



THE RIGHT FOOD IS GOOD MEDICINE

Most of us have some sensitivities to certain foods. Some sensitivities are delayed immune reactions to foods. They can significantly affect health. Nutrient imbalances can produce many physical symptoms and can also affect brain function, development and learning. Nutrients are the raw materials of neuro-chemicals (hormones in the brain). Nutrients include amino acids, vitamins and minerals... A nutrient imbalance can be a deficiency or an overload. The imbalance is considered an allergic response when there is an immediate strong reaction to foods or other substances. Delayed reactions are called food sensitivities and can occur anywhere from a few hours to a few days after exposure to the reactive food.

Careful laboratory analysis is helpful in the detection and diagnosis of underlying causes of food sensitivities/allergies.

Common symptoms caused by food sensitivities/toxins:

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| Energy and Activity | Sluggishness Hyperactivity, Fatigue | Mind | Poor memory, Stuttering Learning disabilities |
| Lungs | Asthma Chest congestion | Skin | Hives, Hair loss Acne |
| Head | Headache, Insomnia Dizziness | Emotions | Mood swings, Anxiety Depression, Aggression |
| Weight | Water retention | Joints and Muscles | Joint pain, Stiffness, Arthritis |
| Ears | Infections Ringing | Digestive Tract | Diarrhea, Constipation Stomach pain Bloating feeling |
| Eyes | Watery, Itchy Dark circles | Digestive Tract | Diarrhea, Constipation Stomach pain Bloating feeling |

Natural therapies, including food rotation – elimination diets, vitamins, exercise... can be very helpful in easing the symptoms by treating the underlying sensitivity/allergy evidenced through laboratory study. A simple blood test is necessary. Comprehensive laboratory analysis of the blood sample can result in a detailed report of toxic foods that can be affecting your child's health/development.