

Do you have a Food Sensitivity or a Food Allergy?

By Jenny L Crosby, DC

What is a food sensitivity?

A food sensitivity occurs when your body is unable to handle a specific food or foods and so it reacts by involving specific cells of the immune system creating chronic inflammatory processes. Digestive disorders, migraines, chronic fatigue, fibromyalgia, joint pain, eczema, arthritis and even autoimmune illnesses may be linked to food sensitivities.

What is a food allergy?

A food allergy refers to a food that triggers the immune system to produce massive amounts of histamine. With a food allergy of this nature, you may experience hives or rashes or anaphylaxis. (This potentially fatal condition causes swelling of the throat or the esophagus, preventing breathing).

Are you affected by food allergies or food sensitivities?

Public awareness of food intolerance, food sensitivities and food allergies is growing. People are discovering that they can be adversely affected by specific foods and in the last decade a large number of foods have started to be labeled to address the issues of sensitivities and allergies to foods. Gluten and soy free products are on the shelves as processed food producers identify that a larger number of people everyday recognize they are healthier when they avoid foods they are reactive to.

The scope and severity of symptoms and disorders that can be caused by food allergies and sensitivities is large and is rather confusing for the average person. Generally, these issues are still misunderstood even in medicine so that many symptomatic people suffer unnecessarily as they stay undiagnosed.

There are three main types of antibodies (immunoglobulins) produced in reaction to foods. IgE, IgA, IgG are all types of antibodies produced by the body to deal with pathogens. When antibodies are produced against something that should be harmless, like food, then a food allergy or food sensitivity is said to exist.

Each type of antibody creates a different type of reaction. IgE is an immediate reaction and IgA and IgG may take up to several days to occur.



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IgA reactions are most often associated with food allergies and are often genetic (such as wheat or gluten allergies). IgA's are located in the respiratory lining the gut lining and the mucosal linings of the body so they will produce symptoms involving the nose, breathing passages, GI tract, ears, eyes and vagina. Making up 15% of your antibodies, because these are often genetic, giving up the food for a while and re-introducing it later isn't likely to make a difference. When IgA allergies exist, the lining of the intestine can become leaky or permeable allowing larger food particles to enter the bloodstream. When this occurs, IgG reactions become more likely. Common culprits for IgA reactions in the gut include (but are not limited to) gluten, eggs, soy, milk, corn and yeast.

When food proteins enter the blood and create an antibody reaction, it is IgG that becomes reactive. IgG is found only in the blood and makes up 75 to 80% of your antibodies. This type of reaction to a food that enters the bloodstream creates a diverse number of symptoms and is the type of reaction that most people refer to when discussing food allergies. If leaky gut exists due to an IgA reaction or due to other forms of gut health issues (parasites, yeast infection etc.) IgG types of reactions are more likely to occur.

The good news? If the gut health is fixed and the food is avoided for 3 to 6 months, this type of response will reduce over time. Foods may eventually be re-introduced with either no reaction or a

vastly reduced reaction. Traditionally recognized and associate with multiple sclerosis, hepatitis and AIDS, IgGs are now being linked to irritable bowel, fatigue, ADD/ADHD, headaches, migraines, skin issues, recurrent infections, and immune issues like rheumatoid arthritis.

At Crosby Chiropractic and Acupuncture Centre, we have the capability to test for both IgE and IgG food sensitivities and for leaky gut issues. If you have symptoms that traditional medicine has not been able to help you with, maybe it's time to consider food allergies and food sensitivities and the variety of symptoms they can cause. We can be reached at (636)928-5588.

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