

Food Sensitivity Testing



Symptoms of Food Sensitivities:

- 1. Weight Gain:** Foods such as dairy, starches, nuts, and gluten can cause unhealthy bacteria to overgrow and produce toxins that cause systemic inflammation. In addition, you could have weight gain due to nutrient deficiencies so make sure to eat fruits and veggies high in Pre-Biotics.
- 2. Stomach Cramps:** This is the most common symptoms of food sensitivities. This typically occurs after eating. When your digestive system is not able to properly process the food, this will lead to pain and cramping.
- 3. Constipation:** Constipation usually goes along with bloating and gas. It occurs because of a breakdown in the digestion of food. The body is unable to process the particular food, so instead of absorbing the nutrients and eliminating the waste, the digestive system allows waste to build up in the body.
- 4. Bloating and Gas**
- 5. Diarrhea:** This means that your body is unable to digest the food properly.
- 6. Brain Fog:** Foods such as gluten, sugar, and dairy, contain substances that metabolize in the body and cause addiction-like reactions in the brain.
- 7. Headaches:** Inflammation can trigger pain in the muscles, causing a headache. Other symptoms such as diarrhea, also have the potential to trigger headaches because of dehydration. Finally, the same withdrawal-like symptoms that cause brain fog and confusion can lead to head pain.
- 8. Fatigue:** Eating certain foods that you have a sensitivity towards can cause fatigue and tiredness during the day. If your body is struggling to digest the food that you have eaten, it may not be able to absorb the proper amount of nutrients and process the wastes from it correctly. In addition, the food is creating inflammation, which can trigger a response from your immune system, causing you to feel tired and run down.
- 9. Heart Burn:** Heartburn is from when stomach acid levels are too low to properly break down foods, causing the food and acid mix. It then travels into your esophagus and cause a burning sensation. To avoid this symptom of food sensitivity, try not to eat foods that trigger your heartburn, especially before bedtime. You can also limit beverage intake during meals so that the beverage does not dilute the natural digestive juices.
- 10. Acne or skin issues:** Skin issues such as acne, eczema, rosacea, itching, and rashes are often signs of a food intolerance, especially one to dairy, gluten or sugar.
- 11. Joint Pain:** When food is difficult to digest, you may experience inflammation throughout your whole body, but the joints are typically one of the most painful areas. This is because inflammation can cause bones to rub against each other, causing friction.