



## STATISTICS AND FYI

**Allergies** Inflammatory conditions resulting from an allergen (or antigen) producing an adverse immune reaction involving the antibody immunoglobulin E (IgE). Hypersensitivity disorders mediated by IgE include:

- Atopic Diseases
  - Allergic rhinitis
  - Allergic Conjunctivitis
  - Atopic Dermatitis – i.e. Eczema
  - And Allergic Asthma
- Urticaria – i.e. Hives
- Digestive Allergy
- And Systemic Anaphylaxis

**\*Merck Research Laboratories, 2000**

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“A simple explanation of food allergy is that it is an inappropriate response by the immune system that results in symptoms. Our immune systems keep us free from disease by recognizing a “foreign invader” when it enters the body and by releasing in response a battery of defensive chemicals (called “inflammatory mediators”) into local tissue and into the circulatory system. All the food we eat comes from foreign sources – plants and animals- that we consume as nourishment. Normally our immune systems see this material as “foreign but safe” due to a complex process of tolerance that occurs when food is processed through the digestive system. When something goes wrong during this processing, a person becomes “sensitized” to the food, and thereafter the immune system perceives it as foreign and a threat. Whenever that food enters the body again, the immune system treats it as if it could cause disease. The systems that we experience as a result of this defensive action are called allergies. “

**\* Dealing with Food Allergies in Babies and Children by Janic Vickerstaff Joneja, PhD, RD**

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**Intolerance** A word used to describe the inability of a body to normally process foods. The immune system and immune systems responses are not involved in intolerance. Does not involve a response of the immune system. The chemicals released in the immune response are not involved in an intolerance reaction. Most intolerance reactions that we understand (and there are many that we do not!) involve a defect in the processing of the food, either during digestion, or later, after the food parts, or components, have been absorbed into the body.

[WWW.MODISHMONKEYS.COM](http://WWW.MODISHMONKEYS.COM)

*Organic Baby Boutique specializing in products to help ease the lives of children suffering from Eczema, Asthma, and Allergies*

**Symptoms of an adverse reaction (Allergy or Intolerance) in babies and children:**

**Gastrointestinal tract**

- Persistent colic
- Abdominal distress (distension)
- Frequent “spitting up”
- Nausea
- Vomiting
- Diarrhea
- Constipation
- Bladder infections

**Skin**

- Hives (urticaria)
- Facial reddening and swelling
- Swelling and reddening around mouth
- Eczema
- Dry itchy skin
- Persistent diaper rash
- Redness around anus
- Redness on cheeks
- Reddened ears
- Rash of unknown origin
- Scratching and rubbing

**Respiratory tract**

- Nasal stuffiness
- Sneezing
- Nose rubbing
- Noisy breathing
- Persistent cough
- Wheezing
- Asthma
- Itchy, runny, reddened eyes
- Frequent earaches and infections

**Other**

- “Feeding problems” (baby or child may forcibly reject food)
- Failure to gain weight (failure to thrive)
- Weight loss
- In extreme cases, involvement of all body systems in anaphylaxis. This can be life threatening
- Insomnia, hyperactivity, and depression
- Bedwetting
- Fatigue, headaches, and migraines

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**Foods commonly associated with specific allergies**

Allergy Symptom	Associated Foods
Headaches	Wheat, chocolate
Migraine Headaches	Alcoholic beverages, cheese, chocolate, nuts, wheat, citrus fruits, tomatoes, MSG, nitrates, eggs, and milk
Eczema	Citrus fruits, tomatoes, and eggs
Hay Fever	Milk, wheat, nuts, chocolate, cola drinks, and sulphites
Hives	Strawberries, tomatoes, eggs, chocolate, shellfish, mangoes, pork, and nuts
Childhood Allergies	Milk, wheat, eggs, artificial coloring/flavours, salicylates, peanuts, rye, beef, and fish
Asthma	Wheat and eggs
Cerebral Symptoms	Corn, wheat, and soybeans

<http://www.naturalways.com/allergy1.htm>

**Celiac Disease** is a common (yet often misdiagnosed) genetic intolerance to gluten. Triggered by eating gluten, the immune system responds by attaching the gluten molecule, and in so doing, it also attacks your body cells. This is called an *autoimmune response*. The disease can develop at any age, in people of ethnicity, and it results in damage to the small intestine, which can cause poor absorption of nutrients. Although the damage occurs in the gastrointestinal tract, not all symptoms are gastrointestinal in nature. In fact, symptoms are vast and varied, and they sometimes come and go, which makes diagnosis difficult.

#### **Gastrointestinal Symptoms**

- Abdominal pain and distension
- Acid reflux
- Bloating
- Constipation
- Diarrhea
- Gas and flatulence
- Greasy, foul-smelling, floating stools
- Nausea
- Vomiting
- Weight loss or weight gain

#### **Nongastrointestinal Symptoms**

- Fatigue and weakness (due to iron-deficiency anaemia)
- Vitamin and/or mineral deficiencies
- Headaches (including migraines)
- Joint/bone pain
- Depression, irritability, listlessness, and mood disorders
- Fuzzy brain or an inability to concentrate
- Infertility
- Abnormal menstrual cycles
- Dental enamel deficiencies and irregularities
- Seizures
- Ataxia (bad balance)
- Nerve damage (peripheral neuropathy)
- Respiratory problems
- Canker sores (aphthous ulcers)
- Lactose intolerance
- Eczema/psoriasis (skin conditions)
- Rosacea (a skin disorder)
- Acne
- Hashimoto's disease, Sjogren's syndrome, lupus erythematosus, and other autoimmune disorders
- Early onset of osteoporosis
- Hair loss (alopecia)
- Bruising easy
- Low blood sugar (hypoglycemia)
- Muscle cramping
- Nosebleeds
- Swelling and inflammation
- Night blindness

Celiac is also related to infertility, spontaneous abortions, menstrual problems, and intrauterine growth retardation (abnormally slow growth of the fetus).

#### **Spotting symptoms in kids;**

- Inability to concentrate
- Irritability
- ADD/ADHD or autistic-type behaviours
- Failure to thrive
- Short stature or delayed growth
- Delayed onset of puberty
- Weak bones or bone pain
- Abdominal pain and distension
- Nosebleeds.

*\*Living Gluten-Free for Dummies by Danna Korn, founder of the national support group R.O.C.K. (Raising Our Celiac Kids)*

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## Cows Milk

- Is estimated to affect about 1 in 50 children
- Milk allergy is typically outgrown by age 5 years.

## Wheat

- About 1 in 250 children has a wheat allergy.
- About 20% of children with wheat allergy have other grain allergies.
- Most children outgrow wheat allergies by 5 years of age.
- Buckwheat has been associated with severe reactions

**Gluten** is composed of the two proteins gliadin and glutenin, which are found in many grains but are found in greatest quantity in wheat, followed by rye (a distant second), oats, barley. Gluten gives the wheat flour elasticity and strength and allows breads to “rise”. After kneading, gluten traps the carbon dioxides produced by the yeast or other chemical leavening agent, or “rising” of the dough.

**Wheat** in the United States unfortunately starts with a raw material that is very nutritious and a final product that in most instances is not. Wheat products undergo a process which 60 percent of the wheat grain is removed. Included 40 percent lost are the most nutritious aspects of the wheat: the bran and the germ. As a result, more than half of the B vitamins, folic acid, zinc, copper, phosphorus, calcium and iron are removed.

**Casein** is a protein that is found in milk and used independently in many foods as a binding agent. Technically, it is part of a group called *phosphoproteins*, collections of proteins bound to something containing phosphoric acid. Casein may also be called *caseinogen*, particularly in European foods. (<http://www.wisegeek.com/what-is-casein.htm>)

**Milk** is good for the body?! But certainly not to the extent that one might think based on the marketing claims of the dairy industry. Rather, moderation seems warranted. Many people are lactose-intolerant or allergic to milk, and growing evidence suggests that unlimited dairy consumption may be linked to various other health conditions, as Milk and Cheese are often loaded with fat and cholesterol. Over consumption can lead to;

- Some forms of cancer
- Heart disease
- obesity
- Asthma
- Diabetes

Milk products may also be contaminated with pesticides, dioxins, and drug residues, and concern is growing about the use of hormones in cows to boost milk production.

**Lactose free products** Is prepared at a processing plant by adding the enzyme to pasteurized milk and storing it for twenty-four hours. When the appropriate level of reduction has been reached, the milk is pasteurized again to stop the activity of the lactase enzyme. Lactose free products taste sweeter than traditional counterparts.

**Organic dairy products** come from cows fed and raised without the use of pesticides, synthetic fertilizers, antibiotics, or hormones.

**The Encyclopedia of Healing Foods by Michael Murry- N.D. and Joseph Pizzorno – N.D. with Lara Pizzorno – M.A., L.M.T.**

In most cases if there is sensitivity to Gluten/ Wheat there is generally going to be one to Casein/Dairy and vice versa.