Food Allergies: Complementary/Alternative Medicine

Significant improvement in symptoms and signs of a disease linked to food allergy while on an allergy-elimination diet

Positive test result from an acceptable food allergy test Typical signs of allergy:

- Dark circles under the eyes ("allergic shiners")
- Puffiness under the eyes
- Horizontal creases in the lower eyelid
- Chronic (non-cyclic) fluid retention
- Chronic swollen glands

QUICK REVIEW

Food allergies have been linked to many common symptoms and health conditions.

Some physicians believe that at least sixty percent of the American population suffers from symptoms associated with food reactions.

- When both parents have allergies, there is a sixty-seven-percent chance that the children will also have allergies.
- ullet It is often necessary to support the individual who has food allergies with supplemental levels of hydrochloric acid and/or pancreatic enzymes.

TREATMENT SUMMARY

While there is no known simple "cure" for food allergies, there are a number of measures that will help avoid and lessen symptoms and correct the underlying causes. First, all allergenic foods should be identified using one of the methods discussed in this chapter. After identifying allergenic foods, the best approach is clearly avoidance of all major allergens, and rotation of all other foods for at least the first few months. As one improves, the dietary restrictions can be relaxed, although some individuals may require a rotation diet indefinitely. For strongly allergenic foods, all members of the food family should be avoided.

- There are now effective blood tests to identify food allergies.
- ullet The simplest and most effective method of treating food allergies is through avoidance of allergenic foods.
- Many experts believe that the key to the dietary control of food allergies is the "Rotary Diversified Diet."
- \bullet During stressful times, food allergies tend to develop or become worse.
- Many physicians believe that oral food challenge is the best way to diagnose food sensitivities.
- The skin-prick test or skin-scratch test commonly employed by many allergists is of little value in diagnosing most food allergies.