

Food Allergies, Intolerances, Sensitivities: Which foods may be the problem, or is it also the pesticides?

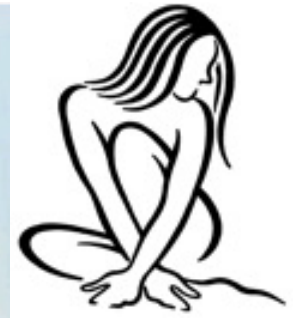
Friday 8th July 2016

Dian Shepperson Mills

Institute for Optimum Nutrition

Endometriosis & Fertility Clinic

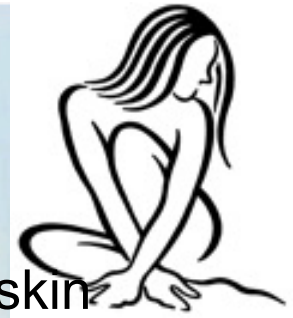
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www.makingbabies.com



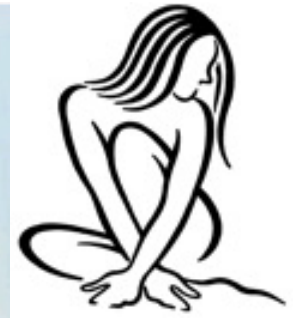
- World Endometriosis Congress 1989, 1992, 1994, 1996, 1998, 2000, 2002, 2004, 2006, 2008, 2009, 2011,
- American Society of Reproductive Medicine 1997→2016 Chair Nutrition Special Interest Group
- ESHRE member 2002→
- BANT member MIL0109514
- Complementary and Natural Healthcare Council DoH
- Certified Nutritional Therapist CNHC 000265-C10
- Nutritional Therapy Council member NTC0403
- Trustee and Fellow of Institute for Optimum Nutrition
- Fellow of Royal Society of Medicine
- Chair of Endometriosis SHE Trust UK
- Member APPG Women's Health House Commons

ILL HEALTH

Physiology, Emotional, Social

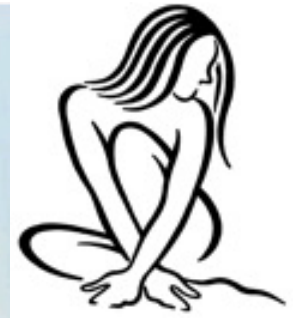


- Reactions to foods - constipation, diarrhoea, conditions, anxiety
- Debilitating illness - psychosomatic diagnosis
- Functional Medicine approach - appropriate & exclusion diet tests
- Judicious use of nutraceuticals - digestion, immunity
- Problem foods - wheat, gluten, milk sugar, milk protein, salicylates, sugars, goitrogens, deadly nightshades, lectins, phytic acid, pip-nut-seeds-birch family, yeasts, food additives, pesticides on foods, edible-food-like substances
- Excipients - in pharmaceutical drugs and nutritional supplements
- Economic effects of absence from work when ill



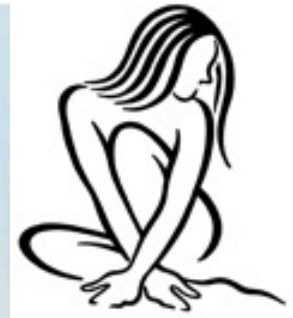
Mark Twain

“Part of the secret of success in life is to eat what you like and let the food fight it out inside”



When Food Fights Back

- Food is not always nice innocuous stuff
- Plants and animals do not like being eaten and produce chemicals to deter us
- We are made ill when these chemicals cannot be dealt with by the liver
- Some bind to IgE molecules to bridge 2 adjacent molecules as an antigen would
- Others bind to mast cells bridging the receptors
- Bridging signals histamine release
- Allergic reactions are triggered



How Much is Too Much?

‘Alle Ding’ sind Gift, und nichts ohn’ Gift; allein die Dosis macht. Dab ein Ding kein Gift ist’

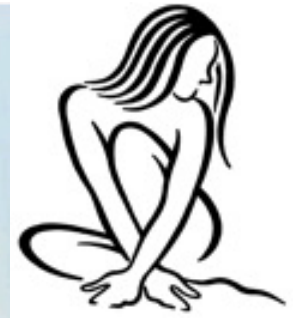
‘All things are poison, and nothing is without poison; only the dose permits something not to be poisonous’

Paracelsus, 16th Century Physician

“One man’s meat is another man’s poison”

Archibald Garrod

Lucretious, Roman poet and philosopher.



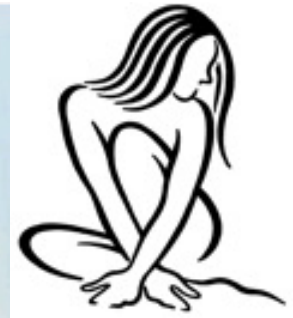
Who Has Allergies?

Atopic Families - asthma, eczema, arthritis, hayfever

The risk of being predisposed to an allergen is:

- 50% if one parent has an allergy
- 75% where both parents are allergic
- 1/3 of atopic people are born into families where no allergies have occurred
- Null, G. No More Allergies. Villard Books. 1992

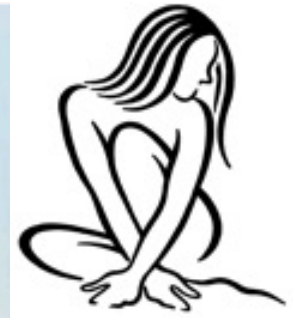
Adverse reactions to foods reduce quality of life



- Constipation, diarrhoea, skin reactions, abdominal pains - affect all generations and cultures
- Functional Medicine Approach
- Appropriate testing - GP IgE allergy skin-prick test
- Exclusion diets - lamb, rice & pears diet
- Judicious use of nutraceuticals
- Restoration of digestive function
- Supporting immune function
- Systemic approach
- Individualised diets - genetic testing

Functional Medicine

<http://www.afmcp-uk.org>



- Functional medicine provides a practical clinical framework for understanding how the body's physiologic systems are linked together and how their function is influenced by both environment and genetics
- Personalised nutrition is the future and nutritional epigenetics and systems-based research is transforming individual treatments
- Personalised nutrient-gene intervention will look at metabolic phenotyping and phytochemical profiling
- Xie.G. *et al.* Toward personalised nutrition: phytoprofilng and metabotyping. *J Proteome Res.* 2013:12(4);1547-59.
- The new paradigm is the change from population-based medicine to individual-based nutrition
- Jones DP. *et al.* Nutritional metabiomics progres in addressing complexity in diet and health. *Annu Rev Nutri* 2012:32:183-202



Critical Time for Allergy Development

- Food allergies and intolerances stem from the period of foetal life in the uterus and during the first year or two as an infant
- Food sensitivities appear to be handed down from parent to offspring, genetic basis?
- It is important for a mother-to-be to abstain from any foods she is allergic to during her pregnancy and breast feeding

Because some toxic food fragments may pass through the placenta to the foetus via the mother's blood and during lactation

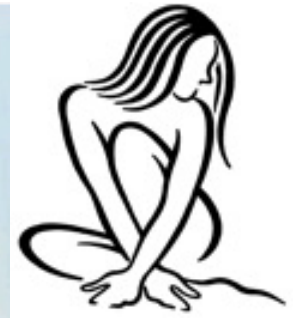
Food allergens may pass through the breast milk to the infant

www.allergyuk.org/allergiesandtheunbornchild

From 3 weeks to 6 months the infant's intestines let large protein molecules into the blood stream



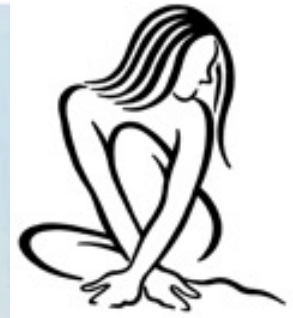
- Mother's milk contains IgA immunoglobulins which bind to the infant's intestinal tract and act as screening agent for all foreign proteins
- This Colostrum IgA immunoglobulin prime function is to protect children from infectious diseases, viruses, bacteria etc.
- If foreign proteins leak into the bloodstream they set up an abnormal immune response in the baby



The Lancet 1977

- “there is good evidence that neonatal exposure to cow proteins may be associated with the later development of childhood eczema and asthma”
- Guy’s Hospital
- “The absorption of large molecular weight polymers similar in size to cow protein has also been demonstrated in eczema patients”
- Mathew DJ, Norman AP, Taylor B, Turner MW. Prevention of eczema. Lancet, 1(1977), pp.321-324.

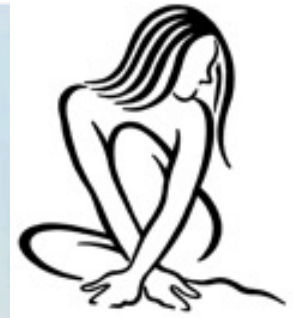
Food Allergy multi-system allergic disease



- Anaphylaxis risen 700% over the past 10 years
- Hospital admissions up by 500% for food allergies
- By 2015 half the population will be allergic
- UK has highest rates in Europe
- 9 Billion lost working days in Europe are due to allergies
- 7% Hospital admissions - due to adverse drug reactions
- 15% of patients are in hospital for allergies
- UK economy loss bill is £1.8 billion annually
- HR Review Magazine 28 June 2016

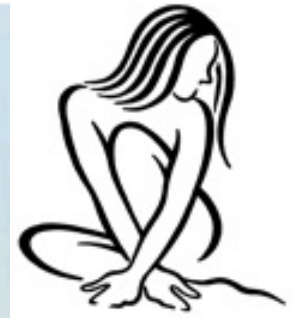
Exorphins

exogenous morphine like molecules



- When food breaks down in the gut proteins should become single cell amino acids
- In small chains or peptides they become similar to natural painkilling endorphins produced by the brain.
- In labs exorphins have been produced from milk, wheat, maize and barley using human digestive enzymes
- Exorphins bind to the 4-5 different natural receptors for endorphins in order to shut down pain
- Brostoff J, Gamlin L. The Complete Guide to Food Allergy and Intolerance. Quality Health Books 2008;23, 352

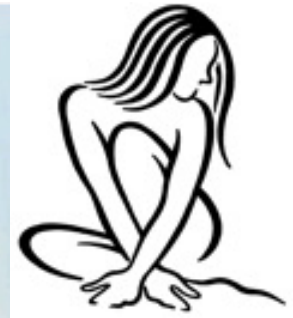
Exorphins



- The immune cells struggle to deal with 'alien substances'
- White blood cells react to large peptide food molecules - the exorphins
- Exorphins weaken the immune system
- Exorphins produce fatigue, cravings, influence moods, comfort and well being flag, before a fall into exhaustion and brain fag, going cold turkey
- If the gut wall is leaky these large peptides get into the blood stream and set up an immune response

Brostoff J, Gamlin L. The Complete Guide to Food Allergy and Intolerance. Quality Health Books 2008;23, 352

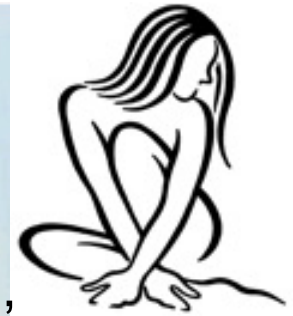
Salicylates



- Found in Aspirin and Willow
- Part of some pain-killing medicines
- In acacia, aspen, birch, poplar, hyacinth, marigold, camelia, tulip, violet, teaberry, calcanthus, spirea, milkwort
- Aspirin sensitivity is to the 'acetyl' part of acetylsalicylic acid - common in medicines
- Triggers rashes, wheezing and breathing problems, digestive symptoms as the gut membrane bleeds, muscle cramps, often within an hour or two of ingestion

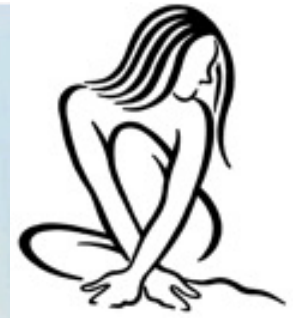
Eagle R. 1986. Eating and Allergy. Thorsons Publishing Group. ;180-1.

Salicylates



- Herbs - mint, thyme, tarragon, rosemary, dill, sage, oregano, marjoram, basil, peppermint, celery and sesame seed
- Spices - turmeric, mace, aniseed, cayenne, cinnamon, cumin, curry-powder, fenugreek, paprika, mustard, Marmite, stock cubes
- Most vegetables - cucumber, tomatoes, gherkins, olives, endive, sweet-corn, sweet potatoes, tomato sauce, Worcester sauce, dill pickles,
- Many fruits & nuts - juices, honey, licorice, almonds, apples, apricots, currants, gooseberries, grapes, raisins, nectarines, oranges, peaches, plums, prunes, raspberries, strawberries, blackberries, cherries,
- Caffeine drinks, colas, peppermint tea, alcohol,
- Processed and convenience meals
- Tartrazine is in many yellow and green sweets, fruit juices, antibiotic and pharma capsules.

Alpers DH. Et al. 2008. 5th Ed. Manual of Nutritional Therapeutics. Lippincott, Williams & Wilkins.463.



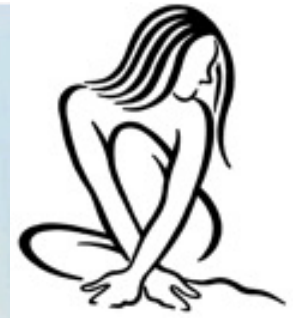
Low Salicylate Foods

- Low in meat, fish, dairy, wholegrain cereals
- Low in Fruits - Bananas, peeled pears, pomegranate, mango, papaya
- Low in Vegetables - cabbage, Brussel sprouts, bean sprouts, celery, leeks, lettuce, peas, potato (not their skins),
- Low in gin and vodka

Alpers DH. Et al. 2008. 5th Ed. Manual of Nutritional Therapeutics. Lippincott, Williams & Wilkins.463.

- **Testing:**
- Drs. Lab 0207 025 7912
- BioLab 0207 636 5959

Deadly Nightshade - Solanaceae

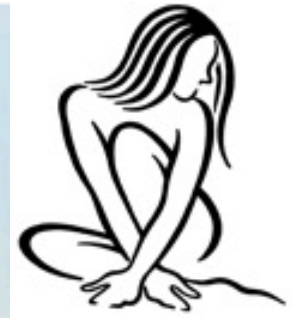


- Long suspected in causing allergies and intolerances
- Potato, tomato, eggplant (aubergine), sweet peppers (green, red and yellow), paprika, chilli peppers, tobacco, cape gooseberry (physalis)

www.nightshadefree.com - Michael Fowler

- Eat 3 or more portions per day - may overdose you
- Avoidance of nightshades may be helpful if pain and inflammation is a problem
- Dr Garrett Smith NMD, CSCP, CBP, BS
<http://www.westonprice.org/health-topics/nightshades>

Multiple-mechanisms Nightshades

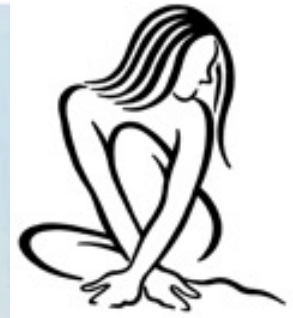


- Contain lectins - glycoalkaloids - cell membrane disruptors
- USA - people eat 230 pounds (104kgms) nightshades per person per year
- Potato glycoalkaloids may increase intestinal permeability
- May lead to - chronic Inflammation, leaky gut
- (cancer, autoimmune disease, cardiovascular disease, insulin resistance)

Dr Loren Cordain Ph.D <http://thepaleodiet.com/consumption-nightshade-plants-human-health-autoimmune-disease/>

- May lead to - Tissue calcification effects
- (vitamin K2 deficiency could exacerbate the sort of tissue calcification effects)

Cholinesterase inhibitors Nightshades



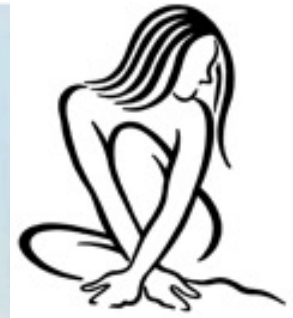
These are neurotoxins

- Inhibit the action of cholinesterase enzymes
- Cholinesterase is used by the body to break down the neurotransmitter acetylcholine
- Inhibition of cholinesterase interferes with signals from the brain and CNS (central nervous system), which send instructions to systems in the body, which are controlled by acetylcholine.

e.g. muscle dysfunction (cramps, spasms, muscle pain, twitches), GI tract (diarrhoea, abdominal IBS pain), sleep disruption, anxiety, poor stress response, arthritis pain and inflammation

Dr Loren Cordain Ph.D <http://thepaleodiet.com/consumption-nightshade-plants-human-health-autoimmune-disease/>

Cholinesterase inhibitors (fruits and vegetables)



- Naturally produced by plants to disable or kill pests which eat them.
- They are used in pesticides and nerve gases
- Acute cholinesterase inhibitor poisoning
- Decrease effective acetylcholine/dopamine ratio

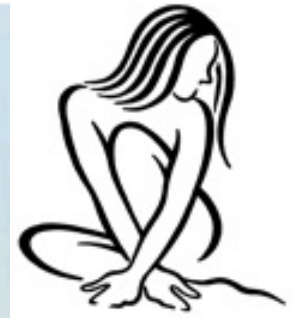
<https://sites.google.com/site/annwright/bibliography>

- Effects of low-level exposure is less understood, yet we are constantly exposed to them
- Diet modification to see if the side effects reduce with exclusion
- Solanaceous glucoalkaloids (SGA) - may build up in tissues and may be released over time

Claringbold WD. Et al. 1982. Kinetics and retention of solanide in man. *Xenobiotuca*, 1982 May;12(5):293-302.

<https://sites.google.com/site/annwright/home>

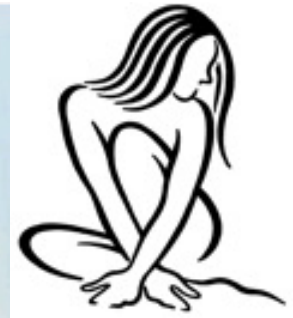
Involuntary Symptoms



Cholinesterase Inhibitors Interfere with proper functioning of the circuit breaker:

- Presynaptic membrane may weaken leaking small portions of acetylcholine
- Excess muscle tension, cramps, tremors, spasms
- Increased trigger points - muscles stay contracted + massage
- Disrupts peristalsis - motility - diarrhoea - Intestinal spasms IBS
- Increase of stress chemicals (adrenaline noradrenaline) - triggers flight or fight response - sense of stress/doom/anxiety becomes heightened, depression / dysthemia / low moods / woe
- Increased awareness / lighter sleep / vivid dreams

Inflammation & Arthritis Symptoms



Pain and inflammation increases from Deadly
Nightshade toxicity

Arthritis - Child's diet alleviates symptoms

www.gloriagilbere.com - Gloria Gilbere

www.nightshadefree.com - Michael Fowler

www.noarthritis.com - Dr Norman Childers PhD

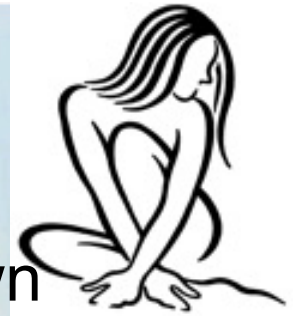
Childers N, Margoles MS: 1993, 12:227-3/ J. Neurological & Orthopedic Medical
Surgery

Ý Meditation / Prayer / Mindfulness

Ý Exercise

Ý TLC family, friends, pets - volunteering to help
people

Arsenic Exposure



- Exposure to arsenic and toxicity comes from brown rice, rice milk, contaminated tap water, pesticides, insecticides, fungicides, grains, bottled water, coffee, juices and beer.
- Being gluten-free may increase rice intake
- 1. Organic (arsenobetaine/arsenochlorine) from seafood
- 2. Inorganic (Trivalent/As III) arsenic in rice affects 200 enzymes which regulate DNA and energy production, known carcinogen.
- Osbourne. The Dangers of Eating Rice on a Gluten-free Diet. <https://www.glutenfreesociety.org/dangers-eating-rice-glutenfree/2014>. Gluten-free Society
- Allergy to inorganic Arsenic in foods?
- Is the presence of arsenic damaging to the gut membrane?
- Food Standards Agency recommend
- www.food.gov/science/arsenic-in-rice

Symptoms arsenic poisoning

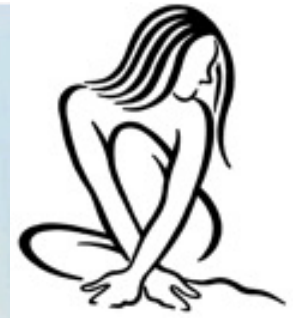


- Neuropathy, epileptic seizures, cardiomyopathy (heart damage), abdominal pain, nausea, severe diarrhoea, skin rashes, white bands across fingernails
- Arsenic has to go through methylation in the liver and be excreted via the kidney
- Genetic methylation problems may increase risk
- Support liver and kidney function:
- Garlic, coriander, parsley, broccoli, onions
- Chelate arsenic from the body using Vitamin C, N-Acetyl-Cysteine-NAC, Alpha-Lipoic Acid, Chlorella

Osbourne. The Dangers of Eating Rice on a Gluten-free Diet. <https://www.glutenfreesociety.org/dangers-eating-rice-glutenfree/2014>. Gluten-free Society

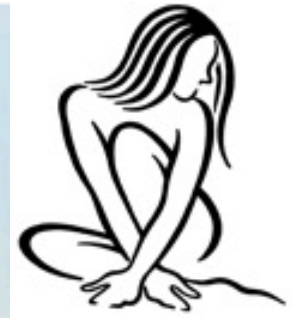
Chemicals

Multiple Chemical Sensitivity



- Perfumes, shampoo, hair gels
- Gloss paints, varnishes
- Petrol, car exhaust fumes
- Cleaning agents, clothes, surfaces
- Formaldehyde, synthetic clothing
- Direct toxic effects
- Neurobiological sensitization
- Carcinogenic effects - benzene - crude oil isolates, coal tar derivatives
- www.aaem.com

Allergy to Pesticides



Over time an allergic reaction/sensitization to some pesticides can develop in susceptible people

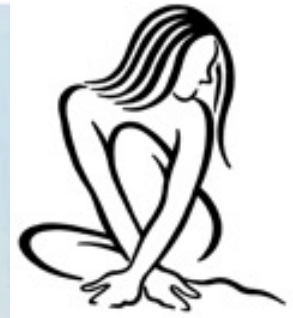
- 1). Skin - swelling, redness, itching, pain, blistering
- 2). Respiratory - wheezing, difficulty in breathing, chest tightness, coughing, short of breath.

The allergy becomes worse with each exposure
Short exposure to a low concentration of the pesticide may have the ability to cause life-threatening allergic reactions in some people

<http://www.ccohs.ca/oshanswers/chemicals/pesticides/healtheffects.html>.

Canadian Centre for Occupational Health & Safety.

Food Allergies Linked to Pesticides



- People exposed to a higher level of certain germ and weed killing chemicals may also be more likely to develop food allergies a new study shows
- Dichlorophenols (DCPs) are created by the breakdown of common pesticides, including chlorinated chemicals used to purify drinking water, from moth balls, air fresheners, deodorisers, herbicides sprayed on crops.
- Increased protection from germs might somehow be lowering the body's tolerance to foods.

Jerschow E. Montefiore Medical Centre, Bronx, NY, USA. Goodman B, Chang L. WebMD Health News; Health Archive: Dec 3, 2012

Pesticides and Food Allergies

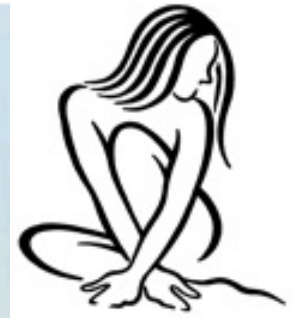
NHANES



- National Health and Nutrition Examination Survey 2005-06
- High levels of chemicals in urine were compared to antibodies to foods in the blood
- 2,211 people in the study
- Most had detectable levels of Dichlorophenols DCPs in their urine and this is associated with the increasing incidence of people's sensitisation to foods in the US population
- 400 people showed sensitivity to at least one food (peanuts, eggs, milk).
- 1,000 showed allergy to environmental allergens such as ragweed, dander
- People who were sensitized to certain foods had the highest levels of Dichlorophenols (DCPs)
- More research is needed to look at accumulated pesticide levels and food allergy. The two appear to be related in some way.

Jerschow. Pesticides and Food Allergies NHANES, Annals, Asthma & Immunology. Dec 3, 2012

Environmental Working Group, Washington DC



Dirty Dozen TM

Highest Pesticide List 2016

Foods testing positive for numbers of different pesticides at high concentrations:

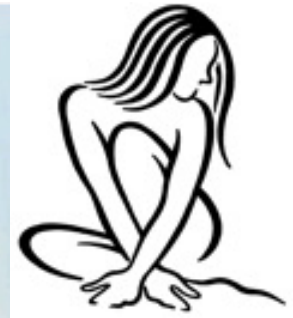
Strawberries, apples, nectarines, peaches, celery, grapes, cherries, spinach, tomatoes, bell-peppers, cherry tomatoes, cucumbers

98% strawberries, peaches, nectarines and apples were positive for one pesticide residue

Potatoes had more pesticides than any other produce
1 grape and 1 bell-pepper contained 15 pesticides

www.ewg.org/foodnews/summary.php

Environmental Working Group, Washington DC



Clean Fifteen TM

Lowest Pesticide List 2016

Foods testing nearly negative for pesticides at low concentrations:

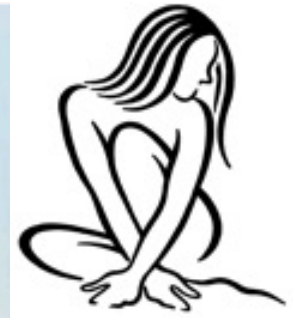
Avocado, sweet corn, pineapples, cabbage, frozen sweet peas, onions, asparagus, mango, papaya, kiwi, aubergine, honeydew melon, grapefruit, cantaloupe, cauliflower

Avocado was the cleanest, only 1 % showed any pesticides

89% pineapples, 81% papaya, 78% mango, 73% kiwi, 62% cantaloupe had no pesticide residues

www.ewg.org/foodnews/summary.php

Excipients in Drugs

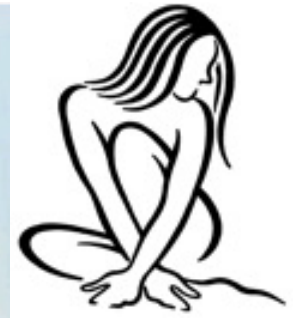


- Drugs are chemical substances which, even if given singly, radically alter man's metabolic machinery and many times interfere with normal vitamin, mineral, amino acid and enzyme activities within the body.
- Nutrients, on the other hand, working as a team, act constructively as the building blocks of life.
- In general, without them human life could not exist.

William H. Philpott MD.. Bio-Ecological Research Centre Inc. USA Brain Allergies. Keats Publishing. 1987;95.

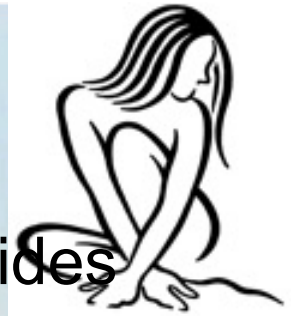
- People must check all their pharmaceutical drugs for known allergens to which they react
- Two Pharmaceutical companies can source allergen free drugs in the UK - Rosemont & Martindales
- From antibiotics to steroids, allergens are used within the capsule or tablet as binders or fillers or adjuncts, used to puncture the gut membrane to allow entry to the drug.
- Check all pharma drugs for gluten, wheat, lactose, corn, E numbers, emulsifiers, aspartame, salicylates, Solanaceae, talc

Pesticides V Organic



- Pesticides are applied to fresh fruits and vegetables. Farmers may use manure from antibiotic treated cows as crop fertilisers.
- Organic standards do not permit synthetic pesticides, bioengineered genes, petroleum-based fertilisers or human sewage sludge-based fertilisers. Nor can they be irradiated nor be allowed to contain preservatives or flavour-enhancing chemicals or heavy metals or chemical contaminants
- www.soilassociation.org/organic-living

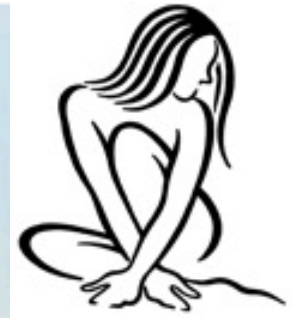
Allergies to Antibiotics in Food



- Serious allergic reaction traced to antibiotic pesticides
- 10 year old girl suffered severe allergic anaphylactic reaction to blueberry pie
- Streptomycin-containing pesticide was applied to the blueberries
- Dr. Anne Des Roches “the first report that links an allergic reaction to fruits treated with antibiotic pesticides”
- Allergist Dr. James Siblett, ACAAI president, “this a a rare allergic reaction. It is something all allergists need to be aware of and A&E personnel need to watch for in anaphylactic reactions that may arise. Anyone at risk of allergies should carry an EpiPen and switch to an all organic diet”.

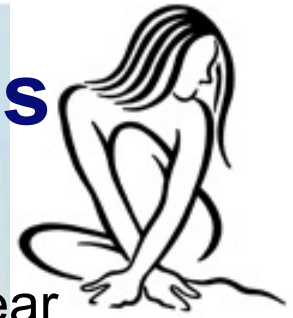
Siblett J. Annals of Allergy, Asthma & Immunology. 2014 Conference, Georgia 6-10 Nov 2014, 6,000 Allergists & Immunologists. Media@acaai.org American College of Allergy, Asthma & Immunology.

Antibiotics in meat & dairy foods



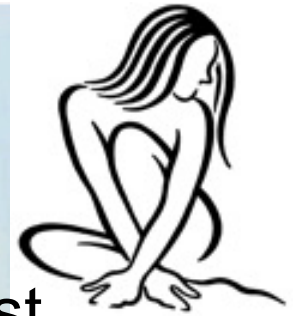
- Dr. Paul Clayton
- EU Food Safety Authority EFSA
- Commercial objectives of the food industry is a barrier to improving public health
- By 2030 another 76 million people will be diagnosed as clinically obese (8.5M diabetics)
- Changes in nutrition can make widespread improvements to health.
- It can reduce the risks of non-communicable diseases by 35-50%
- Prof Ambroise Martin Chair EFSA's health claim panel states "the best approach was to consider the totality of the diet"

Link found between food allergies and farm antibiotics



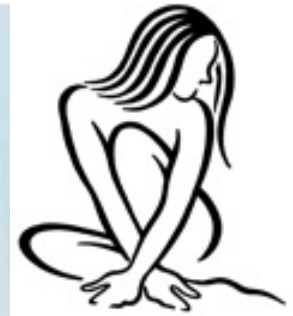
- Antibiotic resistant disease now kills 23,000 Americans each year
- There are compelling reasons to eat organically farmed meat and dairy foods
- Use of antibiotics in healthy livestock accounts for 80% of all antibiotic use in the USA
- Food allergies affect 15 Million Americans each year
- 1:13 children - an increase of 50% 1997-2011 alone
- GB 1:3 people are allergic (pollen, dust-mites, foods)
- Research draws parallels between the rise in allergies and increased antibiotic and antimicrobial use
- 1 study shows that exposure to antibiotics early in life increases the risk of eczema in children by 40%. New research shows 25-48% children show antibiotic resistance
- CDC Report admits that antibiotics used in livestock play a significant role in antibiotic resistance and should be phased out
- Eating more fermented foods is recommended, i.e. yogurts, sauerkraut, kefir etc.
- www.articles.mercola.com/sites/articles/archive

Fibre-rich Diets Protect Against Allergy?



- Fibre rich diets have been shown to protect against peanut allergy in mice
 - Mice bred to have peanut allergy were less likely to have anaphylactic shock when fed a high-fibre diet
 - As gut bacteria break down fibre, short-chain fatty acids are released
 - These EFAs bind to immune cells and it is thought that this binding may stop the immune cells from recognising peanuts as 'foreign', thus preventing the allergic reaction
 - High fibre diets boost populations of gut bacteria
- Cell Reports, DOI:1016/j.celrep.2016.05.047. Jian Tan. Monash University, Melbourne
- Eat 30gm fibre per day
 - Avocado, flaxseeds, Sauerkraut, coconut cream, chicory, asparagus, Jerusalem artichokes, tomatoes, cucumber, blueberries, live yoghurt and kefir

Gut flora modulate immune response



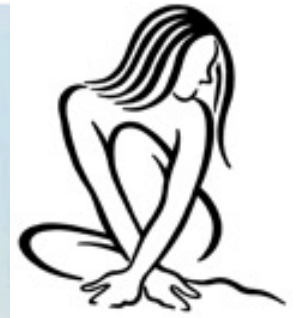
- 80 per cent of the immunity is determined in the gut
- GALT - gut-associated lymphoid tissue is built of T-Helper cells and white blood cells
- Secretory immunoglobulin A (Sig-A) is produced
- This creates a barrier against infections & protects the body from invasion

Brandtzaeg P. 2003. Mucosal immunity: integration between mother and breast-fed infant. *Vaccine*;21:3382-3388

- **This barrier effect reduces the ability of pathogens to attach to the gut wall.**

Salminen S et al, 2010. Interaction of probiotics and pathogens - benefits to human health. *Curr Opin BioTechnol*;21:157-167

- Rule 1:
- Probiotics are supportive of healthy gut flora balance and immunity
- Rule 2:
- Eating 25-30gm fibrous foods daily support the healthy gut flora
- Avoid packet foods, emulsifiers, artificial sweeteners



Immune Support Nutrients

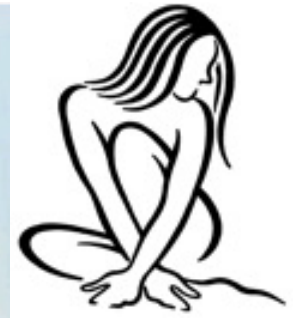
- Selenium (yeast free)
- Vitamins A C E
- Iodine
- Zinc
- Magnesium
- Co Q 10
- B complex vitamins (especially B5)
- Echinacea (in 3 week blocks)
- Anti-allergy vitamin - B5; mineral - magnesium



Immune System Support Foods

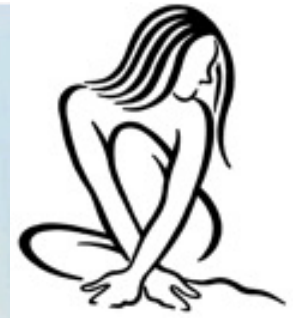
- Fresh fruits
- Fresh vegetables
- Lean pasture-fed meat
- Deep sea fish / nori seaweed
- Chicken broth
- Ginger, garlic, turmeric, bilberries, shitake mushrooms, boswellia, parsley, dill, green tea
- Clean fresh water

Rare-food or Few-food diets



- Eat more exotic foods like yam or sweet potato, celeriac, okra, swede, watercress, kale, seaweeds, asparagus, alfalfa, wild game, berries, mango, guava, papaya, buckwheat, millet, teff, tapioca, arrowroot, wild rice, olive or avocado oil, pinenuts, Jerusalem artichokes, Globe artichokes
- Prof Jonathan Brostoff MA, DM, DSc(Med), FRCP, FRCPPathology Middlesex Hospital, London
- Book: 'The Complete Guide to Food Allergies and Intolerances'; Appendix 3 - Related Food Families pages 382-88

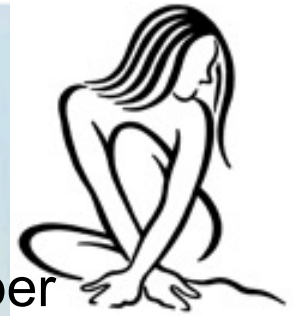
www.londonallergyspecialists.co.uk



Immune Damaging Foods

- Refined Sugar
- Alcohol
- Coffee, caffeine
- Street drugs
- Fizzy drinks - aspartame, MSG
- Gluten grains/dairy/yeasts/sugars/etc

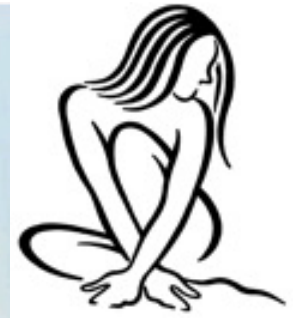
Health Strategies



- . Breakfast like a King, lunch like a Prince, dinner like a pauper
- . Regular 3 unhurried meals, 2 healthy snacks a day
- . Shopping frequently for fruits and veggies
- . Daylight walk for zinc absorption to aid ovaries
- . Unrefined, cold-pressed unhydrogenated oils
- . e.g. extra-virgin olive, organic butter, coconut oil
- 6. Drinking plenty of fresh filtered or mineral water.
- 7. Organic, as fresh as our Hunter-Gatherer ancestors ate
- 8. Avoid foods you know upset you
- . Ask questions in your family circle about relations and problems they have with different food
- . Plan a three week Rotation menu, eating different foods every four days

Shepperson Mills D, Vernon MW. 2002. Endometriosis: a key to healing and fertility through nutrition. Thorsons

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