



Food Intolerance

Food intolerance is an adverse reaction to some sort of food or ingredient that occurs every time the food is eaten, but particularly if larger quantities are consumed. It is a digestive system response rather than an immune system response. It occurs when something in a food irritates a person's digestive system or when a person is unable to properly digest or breakdown the food.

Generally, foods are broken down during digestion into their component parts e.g. amino acids, glycerides etc. These pass harmlessly through the gut into the bloodstream. However, occasionally small fragments of partially digested or

undigested foods are able to pass through the gut wall into the bloodstream where they are recognized by the immune system as being 'foreign'. The immune system responds by making antibodies (IgGs).

In some patients, inflammation or irritation of the intestinal lining allows partially digested foods to leak into the bloodstream. This condition is called 'leaky gut syndrome' and patients with this condition typically have high levels of antibodies to multiple food.

Do you experience any of the following symptoms?

- Abdominal pain

Topic of the Month

- Acne
- Asthma
- Bad breath
- Bed wetting
- Bloating
- Chronic Fatigue Syndrome
- Constant hunger
- Constipation
- Diarrhea
- Itching
- Eczema
- Excessive or no sweating
- Headaches
- Insomnia
- Irritable Bowel Syndrome
- Nausea
- Muscle aches and cramps
- Menstrual problems
- Weight problems
- Anxiety
- Anger for no apparent reason
- Confusion



- Depression
- Difficulty waking up
- Inability to think clearly
- Hearing without comprehension
- Hyperactivity
- Maths and spelling errors
- Memory loss
- Mood swings
- Poor concentration
- Restlessness

Over the years, we have identified which foods are 'safe' to eat. If we don't identify this sensitivity, then we will not know that

our ill health is being caused by our 'healthy' diet.

No single food is any more healthier than another some may have more nutritional value than others but if you have a problem with them then they become a poison to you and can no longer be seen as 'healthy' regardless of how many vitamins and minerals they may contain.

If you choose the wrong diet for yourself then you

will have weight and health problems.

For your food intolerance test
contact us
+961 1 202208

For any advice email
info@choiceslebanon.com

or visit:
www.choiceslebanon.com

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