

FOOD INTOLERANCE AND THE NUTRITIONAL NEEDS OF MOVEMENT

Diet can have a huge impact on energy levels, joints, muscles and physical/mental well-being. Ironically, some of the foods we eat regularly can have a negative impact on our body and cause symptoms such as IBS, fatigue, muscle aches or joint pain. Anyone can be affected, from top athletes to those simply aiming to maintain a healthy, active lifestyle.

Increasingly, food intolerance tests are being used to identify these offending foods. Using just a finger-prick sample of blood, the FoodPrint® laboratory tests can identify IgG antibodies raised to over 200 foods. Identifying and eliminating these specific foods can result in a significant improvement in symptoms.

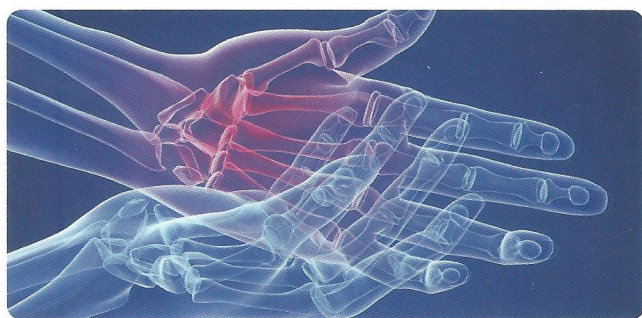
Evidence to support food IgG testing includes a range of scientific research papers, along with anecdotal evidence such as testimonials, case studies and patient feedback.

IgG-mediated Food Intolerance (Type III allergy)

Under normal circumstances, food is broken down into amino acids, glucose and fatty acids. Some partially digested foods will pass through the epithelial layer of the digestive tract into the blood stream. Specific IgG antibodies are produced against these foods and antigen/antibody complexes form.

Increased permeability of the gut lining results in a greater allergenic load and the formation of more antigen/antibody complexes, causing the immune system to become overloaded.

The antigen/antibody complexes are then deposited in tissues, causing inflammation and the appearance of symptoms. These include aching joints, muscular pain, IBS, headaches and reduced energy levels.¹



Food Intolerance and Sports Performance

Athletes undertaking excessive physical exercise can suffer from increased gut permeability (leaky gut), a key underlying cause of IgG-mediated food intolerance. This often leads to symptoms such as digestive issues and diarrhoea, both commonly experienced by top athletes. IgG-mediated food intolerances may result in reduced physical power and athletic performance.^{2,3} Applying an elimination diet, based on IgG test results, on a well-trained, active population have shown an increase in physical power of up to 20%, a reduction in inflammatory reactions and faster convalescence after injury.



Andy Murray and Novak Djokovic

World famous tennis players - Andy Murray and Novak Djokovic - have both chosen a gluten-free diet and believe that it improves their performance.

Djokovic became gluten-free before embarking on his run of 57 wins from 59 matches. Murray has followed suit explaining, "It's something that, now I know how I feel, I wish I had been doing for longer. I feel much better. I wake up at 7am now and feel great. Before I would wake at 9.30 and feel terrible."

Food Intolerance and Rheumatoid Arthritis

- **A gluten-free, vegan diet appears to improve signs and symptoms of Rheumatoid Arthritis (RA)**

A group of patients with RA were divided into two groups: one on a gluten-free vegan diet and the other on a well-balanced, non-vegan diet for one year. One factor used to assess outcome was the measurement of IgG antibody levels to gliadin and β -lactoglobulin.

The data provides evidence that dietary modification may be of clinical benefit for certain RA patients and that this benefit may be related to a reduction in immune reactivity to food antigens eliminated by the change in diet.⁴

- **Patients with RA show increased intestinal IgG antibody levels to common food antigens**

Patients with RA often feel there is an association between food intake and rheumatoid disease severity.

Investigations showed that in patients with RA, compared to healthy subjects, intestinal IgG activity to certain foods (cow's milk, cereals, eggs and fish) was significantly increased.⁵

Food Intolerance and Fibromyalgia

An elimination diet based on increased IgG antibody levels to certain foods appears to be successful in the treatment of fibromyalgia patients.⁶

CASE STUDIES

Case 1

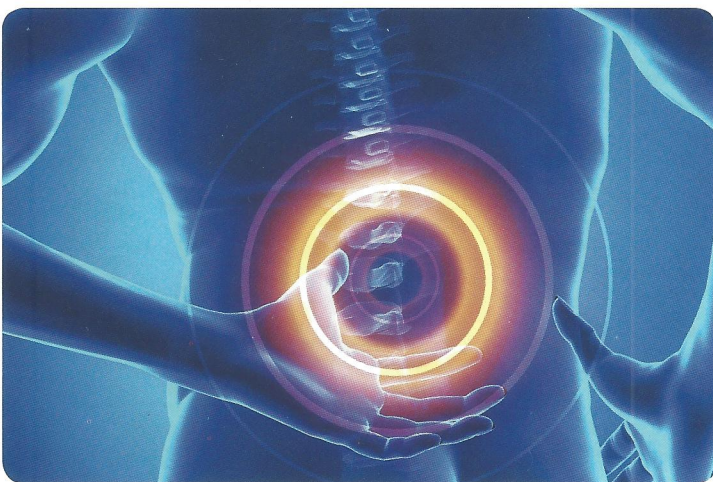
10 year old male with juvenile arthritis. This patient had been experiencing pain in his hands and other joints for several years. Food intolerance testing demonstrated a severe intolerance to all dairy, not just milk. Once this problem was properly identified and his parents were fully educated on the potential sources of dairy contamination in his diet, his pain resolved. He was able to discontinue all pain medications.⁷

Case 2

71 year old female with rheumatoid arthritis. This patient came in with chronic pain in the hands, shoulders and knees and a positive test for rheumatoid arthritis. Food intolerance testing demonstrated an intolerance to wheat and gluten. The removal of these foods led to a tremendous amount of relief in her joint pains and a reduction in joint swelling.⁷

Case 3

25 year old female with arthritis, including severe back pain. This patient suffered severe back pain, as well as digestive problems. Food intolerance testing demonstrated intolerances to dairy and eggs. Her digestive problems resolved and the back pain improved tremendously due an overall decrease in inflammation in her body (back pain can be a type of arthritis).⁷



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