



Food Sensitivity vs. Food Intolerance

What is a Food Sensitivity or an Intolerance?

- Food sensitivity is synonymous to a food intolerance.
An estimated 20 percent of people world-wide suffer from some form of food sensitivity or intolerance.
- Food intolerances primarily impact the digestive system however, they can also affect the skin and respiratory system.
- Food intolerance may be caused by a variety of factors, including:
 - Enzyme Deficiencies
 - Sensitivities to Food Additives
 - Environmental Allergies
 - Naturally Occurring Chemicals in Foods-*Ex. Oxylates, Oligosaccharides, Alkaloids, Lectins, Nitrates*
 - Gut Permeability or "Leaky Gut"

Common Food Sensitivities

Lactose Intolerance

- Lactose intolerance is one of the most common food sensitivities due to the individual's inability to produce the enzyme lactase which breaks down lactose (*sugar present in milk and dairy*).
- Lactose intolerance symptoms generally involve the digestive system.

Gluten Intolerance

- Those who are gluten intolerant (*non-celiac gluten sensitivity*) are unable to properly digest wheat, barley, or rye.

Irritable Bowel Syndrome

- Irritable Bowel Syndrome (*IBS*) is an example of a food intolerance.
- IBS flare-ups often worsen after consuming certain foods and beverages such as:
 - Wheat
 - Dairy Products
 - Chocolate
 - Caffeine
 - Alcohol
 - Fructose
 - Sorbitol
 - Carbonated Drinks

Symptoms of Food Sensitivity/Intolerance

Symptoms of food sensitivity or intolerance can vary greatly from one person to the next, depending on the type of sensitivity and the severity. The most common symptoms include:

- Gastrointestinal discomfort
- Bloating
- Stomach Pain
- Excess Gas
- Diarrhea
- Vomiting
- Nausea
- Acid Reflux/Heartburn
- Headaches
- Skin Flushing
- Irritability or Anxiety
- Fatigue

Symptoms tend to increase as the amount of the food consumed increases. They may appear suddenly or over a matter of hours, in some cases lasting for days afterwards or have delayed reaction occurring weeks later.

Some examples of this include:

- **Eosinophilic Esophagitis (EoE)** - Inflammation in the esophagus, caused by a variety of factors
- **Food Protein Induced Enterocolitis Syndrome (FPIES)** - Rare and potentially severe reaction to food proteins that causes delayed vomiting and diarrhea
- **Celiac Disease** - Genetically predisposed condition in which ingestion of gluten leads to damage in the small intestine
- **Eczema** - Causes itchy and rough skin due to a variety of factors
- **Oral Allergy Syndrome (OAS)** - Pollen Associated Food Allergy Syndrome - Due to a cross-reactivity between plant proteins from pollen and fruits or vegetables, rarely triggers anaphylaxis
- **Food Dependent Exercise Induced Anaphylaxis (FDEIA)** - Certain foods which are generally well tolerated unless ingested around exercise, can trigger severe life threatening allergic reactions

What is the Difference Between Food Sensitivity/Intolerance and Food Allergy?

Food Sensitivity/Intolerance

- Sensitivities often trigger an immune reaction, releasing antibodies (IgG) in the digestive system or gastrointestinal tract, leading to various forms of stomach upset and discomfort but are not life threatening.
- With a food sensitivity, small amounts can usually be consumed without causing symptoms and will not cause anaphylaxis, no matter how much of the offending food is consumed.

Food Allergy

- Food allergy triggers an immune system reaction, releasing antibodies (IgE) and causing the body to react as if to a threat. Small amounts may trigger serious or life-threatening reactions.
- The crucial difference between a food sensitivity and a food allergy is that food allergies can be life-threatening.

How is Food Intolerance/Sensitivity Diagnosed?

Testing

- Food Sensitivity Test Kit
- Food sensitivities can be tested with a skin-prick test or blood tests of IgE levels to specific foods or a clinical diagnosis based on symptoms.

Treatment

Elimination Diet

- A food elimination diet is used in conjunction with IgE blood or skin-prick allergy testing to help identify foods you are intolerant of or sensitive to.
- An elimination diet involves removing a specific food (*or group of foods*) from your diet for a set period of time, then reintroducing it.
- Elimination and reintroduction is a step-by-step methodology which needs to be done with precision and care and is valuable to work with a functional nutrition counselor.
- Elimination diets can take weeks and requires detailed reading of food labels, avoiding specific foods, and keeping a meticulous food diary.

The goal is to identify foods that are causing symptoms. Elimination diets should always be done under the guidance and supervision of your healthcare provider and with the help of a functional nutrition counselor.

Supplementation

Glutamine Powder & Probiotics

Peptides

BPC-157 Capsules (*Slow Release or Rapid Release*)