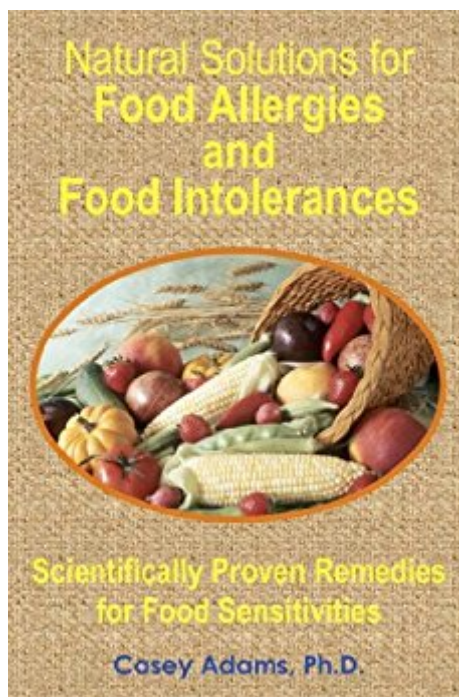




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Natural Solutions For Food Allergies And Food Intolerances: Scientifically Proven Remedies For Food Sensitivities



Synopsis

Food sensitivities, which include food allergies and food intolerances, are increasing throughout the world, especially among developed countries. What is causing this dramatic increase? Can we prevent food sensitivities? More importantly, can a person with food sensitivities do anything to alleviate them? Drawing from over a thousand peer-reviewed studies including hundreds of clinical studies, "Natural Solutions for Food Allergies and Food Intolerances" provides clear and proven strategies to reverse food sensitivities using inexpensive and natural methods. While there are many texts that provide clarity on how to safely avoid foods we might be sensitive to, this text cites the definitive research and practical evidence that shows health providers and their patients the means to reverse existing food sensitivities, and how to prevent them in the future.

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Customer Reviews

I feel so strongly about the material in this book that I think everyone should read it, even if they are not having a food allergy/intolerance problem. It explains how our immune system works and relates it to food allergies/intolerances. Do you understand probiotics and how important they are for us?-

it's in the book. Do you know how we likely develop food allergies/intolerances? - it's in there. The book explains things you can do without seeing a doctor and strategies that require a doctor's assistance/oversight. I wish that I had known the information in this book before I had the unfortunate development of a food allergy. Perhaps I could have prevented the allergy in the first place. This book has the potential to move the medical community in the U.S. to solve people's allergies rather than just telling us to practice avoidance.

This book provided much more information than I thought it would. The author thoroughly covers all aspects of food allergies and intolerances. I had read quite a few books on the subject, but this book filled in many informational gaps and then provided solutions. The arrangement of the information is logical and progressive - that is helpful. For my part there could have been less citing of supportive studies, but that is my only complaint - and it is minor. The book has proved to be so helpful that I have gone back to re-read several chapters just to reinforce what I learned. The book is technical yet easy to read. If you have suffered with these food issues this book will help you understand why and then suggest ways to improve or eliminate the problems.

As someone who had read extensively about food allergies and has been suffering from multiple allergies and sensitivities for nearly twenty years now, I was surprised to learn something new on the subject! Not just the possible cause of food allergies but even more important, the possible treatments to help you manage, reduce or even eliminate your allergies. Not only does the author go in to great detail on alternative methods of treatment, he also presents scientific studies that back up the efficacy of the methods he is discussing! Truly invaluable information for those suffering from allergy and/or intolerance!

If you have life threatening food allergies, read this book. If you have non-life threatening food allergies, read this book. If you have weird, vague, or intermittent symptoms across 2 or more organ systems, that nothing seems to help (not RX meds, not OTC meds), **READ THIS BOOK.** But before I review this book, a bit of context is in order. Allergies and atopy (and asthma) run in my family. My dad had bad seasonal allergies and asthma. Two of my older siblings could not tolerate cow's milk as infants, and had to be given goat milk. My younger sib almost died from her allergy to pignola (she has to carry an Epi-Pen now). One of my grandmothers was terribly allergic to peanuts, and one of my nephews has the same horrible peanut allergy (life-threatening, requiring an Epi-Pen). And everyone is allergic to cats, dogs, horses, anything with fur. I was **not** allergic to anything with

fur -- the only one of five kids who isn't. From a very young age, I hung out with friends with multiple cats, multiple dogs, etc. Sometimes when I came home from my friends' houses, I had to take off my clothes on the porch (and enclosed one, lol!) so that the hair on my clothes wouldn't trigger my father's or siblings' allergies and asthma. In my pre-teens and teens, I got exercise-related asthma, but only if I ran a long time, or if it was pollen season. Nothing that required daily antihistamines or asthma inhalers. So I thought the allergy genes had skipped me, for the most part. I'm miserable, sinus-wise, only during tree pollen season and during mold season in the fall. But OTC antihistamines work fine for me. But food allergies were only waiting until I was in the full bloom of adulthood and, later, middle age -- and they didn't all manifest in the ways you would expect. My relatively clear skin throughout high school turned into adult onset cystic acne in my late teens/early 20s. In my mid-to-late 30s, I started to notice worsening heartburn (not to mention horrible gas, sometimes with cramps and bloating). But neither of these problems occurred all the time. They occurred often enough to make me miserable, and the skin issues drove me to the doctor, but for the most part it was tolerable. It was maddening trying to figure it out. I didn't realize for a very long time that my food allergies exacerbated my skin problems. My older siblings are quite a bit older (nearly 10 years older). So when one of my older sisters was treated for acne, it was by an older generation of dermatologists. That dermatologist had a list of foods she couldn't eat that would, they said, cause acne to flare up. On the list were nuts/peanuts, chocolate, dairy (especially high fat dairy like ice cream), sugary foods, and fried foods like potato chips and french fries. By the time my younger sister and I were being treated for acne in our 20s, the older generation of dermatologist that had treated my older sister, and the education and information they all learned, had become obsolete. My younger sister and I were told that diet didn't influence acne at all, that it was all genetics. We were told we could eat anything we wanted, basically, because it wouldn't matter and it wouldn't affect our skin one way or the other. I wish I had saved that list of forbidden foods my older sister was given. I remember it, held on the refrigerator by a magnet. I didn't think of it until many years later, after I'd done my own research on food allergies. When I started researching food allergies and intolerances, most of the information available on the web was via individual blogs and "crackpot" quacks' web sites (or so such doctors, naturopaths, and chiropractors were called by MDs). Much of the food allergy/intolerance info I was able to find was anecdotal or opinion, not based on research with journal citations. Now, there is nothing wrong with that -- I think anecdotal experience is often very useful, especially coming from aging, experienced doctors and nurses. It's every bit as valid as that of double-blinded, placebo-controlled research studies, because what stands out anecdotally tends to be essentially pattern recognition -- and that's what longitudinal

observational epidemiological research does, too: recognize patterns. But some of the web sites about food allergies were not exactly unbiased, objective sources. Sometimes they were trying to sell something -- costly supplements, vitamins, or traditional ethnic herbs/medicines. Not that there is anything wrong with that, but give me some real research to back it up, please. It took me years to figure out that my skin and digestive problems were related to food allergies. When I found this book, I wished I had had it back when I started doing my own research. This book has a bit of a dry, textbook-like writing style, but it more than makes up for that by being succinct and well cited. It is not a difficult read and can be read by an educated, literate lay person. It also details the many ways in which food allergies/intolerances can manifest -- not only in one's gastrointestinal tract, but also via the integumentary system (skin), the respiratory system (sinuses, asthma), even neurologically (migraines). It has verified &/or validated a lot of anecdotal information I'd previously found. If I'd had this book when I originally started reading up on food allergies and intolerances, it would have saved me not hours but days, maybe weeks, of research across literally dozens of web sites, some not as reliable or unbiased/objective as others. This book has the scientific info to back up what anecdotal evidence and common sense already tell. But it also has the objective, unbiased tone that befits an overview of the research available on food allergies and intolerances, spanning decades, countries, and health care systems. (Sometimes it's good to read research from countries where doctors are paid salaries rather than billing per visit or per treatment/surgery. The financial incentive in socialized medicine is to find the most effective and least costly treatment, not the one that will make doctors and pharmaceutical/biotech companies the most money and where the data is often cherry picked to make it seem like all treatments are better than placebo, because pharmaceutical companies are funding the research... just sayin'.) And it also has a few surprises. Now, if you're going to be serious about figuring out if food allergies are causing your symptoms -- whatever your symptoms are, in whatever organ system they occur -- then you really **MUST** keep a food **AND** symptom diary. It doesn't have to be complicated. Just jot or note down what you eat every day for several weeks or a few months. Also note your symptoms, whenever you have them -- daily, if that's how often they appear. Together with this kind of book, a food diary is about the **ONLY** way you can definitively connect your symptoms back to a particular food and figure out whether you have an allergy or intolerance. Also, an elimination diet is a good idea -- some would say it's imperative -- so that you can give your body time to rest and recover and stop reacting to the allergen. Only after doing an elimination diet, should you start re-introducing suspect foods. In my mid-20s, dermatologists viewed and treated all acne the same way, as if acne -- any acne -- was a nail to them (no matter how qualitatively and quantitatively different it might be), so the treatment was the

same hammer for everyone. My younger sister's acne onset was < 10 yrs old and she had quite oily skin, whereas my acne didn't start until my 20s and my skin was dry and sensitive. Though our acne was visibly and qualitatively different, just as the onset and skin types were, in our 20s we were both put on the same anti-acne regimen, with topical antibiotics in alcohol based solutions, retinoid gels, and benzoyl peroxide at 5% or 10%. That regimen cleared up my sister's fairly well. Whereas it hit my skin like a sledgehammer. It fried my skin so badly -- the skin on my FACE, mind you, that I had to show to people all day, every day, in college and at work -- that my skin dried, cracked and oozed; it peeled off in great sheets like a sunburn. The cure was worse than the disease, it seemed. This didn't occur with just one dermatologist. Oh no. It happened with three dermatologists in a row over nearly a decade, including one who is tenured faculty at one of the major medical schools here and whose UV reports are used by meteorologists locally and nationally. Under these circumstances -- after three different dermatologists in three different practices prescribed me almost exactly the same skin regimen for my acne (varying only the percentage of benzoyl peroxide) over a period of nearly 10 years, which slightly cleared my cystic acne but didn't prevent huge breakouts, and left me looking like I had permanent peeling sunburn all over my face, as well as dry, cracking skin at the corners of my nose and mouth -- well, I pretty much gave up hope that any dermatologist was going to be able to clear my skin without making it look a lot worse. I concluded that maybe the cure was worse than the disease (and the disease is bad enough as it is). I decided I better figure it out on my own. I now know that doctors only know what they're taught -- and they're taught the same things at most medical schools, including a shocking lack of education on nutrition. I also know now -- because I'm that old, and because I'm a Registered Nurse -- that medicine and medical education, like all other forms of higher ed, go through "fads" of what is the "go to" treatment or medication for any given illness or disorder. That's just human nature, I guess. Anyway, I found the acne DOT org regimen, which was MUCH gentler and actually worked for my skin (with a much lower percentage of benzoyl peroxide). And the messages boards there indicated that, for some people, avoiding certain foods improved their acne. By the time I'd come to the frustrated conclusion that dermatologists viewed all acne as a nail and the treatment of choice was the same hammer for everyone, I'd started to occasionally develop digestive problems. In my case, keeping a food diary and reading up on FA&I (food allergies and intolerances), and not quite but almost doing an elimination diet helped me figure out that peanuts and PB were triggering some of my worst cystic acne breakouts, and that dairy was causing my acid reflux/heartburn. What freaked me out was that the acne I got within 3 days after eating peanuts or PB, was severely *itchy*. It produced big, swollen cystic pimples that often never formed a whitehead and drained. They just

sat there swollen, painful and horribly itchy for days, sometimes weeks, like giant hives or welts that wouldn't go away. The "regular" cystic acne I got (the acne not related to food allergies/intolerances) wasn't itchy and wasn't nearly as horribly inflamed as the cystic breakouts from PB. My "regular" cystic acne had a beginning (lump), middle (inflamed lump that became a whitehead), and end (whitehead pops, pus drains, healing begins) that lasted 7-9 days. The PB-related acne was qualitatively different. PB was also guaranteed to increase the total amount of acne cysts I had. My adult cystic acne vastly improved when I (sadly) gave up peanut butter. Gone were the large cysts that never came to a head, and which itched horribly. Other nuts (such as almonds, cashews, Brazil nuts, walnuts) don't trigger my acne the way peanuts and peanut butter do. But that makes sense because peanuts are not really nuts -- they're legumes. My skin further improved (from continuous severe outbreaks of cystic acne to merely monthly mild PMS breakouts) -- once I gave up dairy. So did my severe, night-time acid reflux, WITHOUT MEDICATION. Quitting smoking also helped my acid reflux. But the overwhelming elimination of heartburn and acid reflux occurred solely from cutting dairy out of my diet. (I have since broken down and smoked occasionally, then quit again, a couple times, nicotine addict that I am. My acid reflux/heartburn did not come back.) I rarely have a flare-up of heartburn, and if I do, it is now from greasy or certain spicy foods. But it's weird: hot tamales with pork and red sauce give me heartburn. Yet hot Indian curries don't. I do miss PB&J sandwiches. And I sure miss pizza and fettucine alfredo. But I don't miss the huge, itchy, inflamed acne cysts from PB. And I don't miss waking up in the middle of the night with a sour acid taste and burning sensation in my throat, sometimes even in the back of my mouth. And I sure don't miss the flatulence/bloating/diarrhea/cramps from dairy. I've tried lactose-free milk and dairy. It makes my acne flare up and gives me heartburn, though it does not result in lower GI symptoms (gas, cramps, etc.). Goat milk doesn't make me break out. I haven't bothered to investigate whether organic milk and cheese (from grass-fed, hormone free, antibiotic free cows) causes the same acne symptoms. I don't feel like paying \$8 a gallon (\$4 per 1/2 gallon) for organic cow milk when I can buy a half gallon of almond milk for less than the cost of a gallon of "regular" milk (from corn-fed, hormone and antibiotic injected cows) -- and half the price of a half gallon of organic milk...

Very detailed and technical for the reader who is looking for lots of good info.

It is somewhat technical but it explains differences of sensitivities, intolerances, and allergy. It does give you hope if you have a lesser problem that you may be able to manage or control your bodies rejection of certain foods. Good luck to you if you suffer from reactions this book helped me.

Arrived on time

Very good book about allergies and how to beat it naturally!

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