



A Holiday Guide to Food Sensitivities

Message from Milly

Warm Holiday Greetings,

First, some housekeeping. We will be closed for the holidays starting Wednesday, December 22 and reopening January 3. So, if you have any supplement needs, please call Holly to place your orders before December 22. **All orders placed via phone message or email after December 22 will not ship until January 3, 2022.** So be sure to get those orders in ASAP!

Now, onto this month's topic: food sensitivities and the holidays.

As I'm sure you're well aware, the holidays can be a tricky time for those with food sensitivities. Not only is it difficult to politely decline gluten-, dairy-, or sugar-filled treats, they can be hard to resist! And if this is your first holiday season trying to avoid certain foods it can be downright overwhelming.

Today we'll take a three-pronged approach by doing a brief overview of the most common food sensitivities and their causes, healthier swaps for cooking/baking at home, and some of our favorite food-sensitivity-friendly premade holidays treats and recipes too.

Blessings and tidings of great joy to all!

—Milly



The Most Common Food Sensitivities (and why they've become so common)

In practice, I have observed the most common food sensitivities among adults and children are: **gluten, dairy, eggs, soy, corn, and refined sugar.**

An Article by the Global Autoimmune Institute references a study/review stating 15-20% of the entire population experiences some kind of food intolerance (1,2).

Further evidence by the European organization Gut Microbiota for Health, has linked the disruption of the gut microflora leads to an immune response that is triggered by a reaction to certain foods ⁽³⁾.

At this point the question arises, why have the yummiest recipes handed down from great grandma become problematic in modern day diets?

Let's start with one of the most common offenders: gluten.

A groundbreaking study by Italian medical doctor Alessio Fasano, showed a protein called Zonulin as a key substance that modulates permeability of the tight junctions between the cells of the intestinal tract ⁽⁴⁾.

What happens with gluten intolerance/sensitivity is that a component of gluten called gliadin activates the zonulin signaling protein in a way that leads to increased intestinal permeability to macromolecules. These undigested macromolecules then pass into the body leading to all kinds of allergies beyond gluten.

Other causal factors behind food sensitivities include anti-nutrients like phytic acid & trypsin inhibitors in soy, the complete transformation of hybridized corn from its original form, and the refinement and extraction of sugar from GMO beets vs. sugar cane. There are a variety of factors when it comes to dairy, including but not limited to: ancestral heritage, homogenization/pasteurization, digestive health, GMO alfalfa given to dairy cows and body burden/viral load. The egg-thing is still a bit of an unknown, but it does appear they do not agree with people experiencing viral load and/or certain chronic conditions like hypothyroidism, Hashimoto's, skin issues, fatigue, etc.

The great news is many food sensitivities can be overcome, or their side-effects reduced, as you health improves. And you can still enjoy your favorite holiday recipes with a few of these healthy “swaps”.

References:

1: *Global Autoimmune Institute – Article on Food Sensitivity, Intolerance or Allergy*
<https://www.autoimmuneinstitute.org/articles/food-sensitivity-intolerance-or-allergy/>

2: *Review article: the aetiology, diagnosis, mechanisms and clinical evidence for food intolerance*
<https://pubmed.ncbi.nlm.nih.gov/25471897/>

3: *Gut Microbiota for Health by the European Society*

4: Zonulin and Its Regulation of Intestinal Barrier
Function: The Biological Door to Inflammation,
Autoimmunity, and Cancer

<https://doi.org/10.1152/physrev.00003.2008>

Healthy Swaps for Common Trigger Foods

Wheat Flour: Gluten-free flour. Just be sure and look for blends that are free of other common triggers like corn. If GF blends with many different flours give you gas or digestive trouble, consider plain old oat flour or oat flour/rice flour combinations.

Milk: Oat milk, almond milk, macadamia milk, banana milk, pea milk (look for "Ripple Milk" which is high in protein), **hazelnut milk** (so good in hot chocolate!), etc.

**Note: some people can tolerate raw cow's milk products from pasture-raised animals or A1 milk. Others can manage butter or ghee but not milk or cream. Goat or sheep's milk may also work for your body. If you're unsure or battling chronic illness, stick to dairy-free options for now...and come in for a BEA!*

Cream: coconut cream or healthier non-dairy creamers such as Califia Barista Blends (I like the Oat best).

Eggs: flax or chia eggs for pancakes, cakes, waffles, muffins, etc. (1 tablespoon ground flax or chia to 2 1/2 tablespoons warm water, let sit 5 minutes).

OR Faba/Aquafaba---the liquid from a can of chickpeas---to replace whipped egg whites. Seriously, it whips up to soft or hard peaks just like egg whites and works beautifully in mousse, for meringues, or sponge cake. Who knew?! You can also look for "fabanase" to replace egg-based mayo.

Corn: cassava flour is a nice substitute for homemade tortillas and tortilla chips.

Soy: coconut aminos in place of soy sauce, hempeh in place of tempeh, and the other non-dairy milks in place of soy milk. Or look for organic, non-GMO, fermented soy products like miso, tempeh, tamari, etc. Many people tolerate these well.

Sugar: for non-diabetics, coconut sugar for baking, **maple syrup and raw honey** for everything else. **For diabetics or those who cannot tolerate sugars, stevia or monkfruit.** **Non-GMO xylitol from birch** (not corn!) is also an option if you have healthy digestion.



Some Favorite Food-Sensitivity-Friendly Holiday Treats

Here are some of our favorite treats that are suitable



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for many types of food sensitivities.

Always check the ingredients if you're unsure as some will contain butter but not gluten, eggs but no dairy, some have cane sugar, some have stevia, etc. You can find most of the products listed at your local natural food store or at the links provided. Enjoy!

- Lily's Stevia-Sweetened Chocolates...they're all yummy.
- So Delicious Coconut Milk Holiday Nog: yes it has gums and sugar, but it's a treat!
- Or, make your own dairy free egg nog: [with eggs](#) or [without](#) or [DF, egg-free, and sugar-free](#)
- These [grain-free, refined-sugar-free, paleo cinnamon rolls](#).
- [Miyokos Vegan Butter](#) is the healthiest and best tasting option (made with non-inflammatory coconut oil) for those who cannot tolerate butter or ghee. Great for baking, on toast, popcorn, steamed veggies, etc.
- [Sami's Bakery Millet and Flax Dinner Rolls](#) these guys have done the impossible. Their rolls are GF, DF, and egg-free but have the soft texture of glorious wheat!! I add just a little water and wrap them in parchment and foil to reheat in the oven or on the grill. Their breads, bagels, and pizza crusts are yummy too!
- Trader Joe's Grain-Free Tortilla Chips: a bargain and great with holiday dips.
- [Simple Mills Almond Flour Crackers](#): GF, DF, sugar-free and a great price at Costco!
- [Treeline Cheeses](#): the "soft" and "cream cheeses" (but not the shreds or hard cheeses) taste amazing and don't contain yeasts...which can be code word for MSG. The herb garlic soft French-style is delectable!
- [This chocolate mousse](#) is made with faba and coconut cream (for those desiring sugar-free you can omit the coconut sugar, use Lily's chocolate or unsweetened chocolate, and drop in liquid stevia to taste). Tip: faba whips faster if it's chilled.
- [Stevita hard candies](#): make great stocking stuffers for your sugar-free loved ones.
- [Enjoy Life Gingerbread Spice Soft-Baked Cookies](#): made from ancient grains, GF, egg-free, dairy-free, corn-free, soy-free, etc. and delicious...the Snickerdoodles are yummy too.