Food Sensitivities

Food sensitivities are a common and often frustrating problem for many individuals. People may have food sensitivities which cause a wide range of symptoms however cannot always put it down to certain foods

Food sensitivities are different to food allergies as food allergies produce an immune mediated reaction which involve the IgE and IgG antibodies. These reactions can cause life threatening situations as swelling of the tongue, mouth or face, difficulty breathing and low blood pressure. However, they can also include vomiting, diarrhoea, hives, and an itchy rash.

Although sensitivities do not cause the IgE and IgG antibodies to be produced, they can contribute to the inflammatory process, as it is the systemic inflammation which can causes the specific or vague symptoms that people experience.

An example of food sensitivities includes experiencing migraines. Migraines are often a common neurological disorder in which inflammation contributes to the pain experienced during a migraine. Food is thought to be one of the triggers for those who suffer migraines. By avoiding the foods which your body is sensitive to and triggers the inflammation can often lead to reducing the severity or frequency of migraines experienced.

The Epigenetics Wellness Assessment (EWA) at Global Health picks up specific food sensitivities to you. The EWA assesses the epigenetic factors which affect your genes, resulting in these sensitivities that you may experience. 45% of our EWA tests show sensitivity to gluten which can include wheat, barley, rye and oats.

Often people may think they are allergic to foods as they may have traced down their symptoms to certain foods which commonly cause allergies. However, often foods that cause allergies also cause sensitivities and you may only be sensitive to the food. This does not mean you should not avoid eating this food as the outcome of doing so can cause the uncomfortable symptoms experienced.

The most common foods that cause sensitivities include:

Gluten Containing Products

Products that contain gluten are wheat products, barley, rye, and oats. Sensitivity to gluten causes mainly gastrointestinal symptoms such as bloating, flatulence, cramping, diarrhoea, and constipation. However, these symptoms can then cause further systemic symptoms as a result of

Soy

Sensitivity to soy is a result of being sensitive to the protein in soybeans or soybean-containing products. Symptoms can include bloating, abdominal discomfort, cramps, and diarrhoea.

Eggs

Sensitivity to eggs can result in symptoms including skin reactions (e.g., hives or a rash), gastrointestinal symptoms such as a stomach-ache and respiratory problems. People may find they are sensitive to egg whether it is egg itself, or food including egg even if cooked which Includes baked foods such as cakes and biscuits.

Food Sensitivities

Cow Milk

Cow's milk is found in foods such as milk, milk powder, cheese, butter, margarine, yoghurt, cream and ice cream. Sensitivity to cow's milk can result in symptoms including gastrointestinal symptoms such as constipation, diarrhoea, vomiting and inflammation of the lining of the gut wall. This can result in vague whole-body symptoms as nutrients are less absorbed due to the inflammation.

Nuts

People may find that they are sensitive to tree nuts or only peanuts. Tree nuts include almonds, Brazil nuts, cashews, macadamia nuts, pine nuts, pistachios and walnuts. If you are sensitive to tree nuts, you may find that any product containing the nuts may be a trigger for you. These Include the nut butters and oils.

Peanuts can also cause symptoms if you are sensitive to them and like tree nuts, are best to avoid peanuts as well as any product containing them such as peanut butter and peanut oil. If you are sensitive to any nut, you may find that they can cause gastrointestinal symptoms such as constipation, diarrhoea and irritable bowel syndrome. Systemic whole-body symptoms can also result due to the body's inability to absorb other nutrients if inflammation is involved.

Seafood

Seafood including shellfish and fish can cause sensitivity problems for some individuals. However, it may be that you are only sensitive to shellfish, not fish and vice versa. Sensitivity often can cause gastrointestinal symptoms such as diarrhoea, stomach discomfort and sometimes vomiting.

Often it can be hard to distinguish which foods you are sensitive to, as seen above; they can all cause such similar symptoms. Even if you have tracked which foods do cause symptoms for you, there may be some foods which don't cause sensitivities, it may only be the food combination causing symptoms you experience.

By having an EWA test, this ensures you are identifying the correct foods you are sensitive to and not avoiding foods if your body is able to eat them. This helps to ensure that you are not missing out on any important nutrients crucial for your health.

To read more about an EWA test, click here. Or to book in today, click here.

We recommend that you get your epigenetics tested regularly to prevent food sensitivity and wellbeing challenges.