

Weight Gain and Food Allergies

Are food sensitivities preventing you from achieving your ideal weight?

If you answer “yes” to three or more of the following questions, food sensitivities may be an issue for you.

- Have you dieted repeatedly?
- Do you need to lose more than 20 pounds?
- Do you retain large amounts of fluids?
- Do you engage in binge eating?
- Are you often tired?
- Do you suffer from diarrhea or constipation?
- Do you experience anxiety and mood swings?

What are food sensitivities?

When you eat healthy foods your body will usually digest and assimilate them properly. Digestion breaks food down into simple components that can easily be absorbed and utilized. The immune system “recognizes” these components as beneficial once they are absorbed into the bloodstream and doesn’t react against them.

In some cases foods are not completely digested and large complex components called macromolecules are absorbed into the bloodstream. The immune system does not “recognize” these macromolecules as beneficial and mounts a defense reaction against them. This food sensitivity can result in a variety of symptoms, including weight imbalance.

How to detect food sensitivities

It is difficult to pinpoint your sensitive foods on your own because reactions you experience can occur several hours to several days after the food is eaten.

Treatment

- Food elimination diet: suspected “problem foods” are eliminated from your diet then re-introduced slowly.
- Food Sensitivity Assay: this blood test examines over 150 different foods to identify your unique sensitivities.

*The information provided is not meant as a replacement for a physician's care.
Some or all of the above may help you feel more balanced and give you an overall increased sense of wellbeing.*