

Common Food Allergens / Sensitivities

- ☉ Dairy
- ☉ Wheat
- ☉ Chocolate
- ☉ Egg
- ☉ Orange / Citrus
- ☉ Peanut
- ☉ Potato
- ☉ Sugar
- ☉ Fish
- ☉ Shellfish
- ☉ Tomato
- ☉ Pork
- ☉ Beef
- ☉ Soy

These foods won't necessarily illicit an anaphylactic response or immune response that will test positive on an allopathic "allergy test". However they can lead to many health issues as your body deals with sensitivities. A clue: if you get very thirsty or puffy after eating a certain food, it's a likely allergen. The immune system is always busy dealing with these offenders which can lead to decreased immunity for cold, flu, cancer etc. People may feel sick or on the verge of an illness for long periods of time. Energy may be low. Cravings may be present.

Many people carry about 10lbs of extra weight as a result of eating foods to which they're sensitive. A good analogy is getting sawdust in your eye and it waters. A food allergen is like the sawdust to our cells, which shed water in an attempt to dilute the irritant. The result can be edema (water retention) from dilution, bloating or extra weight. This explains why people lose about 10lbs in the first week of a quality cleanse that excludes typical food sensitivities.

Extra water being held for protection can be shed once these foods are eliminated. The immune system is freed up to take care of our body. Energy and vitality increase.