



The Right Food is Good Medicine

Most of us have some sensitivities to certain foods. Some sensitivities are delayed immune reactions to foods. They can significantly affect health. Nutrient imbalances can produce many physical symptoms and can also affect brain function, development and learning. Nutrients are the raw materials of neuro-chemicals (hormones in the brain). Nutrients include amino acids, vitamins and minerals... A nutrient imbalance can be a deficiency or an overload. The imbalance is considered an allergic response when there is an immediate strong reaction to foods or other substances. Delayed reactions are called food sensitivities and can occur anywhere from a few hours to a few days after exposure to the reactive food.

Careful laboratory analysis is helpful in the detection and diagnosis of underlying causes of food sensitivities/allergies.

Common symptoms caused by food sensitivities/toxins:

Energy and Activity	Sluggishness Hyperactivity, Fatigue	Mind	Poor memory, Stuttering Learning disabilities
Lungs	Asthma Chest congestion	Skin	Hives, Hair loss Acne
Head	Headache, Insomnia Dizziness	Emotions	Mood swings, Anxiety Depression, Aggression
Weight	Water retention	Joints and Muscles	Joint pain, Stiffness, Arthritis
Ears	Infections Ringing	Digestive Tract	Diarrhea, Constipation Stomach pain Bloated feeling
Eyes	Watery, Itchy Dark circles	Digestive Tract	Diarrhea, Constipation Stomach pain Bloated feeling

Natural therapies, including food rotation – elimination diets, vitamins, exercise...can be very helpful in easing the symptoms by treating the underlying sensitivity/allergy evidenced through laboratory study. A simple blood test is necessary. Comprehensive laboratory analysis of the blood sample can result in a detailed report of toxic foods that can be affecting your child’s health/development.