

Health and Wellness

Could Food Allergies, Intolerances and/or Sensitivities Be Contributing to a Lack of Weight Loss?

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Introduction

Weight gain and food allergies, intolerances and sensitivities are intertwined for many people much more than they know. These can range from unknown mild cases to extremely severe. Although the implications of this article are far greater than weight loss, for those doing absolutely everything known to humankind to lose weight and still being unsuccessful, read on.

Allergies

Food allergies are toxic clinical reactions to either food or a food additive which involves the immune system. To understand this concept better, it is important to understand the two main types of allergies. The most familiar type is IgE or immunoglobulin E which are sudden and fast acting allergies that induce an immediate response when a foreign substance has entered the body. IgE allergies can cause extremely serious symptoms like difficulty breathing, swelling, hives and even lead to life-threatening anaphylactic shock.

IgG or immunoglobulin G (delayed food allergies) is the other reaction which is slow-acting but nonetheless problematic and troublesome. An IgG response can cause bloating, congestion, diarrhea, gas and/or inflammation for anywhere from hours to up to two days after contact. As many as 60% of the U.S. population is estimated to have some type of allergic response to milk alone. Other common allergic foods are eggs, fish, tree nuts (such as almonds, cashews, walnuts, pecans, pistachios, Brazil nuts, hazelnuts, and chestnuts), peanuts, soy and wheat. It is significant to point out that if either IgE or IgG responses are causing the problem, limiting calories is not the answer. Rather, eliminating the foods which cause the allergic responses and thus inflammation can provide wonderful results.

Intolerances and Sensitivities

Unlike allergies, food sensitivities are toxic reactions to foods which are arduous to diagnose and do not involve the immune system. Generally speaking, food sensitivities are the result of toxic responses to food which are now thought to be much more impactful and widespread than ever before. Food sensitivities are divided into two categories: allergic responses and food intolerances. It gets tricky because the same symptoms for food sensitivities (e.g., blood in the stool, diarrhea, eczema, hives, runny noses, skin rashes and wheezing) are also associated with an allergic reaction to particular foods. Food sensitivities can also trigger the following other symptoms: bloating, fatigue, gas, migraines, mood swings and nervousness. Sorting it all out isn't easy but there is hope.

What Can Be Done

With powerful evidence to support the key causes of weight gain and illness with certain tests, some doctors claim to provide effective treatment for weight loss by incorporating the following systems: detoxification, gastrointestinal, hormone, immune and more. In fact, some doctors have seen their patients lose many extra pounds by removing foods that cause allergies from their diet. One doctor noted a particular patient's struggle to lose weight because of her inflammation. When this 38-year-old patient eliminated foods to which she was either allergic or sensitive, and the healthy bacteria in her gut was permitted time to heal, not only did all of her other symptoms disappear, but she also lost 35 pounds in a few months. Something mounting on the horizon of clinical research supports food sensitivities increasing severity of symptoms of asthma, rheumatoid arthritis and other diseases not currently related to food.

Conclusion

The purpose of this article was to broaden your mind about the impact food can play on one's overall health. Determining the bottom line might involve detective work and/or a highly-skilled physician who is nutritionally informed. Lacking insurance or a nutritionally-informed physician should not dissuade you from conducting your own research. The first step to find out if an allergy is making you gain weight is to identify both the main and hidden sources. For example, each person needs to think about not just the obvious sources but also the hidden sources and eliminate them one at a time. The most common causes of allergies are milk, eggs, fish, tree nuts, peanuts, soy and wheat. Although not easy, from personal experience, this is possible. The elimination process should take place for at least 3-4 weeks for each food to determine if there are any noticeable improvements. Since food allergies can cause inflammation and obesity, it is critical to do the appropriate homework. Reaching an accurate conclusion will likely be found in different ways for different people; however, the strategies might be the same. The goal is to have each individual person reach their optimal emotional, mental and physical well being.

Sources Used:

As with most other health topics, there is a lot to learn and know. Listed below are some links and information which was used to write this article:

(A) <http://www.doctoroz.com/videos/anti-allergy-diet>

(B) <http://www.whfoods.com/genpage.php?tname=faq&dbid=30>

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