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 no 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 intolerance 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 and irritation and dryness-Eczema
- Rashes, hives
- Increase Inflammation / Pain (Elevated C-reactive protein)
- Achy Body
- Vomiting

**Common severe allergy symptoms are the following:**
- Dairy=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 allergen, discontinue 3 months then many people can do limited amounts

**Hidden places your allergen may be:** (always read ingredients on premade foods)
- Wheat- in soy sauce, barbeque sauce, flour, (pasta, bread, cakes, cookies)
- Dairy-allergic to protein called casein (caseinate), salad dressings, (milk, cheese, ice cream, etc)
- Corn- corn syrup...in premade beverages, corn oil-used to cook chips (popcorn, corn chips)
- Soy-salad dressings, textured vegetable protein, soybean oil –used cook chips (edamame etc)