

HIDDEN FOOD REACTIONS

CHRONIC AILMENTS

The following chronic ailments are some of the common food reactions. This list is compiled from detailed medical records covering thousands of patients since 1930. These reactions are often relieved by eliminating the offending food and can be observed by re-exposing (or “challenging”) yourself to the offending food.

There are other causes for the following symptoms. However, hidden food reactions are so common, they should be considered first. Since they can be delayed, it is common to have reactions and not recognize the symptoms.

If you are having some of the following symptoms, they may get worse during the first week as you go through withdrawal of the food. Some symptoms leave slowly, some fluctuate, and some leave rapidly.

EXAMPLES OF CHRONIC PHYSICAL SYMPTOMS

- ▶ **Head:** Headache, sinus headache, migraine headache, faintness, dizziness, feeling of fullness in the head.
- ▶ **Eyes, Ears, Nose, and Throat:** Dark circles under the eyes, swelling around the eyes, pain in eyes, watery eyes, red bloodshot eyes, dilated pupils, blurred vision, runny nose, stuffy nose, bloody nose, excessive mucous, hay fever, sneezing, ringing in the ears, earache, fullness in the ears, itching ears, ear drainage, fluid in the middle ear, hearing loss, recurrent ear infections, sore throats, swollen tonsils, frequent “colds”, chronic cough, gagging, canker sores, itching mouth, recurrent sinusitis.
- ▶ **Heart & Lungs:** Palpitations, decreased heart rate, low blood pressure, rapid heart rate (tachycardia), asthma, bronchitis, chest congestion, yawning, hoarseness, high blood pressure.
- ▶ **Blood:** Damaged and killed white blood cells, low white blood cell count, damaged or killed red blood cells, blood smudging (rouleaux), low red blood cell

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count, enlarged red blood cells, platelet clumping, low neutrophils, increased eosinophils and basophils, low blood sugar (hypoglycemia), high blood sugar, diabetes, increased liver enzymes, high acid levels (causing loss of bone calcium and minerals).

- ▶ **Glands:** Abnormal thyroid hormones & tests, abnormal testosterone levels, depressed pancreatic activity (with low digestive enzyme production), abnormal sex hormones, depressed or excessive sexual drive, abnormal adrenal hormones and functions, menstrual irregularities and symptoms.
- ▶ **Mouth:** Bleeding gums, sore tongue, coated tongue, bad breath, cracked lips, swollen lips, ulcerations, loose teeth.
- ▶ **Gastrointestinal:** Stomach ache, acid indigestion, swollen stomach, cramps, ulcers, nausea, vomiting, bloating, heartburn, belching, spastic colon, colitis, ulcerative colitis, celiac disease, flatulence (passing gas), stomach fullness, diarrhea, constipation, rectal mucous, appendicitis, malabsorption.
- ▶ **Skin:** Hives, rashes, dandruff, hair loss, eczema, psoriasis, dermatitis, pallor, pimples, acne, dark circles under eyes, bags under eyes, swelling around eyes.
- ▶ **Mental:** Anxiety, excessive talking, fear, depression, crying, aggressive behavior, irritability, mental dullness, poor concentration, poor self-control, poor memory, mental lethargy, confusion, excessive day dreaming, juvenile and adult hyperactivity, restlessness, learning disabilities, poor work habits, inability to concentrate, poor coordination, stuttering, indifference, compulsive behavior, anorexia, continuing desire for alcohol or tobacco, drug addictions, morning sluggishness, slurred speech, delusions, hallucinations, schizophrenia, juvenile and adult delinquency, seizures, epilepsy.
- ▶ **Other symptoms:** Chronic fatigue, muscle fatigue, sleepy after meals, insomnia, compulsive eating, overweight, fear of eating, malabsorption, underweight, weakness, muscle aches and pain, muscle spasms, multiple sclerosis, twitching, stiffness, joint aches and pain, arthritis, swelling of the hands, feet or ankles, phlebitis, cold hands and feet, restless leg syndrome, urinary tract symptoms

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(pain, frequency, night urination, bed wetting), cystitis, kidney dysfunction, rectal itching, vaginal inflammation, sea sickness, motion sickness, chills, sweats, thirsty after meals, back pain.

Exploring and supporting food reactions may significantly improve health.