

## Symptoms of Eliminating Common Allergic Foods

You may choose to remove gluten, dairy, soy and other common allergic foods from your diet in hopes that it will clear up some of your digestive complaints or even your neurological symptoms. Other people may choose to remove all grains from their diet to improve digestion during a complete detoxification. And yet others may be under medical orders to remove gluten indefinitely, because of a diagnosis of celiac disease. Regardless of why and how long you are removing specific foods, you may experience a range of symptoms—positive and negative. No collection and intensity of symptoms will be exactly the same. As with any major dietary changes, consult your healthcare provider first.

*“I had lots of headaches, particularly migraines and sinus pains, and I just felt tired all the time. I always woke up feeling sick, had stomachaches after eating, asthma, diarrhea, and lots of menstrual problems.... I had joint pains, too, but I didn’t event tell the doctor about those—there were too many other things.... I stopped eating wheat, dairy products, chocolate, and sugar, and cut out all alcoholic drinks. The effect was pretty astonishing. Almost all the symptoms went, even my asthma, which I’d had for years. I’ve never had another bout of numbness or falling over since then, either.”* Testimony of Kate provided in “Food Allergies and Food Intolerance” by Jonathan Brostoff and Linda Gamlin. (See Reference 1, Page 183)

### **Gluten, Dairy and SoyAddiction**

Consumption of gluten triggers production of exorphins, which are opiate chemicals with similar results as endorphins—promoting feelings of calm. (See Reference 2, Page 69) Pamela Compart and Dana Laake explain how in some people, gluten and/or casein can mimic opiates, such as morphine and heroin. When these foods are removed, intense cravings and even drug withdrawal-like symptoms can result. (See Reference 3, Page 24-5) According to Julia Ross in the “Diet Cure,” “going without one or more of the big-three allergy foods could land you in an unbearable withdrawal state, causing your body to start screaming like any addict’s body does without its drugs...Even one allergy-addiction can easily become a nightmare of cravings, overeating, weight gain, mood swings, and guilt.” (See Reference 2, Page 69) According to Jonathan Brostoff and Linda Gamlin in “Food Allergies and Food Intolerances,” about fifty percent of people who have a problem with gluten will crave it and go through withdrawal symptoms when it is removed. (See Reference 1, Page 146)

### **Digestion Symptoms**

Eliminating gluten may decrease or eliminate indigestion, gas, abdominal pain or cramping, nausea, diarrhea, constipation, irritable bowel syndrome, and gastro-esophageal reflux—aka “heartburn”. (See Reference 1, Page 149-150, 154, 156) According to Lipski, one-third of Americans experience “heartburn” frequently, but food allergies and sensitivities are rarely considered. (See Reference 4, Page 184)

A Lancet published study conducted in Cambridge at Addenbrooke Hospital found that eighty percent of test subjects that eliminated commonly allergenic foods recovered entirely from Crohn’s disease with dairy, gluten, and yeast being the most common and effective allergies to remove. (See Reference 5, Page 1131) Crohn’s disease is an inflammatory disease of the intestines, inducing digestive difficulties that may cause stomach cramping, diarrhea, and other digestive complaints.

### **Weight Changes**

Weight gain or loss may result from removing gluten. Consuming allergenic food can result in water weight gain or edema as the body utilizes fluid as a protective barrier to the allergen. (See Reference 1, Page 176) However, in others gluten induces weight loss from malabsorption of nutrients as a result of damage to the villi of the intestine. (See Reference 2, Page 71)

### **Toxic Release and Skin Conditions**

The worsening or development of a skin condition, such as rashes, hives, and acne signal that toxins are coming out through the skin as part of detoxification. (See Reference 4, Page 135)

As the burden on the liver diminishes and digestive capabilities improve by removing food allergens/sensitivities, the body may start to release and eliminate other toxins. Elizabeth Lipski writes in “Digestive Wellness” that the first four days of detoxification may result in headaches, bad breath, skin outbreaks, and other symptoms that signal that toxins are flushing out. (See Reference 4, Page 135)

Additionally, acne, psoriasis, rosacea, rashes, hives, and eczema have all been correlated to food allergies and sensitivities. Elimination of problematic foods may eliminate or improve the skin condition. In fact, Lipski notes that sixteen percent of people with psoriasis have an allergy to gluten. (See Reference 4, Page 352)

### **Muscle and Joint Pain**

When gluten is consumed with an allergy or sensitivity present, immune complexes are formed that get deposited in the joints, which results in painful inflammation, achy joints or arthralgia, rheumatoid arthritis, and other forms of arthritis such as episodic, inflammatory polyarthropathy, and Behcet’s syndrome. (See Reference 1, Page 164-7) Elizabeth Lipski in “Digestive Wellness” sites multiple studies pinpointing corn and gluten as the trigger foods resulting in arthritis in 50-85% of patients. (See Reference 4, Page 282)

Nonsteroidal anti-inflammatory drugs, such as aspirin, motrin, aleve, and some prescription pain killers, are commonly used for arthritis and other pain. This group of drugs blocks production of prostaglandins, which repair the intestinal walls. According to Lipski, without prostaglandin production, a “leaky gut” may develop, which allows for undigested food particles to escape into the blood stream resulting in more pain and inflammation, as the immune system attacks the foreign particles. This discomfort may result in the use of more pain killers, which makes for an even “leakier gut” and creates a cycle of pain, inflammation, and intestinal permeability. (See Reference 4, Page 281)

### **Headaches**

Headaches are a common symptom from food sensitivities that commonly disappear with elimination of gluten. Brostoff and Gamlin report that seventy percent of patients with migraine headaches stop getting them with removal of allergenic foods. (See Reference 1, Page 168) In fact, Jean Munro, MD, found that of 282 patients with migraine headaches, all of them had food allergies or sensitivities and for over seventy percent, the food triggers were to wheat and/or dairy. Once the trigger foods were removed, the migraines stopped. (See Reference 4, Page 344-5) Consuming nonsteroidal anti-inflammatory drugs for the pain of headaches will result in the same cycle of pain, inflammation, and intestinal permeability as explained in the muscle and joint pain section.

### **Neurological Symptoms**

According to Dr. Maios Hadjivassiliou, an internationally recognized gluten researcher, gluten intolerance is manifesting as neurological symptoms instead of digestive complaints in more and more patients. (See Reference 6, Page 318). Brostoff and Gamlin indicate that the most common neurological symptoms associated with food sensitivities are anxiety, depression, dizziness, confusion, hyperactivity, tension, nervousness, insomnia, emotional instability, mental exhaustion, sleepiness, lack of concentration, and memory lapses. (See Reference 1, Page 175) Just as with physical symptoms, these may clear up with removal of the suspect food/s. (See Reference 1, Page 193)

The “Journal of Pediatrics” published a 2004 research study that found that gluten allergies manifest as neurological disorders, including attention deficit hyperactivity disorder in 50% of test subjects. (See Reference 7, Page 1672) Italy’s Regional Hospital of Bolzano conducted a 2006 research study that correlates ADHD symptoms to gluten allergy and indicates that eliminating gluten from test subjects should quickly improve symptoms. (See Reference 8, Page 200)

### **Breastfed Infant Symptoms**

Infants may have a food allergy or sensitivity and according to Brostoff and Gamlin, breastfeeding mothers that eliminate gluten may diminish or eliminate colic, insomnia, and diarrhea in their infants, especially if dairy, eggs, chocolate, nuts, and fish are also removed from the diet of the mother while breastfeeding. (See Reference 1, Page 258, 262-3) This list of foods includes the most common allergens for infants.

### **Bed Wetting and Incontinence**

Consuming problematic foods induces smooth muscle contractions, including those on the wall of the bladder. (See Reference 1, Page 176) Therefore, Brostoff and Gamlin contend that eliminating problematic foods may eliminate bedwetting and incontinence. (See Reference 1, Page 176)

### **Immune System**

Removing allergenic foods frees up the immune system to fight other attackers, such as unwanted bacteria, viruses, mold, parasites, and more. (See Reference 2, Page 70) Eliminating gluten may improve the body’s ability to deal with environmental allergens and get rid of or prevent colds.

### **Fatigue**

Brostoff and Gamlin note that fatigue may be one of the most common and earliest symptoms to develop from food intolerances. (See Reference 1, Page 178) Fatigue can be a result of an overextended immune system draining the adrenals.

### **Hot and Cold Flashes**

According to Brostoff and Gamlin, food intolerances may hurt the body’s ability to self-regulate temperature, resulting in chills, sweating, and skin flushing. (See Reference 1, Page 175)

### **What to do about negative symptoms**

This program is designed to cleanse your system of allergens slowly to reduce the intensity of withdrawal symptoms and the intensity of detox symptoms. That said, you may still experience negative

symptoms. Most important if you do, is to support drainage of the allergens to get out of your body faster, there are several methods.

- Support all detoxification channels by doing a homeopathic remedy that gently drains toxins from your body. The ones I like are through Apex Energetics. Let Katie know if you would like them ordered. They are each about \$18.50. There are ones that are specific to parts of the body (e.g. lymph drainage, lung drainage, digestive drainage, etc.) and there are general ones that help all areas of the body at once. These are homeopathic and as such are very gentle.
- Exercise to the point of sweating to sweat out the toxins (remember that toxins include foods we have an allergy or intolerance to)
- Practice deep breathing to breathe out the toxins (lungs are a major detoxification channel)
- Dry skin brush to remove toxins through the skin and move toxins out of lymph
- Sleep, sleep, sleep—When we sleep is when our body does its detoxification work
- Drink more water to flush the toxins out.
- Make sure you are having at least one bowel movement a day and if you aren't read the bowel movement support guide.
- Make sure you are consuming protein as protein supports phase 2 detoxification and is necessary to pull the toxins out of the body. To learn more read “Why doing a cleanse may endanger your health”: <http://www.nourishedhealth.com/cleanse-danger/>

There are more options, but these ones are the biggies.

- (1) “Food Allergies and Food Intolerance: The Complete Guide to Their Identification and Treatment”; Jonathan Brostoff, MD, Linda Gamlin; 2000
- (2) “The Diet Cure”; Julia Ross, MA; 2000
- (3) “The Kid-Friendly ADHD & Autism Cookbook: The Ultimate Guide to the Gluten-Free, Casein-Free Diet”; Pamela Compart, MD, Dana Laake, RDH, MS, LDN; 2009
- (4) “Digestive Wellness”; Elizabeth Lipski, PhD, CCN; 2005
- (5) “Lancet” journal; Treatment of Active Crohn’s Disease by Exclusion Diet: an East Anglian Multicentre Controlled Trial; Riordan AM et al.; 1993
- (6) “The Lancet Neurology” journal; Gluten Sensitivity: From Gut to Brain; Marios Hadjivassiliou MD, David S Sanders MD, Richard A Grünewald PhD, Phil, Nicola Woodroffe PhD, Sabrina Boscolo PhD, Daniel Aeschlimann PhD; March 2010
- (7) “Pediatrics”: Range of Neurologic Disorders in Patients with Celiac Disease <http://pediatrics.aappublications.org/cgi/content/full/113/6/1672>
- (8) “Journal of Attention Disorders”: A Preliminary Investigation of ADHD Symptoms in Persons With Celiac Disease <http://www.ncbi.nlm.nih.gov/pubmed/17085630>