



healthcare for the whole family

Food for thought

Q: How do I know if I have a food allergy?

A: There are basically 2 types of food allergies. The first type is called an IgE reaction. Trust me you will know if you have this allergy. Immediately after eating the allergic food you will have an anaphylactic reaction. These symptoms include, tingling sensation in the mouth, swelling of the tongue and the throat, difficulty breathing, hives, vomiting, abdominal cramps, diarrhea, drop in blood pressure and loss of consciousness. If not treated this type of allergy can lead to death. Strict avoidance of the allergy-causing food is the only way to avoid a reaction. One of the most common food IgE allergies is peanuts. The other type of food allergy is called the IgG reaction or more commonly, "food sensitivity". This is a delayed reaction in the body that can have a variety of symptoms. One common symptom is fatigue after eating. Many conditions have been linked to food sensitivities. Some of these are Irritable Bowel Syndrome, migraines, autoimmune diseases, ADD, urinary incontinence and joint pain. A simple blood test can determine your food sensitivities. Come in and see if your foods are helping or hindering your path to wellness.