

# Understanding Your Food Reactivity: Why "Healthy" Food Might Make You Feel Unwell

## What is Food Reactivity?

Food reactivity is when your body's immune system sees a certain food as a "threat" and creates inflammation to protect you. While some reactions happen instantly (like a peanut allergy), many others are "slow burns" that don't show up for hours or even days. This makes it hard to realize that the spinach smoothie you had on Monday might be the reason for your headache on Wednesday.

## Why This Matters For You

- **Stop the Guessing Game:** By identifying your specific triggers, you no longer have to wonder why you feel tired or bloated.
- **Reduce "Silent" Symptoms:** Many issues like joint pain, skin rashes, brain fog, and fatigue are actually caused by the foods you eat every day.
- **Heal From the Inside Out:** When you stop eating foods that irritate your system, your gut gets a chance to repair itself, which boosts your energy and mood.
- **Personalized Nutrition:** You will learn that "healthy" isn't the same for everyone. One person's superfood might be another person's trigger.

## What You Can Do Today

1. **Check for "Fast" Reactions:** Pay attention to any food that causes immediate itching, hives, or swelling. If this happens, stop eating it immediately and let your coach know—these are true allergies that need special care.
2. **Start a Food & Symptom Journal:** For the next three days, write down what you eat and any symptoms you feel (even small ones like a stuffy nose or a dip in energy) up to 48 hours later.
3. **Look at Your Staples:** Identify the foods you eat every single day (like eggs, almonds, or dairy). Often, the foods we eat most frequently are the ones our body begins to react to if our gut health is out of balance.
4. **Prepare for the "Cleanse":** Start thinking about a 21-day period where you can swap out common triggers like gluten and dairy for whole-food alternatives like sweet potatoes, rice, and fresh vegetables.

## Questions to Discuss with Your Practitioner

- Based on my symptoms, do you think I have "delayed" sensitivities rather than just allergies?
  - Could the "healthy" foods I eat every day (like spinach, tomatoes, or nuts) be causing my inflammation?
  - How do we start the 3-phase plan to safely test which foods work best for my body?
  - If I have many sensitivities, what does that tell us about my gut health?
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