

Article date: 2016

written by Michelle J. Pouliot N.D.

## **FOOD ALLERGIES & SENSITIVITY**

Over the years, I've used a variety of food sensitivity tests in my practice. I'm excited be adding KBMO Diagnostics to the office. KBMO offers a unique test that not only looks for IgG antibodies to food but it also looks for complement components that indicate the immune system is reacting to that food.

Food sensitivities (the term food allergies technically refers to the anaphylactic reactions a person has to peanuts or shell fish) are associated with many digestive ailments such as IBS, colitis, Crohn's disease, Gastric Esophageal Reflux (GERD), skin conditions such as eczema, rosacea and hives, and respiratory illness, especially asthma. I've also seen that food sensitivities worsen environmental allergies and the symptoms of many autoimmune conditions such as MS, rheumatoid arthritis, and psoriasis.

Why do food sensitivities affect so many conditions? It has to do with...you know it... inflammation. Food sensitivities cause inflammation in the digestive tract which in turn imbalance immune function. So the good news... often after eliminating food sensitivities and healing the gut, not only does health improve, but often the person is able to add back some of the foods to their diet. Also, this test doesn't require a blood draw, YAY! A finger poke in our office will gather enough of a blood sample. To learn more about this testing, go to [KBMODIAGNOSTICS.COM](http://KBMODIAGNOSTICS.COM). It's an interesting and informative web site. Of course, you can always call me for more information and if I think this test may help you.