

## Determine Your Food Allergy at Home

### How Do You Determine Your CORE food allergens?

It is a simple process that you can do at home no charge. The majority of food allergies/intolerances are delayed sensitivity reactions. Elimination is the most accurate way for you to determine the delayed sensitivity reactions. **To do this, you must, eliminate the suspected food intolerance completely from the diet for 2 weeks then reintroduce and watch for reactions for 4 days (see below).** Your core food allergen/intolerance **complicates the healing process** by increasing the overall **body inflammation**. Once you remove the core food allergen your body's inflammation will reduce, and sensitivities to other foods will decrease as well.

**The main 4 food allergens are: wheat (gluten), corn (zein), dairy (casein), and soy**  
**Next common after that are chocolate, peanuts, eggs, tomatoes and beef**  
**Finally, rice, nuts, sesame and peas**

### THE TEST:

**Eliminate the suspected food intolerance completely from the diet for 2 weeks then reintroduce and watch for reactions for 4 days (see below)**

#### **Immediate histaminic response (within hours, that night or next day)**

- Red, burning eyes, or teary eyes
- Tiredness, sleepiness
- Headaches
- Mood changes, irritability
- Rashes, hives
- Nausea, cramps, diarrhea
- Difficulty concentrating
- Restlessness, Difficulty Sleeping

#### **Delayed Immunological response (onset 2-7 days later)**

- Colds & Flu – (WBC mediated response)
- Tiredness, sleepiness
- colored phlegm, inflammation of mucous membranes
- Fever
- skin itching and irritation and dryness-Eczema
- Rashes, hives
- Increase Inflammation / Pain (Elevated C-reactive protein)
- Achy Body
- Vomiting

#### **Common severe allergy symptoms are the following:**

- Dairy=skin eczema and respiratory conditions (asthma, etc.)
- Wheat=excessive sweating, colitis, bowel irregularity and high blood pressure
- Corn=neurological symptoms (like tremors, ticks, shakes, seizures)
- Soy is a learned food allergen, discontinue 3 months then many people can do limited amounts

**Hidden places your allergen may be: (always read ingredients on premade foods)**

- Wheat- in soy sauce, barbeque sauce, flour, (pasta, bread, cakes, cookies)
- Dairy-allergic to protein called casein (caseinate), salad dressings, (milk, cheese, ice cream, etc.)
- Corn- corn syrup...in premade beverages, corn oil-used to cook chips (popcorn, corn chips)
- Soy-salad dressings, textured vegetable protein, soybean oil –used cook chips (edamame etc.)

**Side Note**

If you eliminate all the listed foods for two weeks, you will lose a significant amount from around your waist line. This is a great thing to do prior to a beach trip or special event.