



DR. SHANNYN FOWL, ND
Naturopathic Medical Doctor

7200 Parkway Drive

Suite 117

La Mesa, CA 91941

Phone: 619/772-1164

Fax: 619/639-8520

www.journeyofhealth.org

Food Intolerances

My goal is for you to be able to use the results in this panel to help identify foods that are triggers for your symptoms. Here is a review of what we have discussed in our appointment.

Step 1: Avoid all food intolerances if at all possible for 6 weeks. If you are not able to avoid all of them, concentrate on the ones with 2 and 3 stars.

Step 2: Rotate all other foods every 3 or 4 days. List your black (non-reactive ones) foods on 3 lists. Split up your proteins, veggies, fruits, grains, spices, etc. evenly into the 3 lists, leaving off the foods in red (reactive ones). This can guide you as to what to eat on the rotation days.

For example:

Day 1:	Day 2:	Day 3:
Almond	Beef	Cashew
Apple	Banana	Grape
Asparagus	Broccoli	Cabbage
Mustard	Oregano	Basil

The goal here is not to create a new food reaction by bombarding your body with the same food daily. When you eat the same thing every day, your body may think that those foods are the enemy, too.

Step 3: After 6 weeks, reintroduce one single-star food at a time and note any reactions. Try 1 serving, wait 2 days, and if no reactions occur, then try a 2nd serving, wait 2 days, then try a 3rd serving. Food reactions can be delayed, which makes them mysterious to identify, but now you have a guide. If you try chocolate, for example, and notice that you are tired but are not sure if it is connected, write it down next to the food with a question mark. Wait and try it again at a later time. If you have the same reaction again, then it is likely connected to the food and not the many variables of life. You may be able to tolerate 1 serving of the food a week but not 2 before you experience symptoms.

Reactions can be headaches, belly pain, feeling emotional or irritable, rashes, waves of fatigue, brain fog, palpitations, joint pain, or really anything that you have had before. See the back of handout for more.

Most patients have questions right around the time they start introducing foods. This is a good time for another appointment so we can see where you are and find a strategy that will work for you. If you've noticed a change in symptoms (for better or worse), find that you're more sensitive, or have questions about how to identify reactions, we can discuss it before you begin to reintroduce foods. The easy part is taking out the foods. Please let me help you identify what your body is telling us so we can have long lasting results.

See the back of this handout for more FAQ's and tips.

FAQ's and Tips

The following reactions can occur during the “withdrawal phase” of the elimination diet or during the reintroduction/challenge phase. If an unpleasant reaction should occur, discontinue the food and make a note of the reactions (feelings, bloating, mucous production, mental change, chills, etc.) in the symptom diary.

- Skin reactions – itching, burning, hives, red spots, sweating, etc.
- Ear, Nose & Throat – sneezing, runny nose, sore or dry throat, hoarseness, ringing in the ears, dizziness.
- Eyes – Blurring, spots before eyes, watering, pain, twitching, sensitivity to light, redness and swelling of lids.
- Respiratory – wheezing, mucous formation, shortness of breath, tightness of chest, asthma.
- Cardiovascular – pounding heart, increased heart rate, flushing, tingling, faintness.
- Gastrointestinal – increased salivation, canker sores, indigestion, bloating, stomachache, heartburn, colic, constipation, pain, diarrhea, gas, itching or burning of rectum or anus. One may also experience weight gain from a food intolerance.
- Genitourinary – frequent, urgent or painful urination, inability to control bladder, itching, discharge, pain, water retention.
- Musculoskeletal – Fatigue, weakness, pain, swelling, stiffness of joints, backache.
- Nervous System – headache, migraine, drowsiness, inability to concentrate, depression, irritability, restlessness, hyperactivity, dizziness, numbness, tremors.

You can track reactions in a journal, on a calendar, spreadsheet – whatever works best for you. It is helpful to make note of what time you ate the food as well. You may do okay eating something in the morning but find that, if you eat it for dinner, you cannot sleep that night.

When introducing foods, it is easier to track reactions if you introduce it as a single, whole ingredient. Say you are introducing corn: introduce a cup of corn rather than corn puff cereal or corn chips. There are too many variables when food trialing with packaged, multi-ingredient products.