

What's the gut got to do with it?

Food Sensitivity Testing (FST) to improve your health

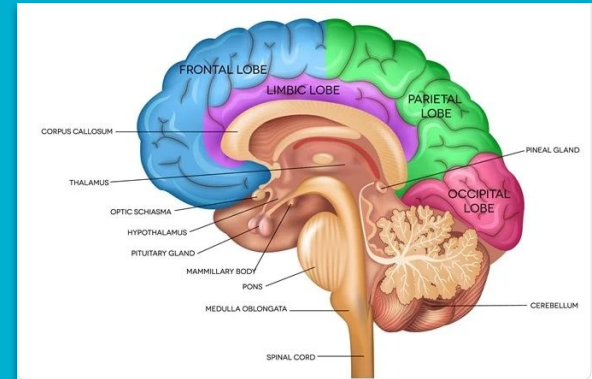
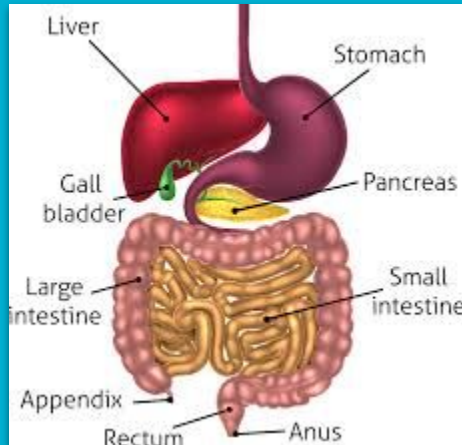
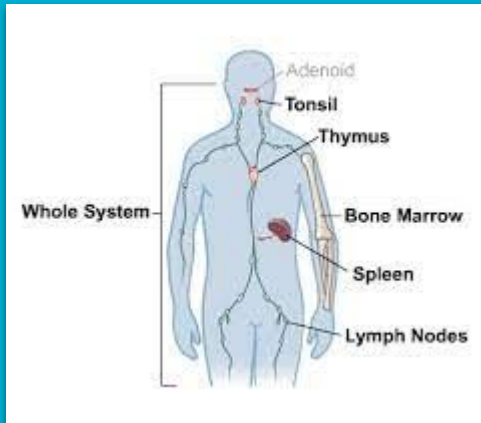
Topics

- Why treating the gut is so important
- Food Sensitivity vs. Food Allergy
- Conditions Food Sensitivity Testing (FST) can help
- Additional steps to improve your gut and overall health

Why is the gut so important?

Your gut contains...

- 92% of your neurotransmitters= 2nd brain
- 80% of your immune system= fights infections
- 50% of hormone modulation= mood, metabolism and reproductive regulation
- Nutrient absorption



Lupus Specific Issues

GI conditions



- Nausea
 - Diarrhea
 - Pancreatitis
 - **Increased intestinal permeability = Leaky gut**
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Other Lupus symptoms

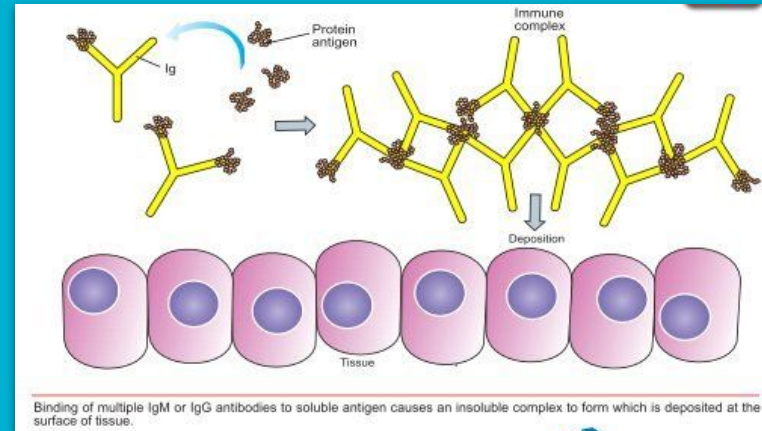


- Arthritis
 - Sinusitis
 - Vasculitis
 - Pericarditis/Myocarditis
 - Headache, Migraine
 - **Immune-complex mediated glomerulonephritis–renal failure**
 - Polyarthralgia, polymyalgia
 - Pneumonitis, pleurisy, pleural effusion
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The common
denominator is
inflammation.

Immune complex formation

- SLE patients have:
 - Impaired ability to clear immune complexes via hepatic and splenic routes
- SLE is a Type III hypersensitivity reaction
 - Immune complex deposition in:
 - Joints
 - Skin
 - Kidneys
 - Vasculature
 - Heart
 - Lungs



Question:
**What is the gut
responsible for?**

- A. Hormone modulation
 - B. Nutrient absorption
 - C. Regulating
inflammation/infection
 - D. **All of the above**
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Question:
**Immune-complex
mediated
glomerulonephritis
happens in which organ?**

- A. Heart
 - B. Kidney**
 - C. Liver
 - D. Skin
-

What is a Food Sensitivity?

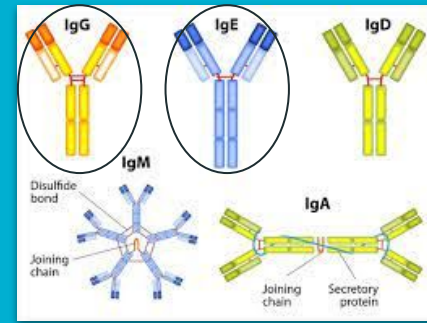
Food Sensitivity vs. Food Allergy

Sensitivity

- Food sensitivities (FS) are due to an immune reaction (IgG antibodies)
- This is usually a slower reaction (hours-days) with various symptoms related to inflammation
- FS cause inflammation in the intestinal lining
- Inflammation leads to increased permeability (leaking into the bloodstream)

Allergy

- Food allergies (FA) are due to an immune reaction (IgE antibodies)
- Symptoms can include: swollen/itchy eyes, swollen throat, rash/hives, drop in blood pressure, panic/distress and difficulty breathing
- Treatment usually involves an EpiPen
- FA are a more immediate (minutes-hours) and severe reaction



Common foods that people react to:

Food Sensitivity (IgG Reaction)

- Wheat (gluten)
- Dairy
- Corn
- Soy
- Egg
- Processed sugar
- Nightshades
- Artificial colours/sweeteners/flavours
- GMO foods



Food Allergy (IgE Reaction)

- Peanuts
- Tree nuts
- Milk
- Egg
- Wheat
- Soy
- Fish
- Shellfish



Most reactive foods in Lupus Patients

- Casein
- Cow's milk
- Wheat
- Gliadin
- Egg white
- Rice



Sample of Food Sensitivity Test results

Dairy / Egg

<15	Alpha-Lactalbumin (whey)	<15	Beta-Lactoglobulin (whey)	116	Casein
110	Egg White	26	Egg Yolk	<15	Milk (Buffalo)
116	Milk (Cow)	82	Milk (Goat)	83	Milk (Sheep)

Grains

93	Barley	16	Couscous	34	Durum Wheat
56	Gliadin	28	Malt	35	Oat
<15	Rye	17	Spelt	53	Wheat
22	Wheat Bran				

Grains (Gluten-Free)

26	Amaranth	<15	Buckwheat	43	Corn
<15	Millet	<15	Polenta	<15	Quinoa
44	Rice	<15	Tapioca		

Sample of Food Sensitivity Test results

ELEVATED FOODS

116	Casein	116	Milk (Cow)	110	Egg White
93	Barley	89	Pea	83	Milk (Sheep)
82	Milk (Goat)	72	Carp	71	Cola Nut
70	Soy Bean	68	Almond	68	Potato
66	Mussel	65	Bean (White Haricot)	63	Peanut
60	Pistachio	56	Brazil Nut	56	Gliadin
54	Bean (Red Kidney)	52	Hazelnut	50	Orange
48	Bean (Broad)	47	Cashew Nut	46	Plaice
44	Rice	43	Tiger Nut	43	Trout
40	Rabbit	40	Sunflower Seed	39	Alga Wakame
37	Lentil	37	Sea Bream (Red)	36	Celery
35	Oat	34	Durum Wheat	32	Mackerel
31	Aloe Vera	30	Clam		

BORDERLINE FOODS

53	Wheat	44	Yeast (Brewer's)	43	Corn
39	Agar Agar	29	Snail (Sea Snail/Winkle)	28	Alga Espaguette
28	Malt	27	Curry (Mixed Spices)	27	Perch
26	Amaranth	26	Egg Yolk	26	Ox
26	Radish	25	Ginkgo	24	Sole

Case: 5 yo female with complaints of an itchy throat, puffy eyes, and a swollen tongue 10 minutes after eating a peanut butter sandwich. Which reaction is this?

- A. IgE reaction
 - B. IgG reaction
 - C. IgM reaction
 - D. IgA reaction
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Question:
**Which food was
NOT on the most
common Lupus
food sensitivities
list?**

- A. Egg white
 - B. Soy**
 - C. Casein
 - D. Rice
-

Which conditions can FST help?

GI Issues



- Abdominal pain
 - **Constipation**
 - **Diarrhea/loose stools**
 - **Bloating**
 - Belching
 - **Inflammatory Bowel Disease (Crohn's and UC)**
 - **Irritable Bowel Syndrome**
 - **Gallbladder disease**
 - **GERD (Heartburn)**
 - Stomach ulcers
 - Vomiting
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Autoimmune issues

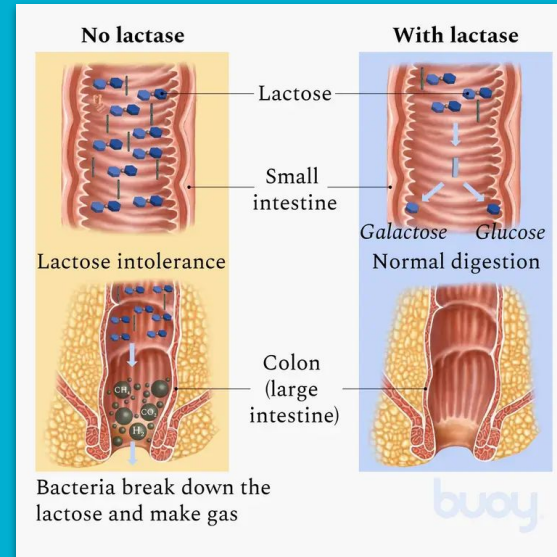


- Psoriatic arthritis
 - Rheumatoid arthritis
 - **Lupus**
 - Vasculitis
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What else can we do?

Other tests

- Elimination diet or Anti-inflammatory diet
 - Eliminate foods for at least 21 days (optimally 28+ days)
 - Elimination is helpful with testing
- Certain foods may be an intolerance
 - FST is only checking one type of antibody
 - Lactose intolerance
- Other autoimmune conditions
 - Celiac disease



Steps to gut healing

- **Remove**= Kick out the bad
 - Eliminate reactive foods
- **Replace**= Bring in the good
 - Good gut healing foods
- **Reinoculate**= Repopulate
 - Probiotics
- **Repair**= Fix what's broken
 - Enzymes, gut healing amino acids, lifestyle changes, proper eating habits



Tools for a healthy gut

- Eating properly
- Meal times/environment
- Chewing is critical
- Adrenal function
- Sleep
- Supplements



Anti-inflammatory Foods/Lifestyle

- Whole, organic, minimally processed foods
- Plant-based, vegan, and 50-80% organic raw foods
- Short therapeutic fasting
- Dark leafy greens
- Seaweeds, micro-algae (spirulina, chlorella)
- Quercetin [apples, peppers, dark cherries and berries, cruciferous veggies (broccoli, cabbage, sprouts) leafy green veggies, citrus fruits, tomatoes]
- Turmeric
- Ginger
- Sulfur containing amino acids and compounds (garlic, onion, cabbage, kale, broccoli, brussel sprouts)



Anti-inflammatory Nutrients

- B vitamins (B6, folic acid, B12 especially)
- Vitamin A, C, D, E
- Minerals: Zn, Se, Cu, Fe, Mg
- Omega 3's
- Fibre
- Water



Talk to a Naturopathic Doctor!

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