



Food Sensitivities the Elimination Diet

What are Food Sensitivities?

Food sensitivities, also known as food intolerances, are the most common type of adverse response to food. They involve both an immunological and a non-allergic response to food at a normally-tolerated dose. Food intolerance may occur as a result of increased intestinal permeability, enzyme defects, or pharmacological effects of food or components of food.

Food sensitivities can be difficult to pin-point as they can present with a broad range of symptoms, such as:

- Abdominal pain
- Altered bowel habits (e.g., diarrhea, constipation)
- Bloating
- Brain fog or concentration issues
- Fatigue
- Flatulence
- Headache
- Insomnia/disturbed sleep
- Musculoskeletal symptoms (e.g., joint/muscle pain, numbness)
- Nausea
- Sinus congestion or runny nose
- Skin rash or breakouts

Who would Benefit from an Elimination Diet?

The elimination diet is considered the gold standard for identifying food intolerances and dietary components that may be triggering symptoms related to certain health conditions, including:

- Attention-deficit hyperactivity disorder (ADHD)
- Autism spectrum disorder (ASD)
- Eosinophilic esophagitis (EoE)
- Functional gastrointestinal disorders (FGIDs)
- Irritable bowel syndrome (IBS)
- Migraines
- Non-specific symptoms. (e.g., chronic fatigue)
- Skin conditions (e.g., urticaria (hives), psoriasis, atopic dermatitis (eczema))

To learn more about food allergies, food sensitivities and how to determine if certain foods are possibly responsible for any of your symptoms, click on the following link for:

“A Complete Guide to the Elimination Diet”

<https://divcomplatform.s3.amazonaws.com/www.integrativepractitioner.com/images/49937c69137d576e81e0f9f2f2d2027a.pdf>