

FOOD SENSITIVITIES/INTOLERANCES

Dr Thomas has reviewed your child's **US BIOTEK** food sensitivity tests and has determined that some dietary changes may be in order. The US BIOTEK food sensitivity test was done because your child was probably experiencing some chronic negative health issues.

Please make note of bars registering levels one thru six on the result sheet.

If the levels are in the low to moderate range and if your child is symptomatic, try to avoid or reduce those foods (Reaction Class Legend is at the bottom of the US BioTek page).

Foods registering in the I to II range you might try avoiding for 1 to 3 months if your child has significant health issues. After that, slowly reintroduce the foods back into the diet one at a time. If symptoms return, eliminate the food for a few more months.

Foods registering levels III to IV are more likely to be causing problems. Some foods are eliminated faster than others and if it is possible, best avoided for 3 to 6 months.

Foods registering in the V to VI range are considered extreme sensitivities and continued exposure to these foods is not recommended. It is best to remove these foods entirely from your child's diet including even small amounts in processed foods.

Removing foods that are higher on the sensitivity rating may benefit chronic health conditions such as; ADD, ADHD, asthma, autism, chronic rashes, constipation or diarrhea, ear infections, eczema, headaches, nasal drainage, stomachaches and vomiting.

Food sensitivities may be caused by inflammation in the intestinal tract. While your child follows these food elimination recommendations we also recommend a daily **probiotic** be taken. Probiotics may help decrease the inflammation. If your child's test shows reactions on nearly all foods this may indicate chronic gut inflammation - taking two different probiotics is highly recommended. It is not necessary to eliminate all those foods, as this could result in removing everything in some cases.

Your child may also benefit from taking a dietary enzyme which helps the digestive system digest proteins down to more absorbable amino acids. Probiotics and digestive enzymes are available at our office. (Caution: some enzymes contain casein-read labels).

New studies in allergy immunology suggest children with low levels of **vitamin D** may be more likely to develop food allergies. Dr Thomas suggests a daily supplement of vitamin D. Follow dosage amounts listed. Under 40 lbs = 1000iu, 40- 60 lbs = 1000iu, 60 – 80 lbs = 1500iu, 80-120 lbs = 2000iu, over 120 lbs = 2500iu.

Vitamin C helps to combat food reactions and build immunity. A dose of 500 to 1000mg taken 1-3 times daily is suggested. The Mayo Clinic lists Vit C is tolerated as follows:

“The tolerable upper intake levels (UL) for vitamin C are 400 milligrams daily for children 1-3 years old; 650 milligrams daily for children 4-8 years old; 1200 milligrams daily for children 9-13 years old; and 1800 milligrams daily for adolescents and pregnant and lactating women 14-18 years old.

Many parents have contacted us in frustration when first learning we suggest altering their child's diet. They think there is nothing their child will eat now that all their favorite dairy/bread foods are restricted. This may be true if your child is highly sensitive to gluten and/or casein, they will typically crave those foods over other choices. If the body cannot properly digest gluten and casein, these peptides may act like opiates-hence the craving of certain foods. We suggest alternatives to the gluten/casein products. **Our goal in trying this diet is to alleviate chronic discomfort and improve your child's health.** Note: There may be initial gut irritability when starting the GFCF diet.

People following a gluten-free diet are more at risk to have **folate** deficiency. We recommend increasing folate in the diet by adding foods like beans, leafy green vegetables, asparagus, lentils, orange juice and animal proteins including poultry, pork and shellfish.

For autistic children: Typically gluten and casein are a problem and should be removed 100% with no cheating at all. Often peanuts, eggs and soy are also an issue. If possible remove all foods reacting in the moderate to severe range.