



Regarding Genetic Food Intolerances

In all the many aspects of joining with you in our work to increase your good health, experience proves this topic is the single most difficult item to manage, simply because it can be so challenging for a patient to comply with what is asked of them. While it is true that some patients receive the news of genetic food intolerance(s) with aplomb, taking the foods out of their diets and increasing their health with little to no inconvenience, that is not the norm. I fully understand how challenging it may initially appear for you to reassess and reorganize your eating habits. Yet, I assure you that with patience and planning, you can do this.

For many of us, a genetic food intolerance does not present immediate symptoms. We may have symptoms which stem from these intolerances, but it is often not a simple "when I eat egg whites, I get a rash" or "when my child eats a sandwich made with bread containing wheat, he gets diarrhea."

To help you understand the high importance of avoiding the foods we have discovered you are intolerant to, here's a bit of what I know.

When you eat the food containing the substance(s) to which you are intolerant, your immune system identifies it not as a food but as an invader. The immune system mounts an inflammatory response, an attack if you will, and tries to kill this invader just like it would if you had bacteria, virus, fungus or parasite come into your body. This inflammatory response causes your adrenal system to work harder by increasing, or attempting to increase, its cortisol output in order to put "out the fire" of the inflammation. These responses by your immune system and your adrenal glands happen over and over and over again each time you eat the intolerant substance. Eventually, the immune system and the adrenal system reflect this burden and start to weaken.

Very simply, weakened immune and adrenal systems do not hold high promise of long term health. Here are some of the things, in no particular order of priority, we know can be correlated with undiagnosed and/or unmanaged genetic food intolerances:

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- Impaired intestinal wall integrity (this can result in malabsorption, which means you're not getting all the nutrients from the foods you eat; and since the purpose of eating is to get nutrition . . . need I say more?)
- Diarrhea, soft, loose stool and/or constipation and/or both
- Intestinal hypermobility (accelerated intestinal passage of food which results in vomiting/spasms of the gut/abdominal cramps/flatulence/belching)
- Changes in intestinal wall integrity (allows foreign bodies and microbes to get into your system through the gut wall)
- Skin problems (hives, dermatitis, rashes, acne)
- Respiratory Imbalances (chronic sinus/ear problems, asthma, frequent "colds" or "allergies")
- Heiner Syndrome (chronic pulmonary disease)
- Brain Imbalances (headaches including migraines, sleep disturbances, irritability, posture imbalances, nerve tingling, ADD/ADHD, depression)
- Blood Imbalances (chronic anemia, Vitamin K deficiency leading to blood clotting problems)
- Autoimmune disease (Biliary Tract Cirrhosis, Type I Diabetes, Arthritis, Hashimoto's Thyroiditis)
- Cancer (T-lymphocyte Lymphoma)
- Bone Imbalances (low bone mineral density leading to osteopenia, osteoporosis)

And please know this is just a partial list.

I'd like to remind you that these genetic food intolerances are just what the definition says: you were born with this situation courtesy of your mother and/or your father. That being the fact, you would do your blood family a great favor by sharing your diagnosis with them and suggesting they also be tested.

Many patients before you have successfully reorganized their eating habits and improved their good health. With acceptance, planning, and patience you can do this.

References courtesy of Diagnos-Techs, Inc.

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Genetic Gluten (Gliaden) Intolerance Guidelines

Foods to avoid:

Wheat	*Oats
Barley	Rye
Spelt	Kamut
Couscous	Triticale

*NB: oats never have and will never contain gluten; however, oats do contain gliadin, and oats are therefore not permitted irrespective of what the label says

Foods ok to eat:

Corn	Rice	Sorghum
Wild Rice	Buckwheat	Almond Flour
Millet	Arrowroot	Folio
Tapioca	Taro	
Wheat Grass	Barley Grass	
Barley Malt	Quinoa	
Amaranth	Teff	

There are a number of prescription and over the counter drugs that contain gluten/gliadin. Ask your pharmacist for clarification on any drug you take regularly. No supplement at WholeLife HealthCare contains gluten/gliadin.

Genetic Casein Intolerance Guidelines

All mammalian milk products contain the protein casein, however both cow and buffalo milk contain approximately ten times the amount of casein than others. If you absolutely must, and we do not encourage this at all, choose goat or sheep dairy products. Again, we caution you against consuming dairy of any type if you have been diagnosed with a casein intolerance. Try rice, almond or hemp milk for alternatives to mammalian milk. No supplement at WholeLife HealthCare contains casein.

Genetic Albumin Intolerance Guidelines

Simply put, avoid egg whites. No supplement at WholeLife HealthCare contains albumin.

Genetic Soy Intolerance Guidelines

Simply put, avoid all soy protein products. No supplement at WholeLife HealthCare contains soy protein.

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