

Foodergies! Free - About Immunities

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The purpose is to provide you with the information that will educate you to make more educated health and dietary decisions as applicable.

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Allergies – Intolerances and how our bodies react

Let's take a moment to discuss the finer points of allergies, sensitivities and intolerances. I like to call them Foodergies™ – the meshing of food and its impact on your health. For some, it is not an issue and I am thankful to hear that. For others, living with allergies, sensitivities and intolerances is no picnic, and I can completely relate to them.

For example, I used to eat bell peppers frequently when I was younger; they were often my snack in the afternoon. One day in my teens, I started to get more digestive upset and heartburn – so I stopped eating them exclusively. I still ate potatoes, hot peppers and tomatoes a lot. Through my recent dietary evaluations, I found out that not eating them relieved some if not most of my arthritic pain. Why is that? The plant family that potatoes, tomatoes, hot peppers and bell peppers share is called Solanaceae - Nightshades. Members of that plant family have two toxic compounds glycoalkaloid (poisons) in them which can trigger an immune response and produce calcification and pain – *calcitriol* and *solanine*; so what would that be called – a sensitivity or an intolerance?

Using that example – let's investigate deeper what happens in the body. A member of the Solanaceae family – green bell pepper – is consumed raw. When we chew we release enzymes in our saliva to break this plant down. For some people, there is an insufficiency of digestive enzymes in the saliva and stomach which can lead to gastric upset. Over time our digestive system can be depleted through the things we eat requiring a retraining or a supplementation to make it be more efficient again. Depending on age, current state of health and genetic disposition, retraining may take longer to perform. Temporary supportive supplementation of enzymes is a good choice while the engine gets a dietary tune up.

Once the plant has made it to the stomach to be broken down into chyme, the next place is in the digestive pathways where the immune responses come into play. The pancreas juices get released neutralizing the acidic chyme from the stomach so they can enter the small intestine. Those juices contain the key enzymes necessary to break down the plant sugars into a better digested form in the small intestine. The small intestine is responsible for absorbing nutrients and passing them into the bloodstream. Whatever is left is passed through to the large intestine to be processed and then excreted out of the body.

The small intestine may have been compromised from other dietary issues – the villi are flattened and not able to

do the filtering and allow potential toxins to pass into the bloodstream along with any nutrients. The commonly used term for that is “leaky gut”. This compromised intestinal condition short circuits the chemical engine's processing. So depending on the immune reaction, members of the family Solanaceae can produce both sensitivity and intolerance.

So do people really have food allergies or are there more intolerances? Well, they can have both. Food intolerance or sensitivities involve the immune system response which may or may not be coupled with the IgE allergic histamine response. The other immune system responses – IgA, IgG, IgD and IgM are slower to respond and surface in the body. Those immune responses share similar symptoms as digestive distress, congestive issues as well as skin eruptions. Food intolerance may also be a result of a deficiency, for example missing the lactase enzyme in one's digestive tract shows up as lactose intolerance. So, if the body has digestive issues, then there may be a compromised immune system. If that is the case, then the immune system responses may end up being more prevalent and as a result, ill health exists.

The five general categories of antibody reactions – IgE, IgA, IgD, IgG, and IgM – describe how the body reacts to something invading our bodies. The invasion can come from some sort of pathogen or something we inhale, breaks in our skin, and/or the consuming of food. We do have some initial defenses like the tonsils, adenoids, the cilia in our nasal passages and the stomach acid which deter most of them.

- ⊗ IgE – This is the type of reaction that is considered acute and truly an allergy - especially in the deadly allergies that is well known in the news – peanuts, nuts, and crustaceans especially. It is the antibody that allergist tests for when they perform the skin prick allergy assessments. This antibody facilitates the release of histamines and other chemicals which fight large invaders such as parasites. The IgE is fairly sensitive and can also respond to harmless allergens, just as it would a parasite, resulting in the typical allergic symptoms.

What if what you ate was an issue, though it did not produce an immediate response? There are four other antibodies which handle those types of reactions. The other antibody reactions are types of delayed hypersensitivities:

documented by Dr. Jonathan Brostoff in *Food allergies and food intolerance: the complete guide to their identification and treatment:*

- ⊗ IgA – Occurs mainly in fluid such as saliva, tears, breast milk and digestive juices. It is also the first line of defense against airborne antigens coming through the mucosal areas before they enter the bloodstream.
- ⊗ IgD – Occurs on the outer membranes of the B cells. It helps identify foreign antigens. It is part of the immunity structure which helps immune responses switch between one class of antibody to another.
- ⊗ IgG – This is a wide ranging antibody found through out the organs and blood vessels. This is the specific antibody which can be used to identify most of the food sensitivities and intolerances. These antibodies have a longer life span than the other antibodies. The degree and severity of symptoms expressed from an IgG reaction can vary due to bioindividuality and the amount of the offending food ingested. These antibodies are created due to a large/length exposure to a food antigen. Instead of binding to the mast cells like in an IgE response – the antibody binds to the food itself, creating immune complexes. The more of these immune complexes that there are, the more your immune system is activated and it gradually builds up bringing your system into full tilt reaction similar to an IgE. That is why it can take a few hours to days, or even weeks to show up. IgG is produced after the first line IgM antibody has started to clean up invading antigens; essentially when the immune system has established that the antigen is a real threat to the body. IgG hangs around to “maintain the immunity defenses” to make sure the same antigen is incapable of causing disease or reaction a second time. It is the same immune response that occurs after a vaccination to defend the body against the virus/bacteria found in the vaccine.
- ⊗ IgM – is so large it stays inside the blood vessels and seeks out antigens and mops up many antigens at a time - it is the first line of immunological defense against foreign molecules in the bloodstream.

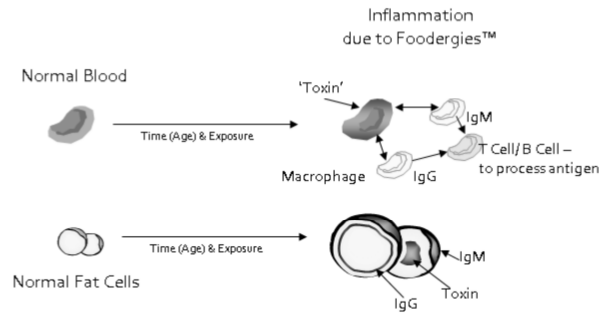
Let’s look at the symptomatic similarities and differences between antibody reactions as

Symptom	Food Allergy (IgE, IgA)	Intolerance/ Sensitivity (IgM, IgG)
Hives	Often	Rarely
Airway Constriction	Often	Rarely
Asthma	Often	Rarely
Wheezing	Often	Rarely
Itching	Often	Rarely
Drop in blood pressure	Often	Rarely
Shock	Sometimes	Rarely
Weak Pulse	Sometimes	Rarely
Rapid Pulse	Sometimes	Sometimes
Dizziness	Sometimes	Sometimes
Watery eyes	Often	Sometimes
Runny nose	Often	Sometimes
Skin rash	Often	Sometimes
Skin eruptions	Sometimes	Sometimes
Swollen tongue	Sometimes	Rarely
Irritable bowels	Rarely	Often
Abdominal cramping	Often	Often
Vomiting	Often	Often
Diarrhea	Often	Often
Nausea	Often	Often
Fainting	Sometimes	Rarely
Itchy mouth	Often	Rarely
Lightheadedness	Sometimes	Sometimes
Drooling	Sometimes	Rarely
Inability to swallow	Sometimes	Rarely
Change in voice quality	Sometimes	Rarely
Redness	Often	Sometimes
Fever or warmth (flushing)	Often	Sometimes
Bladder infections	Rarely	Sometimes
Ear infections	Sometimes	Sometimes
Joint pain	Rarely	Sometimes
Low back pain	Rarely	Sometimes
Migraine	Rarely	Sometimes
Headache non migraine	Sometimes	Sometimes
Sinusitis	Often	Often
Itchy throat	Often	Rarely
Sore throat	Sometimes	Often
Constipation	Rarely	Sometimes
Gastritis	Rarely	Sometimes
Ulcers	Rarely	Sometimes
Depression	Rarely	Sometimes

Anxiety	Sometimes	Sometimes
Chronic fatigue	Rarely	Sometimes
Panic attacks	Sometimes	Sometimes

These four antibody reactions are specifically used by medical practitioners in the identification food sensitivities, intolerances and non IgE allergies. During my evaluation of food families over 3 years ago, I performed dietary elimination and corresponding challenge tests against glutes and other sensitive foods, and determined which one of those foods did not work for me.

If you follow the concept that your body regenerates itself entirely every seven years; and your blood system every 90-120 days, and your skin every 21-30 days; then on a quarterly basis you should end up with a whole new ‘clean’ set of blood.. There are many things we consume repeatedly which will over time alter the way the cells regenerate. If you keep attacking the cells and triggering immune responses, the cells build up a wall of protection around them. The attack can be from infection, disease, immune deficiency, or actual toxin. The cells get bigger and because those triggers exist on a consistent basis. The new cells that get recreated have been ‘programmed’ (for lack of better terms) to be insulated.



This programming can be reversed. The cells can learn to produce less and less insulation. Some of the ‘toxins’ or triggers come from Foodergies™ – our food foes. We don’t always recognize the enemy until it makes its biggest impact to our health. I like to think of those ‘toxins’ that exist in our bodies’ residing in our cells on a last-in, first-out philosophy. The most recent ‘toxins’ you consume or acquire should be the first ones that leave your body when performing a detoxification/cleanse. Years of buildup will take repeated cleanses to strip down and then come up to the surface for removal. Some ‘toxins’ come out easily since they are present in your bloodstream while others require breaking down of fat deposits for them to be released.

How does your body react to what you eat? Does this sound like you? The more you know about your Foodergies the better choices you can make in your eating. If you want more information about Food Families and Foodergies – please go to the web site www.princetonintegrativehealthcenter.com, the Media page and download the copy of the Food Families Short List for your reference. If you want to know about your specific Foodergies, make an appointment with me at Princeton Integrative Health Center to discover how to best support your health being Foodergies! Free.

ABOUT LAURA KEILES

“I facilitate your individual ability to clear the clogs in your digestive health drain.”

Laura Keiles, PMP, ND, HC, CNHP is a Natural Holistic Plumber in Hillsborough, NJ. She is a Board Certified Traditional Naturopath and Certified in Nutritional Wellness. Laura graduated in 2011 with a Doctor of Naturopathy degree from Clayton College of Natural Health. As part of her post doctorate research, she obtained her certification as a Gluten Free Practitioner. In 2008, she was identified with osteoarthritis of unknown origin, and shortly thereafter, with gluten and dairy sensitivity. This became a personal mission to help others learn to live pain free in a pain filled world, as she had.

Through a structured project plan of homeopathy, detoxification, cleanses, and dietary modification she found a way to support and maintain her health. She is committed to being the researcher and student, gathering data/information and turning it into knowledge and wisdom to share, and support others on their journey of health improvement.

Inspired by others who are educational role models, Laura got certified as a Health Coach from the Institute of Integrative Nutrition and a Certified Natural Health Professional. Her focus on the digestive function as the core of health issues has earned her the status of Natural Holistic Plumber. This, added to her certification as Project Management Professional since 1995, makes her the most uniquely qualified person to help you in your journey to health. She has also attended the Integrative Medicine Symposium for Mental Health so that she can find alternative ways to resolve pain using neuro-psychological supportive remedies. She is also Board Certified by American Association of Drugless Practitioners.

She lives with her husband and two sons, and helps them stay healthy and pain-free consuming what ever foods and food families work best for them. In her spare time she enjoys the company of family and friends, walks labyrinths, tends her organic garden, loves a good mystery book and listens to a lot of a-capella music.

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