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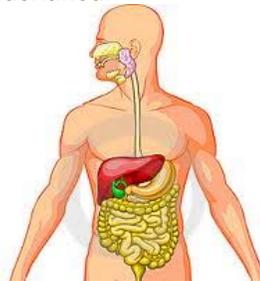
“You are what you eat, and how well you digest it...”

When visiting your naturopathic doctor, you inevitably talk about your digestion. If you are experiencing bloating, heartburn, indigestion, flatulence, there are things you can do to optimize your health. In this issue we will discuss how to identify food sensitivities that may cause more than just digestive complaints. We will also outline herbs and supplements that can heal the digestive tract, so that you can feel optimal digestion and health!

What is a hypoallergenic or elimination diet?

A comprehensive and effective way of identifying food sensitivities is to follow a hypoallergenic or elimination diet. In order to understand this, we need to first understand what happens in our systems to cause a food sensitivity. Our digestive system - from our mouths, to our stomachs, our intestines to our rectums - has immune cells throughout that are there to patrol, identify and respond to our foods and any pathogens that may be on our foods. If this part of our immune system is activated and responds to a food that we have eaten, we will experience undesirable symptoms. The more that food is eaten, the greater the immune response and the more intense the symptoms can be.

In order to identify a specific food as bothersome, we need to give the body a break from that food until the immune cells have died and been replaced - which takes about 4-6 weeks to happen throughout the whole digestive tract. So a hypoallergenic or elimination diet involves eliminating commonly sensitive foods (for some examples see “Top 10 Food Sensitivities”) and eating a simple, clean diet for 4-6 weeks until symptoms improve. At this point foods are methodically reintroduced one by one to identify reactions i.e. gas, bloating, headaches, muscle aches, heartburn, etc. When a reaction is identified that food is withdrawn and when the reaction resolves, the next food is reintroduced. When finished, a list of foods and the reaction that they caused has been identified.



The Myth about Heartburn

It is often thought that heartburn is due to excess stomach acid. While this can be true, in most cases heartburn symptoms are actually due to the opposite, inadequate stomach acid. Under optimal stomach acid, the “door”, or lower esophageal sphincter (LES), between the esophagus and stomach closes. If you do not produce enough stomach acid, the LES stays open and the stomach acid that is produced bubbles up out of the stomach and burns the esophageal lining, creating painful heartburn symptoms. Our stomach can be re-educated to make adequate stomach acid again by eating tart or bitter foods. These foods stimulate the stomach, acid is produced, and the LES closes.

Nutritional support of the immune and digestive system for sensitivities

Apple Cider Vinegar or lemon water - helps to stimulate our body to produce enough stomach acid, release bile and pancreatic enzymes.

L-Glutamine - Most abundant naturally occurring amino acid. Used for short bowel syndrome, Crohn’s disease, protection and maintenance of gut barrier function. L-glutamine helps to protect the lining of the gastrointestinal tract, referred to as the mucosa.

Digestive Enzymes - produced naturally by our pancreas. Short-term supplementation can help with digestion.

Probiotics - Healthy bacteria that resides in the intestines specifically functions by digesting fiber. Protects us from invasion by unfriendly gut bacteria.

Clinic News

Upcoming Seminar:

Empowering Parents of Unvaccinated & Partially Vaccinated Children - Wednesday, October 20th. Contact the office to register.

Welcome to our Intern - Sarah Penney Sarah will be seeing patients on Wednesdays in the clinic under Dr. Peters’ supervision.

Sylvie Hebert is available for CranioSacral therapy Tuesdays from 11am-5pm.

Lori Goldblatt is available for Reiki treatments Fridays from 9:30 to 4pm, and Tuesdays by appt only. Hot stone relaxation treatments now available.

We wish Megan Lederman, our cognitive behavioural therapist, good luck as she moves into her own clinic this November. If you would like to see Megan, you can call our office for Megan’s contact information.



Top 10 Food Sensitivities

1. Dairy
2. Wheat
3. Soy
4. Peanuts
5. Citrus
6. Nightshade family – tomatoes, potatoes, bell peppers, eggplant
7. Sugar
8. Eggs
9. Latex family – bananas, kiwi, watercress
10. Sesame

Preservatives and food additives are not foods, but are commonly added to foods, and can cause severe sensitivities. Look on labels for food colouring, sulphites, MSG, etc.

Herbal support of the immune and digestive systems for sensitivities



Filipendula (Meadowsweet)

Used for nausea, heartburn, hyperacidity, gastritis and peptic ulcers. Protects and soothes the mucous membranes of the digestive tract, reducing excess acidity.

Matricaria (Chamomile)

Used for digestion and intestinal conditions: upset stomach, gas, diarrhea, digestion disorders, GI spasms, GI inflammatory diseases. Provides healing and protective effects to the gut wall.

Gentiana (Gentian)

One of nature's best bitters for the gastrointestinal tract through improved digestion; used for gastritis, diarrhea, heartburn and vomiting. Bitter constituents increase gastric secretions while toning and strengthening the stomach muscle.

Food Allergy and Sensitivity Testing

Our immune systems can respond to foods using 2 different immune reactions – Immunoglobulin E (IgE) and Immunoglobulin G (IgG). IgE reactions are usually immediate allergic responses and can be anaphylactic, such as a reaction to peanuts and seafood. These reactions can vary person to person as can the severity. Reactions can range from tongue swelling and throat closing to immediate rash on the face or around the mouth.

IgG reactions to foods tend to be delayed – can appear anywhere from an hour to several days after consuming a food. IgG reactions are not anaphylactic, but they can be significantly uncomfortable and can injure the intestinal lining causing *leaky gut syndrome*.

IgG reactions can build up in your system after eating foods day after day – thus sensitizing your body to that food.

Testing methods vary depending on which type of reaction you are experiencing. Allergists generally test only for IgE reactions to foods as these are more easily identified and medications such as Benadryl (antihistamines) or an EpiPen can be prescribed in the case of contact with the food. IgG reactions are more insidious, more difficult to detect because of their delayed nature, and do not tend to respond to medications like IgE reactions do. Thus, IgG reactions tend to be ignored by conventional doctors. There is, however, testing available to determine IgG food sensitivities. IgG testing can be done in the office and is a simple test using a finger prick or a blood draw to test your body's reaction to certain foods. Another method for determining food sensitivities is to follow a hypoallergenic diet as discussed above. Both are effective methods of identifying food sensitivities, some people opt for the in office test as it is quick, and simple, and accurately identifies foods that are causing an IgG reaction. Others prefer to follow the hypoallergenic diet, as they experience relief and give their body a break from troublesome foods for a good period of time. Talk to your Naturopath about one of these methods if you are seeking optimal digestive health.

Lentil Soup

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| 2 Tbsp | olive oil |
| 3 | carrots, diced |
| 2 | celery stalks, chopped |
| 1 | onion, chopped |
| 1 | garlic clove, minced |
| 1 ½ c | green or red lentils, rinsed |
| 6 c | stock |
| 1 tsp | lemon zest |
| 1 | bay leaf |
| ½ tsp | salt |
| ¼ c | fresh lemon juice |
| ½ c | fresh parsley, finely chopped |
| 1 tsp | cumin |

In a large pot, heat oil over medium-high heat. Add carrots, onion, celery and garlic, cook for 5 minutes. Place rinsed lentils in pot with stock, zest of lemon, bay leaf and salt. Bring to a boil. Reduce to medium heat and cook for 35-45 minutes, or until lentils are tender. Remove bay leaf and add parsley, lemon juice and cumin. Stir well and serve.



Naturopathic Perspectives
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