

# FOOD SENSITIVITIES & FOOD INTOLERANCE

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- The key to gut health is going to be food
- Can the client evolve to eating enough prebiotic and probiotic food to grow their residential bacteria, maintain it and see a benefit for their health issues?
- To do this the client needs as many food options as possible



# What is a food sensitivity?

- Depends who you ask
- Many practitioners refer to IgG as sensitivities
- Many think food reactions are due to lack of the ability to digest properly - due to enzyme insufficiency, lack of good bacteria, low HCl
- Does not involve the blood stream



# Is Intolerance Real?

- Two studies contradict each other
- 59 people who identified themselves as gluten-sensitive were given a placebo (rice starch) or a gluten pill in a cross over study
- Subjects experience gas, bloating and discomfort when consuming the gluten pill
- In another study 37 self-identified gluten sensitive people were given their food everyday and were fed either high-gluten, low gluten or no gluten – they never knew what they were eating – all other potential dietary triggers were removed
- Subjects reported gas, bloating, and discomfort to the same degree no matter what they ate

# What does this mean?

- We know that people are high suggestable
- We also know that there are many players – stomach acid, pancreatic enzymes, brush border enzymes, beneficial bacteria all play a role in how well we digest a given food
- So it is important that we do not bias the client by suggesting a particular food may be an issue
- It is not the foods fault



# Are foods inflammatory?

- A meta-analysis review of 52 human studies looking at dairy for inflammation found that dairy showed anti-inflammatory activity for everyone except those who had been diagnosed a dairy allergy
- What about wheat and gluten?
- Studies are harder to do because researchers do not distinguish between refined and whole wheat
- Numerous whole grain studies have found that whole grain consumption lowers inflammatory markers
- One human study showed that whole grains lowered IL-6, improved gut bacteria diversity include improved firmicute/bacteroidetes ratio and increased bifidobacterium

# It is important to remember

- The food is not the problem – we need to understand the client's gut health status as best we can
- We need clients to consume as many gut bacteria-feeding foods as possible
- So it is important to not pull out any whole foods unless absolutely necessary
- Food journal is helpful



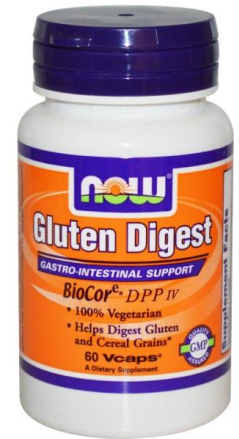
# What Causes A Food Sensitivity?

- Eating too much of the food and not chewing
- Lack of good bacteria
- An overstressed pancreas
- Eating too much of the same food – with bad digestive habits and poor digestive function
- Damaged intestinal wall lining (affects brush border enzymes)



# What to do

- Explain the truth to the client
- Do a food journal
- Pancreatic enzymes (include other enzymes)
- If the issue is with wheat or dairy, try an DPP-IV enzyme (Vitacost Gluten Enzyme DG, NOW Gluten Digest)
- Probiotics and fermented foods (try one with each meal) and a combination of raw and cooked
- Encourage variety into the diet
- Make the decision with the client if a food is going to be removed.



# Our Role

- We should not be perpetuating the myths about foods, especially whole foods
- We need to calm the fears of clients and not allow them to be putting the focus in the wrong area.
- By blaming the food – they think they have answer and do not resolve the real issue which is the dysbiosis/digestive issues leaving them vulnerable to developing further health issues.
- No one wants to have an issue with food so helping them resolve a food issue also means we are helping them develop a healthy gut

