

## **Food Allergies and Food Intolerances**

Food allergies and intolerances can cause anything from that annoying, persistent runny nose ( rhinitis ) to serious medical emergencies.

Testing for allergies divides into two: subjective and objective. Subjective testing can, in its simplest form, mean omitting one food for 10 days and then reintroducing it. A more methodical version of this is a food exclusion diet. A regime of systematically introducing foods one by one until a list of good and bad foods is compiled individually for you. The cost of this at our Centre is £40.

The second is Objective testing. This involves giving a sample ( usually blood ) and having it laboratory tested. This can range from £125 to £400. Logically, before spending £400 on a test, it is best to have a simple test to find out if you do have food allergies.

The Belper Natural Health Centre sells testing kits for £20. A pin prick test is sent to York Laboratories who will return your results. These will state whether you do have a food allergy or not. If you do not have a food allergy, then you have only spent £20 to find this out. If you do have a food allergy, you can then decide whether to have further tests.

Other conditions that may be present that are related to food allergies are 'Leaky Gut Syndrome' and 'Candidiasis'. We have separate leaflets on these conditions.

In the last few weeks a twelve year old girl with eight years of persistent abdominal cramps and diarrhoea was symptom free in under two weeks after discovering a single food to avoid. Also, a four year old girl went from distinct hearing test failure and advice to have grommets fitted for Glue Ear to a good hearing test pass after omitting a single food from her diet. The second test was four weeks after the first test.

If you would like help in discovering a better diet to suit you as an individual, ring for an appointment.

I would strongly recommend either a food exclusion diet or an appointment prior to spending money on an expensive test. An experienced practitioner can often work out the most likely foods to avoid just by listening to your story and symptoms.

This advice is not meant to replace specific medical advice. It is intended to provide general information only.

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