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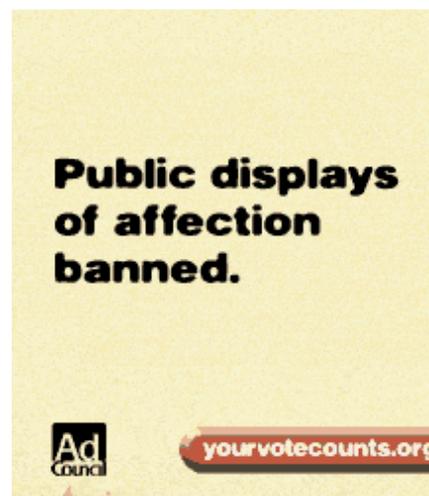


The Difference Between Food Allergy, Intolerance and Food Sensitivity

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By Armen Hareyan G+



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Do you know what a food allergy is? Probably so. What about food intolerance or food sensitivity? You generally understand that as well. Now, how about explaining the differences between the three? That's where things start getting confusing. Dr. Chad Larson gets questions about the differences between these three health issues often enough that he decided he might as well put something in writing to help people differentiate.

Food intolerance is characterized by difficulty in digesting certain foods. While this can be caused by different factors (such as poor nutritional intake or reactions to food additives) some people also lack the enzymes required to break down particular foods. Lactose intolerance, for example, is caused by an individual's inability to produce sufficient amounts of the enzyme lactase, which is needed to break down lactose in dairy. Symptoms of food intolerance are wide and varied and are therefore often difficult to diagnose. However, we know that food intolerances do not involve IgE antibodies or the immune system, so testing is an effective way to rule this out.

What is Food Sensitivity

Food sensitivity is perhaps the most complicated of these three classifications, as it combines many of the nebulous non-immunologic symptoms of food intolerances with the complex immune responses that are typical of food allergies (characterized by delayed IgG and IgA immune responses rather than the faster IgE variety). Testing for food sensitivity is especially important because while symptoms can be less severe or obvious than those of food allergies, the possibility of long-term damage is a real danger. Celiac disease is one example of this. When individuals with celiac disease ingest gluten, their immune systems respond by attacking the small intestine, ultimately damaging the intestinal tissue. If left untreated, celiac disease can lead to the development of other autoimmune disorders.

Where do I go from here?

If you've noticed that you feel unwell after eating certain foods or you suffer from chronic unexplained symptoms, it's important to work with your doctor to diagnose what exactly is happening within your body so you can pursue an appropriate treatment plan. Your physician may have you maintain a food diary or order tests to help determine what—and to what extent—food is causing health issues. Specialized testing, like the comprehensive Array 10 and Array 3 tests from Cyrex Labs, can assist your physician in honing in on the specific

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4 things to know about ultrasounds

For parents expecting their first child, an ultrasound is one of the most exciting parts of the pregnancy. It gives you the opportunity to see your child's heartbeat and movement. However, it can also cause anxiety and concern if you do not know what to expect. Before you get an ultrasound, you may want to consider the following points.

One Exercise All Women Need To Do and Why

My research has convinced me that there is one exercise all women need to do, starting right now. This exercise is so easy, you can do it just about anywhere, at anytime. In fact, I'm doing it while I'm keyboarding this article.

You Will Be Surprised To Learn The Percentage of Polled Women Who Are "Body Positive"

Today, Yahoo Health launched Body-Peace Resolution, a month-long initiative to motivate you to pursue wellness goals that aren't vanity-driven - and therefore,

food-related sensitivities that may lead to allergies or contribute to other health issues in the long-term.

Women's Health

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destined for failure - but that strive for more meaningful outcomes, such as physical strength, mental fitness, nutritional nirvana and self-acceptance - true and total body peace.

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For women who suffer with a severe form of premenstrual syndrome (PMS) known as premenstrual dysphoric disorder (PMDD), it's important to know the available treatment options, both conventional and alternative. Awareness of a variety of treatment approaches gives women an opportunity to make an informed decision.

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Common chemicals found in shampoos, cosmetics, plastics, flooring, cars, food, and the environment may be causing women to experience an earlier menopause than normal. When

these endocrine-disrupting chemicals are present at high levels, they can interfere with the normal production and activity of hormones in the body and result in additional health problems as well.

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