

Avoid Food Intolerances

Food intolerances and allergies are common. The difference between an allergy and an intolerance is that an allergy will cause a big reaction immediately like vomiting, anaphylaxis, hives. Whereas an intolerance will cause symptoms between 20 minutes and 2 hours later. Examples would be gut pain, bloating, tiredness, itching, joint pain, headaches, increased mucus AKA “the dairy snots”.

Causes of food intolerance:

- Inability to digest
- Poor digestive environment
- Poor food choices
- Stress
- Hormonal imbalance

If we are eating something daily that we are intolerant to we are putting stress hormones into the system. It is like drip-feeding the body a little bit of arsenic every time we eat.

Food intolerances can change over time as the digestion and immune improve and sensitivities lessen. However, if the digestion and immune get worse, sensitivities can increase.

Sometimes people have many intolerances and allergies and these can change once the three main “gateway” allergens are eliminated.

The Three Gateway Allergens

Wheat

Modified in 1960s by Nobel peace prize winner, Dr Norman Borlaug who created the semi-dwarf, high-yield, disease-resistant wheat variety.

Whilst the modification worked to create a more resistant crop, a side effect was that the gluten content was dramatically increased.

Gluten is a protein that we cannot digest. The undigested protein triggers the immune system to attack the lining of the small intestine.

Also, the increased use of the pesticide glyphosate has a massive impact on the bacteria in the gut. It interrupts the production of “happy brain chemicals” Serotonin and Dopamine. It also reduces our ability to process fructose which gets stored as fat, creates a fatty liver, increases cholesterol and impairs the body's ability to eliminate toxins.

The Western world has a wheat dominant diet consisting of bran, pasta, bread, desserts and cereals and it is often used as filler.

When people have symptoms, it is suggested to go further than just wheat and recommend that people give up all grains.

This is because:

- Grains are simple carbohydrates that break down quickly into sugar.
- They affect blood sugar insulin levels.
- They are not a good source of fibre.
- They are sticky proteins and anti-nutrients that are the plant's way of protecting itself.
- They are small and hard to digest.
- They damage gut lining and permeability.
- They increase inflammation.
- They can create Leptin resistance affecting your hunger levels.



- We cannot digest phytates (Phytates bind and remove important minerals magnesium, calcium, zinc and iron).

[Watch the What's Up with Wheat documentary](#)

Dairy

Modern milk and dairy products are highly processed foods created from intense dairy farming that bear no resemblance to non-pasteurised traditional milks. There is a high use of hormones and antibiotics in dairy farming that cause issue with our health.

Dairy is very over stimulating for the mucous membranes and highly oestrogenic. Many people aren't able to break down the casein and in this case it can cause osteoporosis.

Lactose intolerance is a sensitivity to the sugar lactose in dairy and is caused by not having the enzyme lactase to break it down. Contrary to popular belief modern milk reduces the calcium in our bones due to its acidity. (Osteoporosis is only rife in milk drinking countries).

Sugar

Sugar goes by many different names. These include fructose, sucrose, glucose, dextrose, fructose, galactose, maltodextrin and many more and these hidden sugars are often found in many processed foods

Too much sugar in the bowel feeds bad bacteria and candida which causes stress on the pancreas, endocrine and liver.