



FCSS PRESENTATION

Our Story

My battle and motivation had always been Allergies, asthma, and eczema until I picked up one book called Healing the New Childhood Epidemics by Kenneth Bock. I had NO reason to pick this book up as my child has food related eczema.... I don't need to know about the rest of this stuff... pick your battles my husband likes to say... The second book which helped connect more dots for me was Healing and Preventing Autism by Jenny McCarthy... again... I don't have a child with Autism! Why did you buy it my husband asked... Remember ALLERGIES AND ECZEMA. So after reading this one a friend of mine who is a speech pathologist sent me an email for a Autism Today conference coming to Edmonton in March 2010... Why

she sent this to me still shocks me, as she was a FIRM believer that food played no part in healing (NOT CURING) Autism and related spectrum disorders. For those of you who believe in nothing happening by accident... I seized the opportunity and jumped in to research. I sat at a table with a bunch of moms of Autistic Children, mine just has allergies.... why am I hear again. After listening to doctors and specialists present for 3 straight days, I FULLY knew why I was there. The underlying health symptoms of Autism, allergies, Asthma, and ADHD are all but virtually the same but to different severities. How could this be... TRIGGERS! The all suffer from food sensitivities, allergies, Gastro intestinal issues, Immune system response, It all starts and ends with the GUT... and what you put in it. My MAJOR AHA moment.

I have had so many books lately that cross my desk dealing with the 4-A epidemics and how they relate to each other.

Most of the epidemics we face today as children or adults stem from the inner workings of the intestines, yeast, Immune system response, Central nervous system response. Etc.

I am not say that all these epidemics can be cured but we can eliminate the symptoms or reactions by dealing with the core of the health issues, not just medicating and putting a band-aid on them.

I stood up at the conference I went to and asked the keynote speaker what is the statistic for a healthy "TYPICAL" developing child ... he told me there isn't one.... This is the Modern Child! Scary.

Statistics for todays Epidemics children face

<u>Obesity</u>	26% of children in canada are obese
<u>Allergies</u>	1 in 3 Canadian children suffer from allergies
<u>Asthma</u>	12% of Canadian children have been diagnosed with Asthma
<u>ADHD</u>	1 in 17 Canadian Children
<u>Autism Spectrum Disorders</u>	Now 1 in 90

Celiac

1 in 100, 97% of people who actually are celiac haven't been formally diagnosed... stat does not reflect them.

Food Intolerance

approx 75% of Canadian population is intolerant to certain foods, additive and preservatives

Colic

20 – 30% of Canadian infants

Irritable Bowel Syndrome

Approx 15% of Children

Candida

75% of Canadians deal with yeast overgrowth

Sourced from numerous online sources.

Symptoms your doctor hasn't told you about in regards to food related issues

Health Canada identifies nine priority food allergies: Peanuts, eggs, milk, tree nuts, wheat, soy, sesame seed, seafood, and sulphites. Recently added is Mustard.

<http://www.cbc.ca/news/background/foodsafety/allergies-school.html>

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 sulfites
Hives	Strawberries, tomatoes, eggs, chocolate, shellfish, mangoes, pork, and nuts
Childhood Allergies	Milk, wheat, eggs, artificial coloring/flavors, salicylates, peanuts, rye, beef, and fish
Asthma	Wheat and eggs
Cerebral Symptoms	Corn, wheat, and soybeans

Food Intolerance – A few of the symptoms

Respiratory	Asthma, rhinitis (nasal allergy), glue ear
Gastrointestinal	Infantile colitis and colic, Crohn's disease, Recurrent abdominal pain (especially in children), diarrhoea and constipation, Irritable bowel syndrome
Skin	Eczema, urticaria
Nervous system	Headache and migraine, hyperactivity
Heart / circulation	Palpitations (heart rhythm abnormalities)
Musculoskeletal	Unexplained joint pain, some kinds of arthritis, unexplained muscle pain
Psychiatric	'Somatisation Disorder' Fatigue and hypersomnia (an inappropriate need for sleep)

http://home.clara.net/radcliffe/foodintol_sx.htm

Some other interesting Symptoms

TipToe Walking – Yeast, Constipation, pain/irritability in the bowels

Bloated belly/ Distention – Yeast, constipation, Allergies,

Diarrhea – Infectious Disease such as yeast, Decreased digestive enzymes, IBS,

Dark Circles under eyes – ALWAYS ALLERGIES

Teeth Grinding – Parasites, IBS, pain, anxiety, yeast

Gas – Candida

Aggression – IBS, Anxiety, Ocd, Pain, bacterial Infection, allergies, hormone imbalance

Undigested food in Stool – Yeast, lack of digestive enzymes

No pain, sensory dysfunction – Gluten/ Casein

Not sleeping through the night – Eating trigger foods, reflux, bowel pain, constipation, anxiety

High pain tolerance – Opiate from Wheat and Dairy is a pain blocker.

*Healing and Preventing Autism by Jenny McCarthy

The common thread between all these epidemics – FOOD, TOXINS, ADDITIVES, ENVIRONMENT... Food for thought.

Additives & Preservatives

According to Health Canada, a food additive is "any chemical substance that is added to food during preparation or storage and either becomes a part of the food or affects its characteristics for the purpose of achieving a particular technical effect."

They're usually used to increase shelf life, sweeten food without adding calories, keep powders free-running, or to enhance the colour of a product. They play a key role in Canada's food processing industry, estimated to be worth more than \$43 billion US in 2001.

Are there health risks to food additives?

Depends who you ask. Health Canada says all food additives go through a rigorous process before they are approved. However, some additives that are permitted in Canada have been banned in other countries. And some additives have been linked to cancer and other conditions. For instance, Red Dye No. 3 — which is sometimes added to ice cream, jams, pickles, liqueurs, ketchup and smoked fish — was banned by the U.S. Food and Drug Administration in 1990 after studies linked it to cancer in animals. It is still permitted in Canada.

Are there any other concerns with food additives?

Some studies have linked some food additives to hyperactivity in children. A [recent British study](#) found that children without a history of any hyperactive disorder showed varying degrees of hyperactivity after consuming fruit drinks with various levels of additives. Those additives included:

- **Sodium benzoate**, a preservative used to extend the shelf life of food and drinks. It's common in pickles and sauces.
- **Tartrazine**, a yellow food dye used in ice cream, soft drinks and fish sticks. It is a sodium salt and contains more salt than the human body can

handle. Besides hyperactivity, research has linked it to asthma, skin rashes, and migraines. This product is banned in Norway and Austria.

- **Quinoline yellow**, a yellow dye used in soft drinks, cosmetics and medications. This additive is banned in Australia, Japan, Norway and the United States.
- **Sunset yellow**, a dye used in yogurts and sweets. This product is banned in Norway and Finland.
- **Allura red**, a dye used in soft drinks and bubble gum. This additive was introduced in the early 1980s to replace Amaranth, a dye that was banned by the U.S. Food and Drug Administration and is only allowed in France and Italy in the production of caviar. Allura red is banned in Denmark, Belgium, France, Germany, Switzerland, Sweden, Austria and Norway.

What are some of the other food additives that have raised concerns?

Some people report a sensitivity to **monosodium glutamate**. Some MSG-intolerant people can develop MSG symptom complex, which is characterized by one or more of the following:

- A burning sensation in the back of the neck, forearms and chest.
- A numbness in the back of the neck, radiating to the arms and back.
- A tingling, warmth and weakness in the face, temples, upper back, neck and arms.
- Facial pressure or tightness.
- Chest pain.
- Headache.
- Nausea.
- A rapid heartbeat.
- Bronchospasm (difficulty breathing) in MSG-intolerant people with asthma.
- Drowsiness.

(Source: U.S. Food and Drug Administration)

But for the vast majority of people, MSG has not been determined to be a risk.

Sulphites are also used to maintain food colour, prolong shelf life, prevent the growth of micro-organisms, and maintain the potency of certain medications. They are also one of the nine most common food products that cause severe allergic reactions.

U.S. doctors raised concerns in 2007 about the use of **diacetyl**, an additive used in some microwave popcorns. Doctors said a U.S. man developed life-threatening lymphocytic bronchiolitis, sometimes referred to as "**popcorn lung**," after eating several bags of microwave popcorn daily over the course of a number of

years. ConAgra Foods, General Mills and Weaver Popcorn Company have all announced they no longer used diacetyl in their products.

High-fructose corn syrup has also come under scrutiny in recent months, spurring the Corn Refiners Association to launch a campaign defending the safety of the preservative. The sweetener, used in a wide range of beverages and processed foods, has been linked in animal studies to diabetes and high cholesterol. At a 2007 American Chemical Society conference, U.S. researchers suggested soft drinks containing HFCS may be linked to the development of diabetes, especially in children.

<http://www.cbc.ca/news/background/foodsafety/additives.html>

Sweeteners

Names for Sugar and Sweeteners (partial list)

aspartame	carbohydrate	carob powder
corn starch	crystalline	dextrin dextrose
disaccharides	galactose	glucose
levulose	maltitol	maltodextrin
maltose (malt sugar)	malts of any kind	mannitol
mannitol	mono-saccharides	NutraSweet
polydextrose	polysaccharides	ribose
saccharin	sorghum	suamiel
succanat	Sucrose	

<http://www.healingnaturallybybee.com/articles/intro2.php>

Coloring – Are manufactured from Coal Tar and contain Petroleum, Lead, Mercury, Arsenic... and on.

Vanillin – Manufactured from the waste product of paper mills and another source is petroleum. Contain high levels of sulphites and other contaminants.

Perservatives - used primarily to prevent fats from becoming rancid, allowing foods to have a longer “self-life” (BHA, BHT, AND TBHQ). Most are not believed to be a health hazard, but the above three petroleum based preservatives have been found to trigger behaviour and health problems, and are carcinogens.

Nitrates – used to preserve color and maintain microbial safety. Found in most grocery store meats, Salmon, Sandwich meats, Bacon, Hot Dogs, and the list goes on.

Why are hormones used in food production?

Certain hormones can make young animals gain weight faster. They help reduce the waiting time and the amount of feed eaten by an animal before slaughter in meat industries. In dairy cows, hormones can be used to increase milk production. Thus, hormones can increase the profitability of the meat and dairy industries.

<http://envirocancer.cornell.edu/Factsheet/Diet/fs37.hormones.cfm>

Toxins – Home Cleaners, Skin Care, products in homes (Toxins in the home are 75% higher than outside)

Small changes in diet can make a positive effect on the health of your family

Schools who have implemented 100% organic healthy meals have had remarkable improvements in the areas of Behaviour and Retention.

Dirty Dozen – Must buys for organics

Organics - Produce grown without pesticides, herbicides, insecticides or fumigation, resulting in greater health for soil, plants, animals and people. Support local organic farming families and enjoy better nutrition and flavour!

If you can't do organics than at least try and keep the foods you are buying fresh and whole. You are much better to load your cart with fresh produce, etc than pre made meals and snacks. Our rule in our house started as anything we bought that was premade – be it snacks, cereals, juices, meals, had to be organic. From there we switched all our produce to organics, our meat is all from local organic farmers or health food stores. You progress with the changes one step at a time, Baby steps. A great place to start other than the premade foods is the Dirty Dozen

12 Most Contaminated

Peaches

Apples

Sweet Bell Peppers

Celery

Nectarines

Strawberries

Cherries

Pears

Grapes (Imported)

Spinach

Lettuce

Potatoes

12 Least Contaminated

- Onions
- Sweet Corn (Frozen)
- Mango
- Sweet Peas (Frozen)
- Bananas
- Broccoli
- Avocado
- Pineapples
- Asparagus
- Kiwi Fruit
- Cabbage
- Papaya

With all the genetically modified foods, full of preservatives, pesticides, hormones, antibiotics, etc; you get a bit of an understanding of where all these sensitivities, allergies, spectrum disorders and diseases come from. Once you have a child who is sensitive to food, you start to become aware of the why... could it be the fact that our food is for the most part not natural. Hmm. Food allergies are on the rise at an alarming rate, and links to the manufacturing or contamination of our standard foods have been made.

You can't remove Allergies, Eczema, Asthma, ADHD, OCD, Autism and on from a child, they will always have it, what you can remove is all the symptoms and underlying health issues. They can function as 100% normal functioning children.

My child will always have allergies, Eczema, and Asthma but by dealing with his Yeast, Liver Function, Toxin Levels, IBS, and eliminating all his reactive foods, you would 100% never know that he suffers from these things.

I don't use steroid or cortisone creams, I don't use an inhaler, I don't use epi pens, and I don't use antihistamines.... just food and 100% natural supplements. Don't get me wrong, there is a place for Modern medicine in protecting my child in case he has a reaction, but we only keep it for emergencies.

Maybe these kids are trying to tell us that we are harming not only the earth, our people, but are harming our children most of all. The change starts with you! You are not going harm your child by improving their eating habits and lifestyle. (Food Inc. Is a great movie for identifying the processes behind the foods we consume everyday.)

"We do not inherit the Earth from our ancestors: we borrow it from our children."

Indian Proverb