

# Metabolic News

The Newsletter of Metabolic Nutrition

April 2007



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## Allergies

By Christine N. Hardy, MA,CNE

Allergies have become the fastest growing condition in history. If you lived one-hundred years ago, chances are you wouldn't have allergies. At the dawn of the twentieth century, allergies were a mystery, a rare condition that affected a small minority of the population. Now today, just a few decades later, "allergies" have become as widespread as the common cold.

In his book *Allergy Bible*, Dr Earl Mindell explains that "about 30% of all adults and 40% of all children in the United States have hay fever, an allergy to plant pollen that wears people down, from March through November. About 5% of the population are allergic to common foods; peanuts, shellfish, milk and soy. Once rare, indoor allergies are on the rise; dust mites, molds, household cleaners, and pets. More than 50 million Americans are allergic to something!" (pg 3, 2003). Why?

Food has changed drastically, especially in the last 50-60 years. Commercialized agriculture is laden with multiple pesticides, genetic modification is rampant; food is being altered to the point that it is no longer recognized as food. In addition, our foods are shipped from one part of the world to the other, soaking up environmental pollutants along the way. We are immersed in a chemical soup that pollutes our air, food and water. Many people, with no history of reacting to any aspect of their environment, may start to notice symptoms associated with chemical exposures. Almost always, they are followed in short order by allergies to foods and inhalants.

An allergic reaction occurs when the immune system misinterprets a normally nontoxic substance, such as grass, pollen, or detergent, or a certain food, as a harmful invader. The immune system then responds to this perceived threat, called an allergen, by releasing histamines, chemicals important for digestion and dilation of small blood vessels, but that in excess can cause allergic symptoms. The release of histamine is what causes your runny nose, and itchy, watery eyes. It also stimulates pain receptors.

In addition, the immune system also accelerates the production of other cells called leukotrienes and prostaglandins which cause inflammation. Constant inflammation promotes the formation of free radicals which can cause further damage throughout the body.

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## Allergies.....



If there is inflammation occurring on a regular basis, protein structures become damaged which means that hormones and chemical messengers can't communicate with each other effectively.

If there was an actual threat to the body such as the flu, the body would form a line of defense against the invader, trapping and expelling it, allowing the body to recover. An allergic response, on the other hand, is considered a false alarm to the body, causing it to overreacts to a harmless agent. In the case of an allergy, your immune cells produce antibodies against these substance that mean no harm to you. In fact, it is your body's reaction to the substance that is causing you trouble, not the substance itself. 60-80% of our immune system cells reside in our digestive tract, so if the digestive tract isn't functioning properly the symptoms can worsen.

Allergies are most commonly found in the environment and in food. Environmental reactions include responses to household products, certain cosmetics, pollen (also known as hay fever), mold, animal dander, dust, feathers, insect venom, and metals. Once the environmental allergen is discovered and removed, the body returns to normal quite rapidly. If not, the body can stay stuck in an artificial state of high alert. If this is the case, the allergic response can then develop into chronic allergic rhinitis; constantly inflamed nasal passages.

Food allergies are a different story. Food allergies are completely different from food sensitivities. You are born with a food allergy (a reaction to a food that can cause you to go into anaphylactic shock; your throat may close up, or hives may appear. You can die from a food allergy. The offending food is something that you will never be able to eat again).

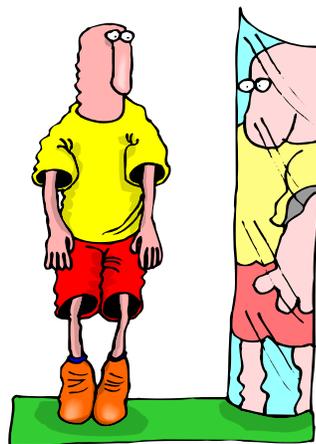
Food sensitivities on the other hand, are environmentally based. You develop them because of how you eat, what you eat, and what you come into contact with. If you eat the same foods every day your body will begin to build an antibody response to them, (reject the substances) and build a sensitivity to them.

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Most people don't know what their food sensitivities are. They could be caused by what you are eating every day. When you eat a food it can take up to 72 hours for the reaction, and it is difficult to remember what you ate the day before that could be causing the reaction. The good news is that the body can heal itself from a food sensitivity and you'll be able to work the food back into your diet, but the inflammation has to be healed.

As soon as the trigger food is removed, healing can begin. That one food can be preventing you from getting to your goal weight. Weight loss is a process. You can lose 10-20 lbs, then you'll reach that plateau everyone hates to reach. One reason is that you could be sensitive to a food you eat often.

The food that the body is sensitive to is perceived as a foreign intruder, and that triggers a defense inflammatory response by your body's immune system. This in turn, disrupts normal metabolism as the immune cells block your fat burning enzymes.



The Clinic is now selling a book entitled, "*Your Food Allergies Are Making You Fat*," by Rudy Rivera, M.D., and Roger Deutsch. This book explains the history of allergies, the clear difference between food allergies and sensitivities, and the importance of testing for those sensitivities with the ALCAT Finger Prick Test. The book is regularly \$16.95, but during the month of April, if you Purchase the ALCAT kit you can receive the book for \$11.95

## Allergies.....

The clinic is also now providing an allergy sensitivity test to help you to kick those invaders out! The **ALCAT Finger Prick Test** is a patented test that objectively measures the blood cells reactions to foreign substances under conditions designed to mimic what actually happens when the food is consumed in real life. By avoiding the foods that test positive, symptoms are reduced or eliminated, allowing weight to be lost, and a renewed bounce in your step.

The food sensitivity test measures things that are more subtle, things that you may never realize are bothering your body. The **ALCAT Food Sensitivity Finger Prick Test** is a take home test that can be ordered through our website at [www.bloodph.com](http://www.bloodph.com) or by calling the clinic at 415-257-3099.

The ALCAT test is a simple blood test that measures food sensitivities based on the reaction of immune cells when exposed to different foods. This test measures sensitivity to the following 20 foods:

|              |        |
|--------------|--------|
| Soy bean     | Tomato |
| Apple        | Gluten |
| Barley       | Garlic |
| Beef         | Lemon  |
| Broccoli     | Orange |
| Cane Sugar   | Peanut |
| Carrot       | Pork   |
| Corn         | Rice   |
| Cow's Milk   | Tuna   |
| Sweet Potato | Turkey |



When measuring these sensitivities you're measuring something that may be causing your body to be inflamed. When your body is inflamed everything slows down, and every system is affected. The constant inflammation in the body puts stress on the immune system and the immune system will therefore overreact to the food.

As always, we offer **Same Day Shipping**

**Free Shipping**, orders over \$200

**Gift Certificates** available



Again, this test is not going to show if you might have an anaphylactic reaction to a certain food but rather test for chronic intolerance that could be causing the annoying nasal allergies, asthma, arthritis, inability to loose weight, fatigue, migraine headaches, etc.

### **General Food Sensitivity Prone Nutrients For All Metabolic Types To Avoid**

Eliminating foods that cause sensitivities should be a top priority for anyone suffering allergies. Mucus forming foods include all dairy products (try goat and buffalo instead), fried and processed foods, refined flours, chocolate, and eggs. Cut down on bad fats and oils (hydrogenated, or those containing trans-fatty acids), as well as refined flour and processed foods mentioned above. Increase your intake of fiber!

### **Additional Recommendations**

Remember to take your digestive enzymes, as they assist in the digestion of food and reduce the likelihood of food sensitivities. We suggest Dr. Kristal formulated enzymes.

**Kristazyme-90 caps-** was \$29 now \$23.20

**Clean Up Your Environment-**Clear your house of toxic cleaning products.

\*Ask us for Recipes For Least-Toxic Cleaning Products.

Avoid or reduce exposure to allergy triggers. If you have mold or dust try to keep your house extremely clean and dry.

**Exercise-**Exercise regularly to expel toxins, support the immune system and calm stress.

**Reflexology-**Massaging the big toes and on the inside of the heels helps abate allergies.

**Hydrotherapy-**Hot baths induce sweat, which carries the toxins out with it, and if you are congested, a steamy bath feels just wonderful. If you want a powerful release of toxins, add 1 cup of Epsom salts and 1 cup of baking soda. Soak, then rinse off without soap to wash off the toxins.

## Metabolic Supplements on SALE (through May)

**Kristazyme**-a therapeutic vegetarian digestive enzyme formulated by Dr Harold Kristal that supports a healthy digestive tract and helps prevent food sensitivities.

90 capsules.....reg \$29 **now \$23.20**

**Nettles and Quercetin**-cleanses the blood, reduces allergies and inflammation and is a strong antihistamine blend packed with essential trace minerals.

90 capsules .....reg. \$26 **now \$20.80**

**Okra Squash**-a naturopathic formula of vegetables and herbs that promote natural relief for chronic sinus congestion and headaches from allergies.

90 tablets.....reg. \$14 **now \$11.20**

**MSM 1000-(Methylsulfonylmethane)**-3000mg-5000mg daily has been shown to reduce allergic and inflammatory responses as well as aid in heartburn, muscle pain and osteoarthritis.

120 capsules..... reg \$24 **now \$19.20**

**AOX/PLX**-Given that we are exposed to unprecedented levels of agricultural chemicals, industrial pollution, car exhaust and radiation, anyone can benefit from the powerful effects of **AOX/PLX**, an enzyme complex developed from sprouts that cleans, repairs and fortifies deteriorating cellular systems.

AOX/PLX Crystals- (1tsp dissolved in water daily...reg \$40 **now \$32.00**

AOX/PLX Caplets- (3-5 caplets daily).....reg \$40 **now \$32.00**



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Dedicated to the memory of Dr. Harold J. Kristal

