

Estimates of the proportion of the population allergic to foods vary around 50%

Symptoms vary widely and can include the commonly recognized hives, wheezing, rhinorrhea, vomiting and anaphylaxis as well as delayed reactions including chronic symptoms such as headache, digestive complaints, musculoskeletal symptoms and skin disorders such as eczema and psoriasis.



Food Allergy and Intolerance

The word allergy is derived from the Greek words meaning "altered reaction" and an allergic individual usually suffers physical symptoms (e.g. headache, vomiting, rashes, migraine, asthma, etc.) when exposed to substances to which he/she is sensitive. The substance, which provokes this reaction, is called the allergen.

Over 20% of the population is allergic to something. However, when one considers symptoms such as hay fever, wheezy bronchitis in children, minor degrees of eczema and food intolerance, the true incidence of allergy and/or intolerance to one or more environmental agents would certainly be much higher.

Immediate Food Reaction

This food reaction can occur within 3 hours after digestion. The reaction is caused by the presence of a high IgE antibody level in the blood, which sets off an immediate

allergic response. Symptoms can be rashes after eating an apple or headache after drinking wine.

Delayed Food Reaction

Delayed food reactions can occur up to several days after ingestion of the reactive food, making it difficult to link one's symptom to the food eaten several days ago. Such hidden allergies are often the cause of many "chronic symptoms."

The immune response to delayed food reactions are often caused by antibodies other than IgE. These antibodies combine with the food particles in the blood to form "immune complexes" which cause inflammatory reactions in tissues. Such inflammatory reactions can occur in any part of the body, thus producing many kinds of symptoms such as headache, eczema, joint pain, mental disorders, etc.

Diagnosis of Food Allergy

Obviously immediate food reaction can be identified easily. However, delayed food reactions are much more difficult to diagnose. According to recent research, IgE antibodies cause immediate food reactions. Delayed food reactions are often associated with IgG4, a subclass of the whole IgG molecule.

At Okanagan Natural Medicine, our food allergy test uses a combination IgE and IgG4 protocol. The test can detect both IgE and/or IgG4 allergic reactions. Thus both immediate and delayed food reactions can be detected

For more information

250.275.1672

www.oknaturalmedicine.com

Food allergy vs. food intolerance:

What's the difference?

Although many people have adverse reactions to certain foods, most are caused by a food intolerance and not a food allergy. With a true food allergy, a cascade of steps occur that condition your body to respond to certain foods:

1. Your immune system mistakenly identifies a specific food as a harmful substance.
2. Your body produces antibodies to fight the culprit food.
3. The next time you eat even the smallest amount of that food, the antibodies sense it and alert your immune system.
4. Your immune system then releases histamine and other chemicals into your bloodstream, leading to food allergy symptoms.

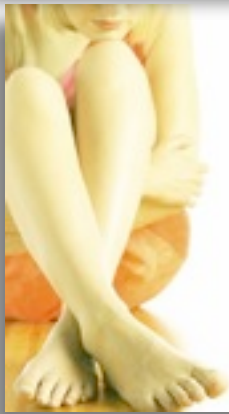
Unlike a food allergy, a food intolerance generally doesn't involve the immune system. If you have a food intolerance, you can probably eat small amounts of the food without a reaction. By contrast, if you have a food allergy, eating even the tiniest amount of the food may trigger a serious allergic reaction.

Common food intolerance conditions that are often mistaken for food allergies include:

1. Absence of an enzyme needed to fully digest a food. A common example is lactose intolerance — which can cause bloating, cramping, diarrhea and excess gas.
2. Irritable bowel syndrome. This chronic condition can cause cramping, constipation and diarrhea.
3. Food poisoning. Commonly caused by consuming bacteria in spoiled food or other toxins, food poisoning can cause severe digestive symptoms.
4. Sensitivity to food additives. Some people have digestive reactions and other symptoms after eating certain food additives. For example, sulfites used to preserve dried fruit, canned goods and wine can trigger asthma attacks in sensitive people.
5. Recurring stress or psychological factors. Sometimes the mere thought of a food may make you sick. The reason is not fully understood.

Continued on next page

Some conditions which are influenced or caused by food intolerance:



Inflammatory arthritis
Migraine and other headaches
Childhood hyperactivity
Sleep disturbances
Learning disability
Asthma, rhinitis, sinusitis
Recurrent infection (e.g. tonsillitis)
Infantile colic and infantile colitis
Mouth ulcers

Eczema and other skin rashes
Urticaria (hives)
Edema
Premenstrual symptoms
Fluid retention
Irritable bowel syndrome (Peptic ulcers and gastritis)
Crohn's disease
Ulcerative colitis
Fatigue and excessive sleepiness

Depression/anxiety
Epilepsy
Hypoglycemia
Aggravation of diabetes
Some kidney diseases
Gall bladder symptoms
Facial flushing
Some types of palpitations
Weight problems
Celiac diseases

Common symptoms of food allergy can include:

Asthma
Bedwetting
Recurrent Bladder Infections
Bronchitis
Bursitis
Canker Sores

Depression
Diarrhea
Chronic Back Pain
Edema
Fainting
Fatigue
Gastritis

Headache
Hives
Hyperactivity
Itching
Joint Pain
Hypoglycemia
Skin Rash

Proteinuria
Irritable Colon
Nephrosis
Seizures
Recurrent Infection
Ulcerative Colitis
Eczema

Santevia™ Eight Stage Water Process

Stage 1 – Ceramic

Pre-Filter

Pore size is 0.3 of a micron.

Removes rust and sediments.

Inhibits bacteria, germs, and parasites.

Double sided, low profile design.

Stage 2 –

Activated Carbon & Charcoal

Removes chlorine, Trihalomethanes (THMs), organic chemicals, odour, colour and particulates.

3 different sizes of carbon & charcoal used to increase effectiveness.

Contains Nano Silver which inhibits the growth of bacteria in the filter.

Stage 3 – Silica Sand

Neutralizes acidic components creating optimal pH balance.

Stage 4 – Zeolite Granules

Inhibits bacteria.

Removes heavy metals such as lead and mercury.

Removes detergents, agricultural chemicals and other toxins.

Stage 5 – Mineral Infusion

Ionized minerals help oxygenate and fortify the water.

The highly porous mineral stones aid in the oxygenation of water and in the adjustment of the water to mild alkaline.

Stage 6 – Bio Ceramic

Breaks water molecules into very minute fractions to greatly improve absorption and increase the oxygen content of the water.

Stage 7 – Mineral Stone Post Filter

The mineral stones contain calcium, iron, magnesium, potassium, sodium, zinc and other trace minerals.

Continually releases easily absorbed ionized minerals.

The mineral stones will last up to 5 years gradually diminishing in size.

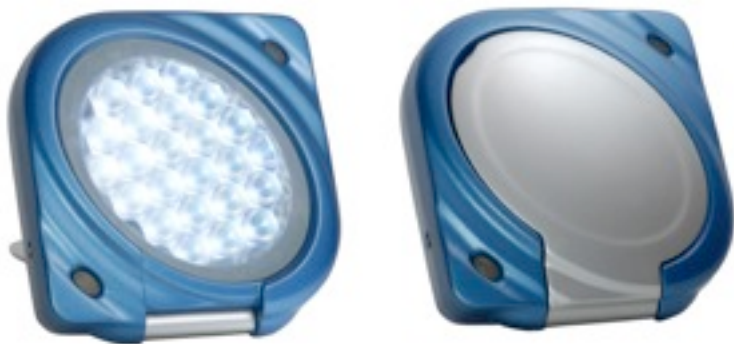
World Health Organization recommends drinking water with calcium, copper, iron, magnesium, manganese, sodium, potassium and zinc. Santevia™ water contains all of these minerals.

Stage 8 – Magnetic Tap / Float Valve
Countertop Model - magnetic tap
Aligned magnets activate the water molecules.

Reorganizes the large molecule clusters into simpler structures for easy absorption.



The Santevia™ Water System revolutionizes tap water, creating clean, mineralized, alkaline water that is healthy for you and more cost effective than bottled water. Choose the eco-friendly Santevia™ model that works best in your home or office, the Countertop Model or the Dispenser Model. Both gravity powered Santevia™



Litebook

Light book Elite is the result of years of research and development in hand-held light therapy devices. The Elite™ features a custom lens and diffusion system which, combined with the high-performance white LEDs, produces a uniform field of bright yet soothing light. Additional innovative features for the Elite™ include a multiple-setting timer (15-30-45-60 minutes) and a long-lasting built-in rechargeable lithium-ION battery with a charge indicator – all of this in a compact, sleek design which fits into your lifestyle. When used every day, The Litebook® Elite™ will improve your mood, increase your energy level and restore your sleep patterns. Most people notice results within 30 days - often sooner.

6. Celiac disease. This chronic digestive condition is triggered by eating gluten, a protein found in bread, pasta, cookies, and many other foods containing wheat, barley or rye. Signs and symptoms of celiac disease include diarrhea, abdominal pain and bloating. While celiac disease involves an immune system response, it's a more complex food reaction than a food allergy.

If you have a reaction to a particular food or foods, talk to your doctor about it. It's important to determine whether you have a food intolerance, or whether your symptoms are caused by a true food allergy. While a food intolerance can make you miserable, food allergies are generally more dangerous. They're the most common cause of life-threatening allergic reactions. If you do have a food allergy, you'll need to take steps to avoid the allergy-causing food and be prepared to respond to an allergic reaction.

Team Challenge
CROHN'S & COLITIS

okanagan
natural medicine



Upcoming Events

December 5th

Crohn's & Colitis Foundation Las Vegas 1/2 Marathon Fundraiser
Drs. Spooner will be running in the Las Vegas 1/2 Marathon to raise funds for The Crohn's and Colitis Foundation

To date we have raised \$7300.00. Donation can be made via a secured website until January
<http://www.active.com/donate/lv09national/2009CSpooner>

December 10th

*Allergy Free Holiday Cooking Class - Learn how to make tasty allergen free Christmas treats at
2P's Health Kitchen
7 pm*

December 24th to January 3rd

Clinic Closed for the Holidays