

## Determine Your Food Allergy At Home

### How Do You Determine Your CORE Food Allergens?

It is a simple process that you can do at home, free of charge! The majority of food allergies/intolerances are delayed sensitivity reactions. Elimination is the most accurate way for you to determine the delayed sensitivity reactions. **To do this, you must eliminate the suspected food intolerance completely from the diet for 2 weeks, then reintroduce and watch for reactions for 4 days (see below).** Your core food allergen/intolerance **complicates the healing process** by increasing the overall **body inflammation**. Once you remove the core food allergen, your body's inflammation will reduce, and sensitivities to other foods will decrease as well.

**The main 4 food allergens are: wheat (gluten), corn (zein), dairy (casein), and soy. Next common after that are chocolate, peanuts, eggs, tomatoes, and beef.**

### THE TEST:

**Eliminate the suspected food intolerances completely from the diet for 2 weeks. Then, reintroduce and watch for reactions for 4 days (see below).**

#### Immediate histaminic response (within hours, that night, or next day)

- Red, burning eyes, or teary eyes
- Tiredness, sleepiness
- Headaches
- Mood changes, irritability
- Rashes, hives
- Nausea, cramps, diarrhea
- Difficulty concentrating
- Restlessness, difficulty sleeping

#### Delayed immunological response (onset 2-7 days later)

- Colds & Flu – (WBC mediated response)
- Tiredness, sleepiness
- Colored phlegm, inflammation of mucous membranes
- Fever
- Skin itching, irritation, and dryness – eczema
- Rashes, hives
- Increased inflammation / pain (elevated C-Reactive Protein)
- Achy body
- Vomiting

#### Common severe allergy symptoms are the following:

- **Dairy:** Dry skin/eczema, and respiratory conditions (asthma, etc)
- **Wheat:** Excessive sweating, colitis, bowel irregularity, and high blood pressure
- **Corn:** Neurological symptoms (like tremors, ticks, shakes, seizures)
- **Soy** is a learned food allergy. After discontinuing for 3 months, many people can handle limited amounts.

#### Hidden places your allergen may be (always read ingredients on premade foods):

- **Wheat** – soy sauce, barbecue sauce, flour (pasta, bread, cakes, cookies)
- **Dairy** – allergic to protein called casein (caseinate): salad dressings, milk, cheese, ice-cream
- **Corn** – corn syrup in premade beverages, corn oil used to cook chips, popcorn, corn chips, etc.
- **Soy** – salad dressings, textured vegetable protein, soybean oil used to cook chips, edamame, etc.