

## 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.

## Starting a gluten-free, casein-free diet

Dr Thomas has evaluated your child's **US BIOTEK** food sensitivity test and is recommending that your child might benefit from following a gluten-free and possibly casein-free diet, (GFCF diet).

**Gluten** is found in wheat, oats, rye, barley, bulgur, durum, kamut, spelt, semolina, couscous, malt, some vinegars, soy sauce and artificial flavorings. It may take up to six months to see the benefits of a gluten free diet. Substitutes for gluten are numerous-flours are made from rice, potato, buckwheat, arrowroot, almond, quinoa, and cornmeal just to name a few.

**Casein** is a protein found in milk, cheese, butter, yogurt, ice cream, whey, some brands of margarine, cottage cheese and ricotta cheese. The benefit from taking no casein is typically seen in three to four weeks. A good supplement is Rice Dream –enriched with calcium and vitamin D.

Removing foods that are high 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, stomach aches and vomiting.

Food sensitivities may be caused by inflammation in the intestinal tract.

While your child is following this diet, Dr Thomas recommends a good daily probiotic which can help decrease the inflammation. Your child may also benefit from taking dietary enzymes which helps the system digest proteins down to more absorbable amino acids. (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 below.

Under 40 lbs = 1000iu, 40-60 lbs = 1000iu, 60 to 80 lbs = 1500iu,  
80 -120 lbs = 2000iu, and 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 recommended.

Many parents have contacted us in total frustration when first learning that they need to alter their child's diet saying there is nothing their child can eat now that all their favorite foods are restricted. This may be true if your child is highly sensitive to gluten and/or casein and is consuming mainly dairy and bread they typically crave those foods. If the body cannot properly digest gluten and casein, these peptides may act like opiates -hence the craving of certain foods. **Our goal in trying this diet is to alleviate chronic discomforts and improve your child's health.** There may be initial increased irritability when starting to GFCF diet.

People following a gluten-free diet are more at risk to have folate deficiency. Therefore, Dr Thomas recommends 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.

Recommended daily allowances for folate are:

Infants 0-6 months	= 65mcg per day
Infants 7-12 months	= 80mcg per day
Children 1-3 years	= 150mcg per day
Children 4-8 years	= 200mcg per day
Children 9-13 years	= 300mcg per day
Adolescents 14 – 18 years	= 400mcg per day

There are numerous websites that have a wealth of information about these diets and we urge you to familiarize yourself with them. We suggest a few here to get you started.

**Google GFCF diets-**

Several good sites for information are:

1. [www.Gfcf-diet.talkaboutcuringautism.org](http://www.Gfcf-diet.talkaboutcuringautism.org)

This site has an excellent page on getting started with the diet. It is listed as: 10 weeks to gfcf. Alter it if casein is not a concern. There is a section on how to read labels that is helpful. The hints for diet success and the things that can cause failure are excellent. Please take a look at the diet quick reference guide listing what basic foods are allowed on the diet. You can find this listed in the top headings on the 10 wks to gfcf page.

2. [www.gfcfdiet.com](http://www.gfcfdiet.com)

3. [www.celiac.com](http://www.celiac.com)

4. [www.theglutenfreegirl.com](http://www.theglutenfreegirl.com)

5. [www.autismweb.com/diet](http://www.autismweb.com/diet) \*lots of book recommendations.

6. [www.nomilk.com](http://www.nomilk.com)

7. [www.Livingwithout.com](http://www.Livingwithout.com) \*they also have a nice magazine

This is an excellent website. The casein-free diet Quick start guide is great.

**Super Markets-**

**Most stores now carry gluten-free, casein-free foods.**

Whole Foods has a booklet available that directs you to GFCF foods.

Fred Meyer carries GFCF in the Nutrition store and in the main store.

New Seasons and Trader Joes are good resources.

Win Co, Safeway, Albertsons all carry GFCF.

Bobs Mill products or [www.bobsredmill.com](http://www.bobsredmill.com) carries many GF flours.

Bobs Mill located at 13521 S.E. Pheasant Court in Milwaukie offers tours and cooking classes-for info call 503-654-3215

There are many on-line stores to buy ready-made GFCF foods.

**Books**

We carry several books here in the office-check out the selection.

Powell's, Border's and Barnes and Noble have many resources.

**Nutritionists**

Providence St Vincent Nutrition Services

(Available occasional Saturdays)

503-216-2368 for ages 16 and above

503-216-2339 under 16 years of age-Gerry Frank Center

Ruth Carey, R.D.

[www.RuthCarey.com](http://www.RuthCarey.com)

Tualatin area

503-678-2425

Angela Hermes, R.D.

[www.BeavertonWellnessCenter.com](http://www.BeavertonWellnessCenter.com)

Beaverton

503-643-0892

Ericka Zelfand, ND

Naturopathic Medicine

971-317-0222

**Holistic Nutritional Counseling**

Stephanie Arellano 541-301-5194

Nutritional counseling, personal shopping trips, cooking classes, pantry make-overs.

David Lindsley, RD 503-213-3555

15455 NW Greenbrier Pkwy Rd #100

(accepts most insurance with referral)