



# ALLERGY/ SENSITIVITY

An allergy is a quick response by the body's immune system to something that it considers foreign or harmful.

A sensitivity is a delayed reaction making it harder to identify what caused the negative response.



## Possible Contributing Factors

- Hypochlorhydria
- Leaky gut (low vit D, gluten/zonulin, SIBO/dysbiosis, medications (steroids, SSRI's, NSAIDs, OCP))
- Adrenal dysfunction (low or high cortisol)
- Immune dysfunction (usually an upregulation due to toxins such as environmental toxicities, mold, etc)
- Gut dysbiosis (imbalance in microbiome/SIBO) & opportunistic overgrowths
- Hormone imbalance (estrogen dominance)

## Lifestyle & Dietary Recommendations

- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Eliminate processed & refined foods
- Eliminate fried foods, hydrogenated fats/oils
- Consider an elimination diet removing the common offenders for a minimum of 30 days followed by a re-introduction: gluten, dairy, eggs, nuts, yeast, soy, corn, peas
- Consider drinking stinging nettle tea or infusion
- Avoid histamine producing probiotics (i.e. lactobacillus casei /bulgaricus / reuteri / lactis / acidophilus / helveticus)

## Supplement Considerations

- Quercetin
- Histamine degrading probiotic (i.e. lactobacillus rhamnosus / plantarum, bifidobacterium longum / lactis / bifidum)