

## ----- ADVERSE FOOD REACTIONS -----

Pamela Sandler M.S. Holistic Nutritionist

An adverse food reaction is any unexpected or dangerous reaction to ingesting or eating a food, which may come on suddenly or develop over a period of time.<sup>1</sup>

### WHAT ARE THE DIFFERENT TYPES OF ADVERSE FOOD REACTIONS?

- PSYCHOGENIC REACTIONS TO FOOD
- FOOD POISONING
- FOOD ALLERGIES
- FOOD INTOLERANCES
- FOOD SENSITIVITIES



### ----- REACTION DIFFERENCES -----

**PSYCHOGENIC REACTIONS (NON-TOXIC)** Referred to as food aversions, these reactions can be caused by emotional associations (i.e. fear of specific foods due to unpleasant reactions and are influenced by factors such as food texture and memories). If you severely dislike a food, it has the potential to trigger a sudden physiological response such as nausea and vomiting.

**TESTING** Your doctor will ask you what foods you dislike, the reason for this and how you react to this food.

**FOOD POISONING (TOXIC)** Commonly occurs when foods are contaminated by toxins, poisonous, or infected with viruses, bacteria or parasites. Bacteria such as Salmonella is the most common cause of food poisoning in the U.S. with symptoms usually presenting themselves within 24 hours. These include nausea, vomiting, diarrhea, and/or stomach pain. Poisonous foods, poor sanitation, food storage, and cooking methods are common causes of food poisoning so make sure to use proper food hygiene when you're cooking & handling food.



**TESTING** Your allergist will evaluate your symptoms, history and circumstances and in

<sup>1</sup> Medical Definition of Adverse reaction. <http://www.medicinenet.com/script/main/art.asp?articlekey=26227>. Accessed April 22, 2017.

## ----- ADVERSE FOOD REACTIONS -----

Pamela Sandler M.S. Holistic Nutritionist

large scale cases of sickness, you may be asked for a stool sample and/or blood work.

**FOOD ALLERGIES (NON-TOXIC IMMUNE-MEDIATED)** Occurs when your body recognizes that a foreign invader has been ingested. Your body reacts by releasing an antibody called IgE which signals for the body to release a chemical called histamine. This alerts your body to the foreign invader and allows your body to deal with the situation. This reaction tends to show up quickly (from a few minutes to a few hours) and may include hives, itchiness, swelling and difficulty breathing due to throat closing.

**TESTING** Skin Prick Testing (relatively quick & inexpensive) IgE antibody blood test.

**FOOD INTOLERANCES (NON-TOXIC – NON-IMMUNE MEDIATED)** Occurs when your body is missing or low in the enzyme it requires to break down a food. The specific intolerance that you have will influence your body's reaction. For example, if you experience gastrointestinal symptoms such as diarrhea, nausea, gas, bloating and cramping after consuming dairy products, you may be lactose intolerant. These symptoms usually last from a few hours to days.

**TESTING** Elimination and reintroduction (most common) Genetic testing (less common).

**FOOD SENSITIVITIES (NON-TOXIC, IMMUNE MEDIATED)** This type of reaction is mediated by antibodies called IgG. You may express inflammation in any area of your body therefore symptoms will differ accordingly. Symptoms tend to be delayed, appearing 4 hours to 3 days later, and could include skin reactions, ear, nose and throat problems along with respiratory issues and headaches.

**TESTING** Elimination and reintroduction (most common) IgG antibody blood test.

