**Food Intolerance**

When our family experiences symptoms as a result of a bad reaction to something we’ve eaten, we use the following remedies:

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| Symptoms | Remedy We Use |
| CNS symptoms – dizzy, brain fog, irritability etc | Liver flush with carrot, beetroot and lemon juice – Drink up to 1 litreRecipe: 12 carrots, 1 large beetroot, 1 large lemon(Do not take this remedy if there are blood sugar or hemachromatosis/iron issues) |
| GI tract symptoms – diarrhea, gas, bloating | Intestinal Detox Formula#2 – Drink 1 tsp in a glass of filtered water |
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| Suspect Problem Chemical  | Symptoms | Remedy We Use | Preventative |
| Sulfites Canned foods (leech from the can’s white lining), grapes, processed foods, fruit juices | Tight chest, shortness of breath, asthma | Epsom salts bath | Wash fruit/veg in hydrogen peroxide before eating; avoid grapes & processed/canned foods |
| **salicylates** |  | Epsom salts bath | Avoid high salicylate foods for a while |
| **amines** | Irritability, migraines, depression | Beetroot, carrot, lemon juice(Do not take this remedy if there are blood sugar or hemachromatosis/iron issues) | Avoid high amine foods for a while |
| **glutamates,** | Headache, depression Irritability, migraine | Beetroot, carrot, lemon juice(Do not take this remedy if there are blood sugar or hemachromatosis/iron issues) | Avoid high glutamate foods for a while and MSG forever; avoid glutinous foods such as rice for a while |
| **histamines** | Itchy skin-rash, watery itchy eyes, blocked ears, other allergy type symptoms | Vit C 1 teaspoon of Sodium Acorbate powder, Vit B3 – take both forms:100 mg nicotinamide (B3)50 mg niacin (B3)(Will result in flush/red rash) | Avoid high histamine foods for a while |
| **tannins** | Headache, migraine | 1. Drink up to 1 litre of beetroot, carrot, lemon juice to flush liver

(Do not take this remedy if there are blood sugar or hemachromatosis/iron issues) | Avoid high tannins foods for a while |
| **Cow milk products****Lactose, Casein** | 1. Lactose intolerance- GI symptoms: Tummy pain, gas, bloating, diarrhea, cramping
2. Casein problems

CNS symptoms:Dizzy, headache, brain fog, fatigue | 1. Drink - 1 tsp x Intestinal Detox Formula#2 in 1 cup water.
2. Drink up to 1 litre of beetroot, carrot, lemon juice to flush liver

(Do not take this remedy if there are blood sugar or hemachromatosis/iron issues) | 1. Avoid all cow milk products and try rice or nut milk products instead
2. Avoid casein in all dairy products
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If troubled by food intolerance symptoms – stomach pain, gas, bloating – Intestinal Detox Formula#2

In our experience and from our research of medical literature, it seems that food intolerance and additives to food can play a really big part in causing asthma, sinusitis, migraines and other things that people in our family suffer from.

I contacted Dr Anne Swaine at the Royal Prince Alfred Hospital in Sydney who specialises in food intolerances and allergies.  Dr Swaine wrote a book on her experiments with food intolerances, which I purchased.  <http://www.sswahs.nsw.gov.au/rpa/allergy/research/students/1988/anne.cfm>

Dr Swaine talks about natural chemicals in food causing some people trouble.  These chemicals are called **salicylates, amines, glutamates, histamines and tannins** and **they occur naturally in foods.**  The hospital created a special elimination diet to find out what food is causing problems for each person. <http://www.sswahs.nsw.gov.au/rpa/allergy/resources/foodintol/handbook.cfm>

It is amazing that simple food can cause such horrible symptoms. There are a whole lot of articles they have written about this here <http://www.sswahs.nsw.gov.au/rpa/allergy/research/pubs.cfm>

Sue Dengate is an Australian lady who has done a lot of study into food intolerances with the Royal Prince Albert Hospital. She has produced a DVD on food intolerances and she gives a lot of information about asthma and allergies and how the chemicals in food trigger these conditions. Anne lists the Australian products that are free from salicylates, amines and glutamates and sulfites.  Her website is <http://fedup.com.au/>.   Sue Dengate's website that said that soaking or even spraying yourself in Epsom Salts (Mg2SO4) gives the liver the proper sulphur it needs to detoxify sulfites.

Salicylates and amines and other food chemicals can build up in your body until a certain level is reached.  So you might be able to eat a lot of salicylate-rich foods one day with no symptoms, but the next day when you try to eat the same foods, you can get symptoms as your levels are too high now.  This is why it is so hard to find out what food chemicals are actually causing our bodies to react to foods.  Apparently the liver is unable to digest or break down the food chemicals fast enough.  Apparently you can help break down glutamates by eating food high in glycine which is another amino acid that the body changes to glutathionine and makes energy. Migraines can be caused by glutamates but food chemicals can cause other problems too.

**Salicylates - Chemicals in Fruit and other Food**



Salicylates can cause a lot of problems because they give you symptoms but only when they build up past your tolerance level.  So one day, you can eat a tomato and it's okay, but the next day if you eat another tomato your liver can't cope with the salicylates which have built up in your body from the day before and now you might become breathless or get asthma.  Knowing this fact helped us a lot.

Chris Kuykendall  put together this helpful list of symptoms that salicylates might cause in people who are sensitive to them.  This list comes from   <http://pecanbread.com/new/sal.html> .

 Symptoms of the salicylate sensitivity may include:

Breathing difficulties

Wheezing

Headaches

Ear infections

Changes in skin color

Nasal congestion

Itching, skin rash or hives

Swelling of the hands, feet, eyes and face

Stomach pain

Hyperactivity

Lethargy

Inability to concentrate

Mouth ulcers, or red rash around the mouth

Nasal polyps

Coughing

Rhinitis

Sinusitis

Cognitive and perceptual disorders”

Chris Kuykendall also says that *"Some other things that I have found help with salicylate tolerance are Epsom salt baths and magnesium sulfate cream. I get our cream from*[*http://www.ourkidsasd.com*](http://www.ourkidsasd.com/)*. The sulfate helps the salicylate pathways in the body. Since most phenolic compounds lie close to the peel, peeling or doubling peeling fruits and vegetables can help reduce these compounds. (Peel first and then peel again removing the outermost layer of fruit flesh).  Vitamin K can also aid the salicylate pathways. We tried synthetic vitamin K2 and could not tolerate it. We instead use butter oil (casein free) that contains natural vitamin K, also called X-factor, (because the cows consume green grass). This really helps our salicylate issues as well. We get ours here:*[*http://www.greenpasture.org/products/butter-oil/1000*](http://www.greenpasture.org/products/butter-oil/1000)*"*

One of the children in our family had a problem with salicylates and his cheeks were always an unhealthy rosy colour and many of these symptoms are familiar to us. We found that when we removed the cow’s milk products from his diet and the gluten, his problem with salicylates disappeared.

Rick Williams - No Sulfites  [http://www.learningtarget.com/nosulfites/](http://www.learningtarget.com/nosulfites/%22%20%5Co%20%22)



Rick Williams is an engineer who is super sensitive/reactive to sulfites.  He has put a lot of his experiences and information on sulfites on his website:  <http://www.learningtarget.com/nosulfites/>

Sulfite is a preservative that is added to food to make it look fresh, but there are also natural sulfites in some foods such as grapes.  Rick Williams' website is really helpful because in our family, some of us react to sulfites with asthma within minutes while others get migraines.  Tinned food set off our symptoms and we found the reason for that is not the food in the can, but that some cans are lined with a white lining that leeches sulfites into the food. Typical reactions after eating food from these white lined cans are a tight chest, irritability and shortness of breath.

We know that sometimes sulfites are sprayed onto raw fruit and vegies so that they remain ‘fresh’ looking. This is dangerous for people who are sensitive to sulfites. We can’t see it or smell it so we don't know if it's on our food or not, so we don’t have the option to eat out often. Rick Williams believes that the sulfites can be washed off fruit and veggies using hydrogen peroxide (H2O2).

 We have had some limited success trying to wash sulfites (and other chemical sprays) off fruit and veggies. It seems to be very effective at removing the chemicals from thick skinned food like mangoes, but not with thin skinned fruit like figs.  Perhaps the sulfites/chemicals penetrate through the thin skin in some fruit and become systemic, so washing the fruit outside doesn't remove the chemicals that have been absorbed through the skin/rind into the fruit.

If we unavoidably ingest sulfites, we spray ourselves with a liquid solution of water and Magnesium Sulphate (Espoms Salts). Apparently the Epsom Salts supply the proper form of Sulfur which somehow seems to expel the injurious type of sulfites. We can also soak in a bath for a faster reaction as it penetrates through the skin all over us.

**DISCLAIMER**

**Information on this site and in this article is not intended to diagnose, treat, cure or prevent disease.**

**A decision to use/not use this information is the sole responsibility of the reader.**

**Please see your doctor or health care professional for medical evaluation.**