

Could It Be Your Food?


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Did you know that many chronic health complaints can be due to food allergies? Immediate reactions are pretty easy to recognize, but delayed allergic reactions can take from hours to days to provoke a response which can make it very challenging to pin-point the specific foods that are problematic for you.

Common symptoms associated with food allergies include headache, high blood pressure, mood disorders (e.g. hyperactivity, anxiety, depression, etc.), asthma, recurrent respiratory infections, skin conditions (e.g. eczema), joint pain, runny nose and puffiness &/or darkness beneath the eyes.

So how do you determine which of the foods eaten over the last three days are causing your reactions? Fortunately, there is a simple and effective way to test for these delayed allergies – a finger-prick blood test. This test will look for antibodies (IgG) in your blood to 96 general foods and is available from your naturopathic doctor (ND).

Ask your ND about IgG Allergy Testing today! To find a naturopathic doctor near you, go to www.oand.org. 

— *Shelby Worts and Tara Gignac are licensed and registered naturopathic doctors in Collingwood.*