



**Courage does not always roar. Sometimes, it is the quiet voice at the end of the day saying, "I will try again tomorrow"**

## **Allergies and Intolerances**

Allergies and intolerances have different causes. While intolerance is caused by the body's inability to properly break down and absorb a nutrient, an allergy is an immune-system attack on the offending chemical.

Allergic reactions can occur with virtually any food, but most are caused by a limited number of foods, dairy, eggs, wheat Soya, peanuts, fish, nuts and shellfish seem to be the more prevalent allergens. There is a recent concern about potato being a prominent allergen in eczema.

### **Do you have an allergy?**

An allergic reaction can cause; Tingling in the mouth, Swelling, Itchy eyes, a runny nose, Eczema, Hives, Nausea, Cramping, Diarrhoea, A sudden decline in blood pressure, with severe breathing difficulties.

According to the Allergy Association of SA (ALLSA), food allergies affect one percent of adults and around five percent of children. You are more likely to develop a food allergy if you have a parent, brother or sister with an allergy of any type. There's also some evidence that food allergies may occur more often if you have another immune linked condition such as eczema or asthma. Food intolerance is the inability to completely break down a food into absorbable components because of a lack of digestive enzymes, or because of the way the body processes food additives.

Usually the symptoms are not immediate; however there are some additives that can cause flushing or wheezing in people with asthma soon after eating them. Artificial colourants such as tartrazine, sulphites, benzoates and MSG (a flavour enhancer) are linked to intolerances.

Far more people have food intolerances than allergies. In fact in the case of lactose, it's estimated that 75% of the world's adult population is lactose intolerant, with people of Native American, African and Asian heritage being most likely to be lactose intolerant and people of northern European heritage being least likely to have this food intolerance.

Reactions to food are dose-related, so if you suffer from lactose intolerance, you will suffer more severe symptoms when you eat larger amounts of dairy. If you eat only a tiny amount, you may not suffer any symptoms. This differs from a food allergy; in food allergies, even a small amount of the allergen can lead to a full-blown reaction.

Two common causes of food intolerances are lactose (in Dairy) and gluten (in wheat, barley, rye and sometimes oats). Intolerances to any food can lead to headaches, bloating, abdominal pain, wind, vomiting and diarrhoea.

The allergy that children are least likely to grow out of is a peanut allergy. Find the culprit!

Discuss your concerns with registered health professionals to ensure that the symptoms are food related and not caused by something else.

Skin prick tests and blood tests can help diagnose a food allergy.

If a potential food intolerance is identified, you'll be asked to eliminate a particular food or ingredient from your diet in a process called elimination-challenge testing. If your symptoms disappear on removal of the item and recur when you reintroduce it, then you need to avoid this food either permanently or reintroduce it in small amounts after a while.

Check the ingredients and allergen list on food labels when shopping.

**GNLD RECOMMENDATIONS :-1-2 x Acidophilus Plus, 1-3 Omega 3 Salmon Oil Plus, 1-3 Carotenoid Complex, 6 x Vitamin C Sustained Release and 2 x Zinc daily!**