



❖ Manifestations of food allergies/sensitivities

- Food allergies - the immune system's response to an unfamiliar substance, the body's reaction to food it can't digest
- Undigested proteins in the blood
- Children tend to crave foods they are allergic to

Telltale Signs of Food Allergies/Sensitivities

Children who were put on acid blockers as infants

❖ **Eyes**

- look for dark or red circles or shiners under the eyes. Eye lids that appear puffy below the eye and above the cheek
- watery and or glassy eyes just before changes in behavior (watery, itchy and red eyes are typical allergic reactions)

❖ **Nose**

- frequent nasal stuffiness or watery, runny nose; a small *half wrinkle* just above the tip of the nose from rubbing the nose

❖ **Earlobes**

- the earlobes may feel warm and look very red (red earlobe tips)

❖ **Cheeks**

- suddenly become red (blushing)

❖ **Lips and Mouth**

- puffy and swollen lips dry mouth; cracked lips and corners of the mouth

❖ **Face**

- occasionally will become pale, almost anemic looking

❖ **Voice**

- chronic laryngitis, unclear speech, squeaky high pitched voices and intermittent stuttering; speaking a lot but not making much sense

❖ **Hands**

- cold hands and feet, eczema and wrinkled palms

❖ **Body**

- profuse perspiration and tender spots on the skin



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More Food Allergies Symptoms:

- Runny nose - you have just eaten something you are sensitive to
- Skin - rashes may be associated with dairy
- Bowel problems
 - Constipation may be associated with wheat sensitivity
 - Diarrhea may be associated with dairy sensitivity
 - Stomach aches - may be associated with soy and corn

Most common foods:

<i>Cow milk (cheeses and cream)</i>	<i>Wheat products - pasta, bread, crackers, cereal, etc.</i>	<i>Eggs</i>
<i>Corn</i>	<i>Cocoa and chocolate</i>	<i>Beef, pork and chicken</i>
<i>Peanuts</i>	<i>Oranges and grapes</i>	<i>Sugar</i>

Allergy elimination diet:

- Do an elimination diet (100%)
 - Take foods out one at a time for 4-6 weeks
 - Don't eat the same food every day
 - Look for families of foods - grains, buckwheat, oats, wheat, etc.
 - Support digestion with enzymes and acidophilus
 - Support immune system with vitamin C
- Hidden Sugars: read labels, most packed and canned foods contain 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
- Safe Sweeteners: Agave nectar, stevia, xylitol (use in moderation)
- ★ **Gluten** is found in many foods
 - Wheat, barley, bran, bulgar, couscous, durum flour, kamut, rye, spelt, semolina, oats, pasta, breads, all baked goods (unless stated), soy sauce

Foods that can cause allergies:

Grains contain Gluten

Dairy contains Casein - milk, butter milk, yogurt, whey

Soy - Edamame, soy isoflavones, tofu, soybean oil, bean curd

Corn - Maize (in many processed foods)

Eggs - Yolks and whites, albumin

Grain allergy symptoms



Arthritis	Joint pain	Bowel problems
Muscle pain	Sinus and nasal congestion	Headaches
Acne	Sweating	Anxiety and depression

Dairy allergy symptoms



Diarrhea	Bloating and gas	Vomiting
Asthma	Sinus congestion and infections	Skin rashes, eczema, dermatitis, psoriasis
Joint and muscle pain		

Soy allergy symptoms



Gastro-intestinal pain	Hormone imbalances	Nasal congestion
Hives	Asthma	Fatigue and muscle weakness



Corn allergy symptoms

Asthma and other upper respiratory illnesses	Gastrointestinal problems	Skin conditions
Learning disabilities	Pain in the extremities	



Egg allergy symptoms (albumin)

Sinus congestion	Asthma and upper respiratory conditions
Skin rashes, hives, eczema	Bowel and stomach disorders

❖ Most allergies have similar symptoms. These symptoms may be a sign of inflammation mainly in the gut
 ✨ **Heal the gut** and the symptoms go away!

Help Your Body Heal and Stay Healthy:

- Eat fresh pesticide free foods
- Minimize refined sugar and processed foods
- Drink pure water to cushion joints and detoxify the body
- Avoid soda (dark is worst)
- Eat a low glycemic diet

- **Include plenty of good fats in your diet**
 - Fish (not farm raised)
 - Beef (grass fed)
 - Nut and seed oils (canola, olive, sesame seed, sunflower seed)
 - Berries
 - Non-starchy vegetables

- **Incorporate protein into each meal**
 - Beef, lean pork, chicken, turkey and egg whites (organic and free range)

- **Exercise regularly to help the body detoxify**

- **Probiotics and digestive enzymes**