



# Food Intolerance

Women, and Men aged between early twenties through to later years who for years not knowing what was going on with their body and progressively getting worse. Their symptoms can start anywhere, but often with tummy issues, limiting food because they don't sit well with them, and the gradual progression of symptoms. Some started out tummy issues, back pain, foggy brain where not being able to think clearly, poor memory and depression, moved onto frequent migraines, extreme fatigue, IBS like symptoms and generally feeling unworthy. Depression, and mood swings have also been common in clients.

The investigation begins. ....

By the time they come to see Healthy Eats, they had visited many doctors, specialists; tests galore and trailed medications all with varying degree of success. Two women stand out more than the others. Both had been to see so many specialists, one was taking anti-depressants, the other was suggested their "symptoms must be all in their mind". Possibly the outlook of being seen as crazy and making it up was what was making them depressed!

By the by, both of these lovely women came to see me in hope of maybe making a difference. Neither knew what could happen, and I think they were both on their last hope of making a difference.

So, during the consultation, I completed the "Food Investigation Audit" taking note of the foods they ate, the frequency eaten, their symptoms, and any other significant potential triggers.

What showed up was yes! They were eating healthy basic foods; Foods that are naturally high in the chemicals salicylates, amines, gluten, dairy and MSG, Sulphites. Other common triggers could of been preservatives and chemicals used in food processing.

Whalla!! After following the Food Intervention Plan, for a few days, symptoms improved, continued for longer, and almost gone. Re-introducing their favourite foods, and they were able to work out which foods are they could enjoy, the ones to be cautious with, and those to avoid. The upside for them - symptoms controllable and awareness around their body greatly improved.

Imagine not being able to eat out of fear of bringing on headaches, or depression; Skin that is always itchy, or cracking open because it is so dry; or my worse nightmare pain that is so sharp it feels like a knife. Image the relief of being able to feel ok with eating again because you have been able to, under guidance to work out your trigger foods and irritants.

## Food Intolerances are are not the same as Food Allergies!

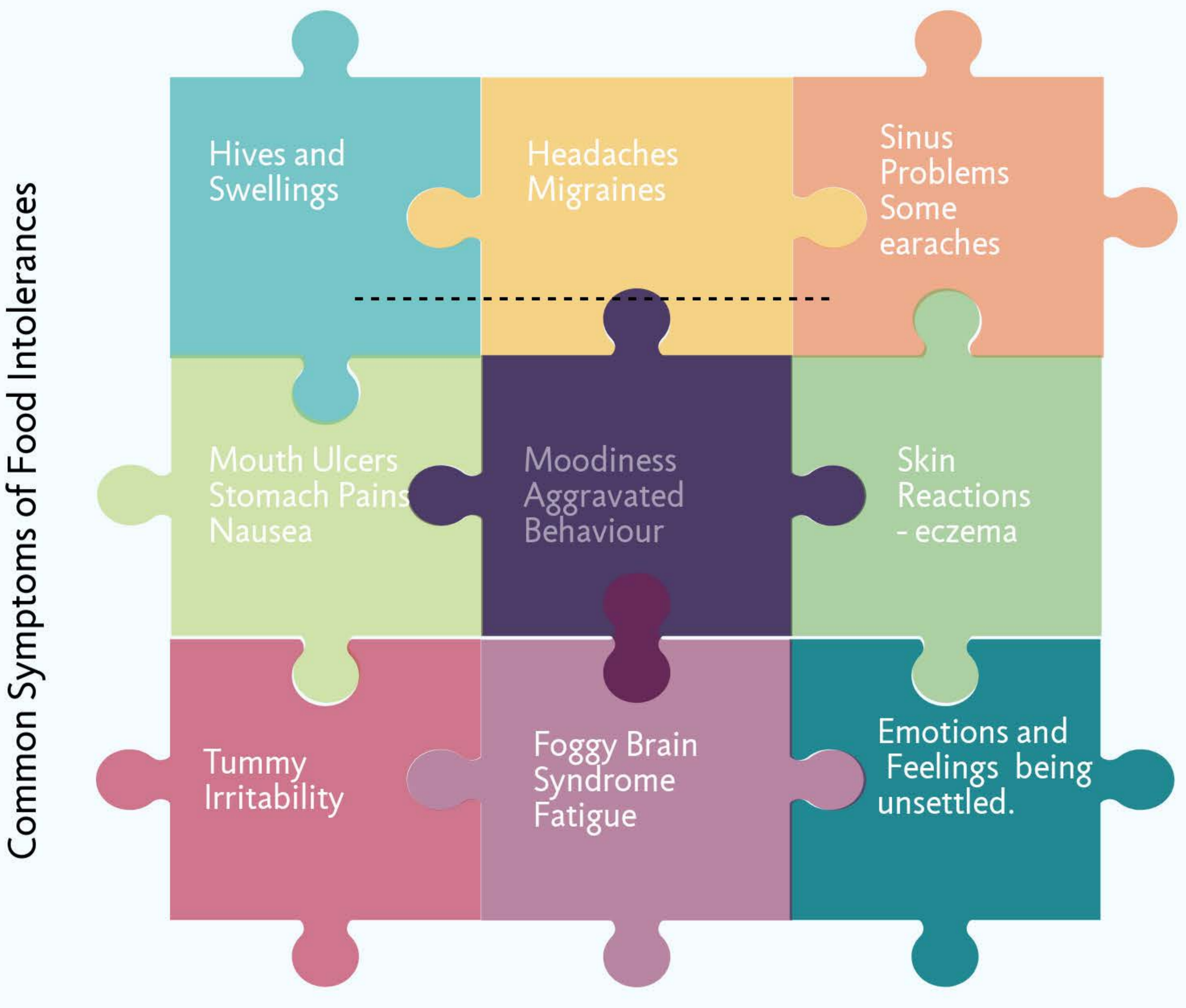
This is a very important distinction to make. An allergy, according to ASCIA

"Allergy occurs when a person's immune system reacts to substances in the environment that are harmless for most people. These substances are known as allergens and are found in house dust mites, pets, pollen, insects, moulds, foods and some medicines."

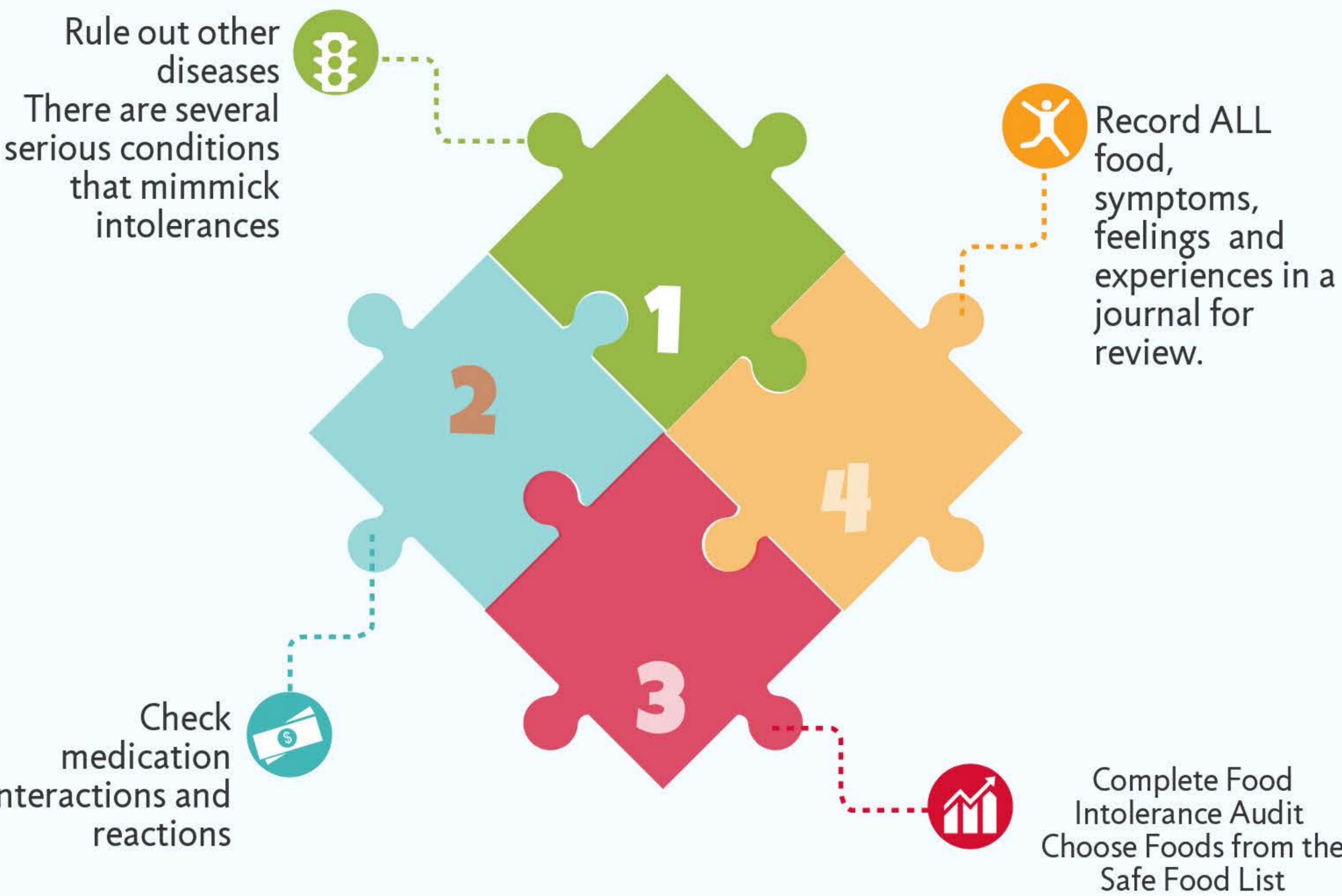
Where as, Food Intolerances are:

"Food intolerance does not involve the immune system and does not cause severe allergic reactions (known as anaphylaxis). Food intolerance does not show on allergy testing."

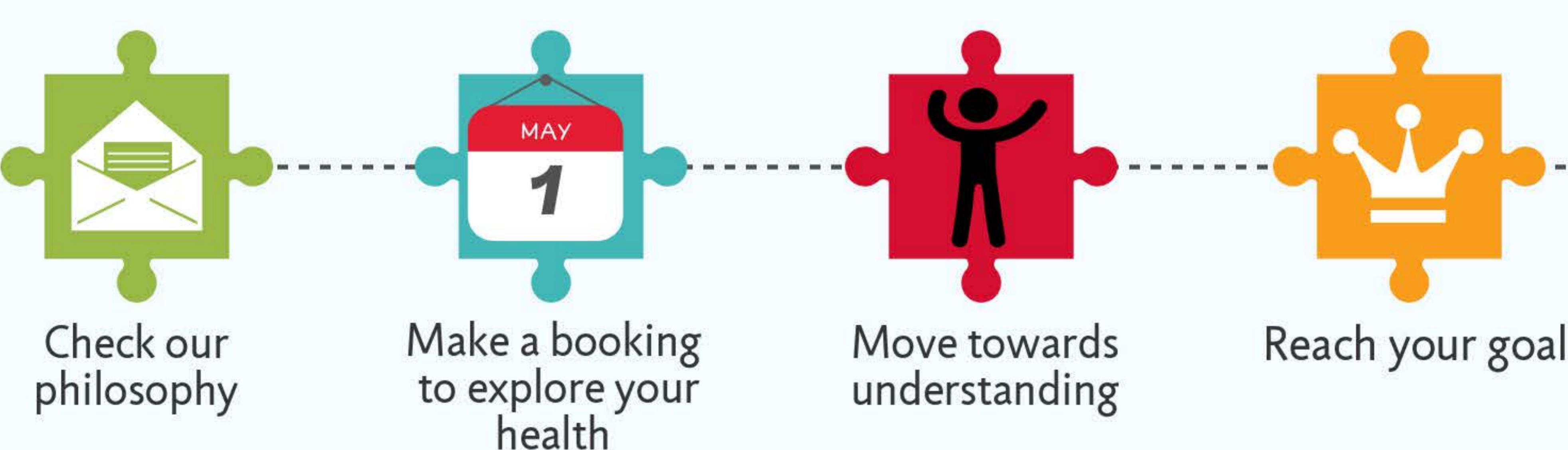
Sometimes naturally, and synthetic chemicals in foods can increase the frequency and severity of migraine headaches, rashes (such as hives) or the stomach upset of irritable bowel.



## Steps to work out the triggers



## Next Steps to your health and wellness



### Not all symptoms are caused by reactions

- There are serious illnesses that must be ruled out before committing to this process. This is guided by your body symptoms and where they are presenting.
  - If you have investigated the possible medical causes of your symptoms, and still experiences symptoms and you think food could be contributing, then book in.
  - Other possible triggers are chemicals and the environment in which you live - your home, work, travel, garden, pets, etc. ultimately, these too will be investigated and eliminated/reduced to help your body recover and become stronger.
- Time is needed for this process. If you are looking for a quick fix, this may not be for you.

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