



# HOW FOOD SENSITIVITIES AFFECT YOUR WEIGHT AND QUALITY OF LIFE

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## Definition of Food Allergies/Sensitivities

- ▶ It is the immune system's response to an unfamiliar substance in the body. The body reacts to food it cannot digest, and the substance it is reacting to is the undigested protein in the food.
- ▶ Common protein sensitivities: casein (milk/dairy), soy protein, gluten (wheat/grains), albumin (eggs), and corn protein.
- ▶ Oddly enough, people tend to crave foods to which they are allergic.

# The Energy of Food

- ▶ Certain food groups have various characteristics. For example, vegetables and fruits contain a substance called *enzymes* that help break down food so the body can use it. Enzyme-rich foods are less taxing on the body than dense or overcooked foods, such as meat, packaged foods, canned fruits and veggies.
- ▶ *Sugar* is actually a food group of its own. It interferes with the body's natural immune system, therefore being a major culprit in food sensitivities. Sugar feeds bad bacteria and yeast creating a compromised gut, also known as "leaky gut" syndrome.

# The Energy of Food

- ▶ **95%** of what we eat turns into urine and feces. A very small portion of the food is vitamins and nutrients, and the rest naturally expels, if everything is working correctly.
- ▶ Undigested food particles wind up in the bloodstream causing congestion in the blood. The liver and kidneys have to work harder to eliminate these toxins again. What is not eliminated is just re-circulated. In your body's attempt to keep you alive, it will store these food particles in fat, muscles, joints, etc.
- ▶ The idea is to start eating foods that are more easily digested and more alive (e.g., *apples* are better than apple sauce, *oranges* are better than orange juice, frozen vegetables are better than canned, etc.).

## Common Foods That Could Be Harming You

<i>Wheat/ Gluten products – pasta, bread, crackers, cereal, oatmeal, etc.</i>	<i>Dairy/ Casein (milk, cheeses and cream)etc.</i>	<i>Soy (protein and oils)</i>
<i>Corn (protein/starch /fructose)</i>	<i>Sugar (cane, corn, raw, artificial, Lactose from dairy)</i>	<i>Eggs/albumin</i>

## Gluten – What You Don’t Know May Kill You<sup>1</sup>

- ▶ “Bread contains gluten, a protein found in wheat, barley, rye, spelt, kamut, and oats. It is hidden in pizza, pasta, bread, wraps, rolls, and most processed foods. Clearly, gluten is a staple of the American diet. What most people don’t know is that gluten can cause serious health complications for many. You may be at risk even if you don’t have full blown celiac disease... a recent large study in the Journal of the American Medical Association found that people with diagnosed, undiagnosed, and ‘latent’ celiac disease or gluten sensitivity had a higher risk of death, mostly from heart disease and cancer...”
- ▶ Diseases that can be caused by eating gluten: osteoporosis, irritable bowel disease, inflammatory bowel disease, anemia, cancer, fatigue, canker sores, and rheumatoid arthritis, lupus, multiple sclerosis, and almost all other autoimmune diseases.<sup>2</sup>
- ▶ Gluten is also linked to many psychiatric and neurological diseases: anxiety, depression, schizophrenia, dementia, migraines, epilepsy, and neuropathy (nerve damage). It has also been linked to autism.
- ▶ About 30% of the people of European descent carry the celiac gene.

<sup>1</sup>(Source: See Dr. Mark Hyman’s article “Gluten: What You Don’t Know Might Kill You” on his website in Articles/Ultra Wellness Library).

<sup>2</sup>The New England Journal of Medicine

## More on Gluten...

- ▶ Gluten sensitivity can activate an autoimmune response that creates inflammation in the body.
- ▶ Gluten can have adverse effects on the endocrine system, especially the thyroid gland and it has been linked to fertility issues.
- ▶ The best way to approach dealing with food sensitivities is to treat the cause not just the symptoms (i.e., compromised gut).

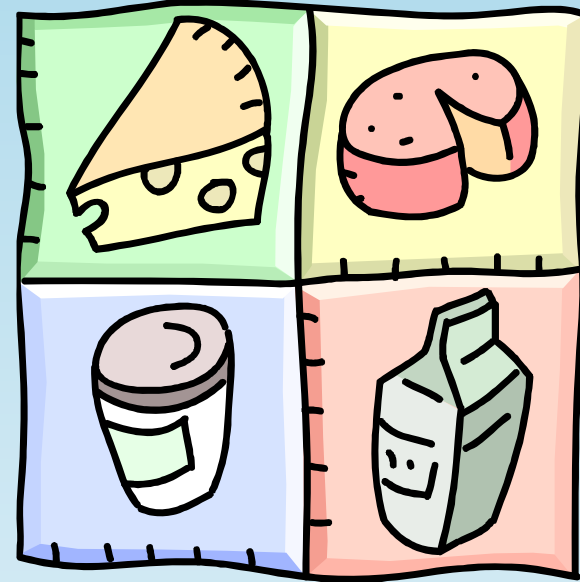
## Sources of Gluten

- ▶ Gluten (barley, rye, oats, spelt, kamut, wheat, triticale – see [www.celiac.com](http://www.celiac.com) for a complete list of foods that contain gluten, as well as often surprising and hidden sources of gluten).
- ▶ Hidden sources (soup mixes, salad dressings, sauces, as well as lipstick, shampoos, hair sprays, certain vitamins, medications, stamps and envelopes you have to lick, and even Play-Doh).
- ▶ **Advanced Nutritional Solutions** uses biofeedback technology that can test for food sensitivities and can help you with lifestyle changes as needed.



# Dairy

- ▶ Dairy has been long thought to be necessary for strong bones and healthy teeth. But we are the only mammal that drinks the milk of a different animal after the age of weaning and at the wrong temperature.
- ▶ Once milk is homogenized it taxes the body's digestive and immune system. It causes the body to react to it as an unfriendly substance. Babies who are put on formula and have bouts of projectile vomiting have an obvious allergy to dairy.
- ▶ Signs of adult food dairy allergies are: diarrhea, bloating and gas, vomiting, sinus congestion and asthma, skin conditions (rashes, eczema, psoriasis, acne, dermatitis), and joint and muscle pain.

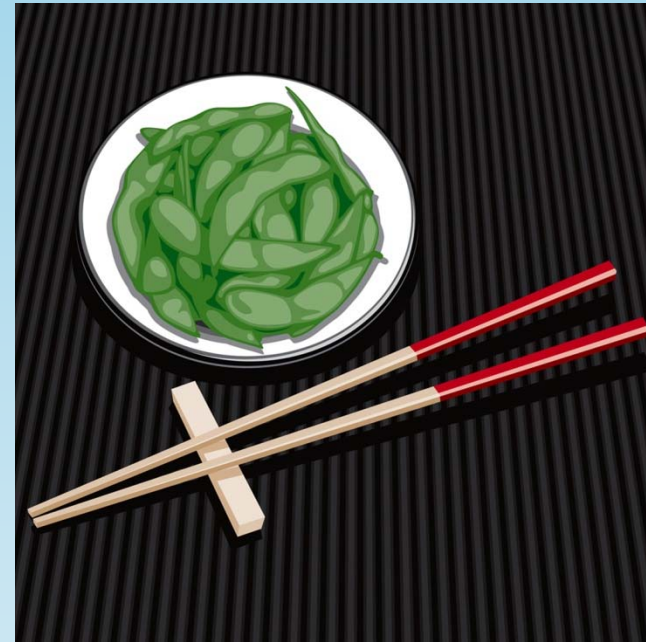


## More on Dairy

- ▶ Other issues with dairy:
  - Dairy products may be linked to prostate cancer.
  - Dairy products are full of saturated fat and may be linked to heart disease.
  - Dairy causes digestive problems for the 75 percent of people with lactose intolerance.
  - Dairy aggravates irritable bowel syndrome
  - Ear infections
  - Type 1 and 2 diabetes
  - Chronic constipation or diarrhea
  - Anemia (in children)
  - Obesity and fertility issues
- ❖ CAUTION: Pharmacies and doctors recommend avoiding calcium or dairy products within an hour of taking thyroid medication

## Soy – Blessing or Curse?

- ▶ For the longest time, soy was touted as the latest in health food breakthrough. However...
- ▶ Once you factor in the GMO aspect of soy, the decision is much easier to make.
- ▶ **Conditions associated with consuming soy:**
  - Gastro-intestinal pain
  - Hormone imbalances
  - Nasal congestion
  - Hives
  - Asthma
  - Fatigue and muscle weakness



# More on Soy

- ▶ The vast majority of soy grown in the US is genetically modified (GMO) soy and it should be avoided.
- ▶ Substances called *goitrogens* found in all unfermented soy block the synthesis of thyroid hormones and prevent adequate iodine metabolism thus inhibiting proper thyroid functioning.
- ▶ Other substances found in soy can affect the woman's menstrual cycle, disturb the endocrine function, promote breast cancer and cause infertility, prevent the absorption of minerals (iron, zinc, calcium, and magnesium), interfere with protein digestion, and block distribution of oxygen to your tissues.
- ▶ Soy formula: the estrogens in soy formula can affect the baby's brain and sexual development. Soy formula for infants has high levels of estrogen – equivalent to 5 birth control pills every day!

# Corn – A Kernel of Truth?

- ▶ Corn is a *grain* not a vegetable, and it has high amounts of natural sugar.
- ▶ Cheap corn is the “building block of the ‘fast food nation’”<sup>1</sup>
- ▶ High-fructose corn syrup (HFCS) is a cheaper and sweeter food sweetener, and has addictive qualities.
- ▶ HFCS is made from cornstarch and is used in sweetening soft drinks, baked goods, canned fruits, fruit juices, jams & jellies, dairy products, gum, etc.



<sup>1</sup> See Dr. Mercola's website, article titled "Six Reasons Why Corn is Making You Fat"

## More on Corn

- ▶ Higher intake of processed foods (packaged foods included), which contain corn syrup, and a drop in intake of protein and fat consumption, can lead to diabetes
  - ▶ High insulin levels suppress two important hormones (glucagon and growth hormones, HGH) which are responsible for fat and sugar burning and muscle development.
- ▶ **Corn Allergy Symptoms:**
    - Asthma and other upper respiratory illnesses
    - Gastrointestinal problems
    - Skin conditions
    - Learning disabilities (ADD/ADHD)
    - Neurological disorders (Tourettes Syndrome and autism)
    - Pain in the extremities

# Sugar

- ▶ Sugar is not your sweet, warm and cozy friend. Here is why...
- ▶ One of our biggest health concerns is an excessive sugar intake, specifically from high fructose corn syrup.
- ▶ Sources of sugar: sodas, sports/energy drinks, fruit juices, processed foods (snacks, bologna, cheese spread), cookies, cakes, crackers, etc. Even a bottle of infant formula contains the sugar equivalent of one can of Coke.



## More on Sugar

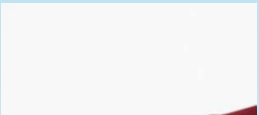
- ▶ **Simple Sugars:** barley malt, beet sugar, brown sugar, buttered syrup, cane–juice crystals, cane sugar, caramel, carob syrup, corn syrup, date sugar, dextrin, dextrose, diatase, diastatic malt, ethyl maltol, fructose, fruit juice, fruit juice concentrate, glucose, glucose solids, golden sugar, golden syrup, grape sugar, high–fructose corn syrup, honey, lactose, malt syrup, maltodextrin, maltose, mannitol molasses, raw sugar, refiner's syrup, sorbitol, sorghum syrup, sucrose sugar, turbinado sugar.
- ▶ **Inflammatory Artificial Sweeteners :** Aspartame, Splenda/Sucralose
- ▶ Low fat diets are high in fructose which is derived from corn.
- ▶ Fructose puts a heavy burden on your liver and enormous quantities of fructose are consumed mostly through soda.
- ▶ Fructose that is not “burned up” right after consumption turns into FAT.



## And More on Sugar...

- ▶ Other negative effects of sugar on your body:
  - Hyperactivity
  - Anxiety,
  - Concentration problems
  - Elevated total cholesterol
  - High blood pressure
  - Different types of cancer (breast, prostate, pancreas, rectum, gallbladder, stomach, etc.)
  - Eyesight problems
  - Tooth decay
  - Can lead to alcoholism
  - Autoimmune diseases such as asthma, arthritis, multiple sclerosis
- Can cause the overgrowth of *Candida* (yeast infections)
- Can cause gallstones
- Hemorrhoids
- Appendicitis
- Varicose veins
- Emphysema
- Irregular bowel movements
- Depression
- Headaches/migraines
- Learning disorders, ADD/ADHD
- Can increase the risk of gout
- Alzheimer's
- Promotes excessive food intake, etc.

## Advanced Nutritional Solutions

- ▶ Recommends using Stevia, Truvia or Xylitol in moderation. Cut back on the others.
- ▶ Say  to Sugar!

## What Can You Do to Improve Right Now?

- ❖ You can help your body's healing process by...
  - Eating more pesticide-free (code: organic) foods
  - Cutting your consumption of refined sugar and processed foods by at least 50%
  - Drinking bottled water instead of tap water to cushion joints and detoxify the body
  - ▶ Eat more salads and fresh, organic vegetables



# Helping Yourself

- Cut your soda intake by at least 70% (dark sodas are the worst)
- Choose low-glycemic fruits like berries, apples, oranges & pears
- Cut back on starchy vegetables like white potatoes and white rice



# Helping Yourself

- ▶ Include plenty of good fats in your diet
  - Fish oils (check for no soy)
  - Nut and seed oils (canola, flax, olive, sesame seed, sunflower seed)
  - Avocados are an excellent fat
- ▶ Incorporate protein into each meal
  - Grass-fed beef, fish (not farm raised but wild caught), lean pork, chicken, turkey and egg whites (organic and free range or farm raised)

# Helping Yourself

## ▶ Start Walking

- Exercise regularly to help the body detoxify and to enhance mood (reducing stress)
- Start an exercise program under supervision (Instructors can help speed your recovery)

- ▶ *Visit ANS* to identify **your food sensitivities and chart a customized path to wellness**



# Thank You For Your Time

## ▶ Q & A





































