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Greetings!

In light of everything happening with our global food supply and production, an increase in food allergies/sensitivities is a growing concern.

According to the Food and Allergy Research & Education (FARE) organization, ["a study released in 2013 by the Centers for Disease Control and Prevention, food allergies among children increased approximately 50% between 1997 and 2011."](#)

The organization goes on to state: "The number of people who have a food allergy is growing, but there is no clear answer as to why."

In this month's newsletter we open a discussion on the primary imbalances causing food sensitivities, and share resources to arm you with the know-how to lead an allergy-free life.

Message from Milly

In giving thought to this topic, I am aware of how much things have changed since I was a child.

Back in the sixties in rural South Africa, allergies or food sensitivities were unheard of.

These days, food sensitivities are so common it's

almost considered normal. **But make no mistake this "normal" is NOT natural.**

This is a huge topic and ties in with our last month's consideration, where we looked at factors relating to GMO's and glyphosate.



Having evaluated thousands of people through the years, I have found the most prevalent food allergies (the "big 8" they're often called) are eggs, wheat, soy, cow's milk, tree nuts, ground nuts/peanuts, fish, and shellfish.

A severe food allergy that produces an anaphylactic response usually occurs immediately and is a result of an IgE (Immunoglobulin E) antibody response.

Other typical symptoms include difficulty breathing, tight throat, swelling, hives, itchy eyes or nose, sneezing, and nasal congestion.

An IgE test is commonly performed as part of an initial screen for allergies. **Interestingly, IgE levels may also be elevated in children with parasitic infections.**

Most food sensitivity reactions not as severe as listed above, occur because of an IgG antibody reaction. These reactions are more subtle and people can live with them for years.

Symptoms range from headache and nausea to seizure and hyperactivity, or simply fatigue, bloating, mood changes, or dark circles under the eyes. Sometimes a child will have very red cheeks, red ears, constant stomach aches, or congestion.

Symptoms may occur hours or even days after the offending food has been ingested. The degree and severity of symptoms vary greatly because of the genetic makeup of the individual.

An IgG reaction can happen as a result of what is called "leaky gut syndrome" or intestinal permeability, which means your intestinal lining is not tight and therefore is allowing food particles to escape through it into the blood stream.

Just a few years of chronic stress, lack of sleep, antibiotic use, soda, coffee, alcohol, and sugar can weaken the lining of the gut.

When food particles escape the gut lining, the spleen, a major immune organ, has to work overtime to clear them out of the blood stream because they do not belong there.

This puts an inordinate burden on your immune function, and over time can be a leading cause of autoimmune disorders.

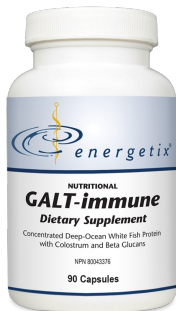
During a BioEnergetic Assessment, we are able to evaluate the intestinal lining, the Spleen and multiple factors relating to digestion, PLUS which foods may be creating an inflammatory response in the body.

Avoiding the offending foods, coupled with a few specific nutritional supplements and stress management techniques, oft times produces profound results in the reduction and elimination of food sensitivities.

Read on to learn more...

Blessings to all,
-Milly

Ancient Wisdom Modern Medicine ***Nutritional Support for Leaky Gut and Food Sensitivities***



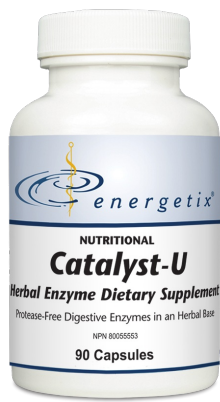
1. GALT-immune is designed to support the balanced function of the Gut Associated Lymphatic Tissue of the digestive system.

This formula is especially useful for supporting the immune system, supporting the normal inflammatory response of the gut, and strengthening the gut tissues to plug the "leaks."

2. Aller-Chord F is a homeopathic detoxifier formulated to elicit the body's natural healing response in the presence of specific food allergens.

This product is ideal for providing quick symptomatic relief as you work to identify your food sensitivities, and heal and seal your gut.





3. Catalyst-U provides gentle, plant-derived digestive enzymes in a soothing herbal base.

This protease-free enzyme formula is ideal for those with leaky gut, as protease can exacerbate the condition by irritating intestinal wounds.

The functional nutrients support normal digestion and strong intestinal integrity of the gut mucosa.

Call 770-446-1140/770-446-1140, email, or [stop by to order your supplements today.](#)

Heal Thyself and Never Stop Learning

Food allergy empowerment from around the web

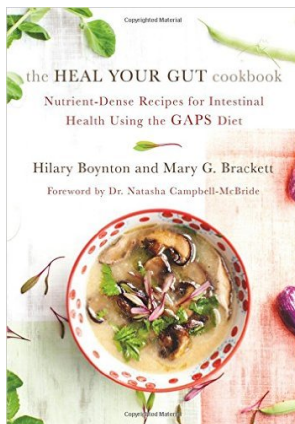
Thrive Market---food sensitivity heaven...delivered

For those who haven't heard, Thrive Market is the "Costco" of natural, non-GMO foods.

You pay a yearly membership fee to enjoy up to 50% off thousands of organic, gluten-free, natural foods. They even offer a 30-day free membership. Highly recommended!



Nutrient-Dense Recipes for Intestinal Health Using the GAPS Diet



Need new and creative gut-healthy recipes?

This cookbook is based on Dr. Natasha McBride's famous GAPS Diet (ideal for Leaky Gut), and serves as an inspiring (and delicious) resource for healing your gut through delicious meals, beverages, snacks, and even desserts.

Yummy Probiotic "Soda" Recipes

Eliminating sugar and consuming plenty of probiotics are both essential to healing leaky gut.

Homemade probiotic beverages are a healthy and easy way to satisfy your sweet tooth while reinoculating your gut with good microbes.



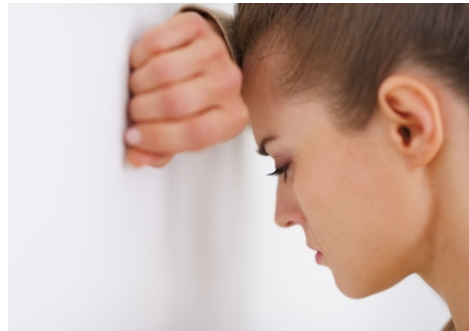
[Check out this post from Wellness Mama](#) on 5 probiotic food recipes, including water kefir "soda" and homemade ginger ale. Yum!

The Attitude of Health

Coping with the dreaded "Elimination Diet"

One of the hardest things about resolving food sensitivities is getting through the dreaded "elimination diet".

That period of at least 4 weeks when you have to give up common allergenic (and oh-so-delicious) foods like wheat, gluten, sugar, dairy, eggs, soy, etc.



No one likes this phase, but it's important to remember: it's just a phase!

Elimination diets are not meant to last forever, and by sticking to it you'll be one huge step closer to resolving your food sensitivities for good.

Here are 7 tips to make your "elimination diet" phase a breeze:

- **Stock up on the right foods and stash them everywhere.** This way you'll never have an excuse to default to old habits.
- **Invest in a good cookbook.** This is as practical as it is inspiring. Go through your new cookbook, make a meal plan, and get excited to try out new foods.
- **Eat more protein than usual and eat frequently, every 2-4 hours.** Protein will help keep your blood sugar stable and prevent sugar cravings and headaches.
- **Drink plenty of water.** This will prevent unpleasant detox symptoms and increase energy.

- **If you're a chocoholic, take a magnesium supplement.** Magnesium will naturally curb your chocolate cravings.
- **Try the probiotic beverages mentioned above.** A little something sweet and fizzy can go a long way during this phase.
- **Plan, plan, plan!** Don't start an elimination diet over the holidays, before vacation, or during a very stressful time. Set aside a time when you can focus on you and your nutritional needs.

And above all remember, this is just one phase of the healing process that will help you feel better FASTER.

FORWARD TO A FRIEND

FORWARD

**NOT YET SIGNED UP TO RECEIVE
THIS NEWSLETTER?**

SIGN UP

5672 Peachtree Parkway
Suite H, Norcross, GA 30092
770-446-1140
info@quintessentialhealth.net
