foods to avoid is usually about 7 or 8.

Also, to help with digestive support I recommend a supplement called GI Resolve, which promotes optimal function of the gut lining and helps build immune support. Each serving of GI Resolve contains 4 grams of glutamine, 1000 mg of a shellfish-free form of N-acetyl glucosamine (NAG), 500 mg of MSM, 400 mg of deglycyrrhized licorice (DGL), 300 mg of okra, 50 mg of aloe vera as a 200:1 standardized extract, and 50 mg of zinc carnosine. GI-Resolve mixes well and has a mild ice tea flavor.

It’s called GI Resolve because this formula contains gut healing nutrients that can “resolve” or heal gut and bowel problems. The more we know about the gut, the more we realize the important role it plays in achieving optimal health. And food sensitivity testing could be the missing link for you. Ask your wellness professional about Food Sensitivity Testing.