

Food Sensitivities What You Really Need To Know

Food sensitivities are different from food allergies. What we call food sensitivities are often immune dysfunctions, which are specific to immune cells called IgG antibodies.

If the immune system is reacting to a food, symptoms can pop up anywhere. We all have different weak spots; for example headaches, low energy, skin problems, menstrual problems, digestive issues, achy joints, weight gain or loss, and problems paying attention.

Food sensitivities produce a state of inflammation. In this state, we use precious energy that could be used for other things. If we think of energy as money, we realize how much we're losing by keeping sensitivity- foods in our diet.

Is There a Blood Test?

Yes, and it may be covered by your health care plan. It's called the IgG Food Sensitivity test.

What Are the Most Common Foods to Be Sensitive To?

On the IgG blood test I most commonly see casein from cow's milk, gluten-containing foods, and egg whites.

The "Ignorance is Bliss" Factor

Over time the body does something called down-regulate. This means that, while it still expresses symptoms, we stop noticing them. Most people with food sensitivities end up in my office knowing something's wrong but can't tell me exactly what. They just don't feel like themselves. Reactions to sensitivity-foods tend not to happen immediately. There is a build-up effect, meaning that sometimes we notice a food reaction and sometimes we don't. This creates a lot of confusion.

If we discover our sensitivity-foods and eliminate them from the diet, we feel better and have the opportunity to continue life as a more balanced and functional individual. Most of us find ourselves saying, "Wow, I didn't even notice how bad I was feeling. I feel a lot better now".

Don't Eliminate Unless You Have To

The most common sensitivity-foods are important sources of nutrients. My opinion is that, in an ideal world, we'd all be able to eat these foods. Unfortunately for some of us, elimination of a food is necessary for our own version of optimal health.

-Dr. Angela, ND