**Food Allergies**

**The way people react to food allergies varies**

To most people, allergens primarily are connected to reactions to molds, animal dander, pollens and dust. Keep in mind that such allergies are made worse by hidden food reactions. Food allergies are at the root of many health problems, because most food allergies, by their nature, are masked and hidden.

Dr. Theron Randolph, a 50 year allergy clinician and physician from the mid-west, who’s seen over 20,000 patients for food allergies and related health problems, says that “Food allergies are one of the greatest health problems in this country, particularly for those chronic vaguely defined problems that almost never respond to conventional medicine treatments. Food allergies are hidden from the patient, hidden from his/her family and hidden from the medical profession in general.”

So the source of your vague health problems may literally be right in front of you, in the form of some commonly eaten substance that is stimulating and perpetuating chronic symptoms. Allergies to commonly eaten foods are not so readily detected or avoided. The paradoxical nature of a food allergy is that you may love and crave the food that may harm you. What you fondly relate to as your best friend in a favorite food or beverage could possibly be your worst enemy, if you over consume it daily.

For example, think of the American love affair with coffee, bagel & cream cheese, scrambled eggs or a bowl of cereal with milk that you ritually consume every morning. There is a high probability that there is a single food offender (and possibly multiple food allergies) embedded in this morning routine. The symptoms of heaviness in the belly area, gas, nasal congestion or brain fog are some of the masked symptoms that may pervade.

Allergies to commonly eaten foods are not so readily detected or avoided by most of us. Let’s say for instance, that you developed an allergy to milk at infancy. At first this may have resulted in acute reactions, such as a rash or colicky symptoms.

In time, if the allergy was not recognized, the symptoms may have become more generalized and less easily detected. Because most people likely continued drinking milk or eating dairy products almost every day, the symptoms blur into the next day’s symptoms. You consume milk in your cereal and coffee, maybe yogurt for lunch, a macaroni and cheese dish for supper and a mug of hot chocolate milk before retiring.

Over decades, this over reliance and attraction to dairy products may lead some unsuspecting folks into chronic diseases, such as migraines, fibromyalgia, arthritis or depression. It may never occur to you or your doctor that your multiple daily doses of dairy products could be the source of your problem. Keeping a food journal is often used by many beginners seeking more consciousness to the cause and effect of food intake & symptoms flaring up.

The typical allergy regime is to learn what the offending foods are in your diet and then refrain from including them as part of your diet. The NAET healing system is more embracing of food allergies by circumventing the problem & focus on the immune system and reprogramming the mind, so it no longer reacts to these foods as an invader and toxin.

**Single and Multiple Food Allergy Detection**

The chief reason these reactions to commonly eaten foods are not readily recognized is that they are part of a pattern of constant reactions in which periods of cravings and heightened stimulation are followed by periods of withdrawal. I know the craving factor is operating when a patient tells me, “I can’t believe these foods cause me any problem” or “that can’t be right. “These foods don’t bother me.” These are characteristic responses from individuals with food cravings who don’t even want to consider the possibility that the foods they love are causing them discomfort.

For many individuals, they are conditioned to believe that certain foods are healthy. “We are convinced that without such foods, we would be unhealthy,” shares allergy specialist, Dr William Walsh, in his book, The Food Allergy Book

This lifetime conditioning is the reason so many allergy prone individuals continue to consume the foods and beverages that harm them.

 *“After all,”* they tell themselves, *“milk has lots of calcium and protein”. “It can’t be orange juice.” “It can’t be wheat; mother always said bread was the staff of life.”*

The quickness & severity of dangerous food reactions usually points directly to the involved food. Another aide to pin pointing a food culprit is when the ill effects appear shortly after the food is consumed. If you have an upset stomach, feel “toxic” or experience diarrhea or hive every time you eat wheat, you know where the problem lies. The waxing and waning of symptoms will confirm the suspicion about that food. Should you have any doubt, an allergy skin test or the Eliza blood test will often provide certainty. Medical doctors such as naturopaths or allergy specialists can offer you these medical tests to confirm your uncertainty about suspected foods.

The detective work becomes more difficult as the number of foods causing symptoms multiplies; the difficulty in finding these foods also multiplies. This is where professional help is needed by an allergy specialist or NAET practitioner. Asking the body’s intelligence through the muscle response test to narrow down what it is most allergic to and what is the highest priority to rectify can be done within 10-15 minutes. Once pinpointed, there needs to be abstinence from that food allergy for 25 hours.

For severe inflammatory gastro intestinal reactions it might be recommended to refrain from such a food allergy for 6-10 weeks, even longer as the body does its own remodeling. A lot of people suffer if they exceed their tolerance level from a certain food. This refers to foods the patient tolerates poorly –and accumulates enough to bring on an illness such as hay fever or an irritable bowel flare-up.

**For additional information about food sensitivities, allergies and NAET treatment, you will want to talk with Kris directly.**

**Call to make an appointment today 206.370.2600**