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Common GI Problems & Solutions:

Signs & Symptoms of Low Oral Tolerance

Video Transcript:

So signs and symptoms of loss of oral tolerance. You've got digestive symptoms. So bloating, diarrhea, constipation, abdominal pain, it all means that your immune system in the lining of the gut is reacting to the presence of food antigens. So you've got an immunological response going on to things that your immune system shouldn't be reacting to, and it often does it through an inflammatory mechanism.

So this can cause bloating, this can cause diarrhea, this can cause constipation and abdominal pain. So if you eat food and then all of a sudden you have diarrhea, bloating, pain, constipation, then you might be reacting from an immunological perspective to foods that you're consuming. This would be a good time to go to a practitioner and look at getting a test done to understand are you elevated in your IgE? Do you have too much Th17? There's various immunological factors that you can look at to understand whether or not your gut is reacting in an immunological way to food in the system. And that's an important distinction.

And then of course you get systemic reactions as a result of this because anything that happens in your gut has a huge profound effect on your system, which can bleed into your circulatory system and can create inflammation throughout your body. So you can

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get brain fog, fatigue, joint pain, skin issues, anxiety as a result of neurological inflammation, insomnia because neurological inflammation can upregulate your HPA axis and put you in fight-or-flight, immune conditions, autoimmune conditions, headaches, congestion, and so on. All of those are systemic inflammatory conditions as a result of an immunological response to food in the gut lining.

Now, possible triggers for all of this is of course dietary. Some foods tend to be more antigenic than others. I had mentioned gluten in the last couple slides. So gluten has proteins that are structured in a way that they tend to be very antigenic to a lot of people. Dairy is the same thing. So casein, caseinates are proteins in dairy that tend to be very antigenic for a lot of people. Some people tolerate it perfectly well, their immune systems aren't bothered by it so much, but a lot of people have issues with those and they tend to be very antigenic. Soy is another one of those that has proteins in it that can be antigenic, but soy also has isoflavones that can be anti-inflammatory. So it's a mixed bag there with soy. Of course, processed foods, high-histamine foods, oxalates, salicylates, all of these things can be inflammatory to certain people.

Now, they shouldn't necessarily be inflammatory. Like for example, if nightshades don't agree with you, it doesn't mean that the solution here is to eliminate nightshades. And this is where I see a lot of the approaches go wrong because the idea is that if a food is intolerant to an individual, let's just remove the food and the entire category of the food.

Gluten, fine, if you want to be gluten-free, that's totally fine. As long as you make sure you get adequate amounts of fiber from other sources. I think that's totally fine.

If you want to be dairy-free, I think that's totally fine. But if you start eliminating loads of vegetables and categories of things like nightshades and all that, then you're really starting to restrict your diet. So you want to be careful of that. You don't necessarily want to think about elimination as the solution to the problem. You want to really

understand why there is an intolerance there and what can you do to rebuild that.

And again, don't diagnose yourself now with anything, but just use this information to speak to a healthcare practitioner, do further research and start to understand what may be going on in your system. Certain things in the environment like mold, pollen, air pollution, those are all inflammatory and triggering for the system. So if your system is already geared towards overreacting because you don't have strong oral tolerance, then these types of environmental factors can trigger a more profound response in your system.

Stress. And we've talked about stress so much, stress creates inflammation. And one of the reasons why stress creates inflammation, it's not the only reason, is because your fight-or-flight response actually uses the upregulation of innate immune cells and their inflammatory cytokines to get blood to perfuse to your brain, to your muscles, to your heart, in order to engage in the fight-or-flight response.

So inflammation is a very foundational part of the stress response. So if you're stressed throughout the day, multiple bouts of stress throughout the day, you're going to be quite inflammatory and your system's going to be geared towards an overactive inflammatory response.

Supplements. So some digestive or systemic reactions can be triggered by an overreaction to supplements. That is a very case-by-case basis. If there are supplements you take that you seem to have never been able to tolerate, that's not unreasonable to-

... tolerate. That's not unreasonable to think that that happens to individuals, but there's not a whole category of supplements that a lot of people are sensitive to, like gluten, a lot of people are sensitive to, or dairy. So it's an individual case-by-case issue.

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