

Uncovering Food Sensitivities

"Food sensitivities activate the immune system in ways that can produce systemic inflammation."

At this point in Functional Medicine or Wellness Care, I think everyone can 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 food can initiate inflammation, when should you order food sensitivity testing? I have a link to the right where Dr. Joel Evans discusses the relationship between food sensitivities, intestinal permeability (aka leaky gut), and inflammation at a medical conference in Brazil with Dr. Alessio Fasano. He does a stellar job describing how blood pressure, digestive conditions of all kinds especially IBS, obesity, inflammatory joint disease, autoimmune conditions, thyroid conditions, brain fog, fatigue, depression, anxiety and just an overall feeling of malaise can all be traced to food sensitivities and the inflammation that accompanies



them. He states that, "no matter what the patient is presenting, you need to figure out if leaky gut is one of the reasons your patient has the condition."

Have you ever thought that food sensitivities may be causing 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. Just think of all the things that

low progesterone causes: short cycles, painful menses, endometriosis, irritability, the list is pretty long. He shared that low progesterone in the first trimester will cause infertility, miscarriages, small babies, short term labor, etc.

Have you ever heard of a clinician who has treated vitiligo successfully? Dr. Evans shared a case of vitiligo that positively responded once offending foods were removed. The patients' mom was a dermatologist, and yet only after inflamma-

tory foods were removed did the condition clear up.

Speaking of unique cases, I want to share a quick case as well. I was consulting with a doctor on a resistive patient with hyperglycemia and extreme chronic pain. After spending 90 minutes reviewing the blood chemistry and teaching my colleague what the numbers meant and which nutrients were indicated and why, I suggested he run a food sensitivity test from KBMO Diagnostics to reduce systemic inflammation.

He called me three weeks later to tell me that the patient followed the KBMO restrictions to the letter and she was completely pain free. Her diabetes numbers dropped and she felt amazing. But he apologized because he didn't use the nutrients we suggested. I laughed and told him the goal is to get the patient in a "wellness lifestyle". Now that she's feeling better, she will be more responsive to your ongoing suggestions to optimize her health.

Dr. Evans believes uncovering food sensitivities are a must for cancer prevention and certainly for post cancer treatment to prevent recurrence. I know we have all heard 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 causes is poor digestion

and all the factors that cause it. You can see a link to the right that discusses ways to evaluate digestion. Because, 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 order food sensitivity testing? Certainly it's for anyone with an unresponsive chronic condition or someone who is not responding to your care. My favorite lab is KBMO Diagnostics. It's the only lab that I know that evaluates the immune response via 4 levels of IgG and measures inflammation hence the name Food Inflammation Test, FIT for short. What I like about KBMO is that since inflammation is being measured as well as the immune response, the algorithm only identifies the foods that are directly causing inflammation. So the list of foods to avoid is much smaller, usually 7 or 8.

Obviously, the value of appropriate digestive support cannot be over emphasized. See links to the right for in-office evaluations. Part of appropriate digestive support is products like GI-Resolve. Due to its effectiveness, GI-Resolve has quickly become one of Biotics top selling products. 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 in a 200:1 standardized extract and 50 mg of Zinc Carnosine. GI-Resolve mixes well and has a mild ice tea flavor. The more we know about the gut, the more we realize how important it is to achieve optimal health; and food sensitivity testing could be the missing link.

Thanks for reading this week's Tuesday Minute edition. I look forward to being with you next Tuesday.